



Maranatha Newsletter

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MANAGER'S MESSAGE

As I am writing this, I can hear a shower of rain pattering comfortingly on our roof. I am reminded that summer in Queensland is our wet season when we can almost see the grass growing, lush and green, the nights are humid and alive with the noise of insects singing their chirpy praises to the new life and abundance the warm, wet weather brings.

As you read this, we will be entering Autumn, my favourite time of year, and although we don't see trees dressed in the spectacular colour their colder climates cousins wear, we can feel a cosy and welcome chill in the night and early morning air.

At Maranatha, we have enjoyed just the right amount of rain this summer, enough to keep the gardens growing, the grass green and the resident and visiting bird life happy with the berries, nectar and seed pods the plants have on offer. As we are

well aware our seasons are now so unpredictable we feel especially pleased when the weather behaves as we expect it should.

In years gone by, Maranatha had lots of green open spaces and prior to the latest addition to the home (Magnolia and Lillypilly wings, opened in 2016) the front part of the property was a large, grassed area. This was used for the annual Spring Fair which was always on the second Saturday in September. It was a well-attended event and one my children enjoyed as much for the gala atmosphere as for the "treasures" they would purchase at the Trash and Treasure stall. As they say – *'One man's trash is another man's treasure'* but on these occasions I could never quite see the treasure aspect that was so obvious to the kids. After a week or two at home most of the items were mysteriously 'lost' never to be seen again!

Manager's Message ...continued

At the rear of the property where Jacaranda, Wattle and Frangipani wings now stand (they were built in 2006) there was a croquet lawn. This was carefully maintained by our garden and maintenance staff and the residents regularly had games, tapping the balls through the little hoops with targeted concentration and a quiet enthusiasm. We even had visiting teams from other homes in the area to keep the competition interesting.

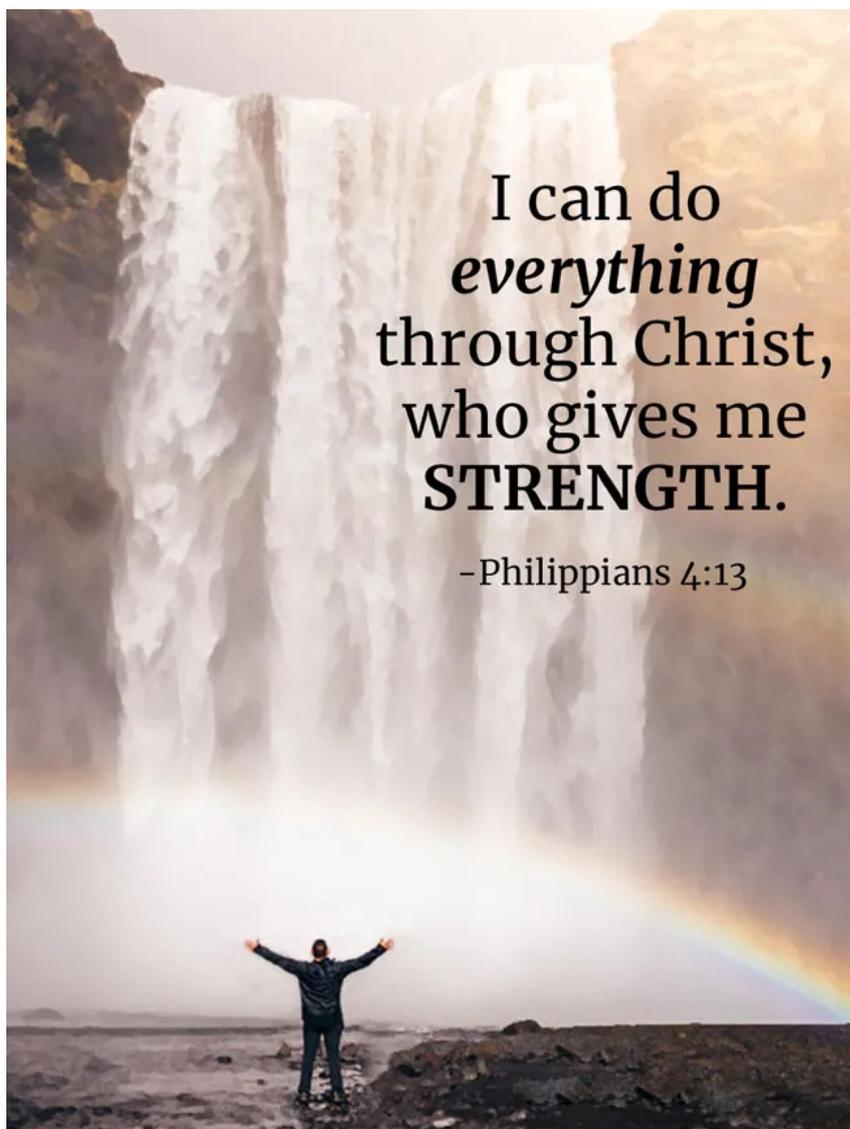
In those days, North Lakes was just beginning to be developed. There were still large tracts of rural land, and it was not uncommon for koalas to take up residence in the eucalypts on the northern border of Maranatha's property. The unfortunate creatures had been pushed out of their homes to make way for human development.

Maranatha looks very different these days. We have more buildings and less open areas, but we are still fortunate to have lovely outdoor spaces where those who live here can enjoy some quiet time among nature, in the midst of the bustling suburb Kallangur has become.

We feel very blessed to have such a lovely home here and to be able to share that blessing with so many others.

We send our best wishes to you all and hope you enjoy a wonderful Queensland Autumn!

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



I can do
everything
through Christ,
who gives me
STRENGTH.

-Philippians 4:13



Bereavements

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



Upcoming Events

MARCH

- 17 St Patrick's Day
- 21 Autumn Equinox



APRIL

- 17 Easter Sunday
- 25 Anzac Day

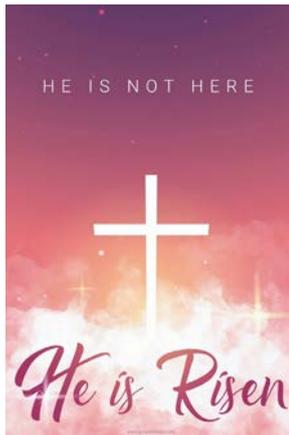
MAY

- 9 Mother's Day
- 12 International Nurse's Day



For all the latest news and photos follow us on Facebook

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MARCH	APRIL	MAY
A Murray	M Simmons	J Linton
M Ecuyer	H Kirk	K Brummel
C Walker	M Langsdor	S Hooper
C Johnson	G Pittaway	M Malt
P Wallace	C Rucker	J Tunnicliffe
B Starkey	A Gradwell	E Carseldine
H Brooks	J Davies	D Gardner
M Ritchie	J Gregory	P James
	M Wilson	J Tweedale
		S Gallier
		B Mcstay
		E Mike
		L Russell
		T Walford



Activity Reviews



NOVEMBER - Maranatha had a solemn celebration at 11am of 11th of November 2021 for **Remembrance Day** in their Activity Room.

Jim Cassidy, retired Australian Navy and Graham (Tosh) Cooper, retired NZ Navy, led the ceremony of wreath laying of the memory of the fallen soldiers who fought during the World War 1 and 2.



As a fitting tribute for "Lest We Forget", six white doves were released by the veteran-residents.

November **Armchair Travel** was Vanuatu led by Stewardess/Lifestyle Assistant, Tammy Hall.



DECEMBER - The most festive months of the year was highlighted by two **Christmas Parties**.



One was led by the Director of Consumer Care, Kathy Hallmark for the family and staff at Maranatha Meeting Hall downstairs and the other one led by the Fundraising Committee for both the Azalea and Nursing Home residents. Personalised gifts were given to all the residents.



The popular and annual **Christmas Light Bus Trip** went ahead to give the residents a glimpse of the various styles of Christmas lights around Maranatha.



December **Armchair Travel** gave focus to the Holy Land as the birthplace of Jesus in Bethlehem. Stewardess/Lifestyle Assistant, Sandra Knapp showcase Israel.



<-- International Volunteer's Day

Scottish Bagpipes Visit -->



<-- Weekly Christmas Song practice



Activity Reviews



JANUARY - We celebrated Australia Day in the Activity Room with fun and games.



Throwing tongs, Australian quiz and popular beach ball throwing were among the games played. A delicious BBQ as served for lunch by the Main Kitchen.



FEBRUARY - Karaoke singing and Valentine's Day Gala Dance Concert by Wayne Tribe who led the musical number of love songs to the residents while the staff and lifestyle team led them to dance romantically.



Daily Activities
 <-- Morning Walk with Quoits



Morning Exercise Balloon Throwing
 <-- Floor Games



<-- Indoor Bowling

Monthly Activities

Concerts with Peter Collins & Chris Doyle
 Garden Club & Cooking Demo -->

Lawn Bowls



<-- Gentle Exercise with dancing



Resident Story

Ann Dowdney



Ann is resident in Jacaranda Wing of Maranatha where she resides with her husband Mike. Ann will celebrate her 90th Birthday on 22 February 2022.

Ann was born on 22 February 1932, the first child of Sid and May Rogers, at Manor House Road in Glastonbury, Somerset, UK. Ann attended local schools in Glastonbury and became the first member of her family to attend Grammar School – making her parents very proud. At Elmhurst Grammar Ann studied the GCSE at O and later A level and was a keen student of the Arts enjoying English Literature, French and Art Classes.

She also enjoyed sports – playing tennis, captaining the hockey team and was a keen fencer which she continued for many years after leaving school.

Food was scarce during the war years and her father used to grow vegetables in his allotment and would take his young daughter along with him so passing on his love of gardening to Ann from a very young age – and it's a hobby that she continues to enjoy today.



During the worst of the war years, Ann and her younger brother Pete were evacuated to live with her Granny on her farm in Shropshire. During these years, Ann developed a love of ducks (and their quirky behaviour) and of the countryside. In the final years of school Ann spent the school holidays assisting local Glastonbury farmers harvesting the potato crops. On leaving school, Ann enrolled in Bristol Art College studying art and fashion design which resulted in her securing a job as a trainee shoe designer at the Clarks Shoe factory in Street, close to Glastonbury.

Whilst there she met a young shoe salesman (Mike) and their "walking out" began. Mike was quickly swept off his feet and he eventually proposed and they were married in October 1953 in Glastonbury.

Mike and Ann set up home in Glastonbury before Mike's job required him to move to Birmingham (and from there to Ashford, Fleet and back closer to home in Taunton, Somerset, then to Norwich).

Four children were born (all 18 months apart) and the two boys and two girls kept the young couple busy. They had dogs (and puppies!) along the way and grew the love of gardening and house renovation whilst raising their young family.

Many enjoyable family holidays were taken in Cornwall and as the children got older, camping in the New Forest and Devon. Ann and Mike's enjoyment of travel led to continental holidays to France and Spain with the family – all squeezed in to Ann's quirky but much loved DS21 Citroen.



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Resident Story ...continued Ann Dowdney



As the children got older, Ann went back to work doing some shoe design, some market research and settling in to a career at British Telecom, doing admin for the engineer's team and eventually managing one of their retail shops in Norwich.

During this time, Ann's first grandchildren were born and Ann became a doting and devoted grandmother to her three grandchildren. A rescue-dog (Digby) also joined the family and Ann and Mike both fell in love with this most characterful Tibetan Terrier (who actually soon came to rule the roost!).

With one eye on retirement back to the south west of England, Ann took on a Post Office in Crewkerne in

Somerset – making a fearsome Post Mistress and winning a lot of friends in the community.

Retirement came for Ann and Mike and, instead of relaxing to a country cottage, they acquired a set of derelict barns in Cornwall and with their renovating and gardening skills proceeded to carry out a wonderful conversion, turning the barns into a magnificent home and gardens.

Thoughts soon turned to travel and following several trips in Europe, Ann and Mike were persuaded to come to Indonesia. Ann got to ride an elephant – which she says was (and still is) the most uncomfortable experience of her life!

From there, Ann and Mike visited Australia for the first of what were to become regular 6 monthly visits to escape UK winters. Eventually, the decision was made to emigrate permanently and following a cruise westward from the UK, Ann and Mike settled in Australia in 2017, close to their son and daughter and three grandchildren – all of whom had moved to Australia some time before.

Ann moved in to Maranatha in 2021 and Mike joined her shortly afterwards, where they look forward to visits from “kids” and grandkids.





MEET THE NEW PHYSIOTHERAPIST

Maranatha is pleased to welcome on board our new Physiotherapist Stuart.

Stuart comes to Maranatha with a wealth of clinical experience and skills to support the needs of our residents and staff. Having originally obtained qualifications in Sport and Exercise Science and Physiotherapy, his passion for rehabilitation and therapy comes through in the care he provides.

Prior to obtaining his Physiotherapy degree, Stuart worked in an Elderly Falls Prevention Team and adult Physical Disability team around Glasgow, Scotland. Through this work, he developed knowledge and skills that specifically address and target the challenges most

commonly seen in Aged Care settings, which makes him an excellent clinical resource for our team and residents. Through this work, he became experienced in managing the challenges of neurological conditions (strokes, peripheral neuropathies, Multiple Sclerosis and Parkinson's disease) and providing a multitude of interventions to help people who have experienced falls or are concerned about falling. He also got to meet many of the colourful people, and see more of his beloved home city of Glasgow.



After gaining his Degree in Physiotherapy, Stuart got straight to work in the National Health Service in Derby, England. Here he did 6 month rotations in Orthopaedics, Elderly Medicine, Respiratory Medicine, Neurological Rehabilitation, ICU and Paediatrics. After developing all the core skills of Physiotherapy, he then specialised in Musculoskeletal and Rheumatology Outpatient Therapy. In these roles, he delivered the Physio care needed to treat all sorts of joint inflammation conditions, joint reconstructions, joint replacements, chronic pain and rheumatoid conditions.



Prior to becoming a Physio, Stuart met his Brisbane born wife, and after the birth of his son, they decided to move to and live in Australia in 2014. Following this move to Brisbane, Stuart worked in a private practice before dedicating his skills and passion to work within the Aged Care sector for one of Australia's Leading Physiotherapy and OT providers. It was in working with this company that he came to work at Maranatha for a few months before being needed at another Facility. Those few months at Maranatha left a positive impression on him and when the opportunity arose to work at Maranatha, he did not hesitate to return.

On a personal note, Stuart originates from the town of Paisley in the West of Scotland. Paisley was historically made famous for its cotton mills in the 1900's and the well know Paisley Pattern. Stuart has the traditional Glaswegian accent (*if you are able to understand him!!!*) which he does his best to tone down at all times, and he has the usual approachable personality of a Scot. However, if you are any relation to a "Campbell" he may not be as approachable (*There is Clan history there!!!!*). In his spare time he enjoys any water sport, cricket and spending time with his wife, son and furry Pug-son Louis.



Stuart is excited to join the Maranatha Team and to be able to use his clinical experience and skills to help its staff and residents. Just give him a shout if you have any Physio or rehab questions.

If you are in fact wondering what the Physio and allied health team do within Maranatha, the main roles Stuart and the Allied Health team do are:

- Mobility and transfer assessment and management
- Pain and injury Management
- Chronic Pain management programmes
- Quarterly Physio / OT reviews
- Exercise Classes
- Functional Activity of Daily Living assessments and management

If you have any questions regarding any of these activities, please do not hesitate to contact Stuart in person or through your Nurse on duty.



Maranatha Resident & Representative Meetings

2022

You are Invited ♥

All meetings will be held on the **first Monday** of the month at **2pm**.

- **March 7th**
- **April 4th**
- **May 2nd**
- **June 6th**
- **July 4th**
- **August 1st**
- **September 5th**
- **October 3rd**
- **November 7th**
- **December 5th**

**WE HOPE
YOU CAN JOIN!**

YOU ARE INVITED TO ATTEND OUR MONTHLY RESIDENT & REPRESENTATIVE MEETINGS

Meetings will be via Microsoft Teams, a link will be sent a couple days prior to each meeting.

By joining our monthly Resident & Representative Meetings you will get the opportunity to hear the latest news and developments happening in your Care Home.

We welcome your thoughts and ideas. This feedback will help us to continue to meet the needs of our residents and provide the outstanding service you have come to expect.



VALUE IN THE EYES OF GOD

GENESIS 1:26-31, PSALM 8:1-6, LUKE 6:20-26

The world has certain ways of determining one's worth or value in life. Usually, our worth or value is judged by either;

- i. The people we associate with, and how we relate with others
- ii. By what we have achieved or accomplished, by the things that we have or have not attained in life
- iii. By our material possessions like cars, houses, jewellery, and bank accounts

So how do you see your self-worth or your true value? Because if it is determined by the standards of the world, and how our true value is perceived, then we have a problem. Because what happens when you are no longer in the spotlight, and what happens when suddenly everything is taken away from us and we are left with nothing. No status, no friends and no titles plus no value or self-worth. You are no longer valuable in this world.



But the good news is, that's not how God sees you. The word of God says you are valuable, no matter what stage in life you are in right now. The Bible tells us that we were created in the image of God. And we carry and take that with us wherever we go right from the day that we were born. Each and everyone of us is different and unique in their own way that God created them to be.

You are worthy and you are valuable, but also realise that there are those around us that are also just as valuable. God wants us to know that we are made in his image to reflect God's love, peace, joy and forgiveness to the world.

Now if there was ever a human being worth something it was Jesus. Jesus knew his worth, he knew he was the Messiah, he knew he was the son of God. And yet we see him, teaching, preaching, healing, performing miracles and so forth. Jesus understood that in his Father's eyes, he was valuable. He didn't need other's approval. He had his Heavenly Father's approval.

Life will do its best to cast us down and cause us to doubt ourselves and to even doubt God. It will try to convince us that we are for the most part worthless and insignificant. But we know the truth, God sees value in all of us. You are a masterpiece of God's creation. Sometimes we do not feel worthy, but if we hold on to God's promise that he will never leave nor forsake us, that will surely give us peace that surpasses all understanding, and how God sees us matters more than how the world sees us. You are a child of God, and you worth more to God than you know. You are loved. God bless you all. In the name of Jesus, Amen.

By **Tanya Pualilo** - Spiritual Care Coordinator, ASHBURN HOUSE

*"For we are God's
masterpiece.
He has created us anew in
Christ Jesus, so we can do
the good things he planned
for us long ago"*

- Ephesians 2:10



*"Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here."
- 2 Corinthians 5:17*

*"He predestined us to sonship through Jesus Christ, in accordance with his pleasure and will."
- Ephesians 1:5*

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)

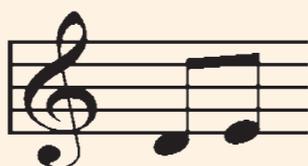
BIBLE READING GROUP

When: Tuesday - Friday at 9.15am - 9.50am

Where: Activity Hall

What: Bible readings, hymns & prayer

- ALL WELCOME -



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

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 -

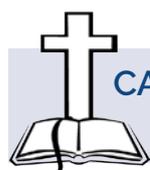


WORSHIP IN SONG WITH GARY

When: March 16th (April & May TBA)
from 10.45am

Where: Activity Hall
(or via CCTV Channel 4)

- ALL WELCOME -



CATHOLIC COMMUNION &/OR MASS

Monthly: refer to program for dates & time

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.



ANGLICAN PASTORAL CARE

SUPPORT - 1st & 2nd Wed (monthly)

UNITING CHURCH CHRISTIAN WORSHIP

When: 1st Tuesday (monthly)
at 10.45am

Where: Activity Hall
(or via CCTV Channel 4)

Who: Pastor Wendy Keeble
Pine Rivers Uniting Church

- 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 Spiritual Care Coordinator at her desk in Sunnyside Room or:

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

Volunteer IN THE Spotlight

ALWYN NEUENDORF - a little insight into the extraordinary life of this Pastor.

Alwyn willingly volunteered to minister in the Lord's service for our Maranatha residents by conducting our Interfaith Christian services twice a month since he and his wife, Fay, moved into an Independent Living Unit in 2011. Fay later moved into the hostel here to receive care, sadly passing away in Easter 2020. Alwyn continues to live in their Independent Living Unit.

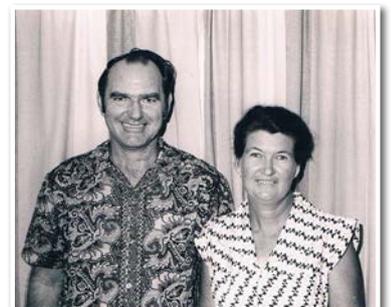


Alwyn was born in Marburg, Queensland in 1928. Since a child, Alwyn has always attended a Baptist church. In his sub-Senior year, he contracted meningococcal meningitis and was rushed to hospital to the infectious ward. His family and friends thought he would not recover and the whole church earnestly asked God to save his life. God answered their prayers and he

recovered. During his recovery, a Rev. Nicholls told Alwyn, "You know, God has probably saved your life for a purpose. You need to start considering full time ministry". This was a distinct challenge to Alwyn and from then on, he began to consider God's claim on his life for Christian service. Those words had real meaning and Alwyn believed that God wanted him to serve him. And what a life of service followed. After high school, Alwyn trained as a teacher. He then taught at Blackall and after that at a one-teacher school. Alwyn had a desire to travel all over the world, but also wanted to follow God's role for his life of full-time ministry. The desire for world travel had to be sacrificed. So, Alwyn resigned from the Education Department and trained in theology at the Melbourne Bible Institute for two years. During his time at college, God made it very clear he wanted Alwyn as an overseas missionary and not in home ministry in Australia. God kept bringing Papua New Guinea to his attention; so, Alwyn headed off to Papua New Guinea in late 1951, the start of a long fruitful missionary work in Papua New Guinea. Alwyn learned the Gogodala language and was able to speak it fluently. He translated the New Testament into the language, also writing a grammar to help other missionaries to learn the language. He travelled by canoe to all the swamp villages, fully engaging in the wonderful culture of the people. At the same time, he developed an education policy for his mission, establishing firstly many primary schools, then a high school and finally a teacher's training college. He acted as the Headteacher of the High School, and as Principal of the College until other people were recruited to take over. When he left the area after twenty years, there were 32 missionaries engaged in all the education and station work.



After he had been there for four years, he met another missionary, Fay, from New Zealand, whom he tutored in the Gogodala language. After falling in love with her and her sterling qualities, Alwyn asked her to marry him. They were married in October 1956 in Balimo in the Western Province of PNG with flowers from the jungle embellishing this special union. Fay was very busy training Gogodala girls to be good Christian housewives, able to sew all kinds of clothing for their families, as well as training Sunday School teachers for all the villages. She was also a midwife and delivered lots and lots of Gogodala children.



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Volunteer IN THE Spotlight

...continued

The Education Department of PNG saw the work Alwyn was doing in education where he had written many manuals, so asked him to join their department. His mission seconded him to the PNG Government where Alwyn continued working for another 21 years as a volunteer, drawing an allowance but not a salary. He rose to be the Deputy Director General and, on several occasions, acted as the Director General. At the same time, he continued his missionary work, teaching 100 odd students' theology in six different classes, teaching one class each evening after working in the department. After being in PNG for 41 years, Alwyn & Fay retired to Brisbane. But once there, Alwyn agreed to run a project in education for Karen refugees from Myanmar in the west of Thailand. So, for nine years he visited the refugee camps - a month at a time; then for two months in Brisbane wrote teaching manuals, then went and trained Karen teachers. After nine years, he felt he had brought the education work in the six camps to a stage where he was no longer needed. This brought that project to a happy close.

One of his tasks in education in PNG was to represent the country in UNESCO work. (The United Nations Educational, Scientific and Cultural Organisation). This saw Alwyn travel all over the world where he thought he had sacrificed that dream, for ever. He visited almost ninety countries. And in his Thailand project, he entered Thailand over 80 times. He proved that God was no man's debtor.

Alwyn and Fay had no children of their own, but they adopted seven Papua New Guinea children. They have presented Alwyn and Fay with 26 grandchildren and now another 20 great-grandchildren to date. Alwyn's children all had university education. One was a PNG ambassador to America and Canada; another a professor in education; another, a superintendent of secondary education in PNG; a senior banker; another the head who oversaw all the PNG Govt's businesses; another a senior human resource officer in a big mining company. His daughter married a pastor.

We cannot do justice in covering the expansive and endearing influence and impact Alwyn and Fay have had in the lives of countless people from all walks of life from simple humble villagers, students, teachers, diplomats, prime ministers, and UN officials.

The name Neuendorf is synonymous in Education, Company Laws, the Justice Professions, Banking, Medicine and Foreign Services in PNG, as well as in Missions and Churches in PNG. It is by their works that many people know the Neuendorfs, especially in Education, UNESCO and the World Bank. Alwyn's influence in the political spectrum in PNG began with the late Sir Michael Thomas Somare, the Founding Father of the Independent State of PNG who affectionally referred to Alwyn as "Papa" and so did many others that came to know Alwyn & Fay simply as "Papa and Mama".

Alwyn has certainly used his life in God's service for others. We thank you Alwyn for your love & dedication to Maranatha as a volunteer - not letting your age stop you (93) & for inspiring us to give our lives in service for others.



"Commit your works to the Lord and your plans will be established!" - Proverbs 16:3



Carmel Hayden

SPIRITUAL CARE COORDINATOR

e: chayden@chomes.com.au

p: (07) 3482 5316



INTERESTING EASTER FACTS

1. Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.
2. Eggs have been seen as ancient symbol of fertility. Christians consider Easter eggs to symbolise joy and celebration, new life and resurrection.
3. The traditional act of painting eggs is called Pysanka.
4. Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices.
5. The name Easter owes its origin from Eastre, the Anglo-Saxon goddess who symbolises hare and egg
6. The first story of a rabbit (later named the "Easter Bunny") hiding eggs in a garden was published in 1680.
7. Easter is celebrated at different times by Eastern and Western Christians. That's because the dates for Easter in Eastern Christianity are based on the Julian Calendar.



ANZAC DAY
LEST WE FORGET
25 APRIL

SYMBOLS OF ANZAC DAY



Red poppies were first sold to raise money for people made disabled by war.



Rosemary is pinned to a person's clothes and is for remembrance.



Jack Simpson carried wounded soldiers even in enemy fire. He was killed in 1915 and was only 22. He symbolises bravery.



Medals are awarded for bravery. The Victoria Cross is the highest award.



Nachos Lettuce Cups



Prep: 15 min Cook: 10 min Serves: 8

Ingredients

- 1 tbsp extra virgin olive oil
- 1 small brown onion, finely chopped
- 250g chicken mince
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp dried oregano
- 125g can kidney beans, drained, rinsed
- 8 butter lettuce leaves
- 100g white tortilla strips, coarsely broken
- 125g can corn kernels, drained, rinsed
- 1 cup finely shredded red cabbage
- 100g red Leicester cheese, grated

To Serve

- Long green chillies
- Chilli sauce
- Fresh coriander
- Lime wedges
- Avocado dip

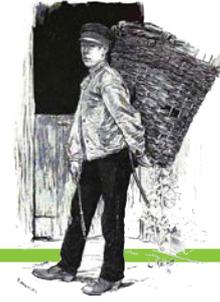


1. Heat oil in a medium frying pan over medium-high heat. Add onion. Cook, stirring, for 3 minutes or until starting to brown. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until cooked through. Add paprika, garlic powder and oregano. Cook for 1 minute or until fragrant. Add beans. Cook for 1 minute or until heated through. Remove from heat.
2. Place lettuce leaves on a large serving platter. Fill with tortilla strips, chicken mixture, corn, cabbage and cheese. Top with chilli, chilli sauce and coriander. Serve with lime wedges and avocado dip.



OLD OCCUPATION QUIZ

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



1. Paperhanger

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

2. Tanner

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

3. Wharfinger

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

4. Electrotypewriter

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

5. Stevedore

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

6. Ragpicker

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

7. Drayman

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

8. Bootblack

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

9. Drover

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

10. Furrier

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

11. Refectory Keeper

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

12. Diesinker

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

13. Smelter

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

Great job! Now let's find your score:

1-3 Keep your day job . . .

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

8-10 Impressive - you really know your stuff!

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

Answers: 1. a 2. b 3. a 4. c 5. b 6. a 7. c 8. a
9. b 10. b 11. a 12. c 13. b

