



Christadelphian Aged Care

2018 AUTUMN NEWSLETTER

# COURTLANDS, WESTCOURT & NORTHCOURT

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## Manager's Message

*Welcome to Courtlands & Northcourt*

*Light breeze  
colourful leaves  
bare trees  
it must be  
Autumn*



*"God makes  
everything beautiful  
in its time"*

*Ecclesiastes 3:11*

Dear all Residents and Families,

What a whirlwind I have had in the last few months as the Facility Manager. I have not come up for breath and I am loving every minute of it. I am continuously delighted by such wonderful caring staff members who truly love you all and also excited by the shared vision and future we are heading towards for Courtlands and Northcourt. By now you would have seen the lovely Rajni, our new Care Manager who joined our team in December. We are delighted to welcome Rajni who comes to us with a broad range of management experience from various aged care homes. She specialises in clinical and customer care. Please see Rajni if you have any concerns in this area.

I would like to let you all know about our Care and Compliance team. This team is made up of very dedicated and experienced Registered Nurses. The team includes Team Leader Inja and RN Amy. This team reviews all residents every four months and looks at all aspects of care needs to ensure every resident receives individualised person-centred care plans. This is an invaluable service to residents and has been proven to be very effective since implementation. We also have an onsite Educator, Dalisay to support staff with best practice educational requirements. Dalisay is around the sites on a daily basis. We are dedicated to continuous improvement of our Home and will continue to develop our team to improve standards. We welcome feedback in this journey.

Our lovely Recreational Activity Officer Courtney has been successful in the application for Lifestyle Team Leader. I have set her quite a challenge in ensuring there is an improvement in the lifestyle program. Courtney is very excited at this opportunity and we wish her the best. Please welcome and support her in this adventure. By now we would have enjoyed our Valentine's Day extravaganza, and also a visit by 'Bushman' the therapy horse.

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# Manager's Message contd

The Pastoral Care team also offer an invaluable service for spiritual, emotional and general well-being of our residents. If you would like to talk to Jan, Sherene or Ron, please see nursing staff for a referral.

I would also like to introduce you to Kim Howard who is the new Resident Sales Officer. Kim has taken the place of Annemaree who has left the organisation. Kim is a wonderful lady who comes with years of experience and is committed to helping increase our occupancy.

"Food glorious food." Well where do I start. Since I started here I have heard a lot of complaints around food and we have certainly improved on the concerns, however it is still an ongoing issue. The kitchen team are passionate about ensuring residents meals are to a high standard and we are moving in the right direction. I have decided to look at appointing an experienced chef to support and guide this team towards excellence. The recruitment process is currently underway.

On a last note, I am reassured that Courtlands and Northcourt are excellent Homes where the staff love the residents and the residents love the staff. I promise to continue to work hard to support you all and hopefully stamp Courtlands and Northcourt as the leading aged care Homes in this area.

Kind Regards, **Elaine McRory**

## Senior Village Manager's Message

Changes happen every day. We get comfortable in doing things in a particular way: the washing gets done every Monday, roast dinners on Sunday and the hairdresser on Fridays. There are a number of changes happening at Courtlands at the moment. We have a new maintenance team who are getting used to doing things "our way". The new team will be coming to February's Morning Tea to introduce themselves and enjoy a cup of tea with everyone. Joanna's desk is now in Admin where she can work more closely with the Village team. Activity information can still be found on the Village Lounge desk at the top of the stairs. She is putting together the finer points of the Easter Dinner at the moment, invitations will be sent out in the next day or so. Joanna is always keen to hear your ideas for different activities.

The new Emergency Call System will be installed shortly. Each resident will be given an information pack from INS (installer). It is up to you how much information you provide to INS. You are encouraged to activate the HELP button regularly so you are familiar with the system and the service they provide. If you do not have an Emergency Services Poster, please collect one from reception. If you have questions about the In-Home Dialler, please come and see Manjula or myself. We are very happy to answer your questions.

Return & Earn is aimed at preventing cans, bottles and cardboard containers from ending up as litter in our streets, waterways or bush areas. A group of Courtlands residents has taken on this challenge and all monies raised will go to the Social Committee. They have provided containers for you to deposit your recyclable containers. You are asked to rinse your empties, (do not crush them) keep them separate from the other recyclable empties that are not eligible for the refund. Be sure to deposit the refundable empties into the container provided. Items that are eligible for the 10 cent refund include glass, plastic aluminium and liquid paper cartons. These items will show the 10c refund notice. A comprehensive information sheet can be provided by the Social Committee describing containers which can or can't be refunded.

An early reminder, Daylight savings finishes Sunday, April 1. This is Easter Sunday.

Kind Regards, **Jane Burns** - Senior Manager, Retirement Villages

DIAL 000 for EMERGENCY SERVICES			
Emergency System (Call Button)	EMERGENCY	Emergency Services	CAC Staff
1. Press Button to call	<b>FIRE / SMOKE</b>	Fire & Rescue - Dial 000	
2. Give details of Emergency	<b>MEDICAL</b>	Ambulance - Dial 000	
3. Confirm a response is on the way	<b>PERSONAL THREAT</b>	Police - Dial 000 Paramedics 0633 0769	9683 8000
4. Evacuate from unit if unsafe to stay / if so directed	<b>MAJOR HAZARD</b>	Fire & Rescue - Dial 000 SES - 13 25 00	9683 8010
5. Staff on duty will inform Village Management	<b>NATURAL DISASTER</b>	Police - Dial 000 SES - 13 25 00	
6. Follow Emergency Services Directions	<b>EVACUATION</b>	Police - Dial 000	

EMERGENCY INSTRUCTIONS		
FIRE	EVACUATION	PERSONAL THREAT
Remove Yourself & Others from Danger	If Evacuation required Remain Calm	Lock Unit & Contact Police
Alert Others - Shout 'Fire' & Dial 000	Turn off Stoves & Heaters & Taps Keys	Stay Safe Indoors, Do NOT take risks
Contain Fire - Close Doors & Windows	Go to Assembly Area & Remain there	Alert Others without creating Alarm
Evacuate to a safe Assembly Area	Contact Emergency Services	Keep Calm, Cooperate if Threatened.
DO NOT RE-ENTER THE AREA / UNIT	Report missing persons	Report description / details to Police
Notify Authorities if any person missing	Wait for Instructions from Authorities	



# Happy Birthday!



MARCH	APRIL	MAY	MARCH	APRIL	MAY
<b>Self Care</b>	<b>Self Care</b>	<b>Self Care</b>	<b>Vista</b>	<b>Vista</b>	<b>Vista</b>
3 Marie Mackenzie	2 Mena Grogan	5 Marsha Robinson	2 Doreen Scott	3 Heather Bell	4 Christine Fletcher
6 Rose Mangano	7 Barbara Reeve	7 Ingrid Odbert	7 Albert Cavanagh	10 Maire Trost	15 Eric Merritt
6 Beryl Pegler	10 Jan Wilson	8 Keith McDermott	<b>Terrace</b>	<b>Terrace</b>	<b>Terrace</b>
10 Joy Smith	14 Meryl Pullinger	24 Emily Eggleton		10 Reg Wilson	7 Ruth Irwin
10 Wilma Riley	15 Laurie O'Donoghue	29 Bert Bain		17 Ted Plummer	11 Alice Fisher
10 Ian Macindoe	20 Joan Donnelly			19 Gladys Kent	15 Lorna Worrall
11 Nance Roeth	20 Joyce Sellar			23 Tessie Bonney	
13 Fiona Perry	21 Malcolm Crapp			28 Beryl Smith	
14 Mavis Merritt	21 Judith Halmarick		<b>Grove</b>	<b>Grove</b>	<b>Grove</b>
19 Enid Mulcare	24 Sandra McDougall		28 Nancy Butcher	22 Renata Darmenia	12 Pat Pope
22 Gwen Spencer				24 Patricia Dunne	
26 Harry Johnson			<b>Grange</b>	<b>Grange</b>	<b>Grange</b>
29 Elizabeth Lewis				1 Sylvia Novello	30 Angus Mackenzie
30 Norma Gough				15 Margaret Williams	
<b>Northcourt</b>	<b>Northcourt</b>	<b>Northcourt</b>		30 John Killeen	
3 James Eager	13 Emiline Helou	2 Jean Byrne	<b>Westcourt</b>	<b>Westcourt</b>	<b>Westcourt</b>
17 Jamile Abdo		5 Peg Buttrey		16 Betty Patchett	
20 Marie Stanford		9 Oliver Cinque		28 Christine Frugone	
		16 John Robertson			

# News & Upcoming Events

MARCH	APRIL	MAY
<b>Self Care</b>	<b>Self Care</b>	<b>Self Care</b>
<p><b>7th</b> - Banjo Beads</p> <p><b>7th</b> - Lunch Bus Trip</p> <p><b>12th</b> - Afternoon Movie</p> <p><b>21st</b> - Easter Dinner</p> <p><b>27th</b> - Golden Girls Fashion Show</p>	<p><b>4th</b> - Lunch Bus Trip</p> <p><b>9th</b> - Farmers Wife</p> <p><b>11th</b> - Zara's Fashion</p> <p><b>24th</b> - Anzac Service</p>	<p><b>1st</b> - Mobile Shoe Shop</p> <p><b>2nd</b> - Lunch Bus Trip</p> <p><b>23rd</b> - Biggest Morning Tea</p>
<b>Terrace</b>	<b>Terrace</b>	<b>Terrace</b>
<p><b>1st</b> - Shopping Bus Trip</p> <p><b>7th</b> - Banjo Beads</p> <p><b>8th</b> - Morning Tea Bus Trip</p> <p><b>12th</b> - Afternoon Movie</p> <p><b>15th</b> - Shopping Bus Trip</p> <p><b>16th</b> - St Patricks Happy Hour</p> <p><b>22nd</b> - Lunch Bus Trip</p> <p><b>29th</b> - Easter Celebration</p>	<p><b>5th</b> - Shopping Bus Trip</p> <p><b>9th</b> - Farmers Wife</p> <p><b>11th</b> - Zara Fashion</p> <p><b>12th</b> - Morning Tea Bus Trip</p> <p><b>19th</b> - Shopping Bus Trip</p> <p><b>24th</b> - Anzac Service</p> <p><b>26th</b> - Lunch Bus Trip</p>	<p><b>1st</b> - Mobile Shoe Shop</p> <p><b>3rd</b> - Shopping Bus Trip</p> <p><b>10th</b> - Mother's Day Morning Tea</p> <p><b>17th</b> - Shopping Bus Trip</p> <p><b>24th</b> - Lunch Bus Trip</p>



## We're going digital!

To reduce the amount of paper we use, and in response to the requests of a number of families, the next newsletter will be delivered straight to your inbox! It will also continue to be available on our new and improved website at [www.chomes.com.au](http://www.chomes.com.au).

We are currently updating our contact list so you may be contacted soon to let us know your email address.

If you would still like to receive the newsletter in paper form, please call Marketing on (02) 9101 5503 to let us know.

# Activity Reviews

## SELF CARE

It was wonderful to have more than 50 self-care residents at our last Social and Recreational Club meeting. During the business of the meeting we discussed the success of the Australia Day function and all present were eager to plan future events.

A presentation was made to Gwen Spencer, as she has moved on from convening the craft group on Sundays, and she also is relinquishing supervision of the display cabinets in the lounge and level 2. We're sure it is going to be extremely difficult for Gwen to hand over her keys to Mavis Reynolds after more than 20 years of dedication. Gwen will still remain as the Club's Cherrio Secretary. Thank you Gwen, from the entire village, for your diligence over such a long period of time – well done!

Also at the meeting was the launch of 'Return and Earn' – an initiative of Ian Macindoe. Residents would have received their 'directions' and the recycle bins are out and being utilised – this may prove to be a great fundraiser.

The Easter Celebration for self-care will take place on Wednesday, March 21 and naturally we will have a raffle, hoping all residents will contribute.



The next 'Club' function after that will be a soiree to commemorate the wedding of Prince Harry and Megan – details for this will be advised closer to the day, however, you may begin now to plan what 'finery' you will wear for this special happening.



On Wednesday, May 23 a 'Biggest Morning Tea' will be held in the Village Lounge to help raise funds for cancer research. Stalls will be arranged on this occasion – donations of craft etc would be greatly appreciated. We are already starting to collect goods and it would be brilliant to make this get-together exceptional – there is

not a resident of Courtlands who has not been touched or had a family member or friend suffering the terrible threat of one form of cancer or another.

I have found my role as President, for such a short time, rewarding simply by the enthusiasm of all who attend the meetings and the camaraderie at our functions. You will be notified of all events via letter box drops, please continue to support 'your Club' and also attend the regular fashion parades, jewellery, jam, hand bags and other stalls held in the Village Lounge along with the music afternoons and film evenings. The musical films shown on the second Monday of each month have been winners, as have the ice creams and afternoon teas provided by the Social and Recreational Club.

- Sandra Ackers



Halloween fun

### The Social and Recreational Club

4pm - Recreational Room

#### First Tuesday of:



- February
- April
- June
- August
- December

# Photos - Self Care Christmas Party



# Photos - Self Care Christmas Party



# Activity Reviews

## VISTA

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Wow these last couple of months flew by, but there were a few highlights among the events in Vista. We have continued our Gentle Exercise with the incorporated boxing and dance moves, which is regular on our program. We have also been exercising our mind with crossword puzzles, quizzes and board games. We had a lot of special events these last couple of months: Master Chef, Boom-a-rand art class for Australia day, and craft with our volunteer Pam.

We were visited by Winston Hills Christmas Choir in December just before Christmas. There were about 40 children who we managed to fit in the dining room with the residents where they sang and performed all the classic Christmas songs and a couple of new ones for the residents. Santa also gave us a visit at our Christmas Party.

We had another trip to Castle Hill AMF Bowling in January with one of our Activity Assistants and residents from Northcourt joined us. There was competition between residents and everyone joined together for a good laugh. Australia Day came and went with a High Tea with all the Australian goodies especially pavlova. We also created boomerangs for Australia day decorations.

## GROVE

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We enjoyed our Christmas Party which was amazing especially when Santa came. We continue enjoying Pet Therapist visits, sensory stimulation, playing cards and ball games, beauty therapy, aromatherapy and our weekly bus outing to the beach and parks, along with garden walks.

We enjoyed Australia day with arts and crafts and traditional Australian movies.

We have new members to the Grove this February! Our beautiful chickens from Vista have moved into the garden in Grove and on the first day they moved in they laid their very first egg!

We have also been enjoying concerts with our beautiful resident James and his sons who plays the piano monthly.

## GRANGE

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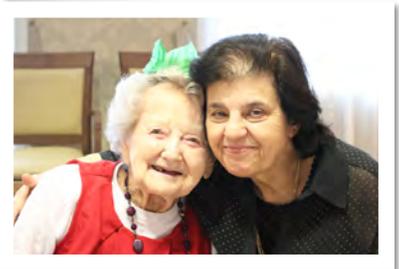
Christmas has come and gone but we will never forget how good the Christmas Party was with all the laughter about, and of course dressing up.

We continued our weekly bus outings, quizzes, garden walks, Happy Hour, High Tea, and bingo. We loved having the activity assistants around who made us feel young again especially when we played 10 pin bowling and created Aboriginal craft for Australia day.

We also enjoyed a beautiful barbecue for Australia Day.

Will be looking forward to the upcoming season.

# Photos - Grove Christmas Party



[facebook.com/christadelphianagedcare](https://facebook.com/christadelphianagedcare)



Keep updated with all the latest news and photos by "liking" us on Facebook!

# Activity Reviews

## TERRACE

Terrace had a great time over the summer months celebrating Christmas lunch with family and friends, Lillian's 100th birthday, Australia Day and Valentine's Day. The Tara girls also came in and met with a small group of residents to present their life stories in a creative way. We have been out on a few bus trips to Parramatta Park – Wisteria Gardens and Brooklyn. I will let the photos tell the stories.

*Christmas Lunch*



*Tara Girls*

*Lillian's 100th Birthday*



*Australia Day*



# Resident Story - Jean Byrne

Jean was born in Ireland, married her husband Ned and started a family. They had two children - a son named Roger and a daughter, who sadly passed away at a young age of 18. While Jean was working as medical secretary, she was still taking care of her family when she got home after work. Jean is very passionate about helping others as she volunteered at Barnardos in Ireland where they support family with young children and uphold children's rights.

Jean enjoyed playing golf and crocheting, along with cooking and baking.

Later in her life after losing her husband, she had decided at the age of 80 to move to Australia to be with her son Roger and his wife with their two sons, her grandsons, whom she dearly loves.

During her short time in Australia, she made wonderful friendships and her friends continue to visit Jean and enjoying laughs here and there.

Jean has a wonderful sense of humour and has enjoyed her life to the fullest. She especially loves when there is music playing and dances laps around us.

# Staff Profile - Caroline McGeorge



I have been a Diversional Therapist for over 30 years now and work down in Northcourt,

I am married with two children, who are all grown up now. I have just welcomed a new member to our family in December - my beautiful granddaughter.

I plan on moving to the Central Coast in the middle of the year.

I get great enjoyment working with the elderly. I love spending time with my family and as especially with my new granddaughter Tilly.

I enjoy walking, going to the beach and love catching up with friend over a coffee and a movie.

## Other News...



❖ Congratulations to Ivy Jaganath, a resident in the Grange, for being nominated for Citizen of the Year in 2018 by Cumberland Council! She was recognised for her decades of volunteer work teaching children in the community.

❖ We sadly farewelled Dollie Lennon at the end of last year, at the great age of 101. Dollie was the matriarch of the Lennon Bros Circus, and led a fascinating life inside and outside the ring. She will be missed.



# Pastoral Care

LET US NOT *love*  
WITH WORD OR SPEECH BUT WITH  
*actions* AND *in truth*



## WHERE WILL YOU FIND JOY TODAY?



The English writer William Wordsworth (1770–1850), in his pastoral poem ***The Oak and The Broom***, wrote the following lines:

*I know, and I have known it long;  
Frail is the bond by which we hold  
Our being, whether young or old,  
Wise, foolish, weak, or strong.*

*Disasters, do the best we can,  
Will reach both great and small;  
And he is oft the wisest man,  
Who is not wise at all.*

The speaker in this poem is a broom plant, which is responding to the taunts of the nearby oak tree that had mocked it for the apparent frailty of its form and for providing wayward shepherd boys with a soft bed on which to sleep. The broom plant's reply highlighted the joy it found in interacting with the insects, birds and animals with whom it shared each season throughout the year. It looked for these joy-filled snatches among the challenges of the larger changes brought by each passing season in its world, be it the heat of summer, the frost of winter, the energy of springtime or the slowing of autumn. By the end of that poem it was the broom which remained, as the oak in its unbending pride had fallen before the sudden onslaught of a winter storm.

Solomon, a wiser man than any in his day, urged all who would listen to find something positive in their lives wherever that life would lead. *"So I commend the enjoyment of life,"* he says in Ecclesiastes chapter 8 verse 15 (NIV), *"because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun."*

Some days that joy may not dominate. Some days life may seem futile, an endless repetition of the same routine lived amid the same walls echoing the same sounds from the lives of those nearby. Focussing on this highlights the futility and the pain of living, making it hard to see the subtly of the blessings that are still there in life. Amid that cycle there is still the opportunity to touch and to try a smile, to hold a hand or share a memory, listen to a distant bird or smell a scented leaf or flower.

Seeking the joy of the day will not make its challenges any less serious or any less real. But blessings and joy can exist at the same time as misfortune and sorrow. Finding joy among the little things may not remove the sense of struggle, but it will help to ease that burden. Sharing a hug changes the view – and how large is a hug, really? Warmth from the sun, or the colour of an autumn leaf, can both awaken memories to distract from the present, or simply bring pleasure to the moment.

The little broom plant and King Solomon both faced their lives with a certainty that they would find each day something to enjoy and both found it.

In what little thing will you find joy today?

**By Stuart Muir** - Pastoral Care and Community Services Manager,  
Corporate Services

## Bereavements

Our deepest sympathies have gone out to the families who have lost their loved ones over the Summer period.



# Volunteer Corner



A big thank you to all our volunteers from the staff and residents of Courtlands and Northcourt for their priceless help and involvement in our Christmas celebrations!

Our residents can look forward to many volunteer activities here at Courtlands and Northcourt in the coming months, including pet therapy with dogs, chickens and a horse! We also have individual visits, worship services, and lots of activities as well as local school involvement from the Kings Boys and Tara Girls.

Our 'Intergenerational Reminiscence' program with Tara Anglican School for Girls, was a great success for the students and residents alike. The program linked a group of students with a resident. The students then listened to the residents' personal stories and produced a memento and celebration of the resident, which they then presented on the final day of the program.

Reminiscence is the process where people take time to look back on past events and people, to recall memories and to recapture the emotions that went with them. Reminiscence can be an opportunity for older people to share these memories with others, extracting the lessons that can be learned from them and passed onto the younger generation, therefore adding value to the memories as they are shared.

Both our residents and the students found there was significant value in this process and thoroughly enjoyed it. The students involved were left with an appreciation of the generations who have gone before them, and were given the opportunity to learn important life lessons from people outside their own families.

Given the success of our 'Generational Reminiscence' program, I will be running it again during the year. If you would like to be involved please don't hesitate to let me know.



Our Chickens are back from holidays and have been relocated to the Grove courtyard to continue their important work as pet therapists to our residents.



To show us how happy they were with their new home, one of our chooks 'Wendy' laid her first egg on her first day at 'work'!

I am still looking for volunteers to be part of this new and exciting project.

*If you are interested in joining the Volunteer program, please do not hesitate to contact me:*

**Sherene Noble on 0433 622 573  
or [snoble@chomes.com.au](mailto:snoble@chomes.com.au)**

**Volunteer & Pastoral Care Coordinator**

# Read, Rest & Relax!



## Interesting Winter Olympics Facts

**PyeongChang 2018 Winter Olympics**

**Location**  
average elevation **700m**  
population **43,000**  
**180km** east of Seoul

**Events**  
259 events | 102 sets of medals made | 15 venues | 13 sports

**February 9-25, 2018**

**emblem:** the emblem represents the meeting of **heaven** and **earth** as well as **ice** and **snow**

**mascot:** Soohorang is a friendly **white tiger** mascot used to promote the games

**slogan: Passion. Connected.**

**Countries**  
**84** countries with at least 1 athlete qualified  
Eritrea, Kosovo, and Malaysia are set to make their Winter Olympic debut  
2 North Korean athletes have been given permission to cross the **demilitarized zone**

**Events**  
9 sliding events (luge, skeleton, bobsleigh)  
32 ice events (figure skating, speed skating, short track speed skating, curling, ice hockey)  
61 snow events (freestyle skiing, biathlon, snowboard, alpine skiing, ski jumping, nordic combined, cross-country skiing)

### Evolution of the Winter Olympic Torch

People from all walks of life carry the Olympic Torch for 200m, to convey a message that embodies the exalted ideals of the Olympic movement

1952 <b>Oslo Norway</b>	1956 <b>Cortina d'Ampezzo Italy</b>	1960 <b>Squaw Valley U.S.</b>	1964 <b>Innsbruck Austria</b>
1968 <b>Grenoble France</b>	1972 <b>Sapporo Japan</b>	1976 <b>Innsbruck Austria</b>	1980 <b>Lake Placid U.S.</b>
1984 <b>Sarajevo Yugoslavia*</b>	1988 <b>Calgary Canada</b>	1992 <b>Albertville France</b>	1994 <b>Lillehammer Norway</b>
1998 <b>Nagano Japan</b>	2002 <b>Salt Lake City U.S.</b>	2006 <b>Turin Italy</b>	2010 <b>Vancouver Canada</b>
2014 <b>Sochi Russia</b>	2018 <b>PyeongChang South Korea</b> Torch represents Earth's five continents through repeated use of star motifs, which also resemble consonant of second syllable of Korean character for PyeongChang		

\*Now Bosnia and Herzegovina

## Pumpkin Scones

- 2 cups self-raising flour
  - 1 tablespoon caster sugar
  - Pinch of salt
  - 60g butter, chilled, chopped
  - 1/2 cup buttermilk
  - 1/2 teaspoon ground nutmeg
  - 2/3 cup mashed cooked butternut pumpkin (see note)
  - Extra buttermilk, for brushing
- Makes 12*



**Note:** You will need 300g peeled, chopped, butternut pumpkin to make 2/3 cup mashed cooked pumpkin.

Line a baking tray with baking paper.

1. Preheat oven to 220°C/200°C fan-forced.
2. Sift flour, nutmeg, sugar and salt into a bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.
3. Make a well in centre of mixture. Add buttermilk and pumpkin. Using a flat-bladed knife, stir until a sticky dough forms. Turn out onto a lightly floured surface. Knead gently until just smooth.
4. Using a lightly floured rolling pin, gently roll dough out until 2cm thick. Using a 6cm fluted-edge cutter, cut out scones. Press leftover dough together. Repeat to make 12 scones.
5. Place scones, just touching, on prepared tray. Brush with buttermilk. Bake for 12-15 minutes or until golden and hollow when tapped on top. Serve with butter, ricotta or cream cheese.

P<sub>3</sub> U<sub>1</sub> Z<sub>10</sub> Z<sub>10</sub> L<sub>1</sub> E<sub>1</sub>

A<sub>1</sub>

G<sub>2</sub>

E<sub>1</sub>



# Old Occupation Quiz

Test your knowledge of these extinct occupations and see how many you can get right.

## 1. Paperhanger

- a) Someone who installs wallpaper
- b) Someone who sells papers from a news stand
- c) Someone who assists in the papermaking process by hanging wet paper to dry

## 2. Tanner

- a) Someone who professionally tans
- b) Someone who makes leather
- c) Someone who creates tanning dyes

## 3. Wharfinger

- a) Someone who owns and operates a dock
- b) Someone who creates casts for fingers
- c) Someone who operates a nail polish factory

## 4. Electrotyper

- a) Someone who is in charge of recording telegrams
- b) Someone who sends messages electronically
- c) A person who creates letter printing molds

## 5. Stevedore

- a) Someone who cooks hors d'oeuvres
- b) Someone who loads and unloads ships when they come to port
- c) Someone who tailors suits

## 6. Ragpicker

- a) Someone who collects and sells rags
- b) Someone who works in a rag factory
- c) Someone who specialises in picking fine dining equipment

## 7. Drayman

- a) Someone who operates an elevator at a hotel
- b) Someone who manages a group of maids
- c) Someone who drives a wooden wagon

## 8. Bootblack

- a) Someone who polishes shoes
- b) Someone who carries out punishments at local jails
- c) Someone who sells black leather boots

## 9. Drover

- a) Someone who drives buggies
- b) Someone who herds livestock long distances
- c) Someone who oversees store's inventory

## 10. Furrier

- a) Someone who resells fur in bulk
- b) Someone who works with fur clothing
- c) Someone who professionally grooms animals

## 11. Refectory Keeper

- a) Someone who oversees a dining hall
- b) Someone who oversees a refinery
- c) Someone who repairs mirrors

## 12. Diesinker

- a) Someone who crafts German chocolate
- b) Someone who manufactures a type of lead
- c) Someone who engraves dies for stamping

## 13. Smelter

- a) Someone who creates smelt for buggies
- b) Someone who melts metal from ore
- c) Someone who crafts automobile equipment

**Great job! Now let's find your score:**

**1-3** Keep your day job . . .

**4-7** Not bad! You're an amateur historian!

**8-10** Impressive - you really know your stuff!

**11-13** Did you time travel from the 1800s? You're a pro!

**Answers:**

**1. a 2. b 3. a 4. c 5. b 6. a 7. c**

**8. a 9. b 10. b 11. a 12. c 13. b**