



Maranatha Newsletter

Address: 1582 Anzac Ave Kallangur QLD 4503 Phone: (07) 3482 5333 Email: admin@chomes.com.au



MANAGER'S MESSAGE

By the time you read this Spring will have sprung in Southeast Queensland. We will have wished a fond farewell to our mild winter and will be bracing ourselves for the rigors of the summer sun. At least that is what we expect to happen but, based on the increasing unpredictability of our climate, we cannot be certain. Maybe spring and summer this year will be hot and dry, maybe it will be wet and cool, maybe spring will be warm and pleasant and maybe we will have a summer of hot days, afternoon storms, cooler evenings, and carpets of green, green grass that you can almost see growing. These days no one knows what the next day – let alone the next season will bring!

As you would be well aware, we have been in and out of lockdown several times over the past few months. Just as we are daring to think that life is almost normal again, we are back in Covid Country and everything changes. The restrictions routine has almost become second nature to us. My youngest grandchildren (16 & 18 months old) have not known a world without facemasks, where people could greet each other with hugs and travel freely, not only overseas but also around our own country and even in our own neighbourhoods.

Due to the restrictions on travel, especially across international borders, we have some staff at Maranatha who have been separated from families, husbands, children, parents and their extended families for more than two years. To me, this would be the stuff of nightmares, but they have coped with a stoic acceptance, understanding that it is a situation beyond the control of any person. They have shown much grace, patience and hope in this difficult situation.

It is something that we never expected to happen in the 21st century but the separation from families by oceans

and continents is an experience that since the days of colonialism, has been shared by many.

All of us from a non-indigenous heritage have an adventurer in our ancestry. Someone who set off for this remote continent and a new life, trading all that was familiar for the hope of something better, for themselves, and generations to come. Many of the people who live at Maranatha also came to Australia from far off lands as children or young adults for this reason. Over the years I have known residents who at tender ages boarded ships alone, sailing from native lands into a new and unknown future; others came with siblings or parents and others came as refugees from a war weary Europe. They had limited ability to communicate with their families over the great distances that separated them. The art of letter writing (which is now almost lost) was the glue that held the families together despite the miles.

Today, our staff members who find themselves a world away from family are able to speak to them and even see them using the magic of this digital age but in some ways, this may make the pain of separation even more acute. The voice or image is there – then it is gone, lost in the ether.

As we journey through the story of our lives we can look to our elders for guidance. We can take comfort in the fact that many of them have lived the experience of separation and have endured its trials to build the lives they dreamed of for them and their descendants.

Nothing is new under the sun. Everything that is, has been before. If we could recognise the treasure of experiences our elders offer us, honour, cherish learn from them I think we would live in a very different and better world.

Stay safe everyone and God bless!

- **Kathy Hallmark** - Director of Consumer Care & Services

Upcoming Events

SEPTEMBER

- 1 Wattle Day / First Day of Spring
- 5 Father's Day
- 9 RU OK? Day
- 21 International Day of Peace
- 20-26 Dementia Action Week

OCTOBER

- 1 International Day of Older Persons
- 4 World Grandfather's Day
- 10 Queen's Birthday Celebrations
- 31 Halloween

NOVEMBER

- 1 Movember Month
- 2 Melbourne Cup
- 11 Remembrance Day



For all the latest news and photos follow us on Facebook

facebook.com/christadelphianagedcare



SEPTEMBER	OCTOBER	NOVEMBER
Fia T	Kay P	Shirley S
Dot S	Eric H	Edith W
Margaret P	Nola R	Ruth G
Margaret F	Jennifer R	Shirley T
Maureen H	Phyllis C	John D
Patricia F	Nev R	Phyllis M
Joan G	Ellen H	Poppy C
Auriel R	Carol S	Dot W
Barb K		Shirley W
Lorna L		Albert B
		Merle F
		Con M
		Mary T

Activity Reviews



MAY - Maranatha had a grand celebration of **Mother's Day**. All ladies were given a floral scarf as a gift and enjoyed high tea on both sides of our Nursing Home. The place was decorated and filled with rose flowers and all mothers were requested to be wearing red. Even the birthday month of May cake was decorated with dominant red.



There was no musical concert or entertainer(s) invited but our very own Pacific Islander staff led by Milika Varani, volunteered to entertain the resident with their colourful and beautiful singing and authentic dancing. The beauty of this is that some members of their family came over to make a more vibrant presentation of the **Fiji and Samoan cultures**. The presentation is part of the already started multi-cultural awareness from the Armchair Travelogue to the Philippines.



JUNE - During the month of June, we joined the nation in celebrating the **Italian Week** festival that started on June 2. The residents were given a treat of mini pizza as their morning tea and high tea, and pasta in the night. Games were tailored to play some of the Italian games like boche and indoor bowling.



Peter Collins leading a concert

Garden walks for those in isolation



A few weeks later, was **World Elder Abuse Day** on June 15, where purple ribbons were given to staff and some residents to foster awareness. Purple icing cupcakes were also prepared.



Bereavements

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



Activity Reviews



JULY - Almost three consecutive weeks of celebration marked the month of July. First, we enjoyed **Christmas in July** where we had the Winter Wonderland Ballroom with a backdrop of snow and blue Christmas baubles. Staff were dressed in their Christmas colours and Santa and Mrs Claus graced the ball, after having to leave the North Pole, which is summer there, and come Down Under to enjoy Winter here. Residents enjoyed the romantic music whilst they danced in waltz and other romantic dance swing styles.



Following these festivities, we celebrated the Tokyo Olympics with a "lighting of the cauldron" for the grand opening of the **Olympic Aged Care Games** at Maranatha Stadium.



Two representatives, one from Side 1 and one from Side 2, lighted simultaneously the symbolic torch that was passed to all the residents' hands and afterwards our Care Manager Kathy gave the Opening Message. The Home was decorated with Olympic decorations and the medals of gold, silver and bronze were given to the successful winners.



This month, **Armchair Travel** was geared for a trip to Japan. Residents were treated all to Business Class, had their passports stamped in Terminal 1 of Maranatha and were given special Japanese inspired meals wrapped in Nori (seaweed wrappers). Residents toured Japan from north to south, highlighting the various cultural backdrops and natural beauty of Japanese culture and tradition.



UPSIDE DOWN CLOWN VISIT



Activity Photos



Cooking Thai Spring Rolls

Bus Trip

Floristry Activity

Sidekick's Concert



Sumo visit in May



KNITTING CLUB

Rememering Rob M ---->



Farewell dinner to celebrate Kris Muscat's early retirement in June ---->



Ice Cream Trolley --->



BIRTHDAY CELEBRATIONS

Thelma's 90th



MAY - Russell L



JULY - Money Cake



Resident Story

Ken Roginson



This story has been written by daughter Karen on behalf of resident Ken, residing in the Camelia Wing of Maranatha.

Born Kenneth Roginson on 6th July 1931, in a small country town in Queensland, Harrisville. I can only think that I was born here because my mother Violet Johana Roginson needed her mother to help with my birth and this is where my grandparents lived.

My father, George Alan Roginson stayed at the farm with us until we moved to Upper Yarraman, where my father built a hut made of corrugated iron walls and a mud floor (this was on the farm belonging to the Lohead family).

My father gained a job at the saw mill at Upper Yarraman (as this was Pine Forest territory). My father worked to pay for timber to build a house for us.

The cost of 300 pound – to build a 3 bedroom house and an outhouse. This house was built, at Upper Yarraman (Grandfather Roginson's farm).

My brother Neville was born 3rd December 1933. I started school at the Upper Yarraman School when I was 5 years old. I continued school at the Yarraman school until I completed year 6.

We moved to Saville's sawmill (Yarraman) where my father worked. My parents wanted to move closer to town and decided to buy a block of land opposite the Convent. As my father worked at the saw mill he was able to work for the timber he needed to build the house. I would say this would have been about 1946-1947. The 3-bedroom high set house is still standing today. Our family lived here for 12-18 months and then moved to the house connected to the cordial factory in Yarraman where our family produced and distributed cordial and soft drinks. The soft drink bottles were etched with the name "Roginson" on the label.

My first job, after leaving school in year 7, was to work on my Uncle Dave Roginson's farm. This was a short lived ambition. I soon moved on to start a mechanic apprenticeship at the nearby Yarraman Mechanical workshop. This was certainly a challenge. Back in those times, a mechanic needed to know more on the chemicals used in motors and I was asking our local Pharmacist for guidance on these topics as my education did not cover these subjects. Unfortunately, I did not continue with this apprenticeship.

I continued to work as a timber cutter working in the pine forests in the district. (Benarkin, Upper Yarraman, Blackbutt, and Nanango).

The family moved to Brisbane in 1970 and built a high-set 3 bedroom home in Brighton.



Ken Roginson as young professional working for a Timber Company in Nanango

Employment:

- Golden Circle Cannery: 1970-1972
- Woodlands processing woodchip board at Virginia: 1972-1983
- Prince Charles Hospital as Wardsman: 1983-1989

My first marriage was to Gloria Revett on Easter Saturday, 9th April 1955 at Nanango Methodist Church.

We had two daughters, Vicki on 27 December 1956 and Karen on 18 August 1958.

...continued over the page



Ken in one of his cruise to Fiji (taken 48 yrs ago)

Resident Story

Ken Roginson *continued*

Grandchildren:

- Troy - 15.10.74
- Dale - 11.3.78
- Aaron - 26.01.80
- Todd - 27.05.80
- Twins - 25.09.81
- Emma-leigh
- Ana-licia

Great-Great Grandchildren:

- Archie - 4.11.19

Great Grandchildren:

- Crystal - 25.07.93
- Drew - 7.04.96
- Latisha - 02.12.01
- Mason - 04.07.02
- Kane - 13.10.04
- Tanesha - 29.03.05
- Makayla - 27.05.08
- Jaiden - 27.09.05
- Tyson - 16.11.06
- Reece - 15.01.10



My second marriage was to Merle Ivy Ellrond on 31 October 1988 in Brisbane.

We lived on the South Esplanade of Deception Bay, which was an ideal spot for walking and admiring the ocean tides during the day.

Playing lawn bowls and competing in competitions was a highlight of my retirement.

Fishing has always been a favourite hobby of mine. During the younger years, I would team up with a few blokes from Yarraman and we would go freshwater fishing at Condamine River and we travelled to Tin Can Bay to engage in deep water fishing. I also loved mud crabbing.

My mate Bill Benson showed me how to hook a mud crab from the holes left on the mud when the tide was low.

I relocated to Maranatha in 2012 due to both myself and Merle's health, where we shared a room together until Merle's passing in 2013, when I moved to a single room.



Kenny & Chook



Ken with his famous Moondrop hibiscus



Ken with his favourite Bronco's fullback Jamaine Isako on his visit here

Resident & Relative Meetings

You have been invited to attend our monthly resident meetings

By attending our monthly Resident & Relative Meetings you will get the chance to learn the latest news or developments happening in our Care Home, as well getting the chance to have your say in helping make a difference in our Home.

At this time, group gatherings are restricted, however, these events are the best way to have VIRTUAL face to face conversations with us and other team members. The feedback provided will help us to continue providing outstanding service.

You will be sent a Microsoft TEAMS meeting invitation for each meeting.

We hope to see you then!

- Monday 6th September
- Monday 8th November
- Monday 11th October
- Monday 6th December



Staff Profile

Renee Bloomer



LIFESTYLE ASSISTANT - My name is Renee and first of all, I would like to say thank you for welcoming me into your home.

Let me tell you a little bit about myself. I grew up near Mt Dandenong in Victoria, and I am one of seven children, which was a very busy household raised by my parents Brian and Toni. My parents loved camping so every opportunity we had, we spent camping at a place called Jamieson near Mansfield in Victoria. Now, with a family of my own, camping is also a big passion of ours. We have always preferred bush camping over beach camping as I am not a big fan of having sand everywhere.

I am a mother of five beautiful children: Jessica (24) who is creative, artistic and an amazing mother herself. If ever anyone was having a hard time, she would always be by your side. She is my best friend. Jai (23) a hard worker and studying Computer Science at a university in Melbourne and just became an owner of his first home with his beautiful partner Hailey and their golden retriever Murphy. Georgia (16) who is currently in year 11 and studying Chemistry, Biology, Psychology and Drama. Georgia is my bright, bubbly, entertaining, dancing queen who always makes me smile. Jamieson (14), who has a compassionate and caring heart and has always been my emotional, loving boy. And, if he had the opportunity to play video games all day, I would never see him. Lakyn (2) a ball of energy and attitude. He always puts a smile on my face and makes everyone laugh with his silliness. And of course, our gorgeous Golden Retriever Loki who is ever so lazy.



One of the biggest highlights of my life was when my partner Ronnie and I became grandparents to our beautiful granddaughter Isla, who is now three. Talk about a love like no other. She has us wrapped around her little finger and she knows it too. Ronnie is my amazing partner who has the biggest sense of humour and can be silly at times but would do anything for his family. He is a disability support worker, which was a big change for him as he used to work in a manufacturing company. He loves this career change.

I used to spend many hours quilting and making costumes for my children as they grew up. I like cake decorating and cooking for my family. On weekends, we as a family try to have games nights. We love our board games but it can get competitive sometimes.

I grew up listening to The Beatles and The Bee Gees as this is what my dad liked to listen to. It was my dad who guided me into the direction of Aged Care. I cared for him whilst he battled cancer and unfortunately, we lost him 6 years ago. Caring for him was an absolute privilege especially knowing that he was never alone in his final moments. Losing dad made me realise where I wanted to be. I started volunteering at an Aged Care facility and started studying for my AIN (Assistance in Nursing). Once I completed my studies, I was offered a position in the same place that I was volunteering at. I worked there for two years then transferred to the North side (Nundah) where I stayed for the next three years. I worked as an AIN but ended up working mainly in leisure and lifestyle.



Whilst working there, I had an opportunity to be a part of a multi-generational contemporary dance project consisting of 10 dancers and 10 aged care residents. Our residents had the opportunity to perform in Fortitude Valley in front of an audience of 200 people. The feeling of being a part of this project was something I will always hold in my heart, as I was able to watch my residents shine on the stage.



Now here I am on a new adventure, which is being a part of the amazing leisure and lifestyle team here and I am looking forward to getting to know each and every one of you.

<--- "If only I could" production
Renee on bottom right

Maranatha Garden Railway v2

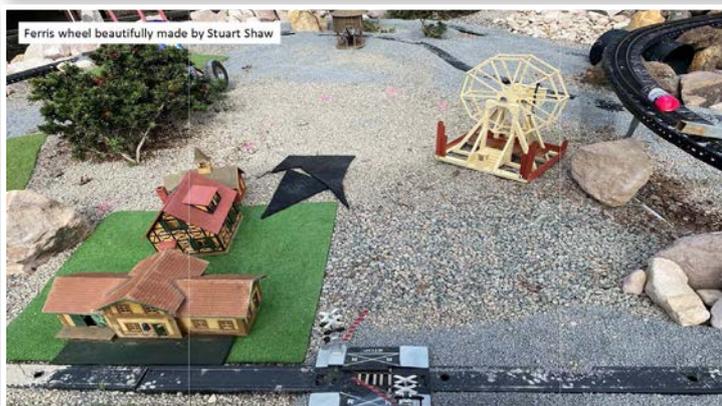
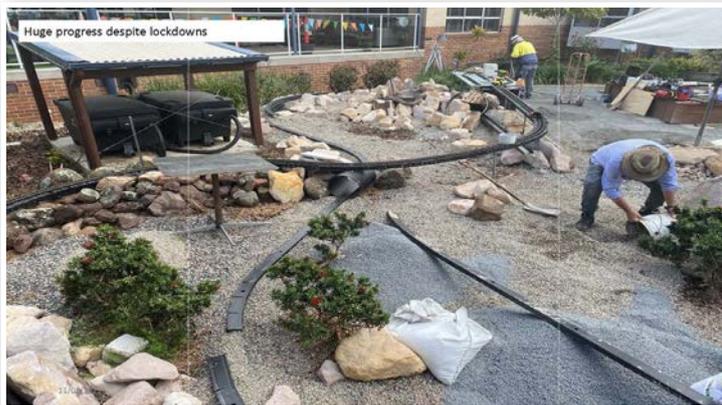
PROGRESS REPORT: 11th August 2021

The work on the updated version of the Maranatha Garden Railway (or MGR for short) is progressing very well, despite COVID interruptions!

Thanks to volunteer John Swinbourne who has provided a number of current pictures for this progress report.

MGR 2 PROGRAM OF WORKS (God Willing)

- 15th Aug - Saturday Working Bee
Excavate for Creek Water Tank & Construct Creek
- 17th & 18th Aug - Continue progress Track Electrics
- 24th & 25th Aug - Continue progress Track Electrics
- 31st Aug & 1st Sept - Watering system
- 7th & 8th Sept - Tidy Up
- 11th Sept - Official Opening





BAD NEWS ---- GOOD NEWS

What do you immediately think when someone says: "I've got bad news"?

Well, I suppose that depends on who is saying it and how close you are to that person. The impact of those four little words can virtually stop your whole world if only for a microsecond while you wait to be told that news.

Then, there's that moment when you can scarcely take in what you are being told, when your whole being just wants to move back to an hour, a day, a week before, when this news was not a happening event.

What! How! When! Why? Why? Why? and then, the inevitable "Oh my goodness!"



"Casting all your anxieties on him, because he cares for you". - 1 Peter 5:7

Have you ever wondered why we always call out to God when we are in a state of hurt?

It doesn't seem to matter what religion you are, where your faith lies or what your beliefs are. God, it seems, is always the 'go to', but why? It's an interesting question and I'm sure the answers would be numerous, sometimes conflicting and would make for some interesting conversation.

For most, the answer to that question is simple.

Just as a child instinctively turns to a parent when they have an issue of any kind with the absolute knowledge that this is the person to take away the problem, the pain, the fear, so then we have the opportunity to turn to our Heavenly Father in the same way. God has very strong shoulders and is more than capable and willing to carry our burdens when the problems are huge, the pain most severe or the fear way past scary. God is always there holding out his hand.

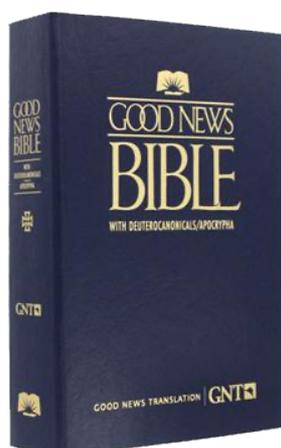
All you have to do is reach for it and hand over your load.

No, God cannot always change the situation, but knowing that he is there to lean on, to talk with, to love and support you, can make a difference in the weight of that load.



"And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him".

- 1 John 5:14-15



In these troubled and often conflicting times in which we struggle to maintain as normal a life as possible, having that one dependable positive can give us the confidence, the energy and a surety that we are never alone on our journey.

Go Gently my friends.

- By Jan Murray - Spiritual Care Coordinator, CHAMBERLAIN GARDENS

Pastoral Care Program



UPCOMING RELIGIOUS SERVICES

Please let staff know should you require assistance in getting to any of these services.

PLEASE NOTE: During COVID visiting restriction periods - these activities may be cancelled or changed at any time.

(please check your programs as subject to change)

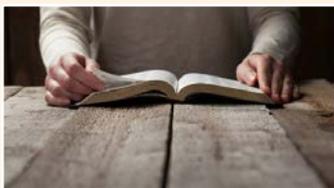
BIBLE READING GROUP

When: Tuesday - Friday at 9.15am - 9.50am

Where: Activity Hall

What: Bible readings, hymns & prayer

- ALL WELCOME -



INTERFAITH RELIGIOUS SERVICE

When: 2nd & 4th Wednesday (monthly)
from 10.45am

Where: Activity Hall
(or via CCTV Channel 4)

Who: Minister Alwyn Neuendorf

- ALL WELCOME -



RELIGIOUS & SPIRITUAL STREAMING CHANNEL - 4 Maranatha

If you are looking for some inspirational spiritual music, tune into channel 4 Maranatha to see what's on.



CHRISTADELPHIAN MEMORIAL MEETING

When: Monday Morning (weekly)
at 9.15am - 9.50am

Where: Activity Hall
(or via CCTV Channel 4)

Who: Christadelphian members

- ALL WELCOME -



CHRISTADELPHIAN
AGED CARE

SPIRITUAL MEDITATIONS WEBSITE

Please take a look: www.meditations.website

UNITING CHURCH SERVICE with communion

When: First Tuesday (monthly)
from 10.45am

Where: Activity Hall
(or via CCTV Channel 4)

Who: Pine Rivers Uniting Church

- ALL WELCOME -



CASUAL CHRISTIAN WORSHIP

When: Monthly from 10.45am

Please refer program for dates due to changes made by ministers

Where: Activity Hall
(or via CCTV Channel 4)

Who: Pastor Gary

- ALL WELCOME -



CATHOLIC MASS with Communion - with Priest from Pine Rivers Parish

Next Mass: **November** - *Please check program for dates/times*



'Supporting Maranatha resident's emotional & spiritual wellbeing'

Maranatha offers regular Pastoral Care visits to all residents

Please do not hesitate to contact our Spiritual Care Coordinator at her desk in Sunnyside Room or:

Carmel Hayden on (07) 3482 5333 or chayden@chomes.com.au

Volunteer Corner

By CARMEL HAYDEN

MARANATHA VOLUNTEERS LUNCHEON

Our volunteers missed out on a celebration lunch in 2020 but we were blessed to be able to enjoy a lunch this year.



On Thursday 20th May, the sun was shining as we shared a lunch together at our local Heritage Hotel at Old Petrie town followed by a trip to the museum.

A great time was had by all celebrating our valued and loved Maranatha volunteers.

Heartfelt **THANKS** TO OUR VOLUNTEERS!

We love our volunteers and may God bless you in the love you show here.



Our foyer display for the week to celebrate our volunteers!



Pine Rivers Heritage Museum



Kath M & Alwyn N



Terry & Kevin



Ann, Robyn & Raelyne



Bec, Pauline, Carole & Lesley



Old Board Member Kirralie



Mark



Jacqui



Robyn



Carolyn & Kirralie



Pat & Jay

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



Carmel Hayden

SPIRITUAL CARE COORDINATOR

e: chayden@chomes.com.au

p: (07) 3482 5316

Volunteers IN THE Spotlight

BETTY HERMANN - was born in Kingaroy, Queensland in May 1933, the second of 8 children of Danish Grandparents of the Lutheran Faith. Time went by and her parents accepted the 'Christadelphian' faith. Betty said growing up, the daily Bible Readings which took them through the whole Bible each year, and attendance at the weekly Memorial Meeting services, were a big feature of her life.

Betty's father and uncle bought a property at 'Coominglah' in the ranges outside Monto, Queensland. There they established Dairy farms. So, from an early age, Betty learnt to milk cows and join in the various activities of farm life. School was by correspondence and supervised by her ever-patient mother. It was there that Betty was baptised into Jesus on May 9, 1948.

When Betty was in her early twenties, she went to Adelaide for twelve months where she was employed in the office of Eudunda Farmers. Eventually, Betty's family moved to Bundaberg where her three brothers became cane farmers.

Betty returned home for a period of time. Betty and her sister Ruth became student nurses at the Bundaberg General Hospital. Finally, they both moved to Sydney, prior to Ruth's marriage. There, they both worked in the Taxation Office for three years before Betty returned to Nursing.

Ron and Betty were married in June, 1962. Betty says she has experienced a very happy married life with Ron. Later that year saw the commencement of Betty and Ron's work in the mission fields. Firstly, they went to Hong Kong and lived there for 3 months helping with Gospel proclamation before going to the Philippines for 9 months. They lived with a Filipino family and Ron was able to help with preaching the Good News of Gods coming Kingdom on Earth. Betty was very involved with Sunday School teaching and learning to live like the locals in the Philippines. Many strong friendships were made and have continued to this day.

They returned to Sydney and then moved up to Brisbane. Their holidays were mainly spent at Bible Schools and in various parts of the world on Preaching Efforts. Regarding this, they have been privileged to take part not only in Australia but also, England, Wales Germany, Czech Republic, Poland, Romania, South Korea and Vanuatu.

Apart from some time in Rockhampton and later in Townsville they finally settled in Geebung and lived there for 35 years. Ron and Betty had no children of their own but were blessed to have had 13 children/young people live with them at various times, ages ranging from newborns to 24 years of age.

Betty and Ron have now been living in a unit at Maranatha for around 14 years and both stated it has been a privilege to be Volunteers at Maranatha (Ron retired when he turned 80).

Of volunteering in her Pastoral Care role, Betty said: *"To endeavour to learn to walk in another's shoes can be a real challenge. It is a satisfying way of life to make new friends. Many residents are lonely, despite living with people all around them and for them to have a regular visitor means a lot. To move out of their homes can be very distressing. I can let them know that I am there to help them in their "settling in " period. Then when it comes to a time when they happy to confide in me of their life's experiences and share their concerns and joys - I have won a friend. It becomes not "all giving" but it becomes "receiving" and we learn from their experiences. So, in all our plans of helping one another, we take the advice of our late Sister, Betty Phillips "One day Christ will surely return, to bring the world peace, allaying concern, So daily build trust, with confidence learn, That only our Lord knows tomorrow."*

Betty is such a valuable volunteer here at Maranatha. Her bright sweet smile, her positive and fun outlook, her happy laugh, her spirit of joy and sharing her faith - just what the Doctor ordered. The love, kindness and compassion she shows to all the residents is truly lovely and we are so blessed to have her Volunteer at Maranatha.

May God continue to bless you Betty in your works of love and thank you from the bottom of our hearts.



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



Carmel Hayden

SPIRITUAL CARE COORDINATOR

e: chayden@chomes.com.au

p: (07) 3482 5316

COVID-19

Coronavirus Disease

10 WAYS TO PREPARE AND PROTECT YOURSELF 60+ AND/OR LIVING WITH UNDERLYING CONDITIONS*



Wash your hands often with soap and water and regularly clean and disinfect surfaces.



Keep taking your normal medication and follow medical advice.



Adopt a healthy lifestyle to help your immune system: eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.



Maintain a distance of at least 1 meter and avoid physical contact (handshakes, hugs, etc.) with other people.



If COVID-19 is spreading in your community, stay home as much as possible. **Avoid going to church and other places with a lot of people.**



Make sure you have at least a month's supply of medicines in case you need to stay home. Plan on how to get more in case you need to stay at home longer.



Stay in close contact with your family, friends, or neighbors and make a plan on how you'll seek food and medical care if needed.



Familiarize yourself with COVID-19 symptoms, like fever, cough, and difficulty breathing, so you can quickly identify them if they appear.



If you show flu-like symptoms, **call the assigned phone number in your country or your health care provider immediately.**



Don't feel lonely. **Stay in touch with family and friends by phone, video chat, or email.**

*Adults over the age of 60 and immunocompromised people or those with underlying conditions, like high blood pressure, diabetes, cancer, and/or lung and heart diseases, are more at risk.



A Brief Trip Out of the House



- No Bake -

Turkish Delight Cheesecake Slice

Ingredients

- 200g gingernut biscuits
- 80g butter, melted
- 1/4 tsp ground allspice
- 2 tbsp boiling water
- 2 tsp gelatine powder
- 375g cream cheese, softened
- 1/3 cup caster sugar
- 1/2 tsp finely grated orange rind
- 2/3 cup thickened cream
- 150g Coles white chocolate with vanilla, melted
- 1/2 cup pistachio kernels, toasted
- 85g packet creaming soda jelly
- 2 tsp rosewater essence

1. Grease a 6cm-deep, 19cm square cake pan. Line base and all sides with baking paper extending paper 5cm above each side.
2. Place biscuits in a food processor. Process until coarse crumbs. Add butter and allspice. Process to combine. Press biscuit into base of prepared pan. Refrigerate until required.
3. Place boiling water in a small heatproof jug. Sprinkle over gelatine. Stir until gelatine dissolves. Cool for 5 minutes.
4. Using an electric mixer, beat cream cheese, sugar and orange rind until light and fluffy. With motor operating, gradually add cream, gelatine mixture and chocolate, beating until mixture thickens slightly. Stir in pistachios. Pour mixture into pan. Refrigerate for 2 hours or until just set.
5. Make jelly following packet directions. Stir in rosewater essence. Refrigerate for 1 hour or until cold but not set. Pour over cheesecake layer. Refrigerate for 4 hours or overnight until jelly is set. Carefully lift out of pan. Cut into squares. Serve.



Prep: 4.5 hr Serves: 12

Puzzle Page



VISUAL MATHS PUZZLES - Can you solve these puzzles?

	+		+		=	9
	+		+		=	17
	+		+		=	16
	x		+		=	?

34
10
48
25

	+		+		=	18
	+		+		=	23
	+		+		=	30
	+		x		=	?

20
32
107
10



FATHER'S DAY

Word Search

- | | |
|-------------|----------|
| ADORE | LEARN |
| CHILD | LIFE |
| COMFORT | LOVE |
| FATHER | MEMORIES |
| FUNNY | MENTOR |
| GAMES | PLAY |
| GENEROUS | PROTECT |
| GUIDE | SILLY |
| HANDSOME | SPECIAL |
| HARDWORKING | STRONG |
| HUGS | SUPPORT |
| HUSBAND | SWEET |
| JOKES | TEACH |
| KIND | THANKS |
| KISSES | TOGETHER |

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