

**Manjimup Home and Community Care  
Wellness and Respite  
Community Centre**



**Crowea, Boronia, Autumn and Golden Oldies  
Club Activities**

**HAVE A LOOK INSIDE**

- Social Club Outings and Activities
- Boronia Club Activities
- Over 50's Fitness Group
- Tai Chi
- Men's Outings
- Repair Café
- Lunch Bunch
- Melbourne Cup
- Seniors Week



**November 2024  
Consumer, Staff &  
Volunteers Monthly  
Newsletter**





# Repair Café



10:00am-12:30pm

2nd Monday of the month

12th August, 9th Sept, 14th Oct,

11th Nov & 9th Dec



**BRING** ➡ your broken items (clothes, jewellery, toys, household items)

**SAVE** ➡ money

**STAY** ➡ while your item is mended

**ENJOY** ➡ light refreshments (thank you Park Cafe)

**LEARN** ➡ new skills

**PROTECT** ➡ the environment

**CONNECT** ➡ with others

## Venue

Wellness and Respite Community Centre

1A Edwards Street

Call Ph: 9771 1653 for more information

Supported by



## OFFICE CLOSURE INFORMATION

The Wellness and Respite Community Centre **will be closed for an hour** every Monday morning from 10.30am -11.30am for an office meeting



On the 3rd Wednesday of the month, the centre will be closed from 1:30 pm -2:30pm for our all of staff meeting”.

We apologise for any inconvenience but team meetings are necessary for quality improvement discussions and training needs.



The Wellness and Respite Community Centre will be closed  
Wednesday 13 November 11.30am—4.30pm

We apologise for any inconvenience but team meetings are necessary for quality improvement discussions and training needs.

See if you find  
this  
picture in the  
Program



S	A	P
M	T	A
E	H	O

How many words can  
you make?  
Each word must  
contain the middle  
letter.



Christmas is coming...Ho ho ho

**Yes Christmas is Coming AGAIN!**

**The office will be closed Wednesday and Thursday 25-26 December and Wednesday 1 January.**

**Essential Services only will be available on the above dates.**

**All other days will be business as usual, however to assist us with staff planning please let us know as soon as possible if you will not be requiring your normal services.**

**If your normal support falls on any of the public holidays, you will be contacted in regard to an amended service time.**

**Contact the office - 9771 6900**



**10-17 November 2024**

Manjimup Home & Community Care would like to invite you to the **Wellness & Respite Community Centre** on **11th November** for a delicious morning tea to **THANK YOU** for your contribution to the community.

Where: Manjimup Wellness & Respite Community Centre

When: Monday 11 November

Time: 10.00am—12.00pm

**For more information and bookings please contact  
9771 6900**

**Cake or slice donations welcome.  
Deliver to reception Monday 11th November before  
9.30am**



Save the date for the Client Christmas Lunch:

**WHERE: Wellness & Respite Community Centre**

**WHEN: Tuesday 3 December**

**TIME: 11.30 @ venue**

**Pick up starts at 10.00am Manjimup,  
10.00am Northcliffe & 10.45am Pemberton**

**COST: \$35.00 Lunch**

**\$ 6.50 Manjimup transport**

**\$15.00 Pemberton & Northcliffe transport**

**MENU: 3 Course Traditional Christmas Fare,  
soft drinks included.**

***ENTERTAINMENT AND RAFFLES***

**Bookings and payment are essential for catering  
purposes by Monday 25 November**

**Vegetarian option or special requests (please notify  
when booking)**

**Please phone the office on  
9771 6900**

## MELBOURNE CUP

**WHEN:** Tuesday 5 November

**WHERE:** Wellness and Respite Community Centre

**TIME:** Pick up starts 10.00am  
Venue 11.00am

**COST:** \$25.00 includes, lunch, entry fee & free raffle ticket.  
\$ 6.00 transport Manjimup  
\$15.00 transport Pemberton & Northcliffe



**Come along and enjoy a lovely lunch, wear your best hat and try your luck on backing a horse in the \$2.00 or \$5.00 sweep.**

Bookings are essential; please phone the office on 9771 6900



## **DOGS TO BE RESTRAINED**

To ensure the safety and comfort of everyone during our visits, we kindly ask that dogs are either kept on a leash or in a separate room while our staff members are in your home.

This will help us provide the best care and attention to your needs.



Thank you for your understanding and cooperation.

If you are not willing to comply your support worker will be instructed to leave the home & client will be charged for the service.

## COVID—19 REMINDER

Remember if you are having flu like symptoms please stay at home! Let the office know if you have a service.

Please use hand sanitizer or wash your hands regularly.

### MEN'S OUTING

WHEN: Wednesday 6 November  
WHERE: Capel  
TIME: Pick up Manjimup starts at 8.00am  
COST: \$20.00 transport



Come along and enjoy a day out with mates in Capel.

Lunch at The Capel Tavern at your own expense.

**Bookings are essential prior to 30 October;** please contact the office on 9771 6900

### MEN'S OUTING

WHEN: Wednesday 20 November  
WHERE: Mystery Trip  
TIME: Pick up Manjimup starts at 8.00am  
COST: \$20.00 transport  
\$5.00 sausages



Come along and enjoy a day out with mates to unknown destination for a delicious BBQ lunch.

**Bookings are essential prior to 13 November;** please contact the office on 9771 6900



## AUTUMN CLUB & GOLDEN OLDIES OUTING

WHEN: Friday 8 November

WHERE: Busselton

TIME: Pick up CWA Pemberton 8.30am  
Pick up Northcliffe 9.00am

COST: \$20.00 transport

We are heading to Busselton for the day.

Come along and enjoy a nice day out, lunch at Senior Citizen at your own expense.

**Bookings are essential prior to 1 November;** please contact the office on 9771 6900



## ROYAL GALA TOURS

When: Thursday 7th November

Where: Rottnest Island

Cost: \$240.00

Trip includes: Morning & afternoon tea, lunch & entry.

For all bookings & information phone Royal Gala on **1300 233 556**

**Pick up Manjimup**—New Visitors Centre



## SOCIAL OUTING

WHEN: Friday 22 November

WHERE: Bunbury

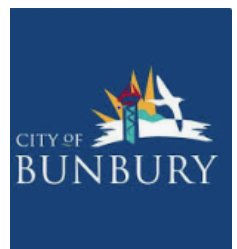
TIME: Pick up starts 8.30am

COST: \$20.00 transport

Come along and enjoy a day out in Bunbury.

Lunch at your choice of cafe at your own expense.

**Bookings are essential prior to 15 November** please contact the office on 9771 6900



## BORONIA CLUB

10am - 2pm every Monday and Friday

The Boronia Club provides a warm, homely environment.

Family carers can enjoy a short break from their caring role, confident in the knowledge that their loved one is enjoying a wonderful time with caring, staff and friends.

If you are feeling lonely or socially isolated come along and have some fun.

The day consists of morning tea and a nutritious hot meal cooked at the Centre.

We provide a range of meaningful activities or just a space to enjoy company and interaction with others.

**Boronia Club runs on Mondays and Fridays with a pick up service beginning at 9.15am.**

If you would like more information, please contact the Wellness & Respite Community Centre during office hours on **9771 6900**

## The Lunch Bunch

Let's hit the restaurants/cafes on the 1st Friday of every month.



**Where: Manjimup Gateway Hotel**

**When:** Friday 1 November

**Time:** Pick up starts 11.30am

**Venue:** 12.00pm

Come along and enjoy a day off preparing lunch, sit back and enjoy the company of others.

Bookings are essential: please phone office on 97716 900.

## TAI CHI

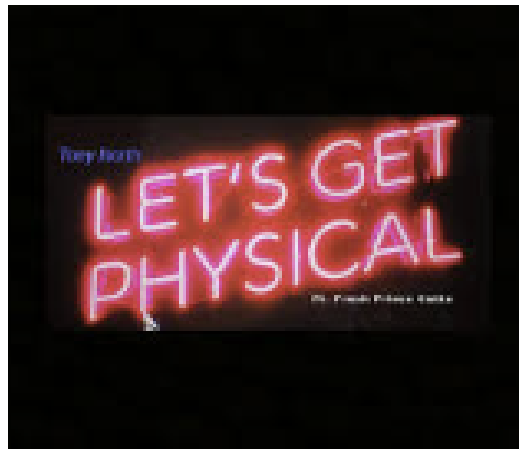
**WHEN:** Every Wednesday 10.30am - 11.30am

**COST:** \$10.00

**WHERE:** Wellness and Respite Community Centre

The benefits of Tai Chi for seniors are incredible. A low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts. Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement.

If you require more information please the phone office on 9771 6900.



## Over 50's Exercise Group

Combine fun, dancing and fitness at the over 50's Exercise Group

**WHEN:** Every Tuesday and Thursday

**WHERE:** Wellness and Respite Community Centre

**TIME:** **9.00am - 10.00am: Followed by morning tea**

**COST:** \$4.00



For anyone over the age of 50, all fitness levels are welcome to join in. The exercise program is a private group of seniors that get together to keep their body and mind active & moving.

Join us for a delicious, home made hot lunch at 12.00pm at the Manjimup Wellness & Respite Community Centre.

All meals will be served at 12.00pm.

Cost for CHSP clients \$12.00

Cost for NON –CHSP CLIENTS \$16.50

If you would like to be approved for meals as a CHSP client you will need a referral, followed by a phone call or possibly a face to face assessment from the My Aged Care team.

**Please let us know if you have any food allergies. That way we can make sure we don't include the allergen in our meals.**

Bookings are essential, please phone reception on 9771 6900

GOOD FOOD

GOOD MOOD

## MONDAY MENU

**4 November**— Roast pork served with roasted vegetables.  
Dessert: Fruit salad & ice cream.

**11 November**— Apricot chicken served with rice.  
Dessert: Ice cream on a stick.

**18 November**— Mushroom risotto.  
Dessert: Apple crumble & custard.

**25 November**— Picnic at the Timber park (sandwiches).  
Dessert: Cake/biscuits.



## THURSDAY MENU

**7 November**— Mango chicken & rice.

Dessert: Berries & ice cream.

**14 November** — Corned silverside, mash & greens.

Dessert: Apple pie & custard.

**21 November**— Roast Pork, served with roasted vegetables & greens.

Dessert: Fruit salad & custard.

**28 November**— Chicken carbonara.

Dessert: Ice cream on a stick.



## FRIDAY MENU

**8 November**— Home made Pizza.

Dessert: Apricot halves & ice cream.

**15 November**—Chicken stirfry & noodles.

Dessert: Custard Danish & ice cream.

**22 November**— Quiche, chips & salad.

Dessert: Self saucing pudding & custard.

**29 November**— Apricot chicken served with rice.

Dessert: Cheesecake.



# CROWEA & BORONIA CLUB M

<p>Please phone the office on 9771 6900 to book the Activities.</p>		
<p style="text-align: center;">Mon 4</p>	<p style="text-align: center;">Tues 5</p>	<p style="text-align: center;">Wed 6</p>
<p>Boronia Club (refer to page 10)  Carers WA</p>	<p>Over 50's Exercise Group (refer to page 11)  Melbourne Cup (refer to page 7)</p>	<p>TAI CHI (refer to page 11)  Men's Outing (Refer to page 8)</p>
<p style="text-align: center;">Mon 11</p>	<p style="text-align: center;">Tues 12</p>	<p style="text-align: center;">Wed 13</p>
<p>Boronia Club (refer to page 10)  Repair Café (refer to page 2)  Seniors Week (refer to page 5)</p>	<p>Over 50's Exercise Group (refer to page 11)</p>	<p style="text-align: center;"><b>OFFICE CLOSED DUE TO ALL STAFF MEETING</b></p> <p style="text-align: center;"><b>11.30AM-4.00PM</b></p>
<p style="text-align: center;">Mon 18</p>	<p style="text-align: center;">Tues 19</p>	<p style="text-align: center;">Wed 20</p>
<p>Boronia Club (refer to page 10)  Carers WA</p>	<p>Over 50's Exercise Group (refer to page 11)</p>	<p>TAI CHI (refer to page 11)  Men's Outing (Refer to page 8)</p>
<p style="text-align: center;">Mon 25</p>	<p style="text-align: center;">Tues 26</p>	<p style="text-align: center;">Wed 27</p>
<p>Boronia Club (refer to page 10)</p>	<p>Over 50's Exercise Group (refer to page 11)  Games/Cooking Pick up from 1.30— 5.00pm</p>	<p>TAI CHI (refer to page 11)</p>

# MONTHLY ACTIVITIES PROGRAMME

	Fri 1	Sat 2
	Boronia Club (refer to page 10) The Lunch Bunch (refer to page 10)	
Thurs 7	Fri 8	Sat 9
Over 50's Exercise Group (refer to page 11) <b>Lunch</b> 12pm—1pm If you require lunch remember to order Bingo 1.00—3.00pm	Boronia Club (refer to page 10) Pembi/ N'Cliffe Social Outing (refer to page 9)	Busselton Pick up starts 8.00am Drop home approx 4.00pm
Thurs 14	Fri 15	Sat 16
Over 50's Exercise Group (refer to page 11) <b>Lunch</b> 12pm—1pm If you require lunch remember to order Bingo 1.00—3.00pm	Boronia Club (refer to page 10)	
Thurs 21	Fri 22	Sat 23
Over 50's Exercise Group (refer to page 11) <b>Lunch</b> 12pm—1pm If you require lunch remember to order Bingo 1.00—3.00pm	Boronia Club (refer to page 10) Social Outing (refer to page 9)	Dardanup Pick up starts 8.00am Drop home approx 4.00pm
Thurs 28	Fri 29	Sat 30
Over 50's Exercise Group (refer to page 11) <b>Lunch</b> 12pm—1pm If you require lunch remember to order Bingo 1.00—3.00pm	Boronia Club (refer to page 10)	



# Lest We Forget

REMEMBRANCE  
DAY





## War Song Quiz



### Questions

1. Roll out the barrel...
2. Bless 'em all...
3. Goodbye Dolly I must leave you...
4. It's a long way to Tipperary, it's a long way to go...
5. John Brown's body...
6. Kiss Me Goodnight Sergeant Major...
7. Underneath the lantern by the barrack gate...
8. Pack up your troubles in your old kit bag...
9. There's something about a soldier...
10. You must remember this, a kiss is just a kiss, a sigh is just a sigh...
11. Alouette, gentile alouette...
12. Madermoiselle from Armentieres, she hasn't been kissed...
13. There was ham, ham mixed up in the jam...
14. Keep the home fires burning, while your hearts are yearning...
15. Wish me luck as you wave me goodbye...
16. Won't you come home Bill Bailey...
17. He's the boogie woogie...
18. I've got a sixpence a jolly jolly sixpence...
19. Run rabbit run, run, run, bang, bang, bang, bang...
20. There'll be blue birds over the white cliffs of Dover, tomorrow just you wait and see...
21. We'll meet again, don't know where don't know when...
22. Just a brown slouch hat with the side turned up and it means the world to me...
23. I'll be with you in apple blossom time...
24. My old man said "Follow the van..."
25. I know a tear would glisten, if once more I could listen...



PLEASE SAVE THE DATE FOR THE

# Spring Harmony:

## A Celebration for All Abilities

FRIDAY 22ND NOVEMBER 6.00PM

To be held at the Wellness and Respite

Community Centre


1A EDWARDS ST, MANJIMUP



Manjimup

Community Resource Centre

*Your local connection*



Contact the Manjimup Community Resource Centre Inc  
on 08 97712 774 for more information.

## Word Search

### INVENTORS



Y Q R A Z P R H T X Y S D N  
M A S T E R M I N D Y W O N  
A R N E U O L I O S H S O P  
K R Z N R D J X R S A D F I  
E I M G E U J I I M J X F O  
R N D I K C T A G U S M F N  
S V I N A E X R I C A B I E  
P E S E H R Q T N G U U C E  
L N C E N W H I A U T I P R  
A T O R X E T S L A H L C C  
N O V O L D C A G Y O D S T  
N R E Y F O U N D E R E L S  
E A R C H I T E C T X R E T  
R N X N O K L L T C M A S E

Discover

Eureka

Maker

Mastermind

Pioneer

Original

Builder

Producer

Author

Planner

Artisan

Architect

Founder

Engineer

Inventor

Mason

## Famous Horses & Their Owners

Match owner, creator, film, or book with related horses.

### Questions

	OWNER	HORSE
1.	Tom Mix	Bucephalus
2.	Lone Ranger	Siete Leguas
3.	Monty Python	Diablo
4.	Trojan War	Marengo
5.	Anna Sewell	Silver
6.	Roy Rogers	Buttermilk
7.	The Horse Whisperer	Rocinante
8.	Alexander the Great	Coconuts
9.	Duque Wellington	Old Nelson
10.	Pancho Villa	Khartoum
11.	The Godfather	Wonder Horse Tony
12.	Caligula	Trigger
13.	Cisco Kid	Tornado
14.	Don Quixote	Pegasus
15.	Dale Evans	Pilgrim
16.	Horse in 1960s TV Show	Phar lap
17.	Winged Horse	Mr Ed
18.	New Zealand	Wooden Horse
19.	Napoleon Bonaparte	Copenhagen
20.	Zorro	Black Beauty
21.	George Washington	Incintatus

Refer to page 24 for answers

# Cars Quiz

## Question

- 1 Name a quality English make of car that has the generic name for a dog?
- 2 What colours did Henry Ford say you could have his cars in?
- 3 What does synchromesh make easier?
- 4 What car was known as the best car in the world?
- 5 Name a car with horizontally opposed 4 cylinder engine
- 6 What sports car race in France goes for 24 hours?
- 7 What car name means to win?
- 8 What does MG stand for?
- 9 What small English sports car of the 60's was named after a famous English WW2 fighter plane?
- 10 What English car was known to make a chap more popular with the ladies?
- 11 What were the 3 most well known 6 cylinder family cars were built in Australia in the 60's?
- 12 What does the term 3 on the tree mean?
- 13 What does suicide doors mean?
- 14 Name an American Sports car built by General Motors from 1950's.
- 15 The Australian reliability trials (The Redex trials) of the fifties made a person called Gelignite Jack Murray famous, why?
- 16 What were the Blower Bentleys?
- 17 What was the German micro car with tandem seating named after a famous German WW2 aeroplane?
- 18 What was the name of the small Australian sports car built on a Goggomobile chassis?
- 19 What is kW or hp a measure?
- 20 What make of English car had the models Minx, and Imp?
- 21 In the series the Avengers, what car did Emma Peel drive?

Spot the Differences 12 to find!



Refer to page 28 for answers

Laugh  out loud  
follow your heart  
enjoy the little things





# Fun Riddle :

*I have streets but no pavement,  
I have cities but no buildings,  
I have forest but no trees,  
I have rivers yet no water.*

**To answer this riddle, follow the steps below.**

**Once complete, the unmarked words will reveal the answer.**

- Cross-out the names of 6 houses of prayer
- Tick the names of 8 internal organs
- Circle 7 coffee beverages
- Underline 6 words that relate to the circus
- Scribble through 7 zodiac names
- Shade 7 foreign currencies



Liver	Scorpio	Latte	Tightrope	Cathedral	Peso
Euro	Acrobat	Pound	Aquarius	Heart	Aries
Kidney	Mosque	Rupee	Cappuccino	Clown	Appendix
Krone	Virgo	Lungs	Chapel	Taurus	Affogato
Decaf	Map	Pisces	Ringmaster	Spleen	Abbey
Temple	Brain	Yen	Espresso	Capricorn	Arena
Trapeze	Macchiato	Baht	Synagogue	Bladder	Babyccino

**Refer to page 27 for answers**

## Famous Horses & Their Owners

### Answers

1.	Tom Mix	Wonder Horse Tony
2.	Lone Ranger	Silver
3.	Monty Python	Coconuts
4.	Trojan War	Wooden Horse
5.	Anna Sewell	Black Beauty
6.	Roy Rogers	Trigger
7.	The Horse Whisperer	Pilgrim
8.	Alexander the Great	Bucephalus
9.	Duque of Wellington	Copenhagen
10.	Pancho Villa	Siete Leguas
11.	The Godfather	Khartoum
12.	Caligula	Incintatus
13.	Cisco Kid	Diablo
14.	Don Quixote	Rocinante
15.	Dale Evans	Buttermilk
16.	Horse in 1960s TV Show	Mr Ed
17.	Winged Horse	Pegasus
18.	New Zealand Race Horse	Phar lap
18.	Napoleon Bonaparte	Marengo
20.	Zorro	Tornado
21.	George Washington	Old Nelson



## TV Sitcoms Quiz

1. Name the leading detective in Hawaii Five-O.
2. What is the nanny's name in The Nanny?
3. What series revolved around cases investigated in the Blue Moon Detective Agency?
4. Name the leading man from the 1980's TV show: Who's The Boss?
5. What was Punky Brewster's real name?
6. Who was the alien in Mork & Mindy?
7. D.J. Stephanie & Michelle Tanner were 3 daughters on which popular TV show?
8. Which TV show featured Michael J. Fox in the 1980's?
9. Name the show where 4 previously married women live together in Miami.
10. In which US city did Laverne & Shirley work as bottle-cappers at the Shotz Brewery?
11. In All in The Family what did Archie Bunker call his son-in-law?
12. Becky, Darlene, D.J. and Jerry Garcia were characters on which popular TV show?
13. In which sitcom did Ellen DeGeneres play the role of a receptionist?
14. What was the name of the restaurant where the kids in Happy Days gung out?
15. What was the name of the housekeeper in The Brady Bunch?
16. Name the show where a friendly extraterrestrial crash-landed in the garage of the Tanner family.
17. Who played Rachel in Friends?
18. Which Hollywood megastar made his name in Moonlighting?
19. In Everyone Loves Raymond, what was his brother's name?
20. Name Jerry Seinfeld's neighbor.



Life is like a sudoku puzzle, if one number is misplaced then everything goes wrong



## How to Play Suduko

Sudoku is a puzzle involving logic - no arithmetic or guessing is required! The basic idea of completing puzzles is to find cells (the small squares) where you are sure that only one value is a valid placement.

### The Basics

The rules of Sudoku are that you should fill a number in to every cell in the grid, using the numbers 1 to 9. The restriction is that you can only use each number once in each row, each column, and in each of the 3 x 3 boxes.

## HAVE A GO AT SUDUKO!!!

					1			
					6		4	5
6	4					3		8
2		3			4		9	1
				3				
9	5		6			7		4
4		2					7	6
7	8		9					
			7					

## GROWING OLD

By Stephen Brown

When I was young and fully fit I thought I was bullet proof.  
I walked around tall and proud with my head held aloof.  
But now I'm old and my body is all buckled and bent and the  
little energy I have left is very quickly spent.

I had a knee replaced and also a hip.

My ankles are full of small floating bone chips.

Now I'm unsteady on my feet I face plant in the dirt and I  
don't know whether it's my head, my knees or my elbows,  
or all three that hurt.

They cart me off to hospital for a short stay where they  
check all my vital signs.

Then they just send me away.

Now I'm sitting down at home and I feel like I'm watching  
paint dry.

I don't know whether just give up the ghost or break down  
and have a good cry.

The young ones think they are the only ones that belong to  
the human race but we are part of it to.

So just remember all you oldies someone out there  
somewhere really loves you.

The end.



### Answers to TV Sitcoms quiz:

1. Steve McGarrett
2. Fran Fine
3. Moonlighting
4. Tony Danza
5. Penelope
6. Mork (Robin Williams)
7. Full House
8. Family Ties
9. The Golden Girls
10. Milwaukee, Wisconsin
11. Meathead
12. Roseanne
13. Open House
14. Arnold's Drive-in
15. Alice
16. ALG
17. Jennifer Aniston
18. Bruce Willis
19. Robert
20. Cosmo Kramer

### Answers to Cars quiz:

1. Rover
2. You can have any colour you want as long as its black
3. It makes changing gears easier.
4. Rolls Royce
5. VW, Jowett Subaru
6. Le Mans
7. Triumph
8. Morris Garages
9. Triumph Spitfire
10. E Type Jaguar
11. Holden Kingswood Ford Falcon and Chrysler Valiant
12. Column gears
13. The doors were hinged from the centre column and opened into the direction of forward travel
14. Chevy Corvette
15. For firing sticks of gelignite on the car trials in 1954
16. there were supercharged 41/5 litre Bentleys
17. Messerschmitt
18. Goggo Dart
19. Of power
20. Hillman
21. Lotus Elan

# Word Search

## WORLD KINDESS DAY



F N M V L C T Y B Z M S L B  
R U T A H R H Q E L S S T I  
I N T K O T E Z P E E H O S  
E O Q P A R L V N T W A L E  
N F P P U J O E A B O R E L  
D U M T X T V R O G O I R F  
S E L F R I E N D L Y N A L  
F U B M G D O R J N O G N E  
C H K R I F W Z P Y M J T S  
B T O S Q V Q F Z G O O D S  
L F N C G E N E R O U S K Z  
T O V T Q C A T T I T U D E  
C S J Q R E S P E C T T X Y  
Y H V C O M P A S S I O N K

Attitude

Empathy

Culture

Forgiveness

Selfless

Friends

Love

Compassion

Generous

Sharing

Good

Considerate

Respect

Tolerant

Friendly

Support

## Answers to Wartime Song Quiz from page 30

1. We'll have a barrel of fun
2. the young and the short and the tall
3. though it breaks my heart to go
4. it's a long way to Tipperary, to sweetest girl I know.
5. lies a-mouldering in the grave
6. tuck me in my little wooden bed
7. darling I remember the way you used to wait
8. and smile smile smile
9. that is fine fine fine!
10. The fundamental things apply as time goes by
11. Alouette, je te plumerai
12. for forty years Hinky, kinky, parley-voo
13. in the quartermaster's store
14. though your lads are far away, they dream of home
15. cheerio, here I go, on my way
16. won't you come home?
17. bugle boy of Company B
18. I've got sixpence to last me all my life
19. goes the farmer's gun, run rabbit run rabbit run run run
20. there'll be love and laughter and peace ever after tomorrow when the world is free
21. but I know we'll meet again some sunny day
22. it's the symbol of our nation, the land of liberty
23. I'll be with you to change your name to mine
24. "don't dilly dally on the way"
25. to that gang that sang "heart of my heart"

## Answers to Sudoku from page 26

5	3	8	4	9	1	2	6	7
1	2	7	3	8	6	9	4	5
6	4	9	2	5	7	3	1	8
2	6	3	5	7	4	8	9	1
8	7	4	1	3	9	6	5	2
9	5	1	6	2	8	7	3	4
4	9	2	8	1	3	5	7	6
7	8	6	9	4	5	1	2	3
3	1	5	7	6	2	4	8	9

## DIY Bee Hotel

Create a cozy home for bees to support your local bee population with this easy DIY Bee Hotel project!

### Supplies

- Disposable coffee cups or ceramic mugs with a handle
- Recycled pieces of cardboard
- Small pine cones (optional)
- Scissors
- Ruler
- Glue or Tape
- String or Wire
- Permanent Markers or Paint Markers
- Utility Knife for making hanging holes on disposable cups

### Instructions

- Clean and dry the coffee cups.
- Decorate the cups with markers or paint to make the bee hotel more attractive.
- Measure and cut strips of cardboard 6 inches (15cm) wide and as tall as the coffee cups.
- Roll the strips into tubes of approx. ½ inch (1 cm) diameter and secure with glue or tape. These tubes will serve as nesting spaces for the bees.
- Place a pine cone in a cup and fill it with the cardboard tubes, ensuring they fit snugly and stand upright. Add more tubes if there are gaps.
- Prepare for hanging.
  - Disposable cups: Make two holes near the rim on opposite sides, thread string or wire through, and tie a knot.
  - For ceramic mugs: Thread string or wire through the handle and tie a knot.
- Find a sunny, sheltered spot near a garden or flowers.
- Use the loop to hang the bee hotel securely.

### Tips

- Position cups horizontally with open ends facing outward.
- Check periodically to keep the Bee Hotel secure and clean.



Whatever  
makes your soul  
happy.

*do that.*



**And the winner of the \$5.00  
scratchie is  
Faith Godin  
CONGRATULATIONS!**



**YOUR COMMENTS & FEEDBACK  
ARE ALWAYS WELCOME.**

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