



# Courtlands Newsletter

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## MANAGER'S MESSAGE - AGED CARE

I would like to advise you that the Sanctions imposed by the Aged Care Quality and Safety Commission (the Commission) earlier this year, expired on 29 October 2021.

As a result of this we will be welcoming new residents to our Home. This also means we say goodbye to our Advisers, Karen and Antonio who have been instrumental in supporting us all through this period and we are thankful for their dedication and support.

We continue to maintain our accreditation status and are expecting a visit from the Commission in the near future to confirm our

improvement progress. We would like to assure you we have been progressing well through improvements and changes to ensure we continue to provide quality care and services to all our residents.

I am thankful to each of you and your family for the support shown through this period. I value your feedback and if you have suggestions for improvement, please complete the Feedback Form and drop it into one of the Suggestion Boxes or provide to the staff.

Kind Regards, **Mohini Narayan**  
- Director of Consumer Care and Services



# Retirement Village Message

What a tough year 2021 has been! After the year that was 2020, we were looking forward to 2021 being better but that was not to happen. Covid 19 had other plans. We survived 15 weeks of lockdown, we all got vaccinated and now we can see our families and friends again. This is super exciting. We can look forward to a fresh new year in 2022.

The village lounge is open again to our residents and the staff are enjoying seeing the residents laughing with their friends. We have even been able to hold some events. Melbourne Cup was in the lounge, it was smaller than in past years but still an enjoyable get together. We have filled the calendar with activities and outings. Life seems to have some sense of normality. We had our annual Fire Awareness Training in the Rec room with Brett from Adairs and as always, he made it an enjoyable learning process as he led us through an interesting and interactive presentation.

## Take home points:

- **You** are the most important person
- **Remove** – occupants from immediate danger
- **Alert** - Press INS button or ring 000 and tell of emergency
- **Contain** – take your keys and shut the door
- **Evacuate** – knock on neighbour's doors alerting them as you head towards your nearest assembly area

Our Christmas cocktail evening is being held December 15th in the Village Lounge. Christmas lights and dinner on 22nd December. Sherene will be sending out the invitations soon. Please RSVP as soon as possible so that we have the correct numbers for catering. We will be doing a Christmas raffle as well. Donations can be left in the Village Lounge.

The days are warming up and soon we will have summer at our door. Please remember the 3 S's: SLIP SLOP SLAP. Let your air conditioner be your friend and drink plenty of water.

Thank you to all the residents and their families that have helped the Social Committee support CWA - in the past year we will have raised approximately \$3000. What a great effort! The Garden Club are doing a fantastic job with all the flowering pots. They look wonderful.

We will be welcoming a new team of gardeners and pond people onboard before the end of the year. I need to thank Landscape Solutions for all the work they have put in over the last few years.

I would like to take this opportunity to wish all residents, staff and volunteers a peaceful Christmas and a safe and healthy 2022. The many different groups - the admin team, the Resident Committee, the Social Committee, the Men's Group, the Library Group, the Kiosk team, the maintenance team, to name just a few – through their tireless efforts, make Courtland's Village such a wonderful place to live and work. Thank you to you all. Please stay safe and well.

Kind Regards, **Lisa Green** - NSW Retirement Village Manager

## Bereavements

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



# Upcoming Events

## DECEMBER

Christmas Festivities and Celebrations

- 25 Christmas Day
- 28 Boxing Day
- 31 New Year's Eve

## JANUARY

- 1 New Year's Day
- 7 Orthodox Christmas Day
- 26 Australia Day

## FEBRUARY

- 1 Chinese New Year
- 14 Valentine's Day



For all the latest news & photos follow us on Facebook

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



DECEMBER	JANUARY	FEBRUARY
<b>SELF CARE</b>	<b>SELF CARE</b>	<b>SELF CARE</b>
3 George	1 Rita C	6 Veronica B
7 Horst	4 Jan S	13 Judith M
10 Margaret W	5 Joy B	14 Brenda H
11 Denis S	6 Terry O'B	19 Andrew K
13 Peggy S	7 Dorothy G	21 James G
15 Magda M	9 Lyn Mc	23 Margaret L
15 Richard T	19 John G	26 Basil S
19 Judith H	20 Sharon M	
20 David Mc	22 Faye D	
23 Noel D	28 Paul C	
	30 Paul K	
	31 Marie L	
<b>BLUEGUM</b>	<b>BLUEGUM</b>	<b>BLUEGUM</b>
		3 James S
		17 Isaac B
		18 Alan O
<b>GRANGE</b>	<b>GRANGE</b>	<b>GRANGE</b>
		3 Winsome B
<b>GROVE</b>	<b>GROVE</b>	<b>GROVE</b>
	21 Rita	
12 Irma M		
<b>TERRACE</b>	<b>TERRACE</b>	<b>TERRACE</b>
17 Mary F	11 Patricia C	
	12 Maureen W	
	15 Margaret B	
	18 Yvonne O	



# Activity Reviews

Bluegum



**BLUEGUM** - Hello everyone, it has been our pleasure to be able to share our Summer newsletter with you all. Like you all know, it has been a very challenging few weeks during September pandemic outbreak lockdown. This outbreak period was extremely difficult as our beloved residents were not able to leave their rooms or have any family/friends visiting.

At Bluegum, staff ensured that every resident was visited numerous times throughout every day and each resident was provided with the reassurance and emotional support during the stay in their room. During the outbreak period, Leisure and Lifestyle staff provided **individual and meaningful activities** to the residents, as per their choice in their rooms to keep them active and contained. They enjoyed 1:1 conversation, word search, crosswords, find the hidden objects, ball darts, seated gentle exercises, arts and crafts, colouring, dominos, sorting and etc in their rooms.



Moreover, staff ensured the residents stayed connected with their loved ones via scheduled video calls, phone calls, greeting cards, sending photos to the families during the pandemic lockdown. Courtesy calls have also been made to the families and relatives to reassure their loved one's emotional wellbeing, participation in the lifestyle activities and updates of the Covid communication.

Bluegum residents put in their hard work to make handmade greeting cards for their loved ones to keep them in their thoughts and connection during the outbreak period. Also, we celebrated **Father's Day** in the residents' respective rooms during the outbreak period, with a special lunch and distributed gifts to all the fathers in Courtlands.

In October, our residents celebrated International Older Person's Day, International Coffee Day, Oktoberfest and Melbourne Cup at the end of October as the restriction eased.



# Activity Reviews

Bluegum  
continued...



At the Bluegum, our residents celebrated the combined event of International Older Persons Day and International Coffee Day with different flavours of coffee for their afternoon tea.

We have also enjoyed great day celebrating **Oktoberfest** with a German themed lunch followed by German BBQ and beer in the backyard garden area.



Our Bus Outings have resumed with some great parts of Sydney revisited and reconnected with their old memories such as our beautiful Harbour, La Perouse, Lavender Bay, Randwick Racecourse, Centennial Park and Lane Cove National Park.

During the middle of October, the family visits were resumed, and we witnessed lots of smiling and happy faces across the facility when the residents were reunited with their loved ones. It was an emotional moment

after the three months of lockdown.

Our **cooking** is just getting better and bigger with all new equipment purchased recently to help us out! We cooked pumpkin scones, vegetable fritters and pizza.



Our residents enjoyed making new arts and crafts activities

introduced in October, namely rock painting, paint your own tea set and canvas painting. Also, our residents enjoyed the newly introduced sports, **table tennis** with highest number of participations.



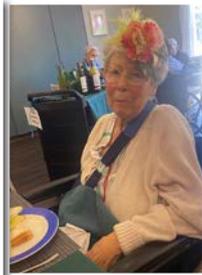
# Activity Reviews

Bluegum  
continued...



We were busy making lovely **Melbourne Cup fascinators and table decorations** at the end of October. Thank you to Bluegum residents who gave us helping hands and made this beautiful project possible.

We then celebrated **Melbourne Cup** in the BBQ area, which was a fun day for all residents and staff. The hat parade was a great success with Christine Fletcher winning 2nd prize for best dressed and best fascinator and a staff members from Bluegum taking home lots of prizes for the best dressed and best hat. Also, some of the residents won on their horse.



We are delighted to inform you all that our Pet Therapy program started on the first Saturday in November. This program will be running twice a month, every first and third Saturday.

In the middle of November, we celebrated the **Diwali**, the "festival of lights" in Courtlands to reflect the Indian culture and food.



This was followed by Kindi Farm, **Remembrance Day** and Spring Walk activities.



As we all know, we are stepping into Summer and the weather is getting much nicer. We have planned many **outdoor activities** including outdoor gardening for Bluegum residents.



# Activity Reviews

Bluegum continued...



We are planning Christmas and New Years on a bigger scale this year for our residents to be able to celebrate the best Christmas and New Year after the lockdown with their loved ones. We also have plans underway for Australia Day, Chinese New Year and Valentines Day in early 2022! We wish you a Merry Christmas and Happy New Year!!! Stay Safe!!!

## Bingo & Hoy Games



## Physical Games



## Ice Cream Trolley



## Judy & Rodney



## Doll Therapy



# Activity Reviews

Grange



**GRANGE** - Hi everyone from the Grange section at Courtlands! We are delighted to be able to enjoy activities in full swing again after a very long period of lockdown and isolation!

Thank you to all lovely residents and staff as we pull through this pandemic stronger and confident together as a team. The hardest part was that our residents remained in their rooms and group activities were not possible at a time. Hence, staff ensured that every resident was visited several times throughout a day, providing emotional support, reassurance and individualised activities to suit residents' preference and needs.

Leisure & Lifestyle Officers delivered art colouring pages, magazines, books, papers and cross word puzzles just to name a few. Individual Gentle exercises were provided with soft balls and balloons. We read the daily paper with some of the residents or browsed the internet searching different topics.

Residents also enjoyed different movies and programs on their TV's and radio, with staff ensuring that their desired channel is tuned for them.

Residents had opportunity to stay connected with their loved ones via phone calls, video calls and letters to families and cards were sent as per residents wishes. On the other end, relatives received regular calls and updates about wellbeing and care of their loved ones during pandemic.

We received the news of lockdown being lifted with great joy and started our group activities with full swing! Grange residents enjoyed International Coffee Day and International Older person Day, Oktoberfest with German style BBQ and beer.

We also celebrated and acknowledged **100th Birthday** to our resident Joyce, whose life story was featured in the Spring issue of Courtlands Newsletter!

Joyce had a great day with her fellow residents and family. What a milestone! Well, done Joyce!!!



Our Pet Therapy program started on the first Saturday in November, and it will run fortnightly. We are so happy to have four legged friends visiting our residents.

We were also quick to jump back on our **bus** and get out and about! We revisited some beautiful spots around the Harbour and some lovely parks and lakes nearby.

We are keen to be able to have live entertainment very soon too.



# Activity Reviews

Grange continued...



Management has purchased some great cooking devices for our **cooking sessions**, namely a small oven, bread maker and wonderful deep-frying pan, so we have started cooking more delicious treats already and looking forward to many more great recipes.

We also have some new variety of paints, so our art classes have resumed.

At the beginning of November, we celebrated **Melbourne Cup** together with a lovely afternoon tea and beverages. Our ladies proudly wore their fascinators and enjoyed a great get together in the TV lounge!



Diwali, the festival of lights, is a great Indian cultural tradition and Grange acknowledged and celebrated this beautiful event with Indian themed afternoon tea, music and dance.

During the rest of the month, we enjoyed activities such as Kindi Farm visit, Remembrance Day, Spring Walk and Christmas is just around the corner.

We have planned to celebrate the New Year, Australia Day, Chinese New Year and Valentine's Day in early 2022! Until next time, stay happy and healthy.

## Exercise



## Gardening





**TERRACE** - Well, as all the others RAOs have said yes, we have had a difficult few months with another lockdown and it has been very challenging for both staff and residents. During this time the residents found it very difficult not been able to have visitors but were able to stay in contact with family and friends through personal phone and zoom calls.



During this time, residents found it difficult not having visitors but were able to still come to the activity areas and participate in most of the usual activities including **craft**. Some of the residents enjoyed rock painting and others made flowers from egg cartons by painting and decorating them onto cardboard, which they have all enjoyed and want to do more.

Our **cooking** has gone from strength to strength making pizzas from Lebanese breads and able to share them with each other for lunch, and this month we are going to make a Christmas fruit cake which they are all looking forward to participating in.



The residents have also been excited about the return of the Bus Trips on a Thursday and returning to some of our favourite places.

We in the Terrace have also celebrated International Coffee Day and Oktoberfest.

We had a great **Melbourne Cup Day** with Terrace residents getting dressed up and all wearing their fascinators and having other residents invited from Bluegum, Grange and Grove. There was a variety of food and drinks and from the feedback, it appears that all staff and residents all enjoyed it. It was great to see the staff also getting involved and dressing up for the occasion and having their hats for the day. Shirley Champion from the Terrace won 1st prize for her fascinator and Tess Bonnie from the Terrace won 3rd prize.



We commenced Pet Therapy on the first Saturday in November and the residents really enjoyed it. We are now concentrating on our Christmas and New Year celebrations with the Christmas decorations going up in the first week of December and the residents are already getting excited about the Christmas tree going up. Let's just hope that we all have a much brighter and happier Christmas and New Year.



# Activity Reviews

Grove



**GROVE** - The past few months have been challenging with lockdown time.

Residents were happy to engage in individual activities when unable to gather in the lounge. These included Zoom calls, Reminiscence Memories, word games, colouring, puzzles and sensory stimulation through hand massages and Aromatherapy. Physical activity through exercises and balloon tennis helped bring something different and some movement into their day.

When allowed together in the lounge area, Spring was celebrated through **gardening activities**, watering the plants, picking flowers, enjoying sitting outside and enjoying the sun.



When we were able to celebrate special events again, we started the month with International Coffee Day, trying different types of coffee and having decorations which included paper flowers and coffee beans.

Oktoberfest was celebrated with BBQ German sausages, music, and Armchair Travel.



**Melbourne Cup** provided a great opportunity for residents to socialise and dress up for the event. Preparing for Melbourne Cup, residents were assisted in making their own fascinators, which they were proud to wear on the day.



Plans for Grove are looking forward to getting back into cooking activities, entertainment, pet therapy, occupational activities and of course, everything for Christmas and the New Year.



# Resident Story

Mary Fulton



Mary was born in England and moved to Australia when only two with the family. Her mother Janet was a widow from the First World War, with two daughters and pregnant with a son, when she moved in with her father. Her brother then introduced her to a friend and Janet remarried, having Mary and another son.

Mary worked as a doctor's secretary for a medical eye service for seven years and then a doctors surgery for 30 years off and on. "Everytime I hear a phone ring, I want to answer it".

When asked about hobbies, Mary replies "I loved cooking and sewing. I used to make dresses and knitted." She sometimes feels that she should have been a dressmaker. Travelling was also a favourite pastime, with a sister in Queensland and travelling around in a caravan, Mary feels "fortunate to be able to travel overseas with a friend, loved Yorkshire, the people were great". Trips to Vanuatu and Fiji, Canada, Alaska were all memorable. When in Candana, the trip was cancelled so went to Nova Scotia, and had a fantastic time, with all the houses different colours.

Mary married Alan and had two children, John and Suellen. "I met Alan through his sister who I worked with. Alan had been overseas in the war and spent some time in England before coming home." They met in November, he proposed in April and were married in December. They moved into a lovely new home in North Rocks, where they stayed for 45 years. Alan died in 1977 and Mary lived in the house for a while before feeling that it had become too big. She downsized and moved to North Parramatta, just up the road from here. Finding herself one of the last left of her friends and family, Mary needed a change and so began to look for a new network of support.

Mary comments that she is very happy to have moved into Courtlands, being able to socialise and make new friends. Overall Mary feel that she has been very lucky, and to have moved in just before "the crisis" of COVID and to have met such friendly people.

## Staff Profile

Nerida O'Neill

### SPIRITUAL CARE COORDINATOR

Having started at Courtlands in January, I can hardly believe that the year is nearly gone. It has been wonderful to get to know the residents here and become part of the team. The role of Spiritual Care is one that I am passionate about and in a nutshell involves listening to people, finding out who they are and what is important to them and assisting in any way that I can. More than just religious support, for some this involves a simple hello and chat once in a while, for others regular visits provide reassurance and comfort. As we now welcome new residents, I look forward to being able to assist them and their loved ones in settling into a new stage of life.

I have worked for Christadelphian Aged Care for over six years now, working at Ashburn House in Gladesville prior to coming to Courtlands. In fact, a funny story - when at Ashburn, I was asked by the marketing team if they could use a photo of myself and a resident in some advertising. I said yes, then they told me that the photo would be on buses driving around the Parramatta area and advertising Courtlands - what had I agreed to?? It has been fun and led to a few interesting

conversations as people have recognised me. It is great to now be working at the place that the picture was associated with, and although the buses now have other advertising on them (*thankfully!*) I am proud to have represented the facility and place that so many call home.





## WHAT IS SPIRITUAL CARE?

Spiritual Care is a huge topic. It includes a vast array of factors that drive your being. I find it important because it allows you to get under the surface and truly know what drives and motivates people. For me, it is nature, creativity and religion. For others, it's different and spirituality brings uniqueness and variety. For some it is nature, which can include gardening, being outdoors, animals, beauty and peace. It could be connection with self, connection with others, sport, travel. For others, creativity, which covers reading, writing, cooking, music, the arts, craft, physical exercise, and home duties. Many of these are interlinked and overlap. Incorporated too into these areas of spirituality is also understanding the qualities of person you are dealing with. It could be that the person is driven by kindness, compassion, understanding, inner strength, giving, receiving, care, inner peace, respect, helping, serving of others, and forgiveness. I believe to truly understand someone and how they work you must understand their qualities and their interests, as the two are interwoven. I am driven by serving others and through serving others I obtain a feeling of self-satisfaction as I have helped someone in serving them. I am also driven by giving and receiving kindness and compassion. When others show kindness and compassion to me, I am grateful and at times overwhelmed and emotional. This is because the person giving has stopped their busy life and thought of me. Recently, my wife and I received a gift in the mail out of the blue. I was blown away by this as it was not expected. It was a gift given to us out of generosity at a poignant time in our life. Given out of love and kindness. I was overwhelmed and speechless at this act of kindness. I mentioned earlier nature, creativity, and religion. For me, religion drives my purpose and gives me the focus to my life and the underlining purpose to serving others. It is the core of my life. My belief drives my existence and the way I make that real to my life is by creativity through music, cooking, gardening and nature. My way of relaxation is to be in the garden in nature and to cook listening to music.



A few weekends ago, I was out in the garden, and I had a beautiful weekend. I felt so invigorated. I achieved so much. I was out pruning, weeding, planting, and sowing seeds. I had my hands in the soil and was naturally using gardening tools. I was at one with nature, listening to music, the music of the bird song. Being in the garden gave me peace, it allowed me to take a moment out and be at one with the beauty of nature which I believe is God given.

Obviously, it rains and when it is not possible to garden, I cook while listening to music. I either cook for my family or for someone in need. I enjoy it. It gives me the feelings of

accomplishment and it is purposeful. The receiver and I both benefit.

The beauty of spiritual care is that we are all different and we all have differing needs. It is the role of the Spiritual Carer to meet these needs of our residents in varying ways. Each resident has different needs, and some are more spiritually sufficient than others and some need more support and assistance. Our facilities have Spiritual Carers to help meet these needs of those in our care. Sometimes it is a listening ear we provide, a conversation on a favourite topic, praying with someone, arranging a minister visit, the playing of music, reading to them, the reminiscing on their lives or events in their lives and sometimes a presence of company. These are all so very important to help to satisfy spirituality.



Hopefully from this I have given an insight into spiritual care, what it means and how it can be provided. Next time you have an interaction with someone think deeper than the surface and have a purposeful and meaningful interaction with them. In turn you will help to satisfy the recipient and the giver.

The concept of spirituality is underpinned in the following passage from Galatians 5:22-23. *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law."* and the passage from Luke 6:31 *"Do to others as you would have them do to you"*.

By David Bridgens - Spiritual Care Coordinator, CASA MIA

# Volunteer Corner

By NERIDA O'NEILL

We are thankful that Spring has brought with it an opening up and return of volunteers to Courtlands. Our Catholic residents have appreciated the return of Father Ephraim for Mass in Terrace and individual visits throughout all the areas. We look forward to further supporting these residents, welcoming Kirrily to the volunteer team.

On Saturday 6 November, there was much excitement as we started our Pet Therapy program in connection with Positive Vibes Foundation. We had four beautiful animals, and wonderful owners, onsite for orientation before one went to visit Northcourt and the remaining three introduced themselves to Courtlands residents. Those in Bluegum were familiar with Charlotte (the collie) and were happy to also meet Zoabee the Labrador.



Over in the Terrace, Bheema (Burmese Mountain Dog) made a big impact with some commenting that it wasn't a dog but a bear! Bheema's owners telling us all that she still has some more growing to do!

Residents in the Grange and Grove also got to meet Bheema and Zoabee and enjoyed reminiscing about their own pets while watching the dogs and giving them a pat.



**Do you have something/someone you would like to pray for?**

Ask a nurse/receptionist for a prayer request card.



Those who bring sunshine to the lives of others cannot keep it from themselves.

JAMES MATTHEW BARRIE



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



**Nerida O'Neill**

SPIRITUAL CARE COORDINATOR

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p: 9683 8047



· WEST RYDE FAMILY CHURCH ·  
PRESENTS

# Christmas CAROLS

Bring your singing voices for all the old favourites

**SUNDAY 19<sup>TH</sup> DECEMBER**  
**@10.30AM - VILLAGE GREEN**

*Joy to the World*



ALL COURTLANDS VILLAGE RESIDENTS, FAMILY & STAFF WELCOME



## CHRISTMAS FUNNIES



- What do you call an obnoxious reindeer? Rude-olph.
- What did the stamp say to the Christmas card? Stick with me and we'll go places!
- How is Christmas exactly like your job? You do all the work and some fat guy in a suit gets all the credit.
- Why did no one bid for Rudolph and Blitzen on eBay? Because they were two deer!
- What do you call a scary looking reindeer? A cari-boo.
- What do you call Santa's little helpers? Subordinate clauses.
- Why don't you ever see Santa in the hospital? Because he has private elf care!
- What's the difference between the Christmas alphabet and the ordinary alphabet? The Christmas alphabet has No-els

## VEGETABLES BY MONTH

IN AUSTRALIA

Use this chart to make sure you're buying and cooking vegetables during their seasonal peaks



## Prawn & Mango Salad

- 1 mango
- 2 Lebanese cucumbers
- 60g packet baby rocket
- 1/3 cup small fresh mint leaves
- 500g cooked prawns, peeled, deveined, tails intact
- 45g (1/4 cup) honey roasted macadamias
- Extra Virgin Olive Oil, to drizzle
- 1/2 Lemon (for dressing)

### Devilled mango dip

- 80g (1/3 cup) whole egg mayonnaise
- 90g (1/4 cup) mango chutney
- 2 tsp sriracha chilli sauce

Nothing says 'summer' like mangoes and prawns. This easy salad is ready in just 10 minutes

Prep: 10 min  
Serves 4



1. To make the devilled mango dip, combine all the ingredients in a bowl then transfer to a small serving bowl. Season.
2. Slice the mango and peel the cucumbers into ribbons.
3. Place the dip in the centre of a serving platter. Toss together rocket and mint in a bowl. Arrange on the platter with mango, cucumber and prawns. Sprinkle with macadamias and drizzle over oil and a squeeze of lemon to serve.

Drizzle some of the mango dressing over the salad and use the rest to dip the prawns into or drizzle over the entire salad, if you prefer.

# Puzzle Page



## CHRISTMAS CAROL PICTURE PUZZLE

Each numbered box contains pictures that are clues to its title. Write the number next to the carol it matches.

- |                                  |                           |  |
|----------------------------------|---------------------------|--|
| ___ Angels We Have Heard on High | ___ O Holy Night          | ___ I Heard the Bells on Christmas Day |
| ___ Caroling of the Bells        | ___ Little Drummer Boy    | ___ Do You Hear What I Hear?           |
| ___ Away in a Manger             | ___ Silent Night          | ___ I Saw Three Ships                  |
| ___ While Shepherds Watched      | ___ Mary, Did You Know?   | ___ Go Tell It on the Mountain         |
| ___ Joy to the World             | ___ What Child is This?   | ___ Hark the Herald Angels Sing        |
| ___ O Little Town of Bethlehem   | ___ The Holly and the Ivy | ___ We Three Kings of Orient Are       |

1 	7 	13 
2 	8 	14 
3 	9 	15 
4 	10 	16 
5 	11 	17 
6 	12 	18 

## CHRISTMAS WORD SUDOKU

6 different letters are used instead of numbers. The basic goal remains the same: every row, column, and 2x3 square has to contain one of every letter used in the puzzle

Puzzle 1: MANGER

Puzzle 2: JOSEPH

			E		
			N	R	M
		N			
G			A		
		R			
	M			E	

H				O	
S		J			
	J			E	P
	E	O		J	