

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



October 2024
Consumer, Staff &
Volunteers Monthly
Newsletter



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”.

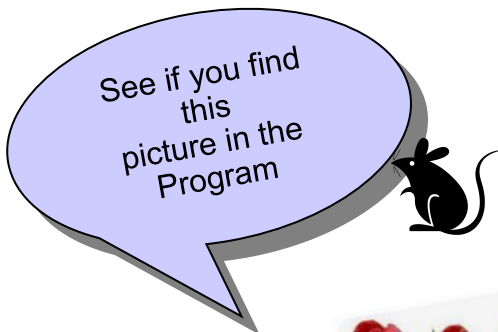
We apologise for any inconvenience but team meetings are necessary for quality improvement discussions and training needs.

STAYING SAFE ONLINE



Commonwealth Bank in Manjimup will be hosting an event at the Wellness Centre on 24TH October 2024 from 2-4pm to support members of the public to stay safe online.

For enquiries please contact Caryn Cicchini Bank Manager of Commonwealth Bank on 9771 1811 or 0478 403 744



U	E	B
E	Y	R
R	B	L



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

Out of Town Transports

If you require an out of town transport to Bunbury or Busselton, as soon as you know the date, please phone Manjimup Home & Community Care office on 9771 6900 to book it in the diary.



At the moment we do not have any volunteers to do out of town transports, so we are asking you first ask family members or friends to drive you to your appointment.

Remember you are eligible for PATS subsidies if you are a CHSP clients.

We do try our best to accommodate transports, but it's not always

MORNING PHONE CALLS

As we have an influx of phone calls from 8.30am, we are asking if you are calling in regard to service times the following day, please phone after 9.30am.

If you are phoning about service times for the following day, could you please hold off until mid morning.

We appreciate you co operation!



We require volunteers for a variety of roles such as transporting clients for appointments to Bunbury & Busselton, local appointments, and meals on wheels delivery. Other volunteering roles are also available such as helping out at our clubs, cooking & other club activities.



Please note: You will be provided with a work vehicle and a paid lunch for transports to Bunbury or Busselton.

For further information please contact the office on 9771 6900

Christopher Columbus Trivia

Christopher Columbus was an Italian explorer and navigator, who completed four voyages across the Atlantic ocean. He was the first European to discover a viable sailing route to the Americas, a continent that was unknown at that time.

Columbus was born in Genoa, Italy in 1451. His real name was Cristoforo Colombo. He died in 1506 aged 54.

Columbus has a hard time finding crew for his first epic voyage. Many people still believed that the Earth was flat and that the ship would sail to the edge of the Earth and fall into the abyss.

Columbus wanted to find an easy way to reach the East Indies. He decided that the best route would be to travel west from Europe, around the globe. Other navigators had also thought about this option, but they didn't try it because they thought the distance would be too great.

During his first voyage in 1492, he reached the New World instead of Japan as he had intended, landing on an island in the Bahamas archipelago that he named "San Salvador".

Over the course of three more voyages, he visited the Greater and Lesser Antilles, the Caribbean coast of Venezuela and Central America. He never landed in North America.

Columbus was not the first European explorer to reach the Americas, having been preceded by the Viking expedition led by Leif Erikson in the 11th century, but his voyages led to the first lasting European contact with the Americas, inaugurating a period of exploration, conquest, and colonization that lasted several centuries.

Columbus never believed that he had discovered a 'new' continent. He thought that he'd established a new route to the East Indies. For this reason he called the inhabitants of the lands that he visited Indio's (Spanish for "Indians"). It remains so.

Columbus introduced horses to the New World. Their use spread and became essential to the natives.

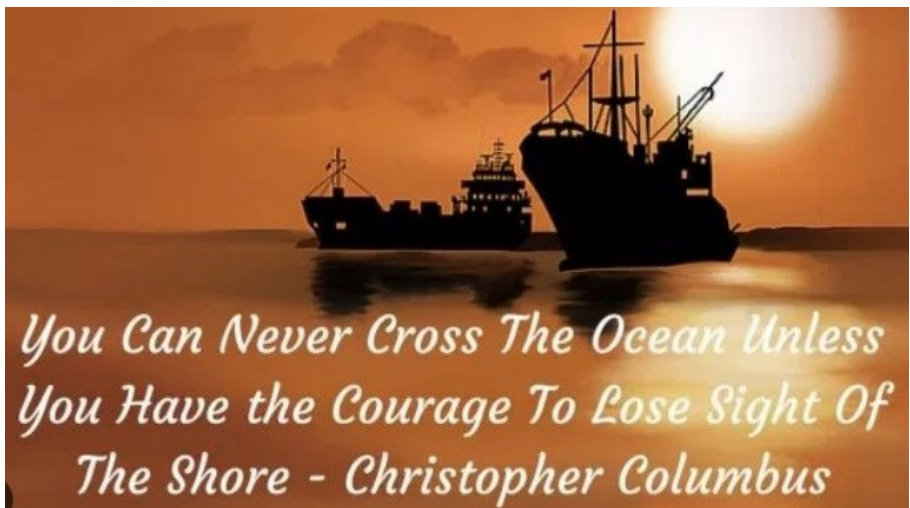
Christopher Columbus Trivia

In 1502, Columbus was stranded in Jamaica due to a shipwreck. After more than 6 months, tensions mounted. With famine now threatening, Columbus formulated a desperate plan. He knew there would be a lunar eclipse in a few days and warned the natives that his God was very upset and would show a clear sign of displeasure. Three nights later the eclipse darkened the moon and turned it red. The terrified natives gave him food and begged for mercy.

Both Seville (Spain) and Santo Domingo (Dominican Republic) claim to have the remains of Columbus.

No one knows exactly what Christopher Columbus looked like because all of the portraits of him that have survived were painted after he had died.

America is named after Amerigo, the Italian explorer who realized that the lands that Christopher Columbus sailed to were part of a separate continent.



*You Can Never Cross The Ocean Unless
You Have the Courage To Lose Sight Of
The Shore - Christopher Columbus*



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





HALLOWEEN COSTUMES WORD SCRAMBLE

REPITA _____

WNEINI HET OHOP _____

FWEOEWLR _____

LNODAD UCDK _____

NJAIN _____

DWEIKC THIW C _____

PVEMAIR _____

SSEUPORERHE _____

YPEOPE _____

PREPLFA RGLI _____

NMRAO DGEODSS _____

PCOS & BBRROE _____

NCWSOL _____

DNRE _____

BYAB _____

NSWO THIW E _____

GGRSTREAM _____

LVDEI & LGEAN _____

RNSEU & CODTOR _____

GSKOLCDOLI _____

VCAE PEOLE _____

YBSOOCW _____

NLKOES E T _____

MSIMUME _____

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 2 October

WHERE: DUNSBOROUGH

TIME: Pick up Manjimup starts at 8.00am

COST: \$20.00 transport

Come along and enjoy a day out with mates and enjoy your day out in Bunbury.

Lunch at The Last Slice at your own expense.

Bookings are essential prior to 28 September; please contact the office on 9771 6900

MEN'S OUTING

WHEN: Wednesday 16 October

WHERE: Mystery Trip

TIME: Pick up Manjimup starts at 8.00am

COST: \$20.00 transport
\$5.00 sausages or \$8.00 kebabs



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

Bookings are essential prior to 11 October; please contact the office on 9771 6900

AUTUMN CLUB & GOLDEN OLDIES OUTING

WHEN: Friday 11 October

WHERE: WALPOLE

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

COST: \$20.00 transport

We are heading for the day.

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

Bookings are essential prior to 6 October; please contact the office on 9771 6900

ROYAL GALA TOURS

When: Tuesday 10 September

Where: Araluen

Cost: \$95.00



Araluen Botanical Park is a unique world class park of great natural beauty and tranquility. Pack a picnic lunch and make a day of it, before exploring Dawsons Nursery. Plenty of room under the coach for purchases.

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

Pick up Manjimup—New Visitors Centre

SOCIAL OUTING

WHEN: Friday 25 October

WHERE: HARVEY

TIME: Pick up starts 8.30am

COST: \$20.00 transport

Come along and enjoy a day out in .

Lunch at the at your own expense.

Bookings are essential prior to 20 October 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: Two Little Black Birds

When: Friday 4 October

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

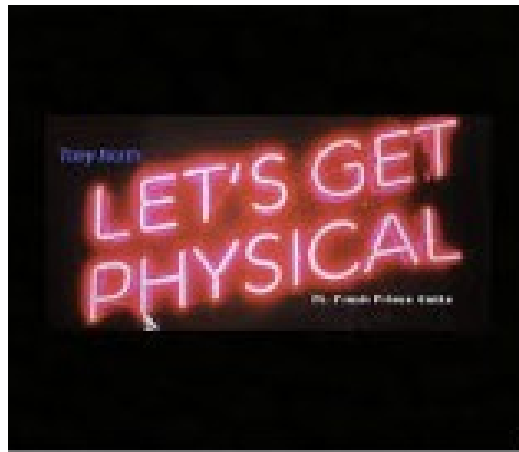
COST: \$10.00

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

7 October— Spaghetti Bolognese served with garlic bread.
Dessert: Fruit salad & ice cream

14 October— Butter chicken & rice.
Dessert: Self saucing pudding and ice cream.

21 October— Bangers & mash served with greens.
Dessert: Apple crumble & custard.

28 October— Rissoles served with mash & vegetables.
Dessert: Cheesecake.



THURSDAY MENU



3 October— Cottage pie served with greens.

Dessert: Sticky date pudding & cream.

10 October — Fish, chips & salad.

Dessert: Apple pie & custard.

17 October— Roast Pork, served with roasted vegetables & greens.

Dessert: Fruit salad & custard.

24 October— Sweet curry sausage served with mash & greens.

Dessert: Cheesecake.

31 October—Marinated chicken drumsticks served with Asian greens.

Dessert: Peaches & rice cream.



FRIDAY MENU

4 October— Fish, chips & salad.

Dessert: Apricot halves & ice cream.

11 October—Chicken & sweet corn soup.

Dessert: Custard Danish & ice cream.

18 October— Apricot chicken served with rice.

Dessert: Cheesecake.

25 October— Chicken stirfry & noodles.

Dessert: Peaches & ice cream.



CROWEA & BORONIA CLUB M

	Tues 1	Wed 2
	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11) Men's Outing (Refer to page 8)
Mon 7	Tues 8	Wed 9
Boronia Club (refer to page 10) Carers WA	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)
Mon 14	Tues 15	Wed 16
Boronia Club (refer to page 10) Repair Café (refer to page 6)	Over 50's Exercise Group (refer to page 11) Games/Cooking Pick up from 1.30— 5.00pm	TAI CHI (refer to page 11) Men's Outing (Refer to page 8)
Mon 21	Tues 22	Wed 23
Boronia Club (refer to page 10) Carers WA	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)
Mon 28	Tues 29	Wed 30
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)

MONTHLY ACTIVITIES PROGRAMME

Thurs 3	Fri 4	Sat 5
<p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Boronia Club (refer to page 10)</p> <p>The Lunch Bunch (refer to page 10)</p> <p>Royal Gala tours (refer to page 9)</p>	
Thurs 10	Fri 11	Sat 12
<p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Boronia Club (refer to page 10)</p> <p>Pembi/ N'Cliffe Social Outing (refer to page 9)</p>	<p>Busselton</p> <p>Pick up starts 8.00am</p> <p>Drop home approx 4.00pm</p>
Thurs 17	Fri 18	Sat 19
<p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Boronia Club (refer to page 10)</p>	
Thurs 24	Fri 25	Sat 26
<p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Boronia Club (refer to page 10)</p> <p>Social Outing (refer to page 9)</p>	<p>Albany-Overnight</p> <p>Pick up from 12pm</p> <p>NDIS ONLY</p>
Thurs 31		
<p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>		<p>Please phone the office on 9771 6900 to book the Activities.</p>

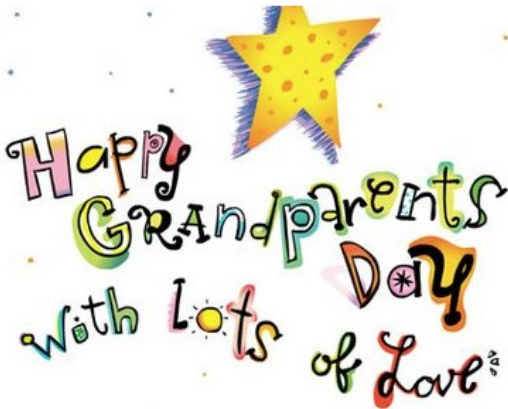
Poems for Grandparents Day

Baby-Boomers Grandma

In the dim and distant past
When life's tempo wasn't so fast,
Grandma used to rock and knit,
Crochet, tat and baby sit.

When the kids were in a jam,
They could always call on Gran,
But today she's in the gym
Exercising to keep slim.

She's checking the web or surfing
the net,
Sending some e-mail or placing a
bet,
Nothing seems to stop or block her,
Now that Grandma's off her
rocking-chair.



Grandparents Poem

Grandparents are special people
With wisdom and pride
They are always offering love
and kindness
And are always there to guide

They often make you feel so
Confident and strong
Their arms are always open
No matter what you did wrong

They try to help you in every
Way they can
They love all their grandchildren
Whether you're a child, woman
or man

They are always there to listen
And to lend a helping hand
They show respect
And try to understand

They give their love and
devotion
That's easy to see
Grandparents, what perfect
examples
Of the kind of person that we
should be.



All About Birds Quiz

Questions

1. What do we call an enclosure for birds?
2. Complete the proverb: A bird in the hand...
3. Name 3 birds starting with the letter S
4. Which bird is featured on the Australian Coat of Arms?
5. What bird is said to be wise?
6. What word is used to describe a number of birds flying together?
7. What is another name for the feathers of a bird...
8. Complete the proverb: The early bird...
9. What did the dove of peace carry in it's beak?
10. Complete the proverb: Birds of a feather...
11. In the nursery rhyme "Sing a Song of Sixpense" how many birds were in the pie?
12. Which character out of the book Treasure island had a parrot as his compassion?
13. What is the only type of bird that can fly backwards?
14. What is the name for the hourney made by many birds between their summer and winter homes?
15. What birds were used to carry messages in World War II?
16. Which birds are found in the Tower of London?
17. In the nursery rhyme what type of bird pecked off the maids nose as she was hanging out the clothes?
18. What are baby swans called?
19. Complete the proverb: As proud as a ...
20. One of the world's most famous ballets tells the story of a bird. What is the name of the ballet?





HALLOWEEN COSTUMES WORD SCRAMBLE

REPITA **PIRATE**

WNEINI HET OHOP **WINNIE THE
POOH**

FWEOEWLR **WEREWOLF**

LNODAD UCDK **DONALD DUCK**

NJAIN **NINJA**

DWEIKC THIWC **WICKED WITCH**

PVEMAIR **VAMPIRE**

SSEUPORERHE **SUPERHEROES**

YPEOPE **POPEYE**

PREPLFA RGLI **FLAPPER GIRL**

NMRAO DGEODSS **ROMAN GODESS** PCOS & BBRROE **COPS & ROBBERS**

NCWSOL **CLOWNS**

DNRE **NERD**

BYAB **BABY**

NSWO THIWE **SNOW WHITE**

GGRSTREAN **GANGSTER**

LVDEI & LGEAN **DEVIL & ANGEL**

RNSEU & CODTOR **NURSE & DOCTOR** GSKOLCDOLI **GOLDBLOCKS**

VCAE PEPOLE **CAVE PEOPLE**

YBSOOCW **COWBOYS**

NLKOESET **SKELETON**

MSIMUME **MUMMIES**

Word Search

HAPPINESS IS...



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

Family

Love

Kindness

Nature

Children

Adventure

Friends

Hugs

Home

Laughter

Sunshine

Pets

Books

Food

Art

Smiles

Relaxation

Music

Travel

Hobbies



Solaris Cancer Care presents

Bereavement – Living with Loss

4 – week group course

Facilitator:

Hayley Tuck (BSc Nursing, AGBC
Cert Bereavement Support
Groups, Co-Manager Solaris
Cancer Care Bunbury)

With Support From:

Evelyn Hall (RN BSc Palliative
Care)

**Have you experienced the loss of
someone close to you?**

Find out how this 4-week group
course can support you.

Dates

Fridays on:

Oct 11th, Oct 18th, Oct 25th, Nov 1st

Time

10.00am – 12.00pm

Venue

Bridgetown

To Book

Please phone 9791 1559

Support. Compassion. Care.

Solaris Cancer Care South West: 72 Brittain Road, Bunbury WA 6230

T 9791 1559 | E csmsw@solariscancer.org.au

W solariscancer.org.au

This group course will allow you to express and process your experience in a supportive, professionally facilitated group, with others who have experienced the great pain of loss.

We believe that grief doesn't go away, it stays with you, and you learn to live around it.

Through discussions you will gain skills in identifying emotions, share ideas about how to honour and remember your loved one, and learn practical coping skills.

To Book

Please phone 9791 1559

or email

csmsw@solariscancer.org.au



Marmalade

1 dozen Seville oranges and 1 lemon, cut as thin as possible, removing only the pips

Water

Sugar

Weigh the fruit. Pour on 2 1/2 pints water for each pound for fruit. Let it stand overnight and boil next day until the rind is quite clear. When cool, add 1 1/2 lbs sugar for each 1 lb of pulp. Boil until it gels.



Lemon Juice Cordial

Ingredients

Juice of 5 lemons

1 1/4 lbs sugar

2 level teaspoons citric acid

2 pints boiling water

Finely grated rind of lemons



Pour boiling water over all ingredients, dissolve sugar, bottle.

Fresh Lemonade

Ingredients

Equal quantities of boiling water and sugar

Juice from fresh lemons

Stir the sugar into the boiling water until all dissolved. When cooled add the lemon juice. Keep in the fridge. Serve diluted with water to taste over ice, and with a mint leaf. Very refreshing.



Fun Riddle :

What grows up while growing down?

To answer this riddle, follow the steps below.

Once complete, the unmarked words will reveal the answer.

- Cross-out 8 types of chair
- Tick 8 words that rhyme with *shine*
- Circle 5 types of gemstones
- Underline 7 team sports
- Scribble through 6 animals that live in burrows
- Shade 6 things associated with India



Cricket	Curry	Sofa	Vine	A	Nine
Chaise	Badger	Hockey	Elephants	Fine	Diamond
Line	Taj Mahal	Mole	Recliner	Emerald	Football
Sapphire	Rugby	Bollywood	Fox	Mine	Bench
Ferret	Stool	Hindu	Spine	Ruby	Baseball
Rocking	Topaz	Rabbit	Volleyball	Whine	Goose
Wine	Sari	Swivel	Chipmunk	Basketball	Dining

Refer to page 27 for answers

Short Stories: Words With Double Meanings



3 True Little Stories

.....

Soon after we arrived in Australia, I went shopping for curtain material. To my surprise a shop assistant told me I had to go to Manchester. "MANCHESER! I said...

"I've only just come from Wales!"

(In Australia, Manchester is a term used to refer to household linen.)

.....

Again after soon arriving in Australia, I went for a walk down the beach and said "Good Morning" to a lady sitting there.

I asked her how she was and she replied "not too good, I've just got over a wog, as a matter of fact I'm just getting over two wogs".

MY MIND BOGGLES!!!

(In Australia, a wog is a minor illness caused by a virus.)

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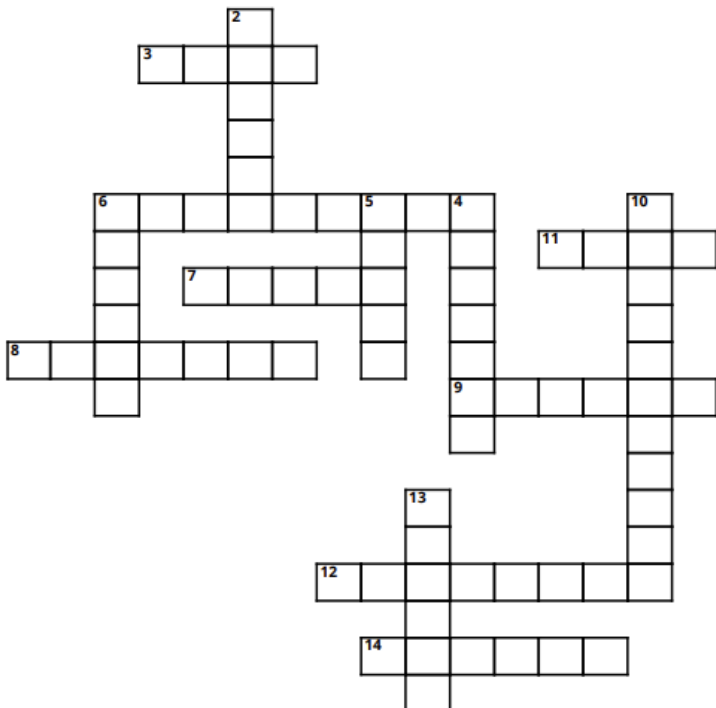
One day I went into my friendly butcher. While I was there I asked him could he please put an advert in the window for me.

He seemed please enough until he saw there were faggots on the menu. The his answer was "NO".

I was a bit shocked at his reaction so I said "I don't know what you do with your faggots but we eat ours".

(In Wales, faggots are meat balls made out of liver, onions, breadcrumbs, sage, beef cube/water, salt and pepper, very tasty.)

Glasgow Fair



Across

- Glasgow Fair month - 4
- How long does the Fair last - 9
- River flowing through Glasgow - 5
- Type of dance is often performed - 7
- Type of sweets enjoyed as a treat - 6
- Traditional Scottish garment - 4
- Musical instrument associated with Scottish culture - 8
- Mythical creature from Scottish folklore - 6

Down

- Glasgow Fair is one of the holidays - 8
- In which century did the Fair start - 7
- Main Venue - 5
- Type of ride often featured at the Fair - 6
- Nickname given to people from Glasgow - 11
- Souvenir often purchased as a memento - 6

How to Play Sudoku

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!!!

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

THE FERGUSON VALLEY

By Stephen Brown



Rolling hills meadows of green, trees dotted here and there tall and serene.

As I stand up here on high I see a grey cloud scudding across the sky.

In the distance I hear a dog barking, children crying, children laughing.

There were sheep and cattle and much, much more grazing down below on the valley floor.

There is a vineyard growing on yonder hill next to a dam full of water so tranquil and still.

As I stand up here on high looking over this magical place full of nature's beauty and full of gods good grace I sense a valley starting to settle down for the night.

Everything growing peaceful everything growing quiet.

I see an old mother hen tucking her chick beneath her wings.

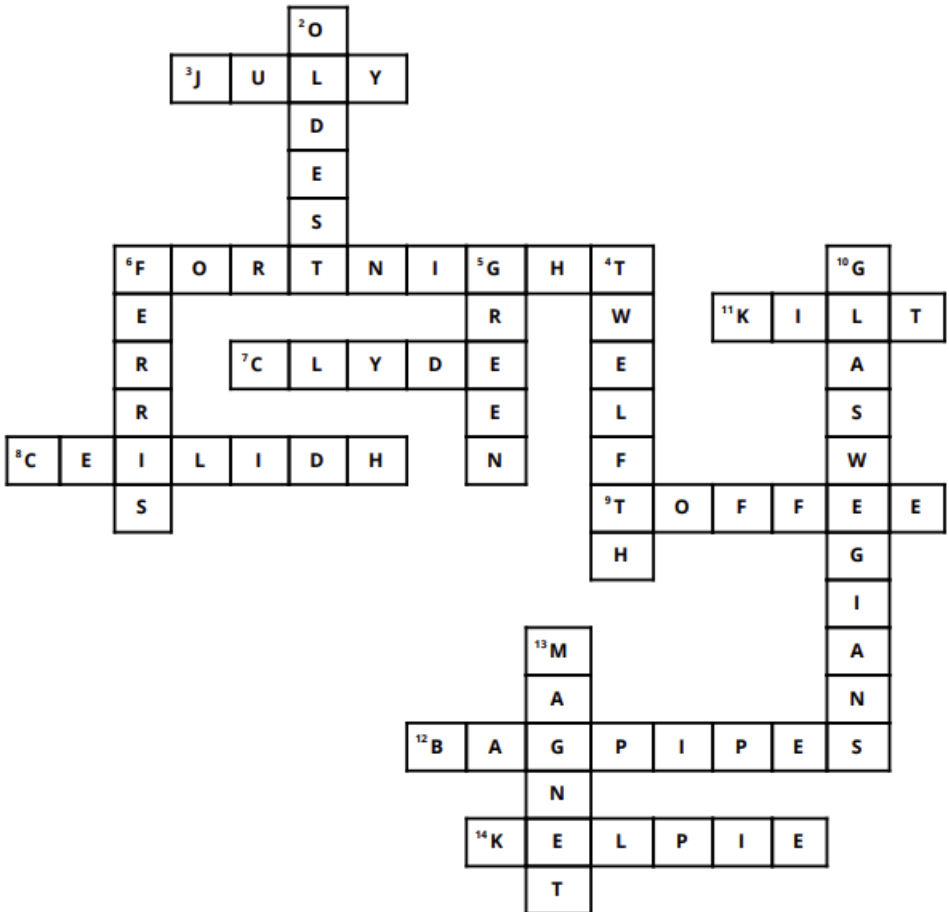
I hear a Robin and a Blue Fairy Wren twitter to each other as they start to sing.

As I stand up here on high everything is so peaceful now, everything so quiet I see the sun dip behind the hills to welcome in the night.

As I stand high upon this hill, as I dilly-dallied I realized this magical place I have been looking over is The Ferguson Valley.

Answer to riddle from page 23: A Goose

Glasgow Fair



Quiz: Remembering 1966

This all happened in 1966!

Questions

1. The first soft landing on the moon was made by a Russian spacecraft, Luna 9. True or False?
2. Who defeated West Germany to win the FIFA World Cup?
3. The first female prime Minister of India was elected in January 1966, what was her name?
4. In 1966 a strong flood in Italy caused the loss of priceless works of art, in which city did this occur?
5. Who said their band was 'more famous than Jesus Christ'?
6. What style of women's skirt was popular in 1966?
7. Who had a No. 1 hit with the song 'Good Vibrations'?
8. Who wrote the book "Valley of the Dolls"?
9. One of the hits of 1966 was a song called "You Don't Have to Say You Love Me", who was the singer?
10. Which film won Best Picture at the 1966, Academy Awards?
11. Which legendary animator died in 1966?
12. 'When a man Loves a Woman' was a big hit for this singer in 1966.
13. Which movie with Clint Eastwood is often cited as the greatest Western of all times?
14. Racial disparity in the USA led to the creation of this controversial organization.
15. Which popular science fiction TV series had it's first episode in 1966?
16. The American author Truman Capote released a book based on a true story and it became a bestseller in many countries; The title was...
17. A super model was crowned "The Face of '66", who was she?
18. Nancy Sinatra had a no 1 hit in 1966 with the song...
19. One of the most popular TV shows in 1966 was about a father and his three sons; what was the show called?
20. Which singing duo released an album called "Parsley, Sage, Rosemary and Thyme"?



Answers to Remembering 1966 Quiz from page 30

1. True
2. England
3. Indira Chandi
4. Florence
5. John Lennon (The Beatles)
6. Mini skirt
7. The Beach Boys
8. Jackeline Susan
9. Dusty Springfield
10. The Sound of Music
11. Walt Disney
12. Percy Sledge
13. The Good the bad and the Ugly
14. The Black Panthers
15. Star Trek
16. In Cold Blood
17. Twiggy
18. These Boots Are made for Walkin"
19. Bonaza
20. Simon & Garfunkel

Answers to All About Birds Quiz from page 17

1. Aviary
2. Is worth 2 in the bush
3. Sparrow, starling, swallow and others
4. Emu
5. Owl
6. flock
7. Plumage
8. Catches the worm
9. An olive branch
10. Flock together
11. 24
12. Long John Silver
13. Hummingbird
14. Migration
15. Pigeons
16. Ravens
17. Blackbird
18. Cygnets
19. Peacock
20. Swan Lake

Answers to Sudoku from page 26

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

Be aware

Text scams

Scam messages look like they are from the government, businesses you deal with or even your own family or friends to try to catch you out.

They sound urgent to get you to act quickly. They often have a link which will take you to a scam website. Scammers can steal any personal information entered on these scam websites and use it to take your money or commit fraud in your name.

To make these messages look real, scammers copy the phone number and sender ID of businesses or people you know. Scam messages can even appear in the same message chain as real messages from the organization, making them even harder to spot.

Phone scams

1 in 3 reported scams happen by phone. Scammers call, claiming to be from well-known organizations. This includes government organizations, law enforcement, investment and law firms, banks, telecommunication providers.

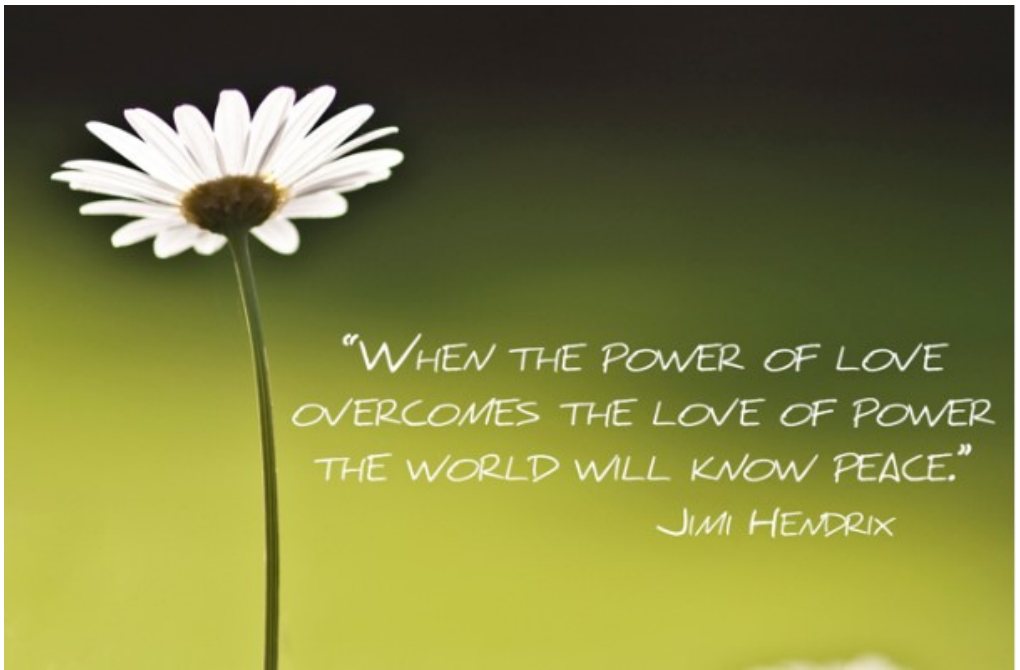
They make it sound urgent to get you to act quickly. They may try to convince you to give them your personal or bank account details, or remote access to your computer. The caller may already have some details about you, such as your name or address.

Help to spot and avoid scams

Scams work because they look like the real thing and scammers contact you when you're not expecting it, or busy trying to do many things at once.

Criminals take advantage of new technology, new products or services and major events. They use them to create believable stories that convince you to give them your money, financial or personal details.

Always stop and check before you act. Scammers rely on you not spotting these warning signs because you're in a hurry, you don't want to miss something that looks like a great deal, or because it seems like it's from someone you trust.



**And the winner of the \$5.00
scratchie is**

Diane Gill

CONGRATULATIONS!



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

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