

Christadelphian Aged Care

2019 SPRING NEWSLETTER

MARANATHA



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*This is the day
the Lord
has made,*

*We will
rejoice and
be glad
in it.*

PSALMS 118:24



Manager's Message

As I write this winter is almost gone and in a week or two spring is ready to spring into action. Going against the trend of climate inconsistencies in recent years we are currently experiencing a burst of cold, windy weather here in South East Queensland. Locals know this as the Ekka Westerlies and this year they have arrived exactly on cue, timing their entrance to precisely coincide with opening day on the 143rd year of the Brisbane Exhibition.

At Maranatha we have our own Ekka celebration and residents, staff, family members and others can meander along memory lane as the smell and sights of fairy floss, hay bales, cakes displays and fun bring past happy show day experiences to mind.

I wonder what the people of Brisbane and surrounds who attended the first exhibition back in 1876 would make of the Brisbane Ekka in 2019? What would be familiar and what would be entirely foreign? In the intervening years the world has changed almost beyond recognition. Advances and discoveries in every field of scientific discipline and branch of human endeavour have resulted in a far smaller, busier and in many ways less certain world than the one our parents, grandparents and great grandparents knew. Perhaps less evident than the changes in technology and our physical environment are the changes that have occurred in our attitudes and beliefs. It seems to me that in many ways we are a less cohesive society, as individuals we are more isolated, more self-focused and experience less human connection, despite our ability to chat with people in any part of the globe at the touch of a button or tap of a screen.

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Manager's Message cont

On the July 1, 2019 the government introduced a new set of standards into the aged care world. These standards are policy statements that providers of care have their performance measured against. They focus very heavily on the experience of the individual care recipient, their choices, their rights and their preferences. The standards are underpinned by the notion every person should be afforded dignity and respect.

Sound, honourable concepts in themselves but the very fact that they are now articulated in legislation concerns me and causes me to ask, as a society do we really need a legal compulsion to uphold these most obvious and basic principles? Making it a legal requirement to treat others with dignity and respect carries with it a danger of diminishing the actions required to a sort of counterfeit act.

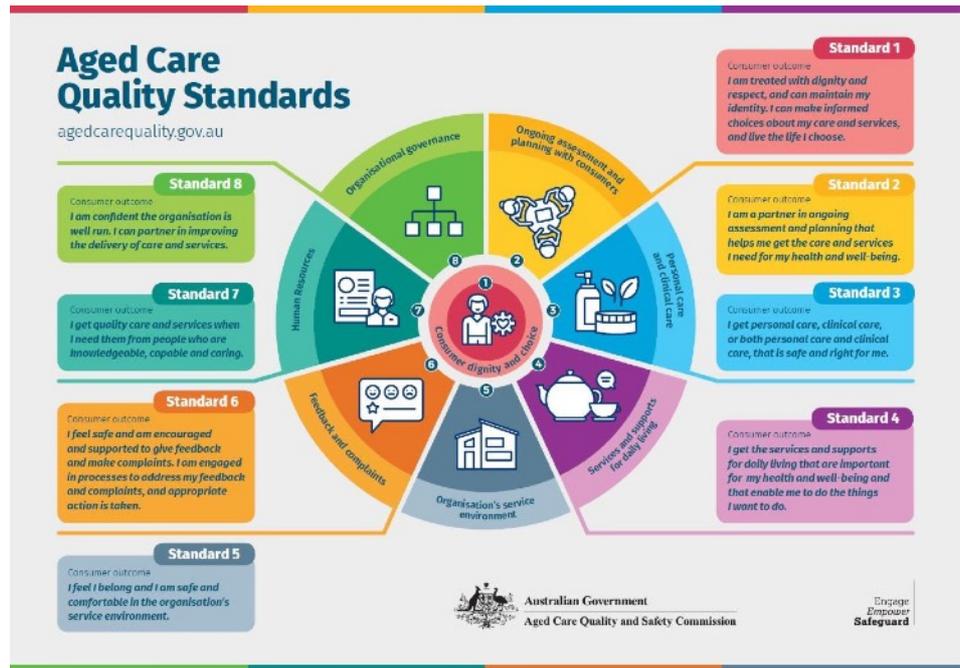
For our actions towards others to have real value they must be generated by kindness, concern and love which comes from the heart, otherwise they could become a hollow, mechanical process which impoverishes the experience of all parties.

The human race does not have a very good record when it comes to legislating intangible concepts. We seem to be hardwired to take precepts and laws and find short cuts and loopholes wherever we can. This in turn encourages the creation of ever more complicated regulations and so the process goes... We are much better when the desire to comply comes from within ourselves, not from an external source.

At Maranatha, we continue to build a community where dignity and respect is given without a thought for the legal requirement. Our aspiration is that it should flow naturally from our hearts, then it will never be forced or false. Having fun together is an essential part of this process and our small Ekka Day event provides an opportunity for us make new, and strengthen existing relationships so that we will show true kindness and respect to all.

So back my questions about the original Ekka patrons. Maybe the answer is that there would not be much familiar about the 2019 Brisbane Exhibition but, they may feel right at home in the 2019 Maranatha – I like to think so.

Kind Regards, **Kathy Hallmark** - Director of Consumer Care & Services



Self Care Message

A very warm welcome is extended to all new residents. You are invited to attend the monthly Resident Activity Meetings and all the social events which are provided for your enjoyment. We know you will enjoy being part of the Maranatha family.

I would like to remind all residents to use/test the (INS) HELP system. It is a good idea, once a month, to press either your pendant making sure you can be heard by the INS staff from all parts of your home. (Range is usually 50 metres) Remember, the HELP system can provide 24 hour medical information - discuss it with the nurse, a 24 hour chat line – feeling lonely, isolated, grieving - discuss it with the nurse, a 24 hour chat line – generally feeling unwell - discuss it with the nurse. When you come home after a hospital visit, let the nurse know and the nurse will contact you daily (welfare checks) if you wish. If needed, the nurse will call the Radio Doctor weekends and after hours) or an Ambulance. A key has been provided with your Security box. Your chosen code will be given to the Ambulance allowing them to enter your home if you are unable to let them in. Please ensure the key remains in the Security box at all times.

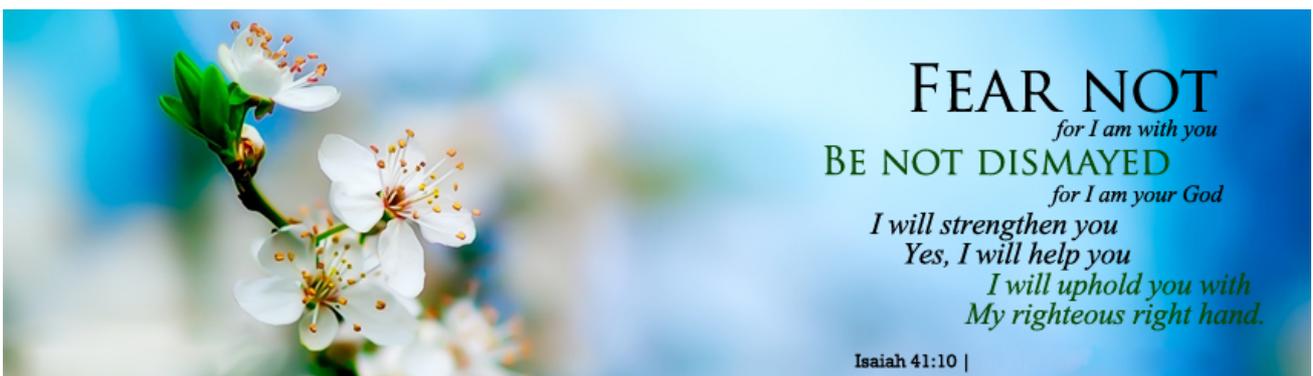
Retirement Living and Aged Care can become quite complex. If you have any concerns or wish to talk about these changes, please don't hesitate to talk to Kerry. We are able to assist you in understanding this process, thereby continuing to be part of the Maranatha family. Kerry will be holding an information session on Friday 25th October prior to the Village Activity Meeting, and you are warmly invited to attend. Look out for an invitation in your letterbox.

Many residents have mentioned lately of the increase in nuisance calls, callers stating they can give you a better deal with your Community Package or trying to sell products you have no interest in. I encourage you to register with DO NOT CALL. To stop this unsolicited telemarketing, call 1300 792 958 or go to www.donotcall.gov.au.

Emergency and Evacuation sessions have been booked and you are encouraged to attend. This session will be held for Maranatha on Tuesday 10th September prior to your Village Activity Meeting. Invitations providing further details will be delivered to your letterboxes.

Once again preparations for the Maranatha Retirement Village Fair are well underway. Top favourites for the young at heart are the Animal Farm, the Jumping Castle and Sideshow Alley. Pre-loved clothing, trash and treasure, delicious hot foods, fresh fruit and veggies to take home. Pine Rivers Municipal Brass band will be playing some old favourites and the train will be calling into the Maranatha train station. Buy a second hand book or two and settle into a sunny corner with a hot delicious coffee. Watch out for the puppet show! There is plenty to see and do so bring your family and friends along on the 14th September from 10am. Looking forward to seeing you all there – God willing.

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



News & Upcoming Events



SEPTEMBER	OCTOBER	NOVEMBER
Margaret H	Max C	Edith W
Fia T	Kay P	Shirley T
Monica M	Mavis R	Albert B
Dorothy S	Janet G	Poppy C
Margaret P	Nola R	Phyllis M
Lesley P	Iris J	Ray E
Moira T	Alfred O	Lois L
Pat F	Carol S	Joan C
John D		Brian H
Pat D		Con M
Beryl G		Mary T
Doris J		Jean W
Auriel R		
Sally D		
Barbara R		
ILU	ILU	ILU
Mark W	John B	Edith W
Ailsa M	Theresita M	Beth A
Joan M	Mavis R	Carmel W
Len M	Geoff A	Merle F
	Rosemary W	Faye H
	Lyn H	Helen B
	Iris M	
	Rhonda M	
	Phyllis C	
	Malcolm M	
	Olly D	



UPCOMING EVENTS

SEPTEMBER

- 2nd** - Residents & Relatives Meeting
- 6th** - Dawn Sing-a-long
- 14th** - Maranatha Village Fair @ 10am
- 18th** - Wayne's Music
- 24th** - Bromeliads Display
- 27th** - Monthly Birthday Party with Sunnysiders Entertainment
- 30th** - Golden Memories Music @ 1:30-2:30pm

OCTOBER

- 2nd** - Wayne's Music
- 11th** - Dawn Sing-a-long
- 14th** - Residents & Relatives Meeting
- 25th** - Monthly Birthday Party with Kenny Cougan

NOVEMBER

- 4th** - Residents & Relatives Meeting
- 6th** - Wayne's Music
- 15th** - Dawn Sing-a-long
- 29th** - Monthly Birthday Party with Tony Griffiths



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Activity Reviews

Time is flying by for 2019 can you believe we are over half way through the year.



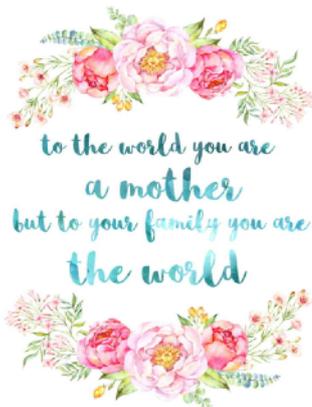
*Time is Free, But it's priceless.
You can't own it but you can use it.
You can't keep it, but you can spend it.
Once you've lost it you can never get it back.*

- By Harvey Mackay

We have been blessed with a warm winter here in Brisbane, Queensland. There have been very few cold mornings, and the morning walking group have enjoyed the early morning walks outside Maranatha this winter. The gardens have had a makeover and are looking particularly beautiful this winter, the Magnolia Trees out the front are flowering for the first time and the Camellia and the Azalea's have really put on a show this year.

Let's take a look back at the last 3 months.

The Maranatha Garden Railway is travelling full steam ahead. Residents enjoyed watching the delighted faces of the Kindy Kids from Northpine Kindy as they watched the trains going around the tracks. Some of the kids were lucky enough to work the controls and drive the trains around the tracks stopping along the way at the various stations.



Also in May we celebrated Mothers Day.

Thank you to all the mothers at Maranatha!



Activity Reviews

JUNE

We acknowledged World Environment Month; the message was Reduce, Reuse and Recycle. In keeping with our theme we watched movies about the planet and animals. We had a competition for residents, staff, ILU's and volunteers. Entrants were asked to make clothing out of repurposed or recycled items. It's amazing with a little imagination what you can come up with.



We held a Fashion Parade on Thursday June 27, which showcased the clothing. The clothing ranged from bubble wrap skirt to hours of work cutting up garbage bags and weaving the strands into a grass skirt, pages were torn out of an old book and rolled up into cone shapes; this was then stapled onto fabric and 'voila' a stunning skirt was made. Napkins and garbage bags made a great beret and pleated skirt to match and who knew newspaper and feathers could make such a cute little hat.



In the workshop activity, residents enjoyed making wreaths out of olive branches and flowers. Residents wore them with pride to the Fashion Parade.

For craft activity this month, we continued the theme and residents enjoyed making name tags for wheelchairs and wheelie walkers.



Activity Reviews

JULY

On Wednesday July 24, we celebrated Christmas in July. We started with the hustle and bustle of Market Day, where residents enjoyed scanning the stalls for items such as jewellery, jams & chutneys, cards and clothing.

For lunch, Sodexo spoilt the residents with a delicious lunch of baked turkey with cranberry stuffing and gravy, followed by a dessert of enjoyed pavlova and strawberries. In the afternoon, we had a cooking activity and residents had fun making and decorating cookies in the Christmas theme.



June craft activity: making name tags for wheelchairs and wheelie walkers


CHRISTMAS IN JULY
 'TIS ALWAYS THE SEASON ...



Entertainer - Wayne



Bus Outing Team
Michael, Milika and volunteer Lucy



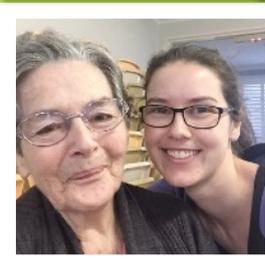
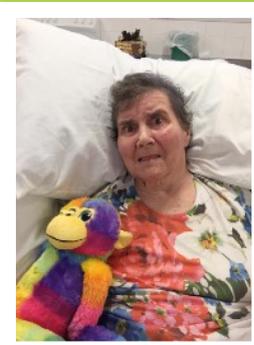
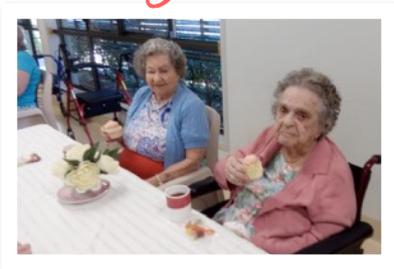
Pancake Making
Mary Trundle



RAO Tammy
 & Albert Bates

Birthday Party - Photos

May Birthdays



June Birthdays

July Birthdays



Resident Story - Carol Taylor



Carol was born in the Maryborough area of Queensland in the 1930s. Growing up, Carol's family loved music and Carol loved to dance and would often have Sunday afternoon sing along with the piano accordion, harmonica and lots of harmony. Carol has lots of stories about living on the farm, and how her Grandmother favoured her. Carol has stories about the indigenous working and living on the farm and living with the family at the farm house. Carol was an adventurer, her working life was a busy one from working in the hospitality industry to working as a hostess on the trains, working on stations as a cook. Carol has travelled all over Australia; she has an amazing photo collage in her room, she will be able to tell you all sorts of stories about the photos.



Carol married her husband Brian and had a son and daughter in the 60s before moving to Brisbane, where Brian began work as a truck driver. Carol, after a few years, moved back to Maryborough. Carol lived there with her dear friend Betty. The children lived with their grandparents when Carol was working. Carol and the children eventually were given housing in the Maryborough area where they lived in a 2-bedroom house for 5 years. Carol petitioned with the clerk of the court to get a 3-bedroom house, so her



son and daughter did not have to share a room. Carol ended up changing the Government Housing Law to children of different sex no longer having to share a bedroom. Carol and her children moved and settled into the house next door where the family lived for 50 years. Carol often worked 3 jobs at a time to make ends meet.



At 47, Carol had a stroke and fought her way back to learn how to drive and function.

Carol thoroughly enjoyed keeping her garden and lawns looking immaculate. She lived in a nice street with great neighbours and each day the neighbours would meet at Carol's for an afternoon beverage and a catch up.

Carol is looking forward to attending her granddaughters wedding at the end of September this year.

Staff Profile - Joe



MARANATHA MAINTENANCE MAN

We all know him as Joe but his Granny calls him Joseph. Joe was born in Alexandria, a town next to Loch Lomond - a very beautiful place to visit.



Joe went to an all boys school, before leaving school at the age of 15 to start an apprenticeship as a Carpenter. Joe went to Holland to play soccer when he was 15 years old. Joe recalls many long dark winter days, everyone looked forward to winter ending as it lasted for a



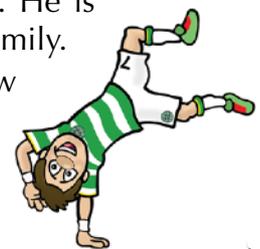
whole 4 months. The timber would be stuck together on very cold mornings making it difficult to start work in the mornings. Some days would be -10 degrees and workers wore layers of clothing. Scotland has definite seasons Summer, Autumn and Spring all being truly beautiful times of the year, if it wasn't for the cold winter months Joe and family might still live in Scotland.

Joe's whole family moved to Australia in the early 2010's. He is married to Lesley and they have a daughter and a set of twins, a boy and a girl. On Joe's 40th birthday, his family surprised him with a 15,000 feet jump out of a plane.



When he is not at work, Joe enjoys spending time with his family dog Bruce. Joe plays soccer in the over 35's team every weekend and loves watching his team, the Glasgow Celtic Football Club, play. He is going over in March next year to see a game and also visit family.

The family has had many holidays visiting Turkey, Spain, New York, Canada, Ireland, Holland and Belgium. In New York, on their honeymoon, Joe and Lesley flew around the Statue of Liberty in a helicopter, it was an amazing experience.



An Ancient Poem On Tea

By Cheng Pan-Ch'iao



Moonlight o'er the hills
Reflected on my balcony,
The night is young,
My rustic gate ajar,
Through the woods,
My friend approaches,
Lantern bobbing.
Smoke curls above the stove,
I call for tea.
The autumn stars have paled,
Barking of wakening dogs,
Sadness of flute-wind earned.
And still we sit and talk.
Thy sky now lightens,
Rosy clouds and chilly dew,
The earth moss-covered.

Tips for Better Eye Health

As we age, so do our eyes. Including eye exercises as part of our daily exercise can help improve our eye' health and minimise strain, while encouraging your eye to perform at their best. Try these 5 easy eye exercises and remember to breathe naturally while doing so.



1. **Regulate Circulation** – close your eyes for 3 to 5 seconds then open them again. Repeat this exercise at least 10 times, and it will help relax your muscles and increase blood circulation to your eyes
2. **Relax Eyes** – cup your palms over closed eyes and stare into the darkness. Do this for at least 30 seconds, and your eyes will feel more relaxed and rejuvenated once you take your hands away.
3. **Improve Vision Focus** – stand near a window and focus on the windowpane for 5 to 10 seconds. Then change your focus to something far in the distance for 5 to 10 seconds. Repeat this change of focus at least 10 times.
4. **Strengthen Eye Muscles** – sit in a comfortable position then extend your arm and hold out your thumb. Focus on your outstretched thumb for 5 seconds and slowly bring your thumb backwards towards your face, about 5 centimetres from your nose. Keep focus on your thumb again for 5 seconds. Repeat this process 5 to 10 times.
5. **Control Eye Movement** – focus on a point on the floor and visualise a figure eight. Slowly trace around the imagined figure eight with your eyes. Once you complete tracing from one side, you can relax your eyes for a few seconds and trace it from the opposite direction. Repeat 5 times.

Hug Poem

It's wondrous what a hug can do,
A hug can cheer you when you're blue.
A hug can say, 'I love you so'.....
Or, 'I hate to see you go'.
A hug is 'Welcome back again!'
And 'Great to see you!'
Or 'Where've you been?'
A hug can soothe a small child's pain,
And bring the rainbow after rain.
The hug! There's just no doubt about it,
We scarcely could survive without it.
A hug delights and warms and charms.
It must be why God gave us arms.

Hugs are great for fathers and mothers
Sweet for sisters, even for brothers,
And chances are, some favourite aunts
Love them more than potted plants.
Kittens crave them, puppies love them.
Heads of state are not above them.
A hug can break the language barrier.
And make the dullest day seem merrier.
No need to fret about the store of 'em:
The more you give,
The more there are of 'em.
So stretch those arms without delay
And give someone a hug today.



Pastoral Care



Is there anything more symbolic of the spirit than light? This physical and more tangible substance has had peoples from the earliest of times connecting with the divine and the spiritual. From sun worship right through to our modern-day fictional themes of light vs darkness, in movies such as The Lord of the Rings or Star Wars; throughout the Bible, and most other faiths this spiritual connection with light is a strong theme.

In the natural world light, the relationship of the sun to the earth, is what helps define the seasons and the battle of light vs darkness is most triumphant during the spring. In this country we are blessed to have so much sunshine, winter is much colder and darker in other parts of the world.



Does your spirit lift when you first notice the lengthening of the days? As the light stretches a little more day by day and the world around us begins to burst forth with life as spring brings back the power of light.

After all nothing much grows in the dark and this is true too of us Humans, in springtime the spirit awakens ready to soar into the sunshine!

I heard a story of a little boy, who with great excitement over a sudden realisation ran with all his might as fast as he could to one of the nuns in charge of his schooling, so fast was he going that he collided with her and was promptly swallowed up by the robes of her habit. As he uncovered his face from the layers of material, he looked up into the brightness surrounding her face and said "Sister! Is God the light?" Smiling down into his upturned little face she replied, "Yes, my son, He is." This moment stayed with him all his life. Whenever he paused to feel the sun on his face, he would soften, and his heart would open as he felt in his soul that he was praying. While he was still a child on visits to the beach, he would see all the people sun baking and he thought they were all praying.

Spiritually sometimes all that we need is to pause, soften and open, just a crack will let the light in, like a budding flower in the spring; it need not be any more complicated than feeling the warmth of the sun with gratitude for its life giving power. Perhaps a small heartfelt prayer, a meditation, connecting with nature, an animal or someone else; remembering the love and beauty in the world. Just a crack in the darkness allows that light, the sunshine of the spirit to rush on in illuminating the heart and soul.

Light is capable of creating so much beauty. The sunrise every morning, then sunset each evening; a rainbow, the glory rays beaming down through the clouds after a storm, the silver lining of a cloud; the gentle play between light and water reflected on the rocks and trees, the right angle of reflection which turns a smooth, still pool into a mirror. What serenity light can bring to the soul!

Embrace the increasing light, feel the warm loving touch of the sun, try to approach spring as though it is the first time you ever experienced it – the first time you ever saw a flower soften and open or a tree growing or bird flying. Open your heart to love and to beauty. Step into the transforming power of light! Pause, soften and open to the sunshine of the spirit.

By Sherene Noble - Wellbeing Coordinator, Courtlands

Bereavements

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



Pastoral Care Program



UPCOMING RELIGIOUS SERVICES:

Please let staff know should you require assistance in getting to any of these services.
(please check your programs for any changes to times/dates)

UNITING CHURCH CHRISTIAN WORSHIP

When: Last Tuesday each month at **1.30pm**

Where: Activity Hall (or via CCTV channel 4)

Who: Pastor Wendy Keeble
from Pine Rivers Uniting Church



- ALL WELCOME-

CATHOLIC MASS

When: Tuesdays 27th August & 26th November at **9.30am**

Where: Activity Hall
(or via CCTV channel 4)

Who: Father Geoffrey
from Pine Rivers Parish

- ALL WELCOME-



INTERFAITH RELIGIOUS SERVICE

Who: Minister Alwyn Neuendorf

When: 1st & 3rd Wednesdays monthly
from **9.00am**

Where: Activity Hall (or via CCTV channel 4)



- ALL -
WELCOME

DEVOTION SESSIONS

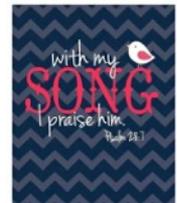
including Christian songs of praise & worship

When: 1st Thursday monthly
at **1.30pm-2pm**

Where: Activity Hall
(or via CCTV channel 4)

Who: Pastor Peter

- ALL WELCOME-



BIBLE READING GROUP

When: Monday to Saturday at **9am-10am**

Where: Sunnyside Room

What: Bible readings, hymns & prayer

- ALL WELCOME -



'Supporting Maranatha resident's emotional & spiritual wellbeing'

Maranatha offers regular Pastoral Care visits to all residents

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

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

Volunteer Corner



VOLUNTEERS OPPORTUNITIES

- **Personal Resident Assistant:** Tuesday & Thursday Afternoons, 12.30pm-2.30pm

We are looking for a 'special someone' who is patient, physically fit and enjoys the company of elderly people to:- assist in the one to one social support of residents with Dementia.

- **Hand Massage**

Provide hand massages to residents one or more mornings weekly. *Training provided.*

- **Walking group for residents:** Monday-Friday, 9am-9.45am

The activities team would love more volunteers to assist our wheelchair residents on their daily morning walk, by collecting them from their room & pushing them on the outdoor walks from 9-9.45am Monday through Friday.

- **Gardening:**

We are looking for help in the gardens with weeding, watering, pruning and general cleaning up.

- **Birthday Party:** Friday morning, once a month

We are in need of as many volunteers as possible to help with the birthday party on a Friday morning, once a month.

- **Cafe Assistant:** Tuesdays weekly, 9.45am-2.30pm

Dels Cafe delivers our residents, their families, our volunteers, staff and visitors with a vibrant social hub for our hostel and a service which we are proud of.

No experience necessary - Just a happy disposition.

- **Maintenance Assistant:** 4hrs a week/fortnight

Joe our Maintenance Manager requires assistance with ongoing chores. If you have 4 or so hours a week or fortnight to spare we would greatly appreciate your help.

- **One on One chats with residents:**

Volunteers needed to simply come & chat to our residents & provide them some company



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

**Carmel Hayden on (07) 3482 5316 or
chayden@chomes.com.au**

Volunteer & Pastoral Care Coordinator

Volunteer Corner



SPOTLIGHT ON A VOLUNTEER

Dorothy



Dorothy has been volunteering at Maranatha since 2013 when she started out supporting the resident bus trips & then later began volunteering in our 'Dell's Café'.

Dorothy still comes in every Monday to support the café staff.

Dorothy lives with her husband Phillip at Wakerley & has 4 grown children, 2 grandsons & another on the way!

Dorothy keeps very busy and also volunteers at her grandson Levi's school at Gumdale 2-3 days a week in the tuckshop, as well as being a reader support & going on excursions known lovingly to the kids as 'Nanny Dorrie'.

Dorothy is also very involved with her spiritual brothers & sisters at South Brisbane Ecclesia/Church & assists in the teenage Sunday School class as well as being on the catering committee.

Dorothy's parents live at Maranatha Village, which they thoroughly enjoy.

The family moved to Australia from New Zealand in 1994. Dorothy misses her family who still live over the ditch & also misses the lush green grass of New Zealand but loves the warmth of the Australian Sun.

Dorothy enjoys handcraft to relax - knitting & crocheting. She has a Cavalier dog named 'Summer' who she walks/runs most days. Dorothy likes to stay fit and active and enjoys a 5km 'Park Run' starting at 7am most Saturdays.

Thank you so very much Dorothy! The generous gift of your time here at Maranatha is a true act of love in action.



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

**Carmel Hayden on (07) 3482 5316 or
chayden@chomes.com.au**

Volunteer & Pastoral Care Coordinator

Read, Rest & Relax!



SENIOR ACTIVITIES TO ENJOY THIS SPRING

Spring is the season of rebirth. After a long, chilly winter the birds are singing again, flowers are reaching full bloom, and leaves are bright and green. It's the perfect time to get outside, enjoy the fresh air and try some new activities. No matter your age, there are plenty of ways to stay active, have fun, and appreciate all that spring has to offer.

1. **Do some gardening.** Gardening is undoubtedly one of the best spring activities for seniors. Gardening has mental health benefits, too; it can relax you, reduce your stress and give you a rewarding feeling of accomplishment.
2. **Start a daily walking routine.** Walking is one of the best exercises, and spring is the perfect season to head outside and enjoy a walk. If you can, find a buddy to walk with to help make this a social activity you look forward to daily.
3. **Start spring cleaning tasks.** Getting organised is a great spring cleaning chore, so take a few days and start clearing out some of the items you no longer need on a daily basis.
4. **Enjoy a picnic.** Find a sunny area to sit outside with some snacks and simply bask in the sun to get some much-needed vitamin D.
5. **Feed the birds.** Bird-watching is a stimulating activity many seniors enjoy. You could even hang a bird feeder outside your window to enjoy watching them feast right in the comfort of your room.
6. **Have fun with the grandkids.** Children love being outside, so find some activities you can enjoy together. For instance, kite-flying or drawing pictures with sidewalk chalk.



Traditional Victoria Cake

- 200g butter, at room temperature, chopped
- 200g caster sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 200g (1 1/3 cups) self-raising flour
- 160g (1/2 cup) strawberry jam
- 300ml thickened cream, whipped to firm peaks
- Icing sugar, to dust
- Fresh strawberries, to serve

Prep: 20mins

Cook: 20mins



1. Preheat oven to 180/160C fan forced. Grease two round 20cm cake pans and line the bases with baking paper.
2. Use electric beaters to beat the butter and sugar in a small mixing bowl until pale and creamy. Beat in the eggs one at a time, beating well after each addition. Beat in the vanilla. Transfer the mixture to a large mixing bowl.
3. Sift the flour over the butter mixture and use a silicon spatula to fold through until evenly combined. Be careful not to overmix. Divide the mixture evenly between the cake pans.
4. Bake for 20 minutes or until lightly golden and springy to a gentle touch. Cool in the pans for 5 minutes, then run a knife around the edge of the cakes to loosen and turn out onto wire racks. Carefully invert cakes on rack so it is right way up and set aside to cool completely.
5. Place one of the cakes on a serving plate and spread with the jam. Dollop with the whipped cream and place the other cake gently on top. Dust with icing sugar. Serve with fresh strawberries.

P₃ U₁ Z₁₀ Z₁₀ L₁ E₁

A₁

G₂

E₁



Celebrate Spring

ACROSS

1. Pools of water that accumulate after it rains
3. Plants that usually have petals
6. Type of raincoat
10. Another name for a polliwog
11. To turn from ice into liquid
12. Planted underground and bud above ground
13. Portion of land where flowers, fruit, or vegetables are grown
14. Type of color that is light and soft rather than dark and bright
15. When flower buds open



DOWN

2. Easily recognized yellow flower with trumpet-shaped center
4. Arch of color seen in the sky after rain
5. The color of healthy grass
7. Toy that can be flown in the air
8. Insect with large often brightly colored wings
9. Brown bird with red in front
10. A spring-flowering plant that starts out as a bulb



Answer from Winter Puzzle: One kind word can warm three winter months