

Chaplain's Reflection



TIT TAT

MONTHLY
NEWSLETTER
TANUNDA
LUTHERAN HOME INC
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5352

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*The Home is a Christian
Community where, in a family
environment, Residents and
Staff provide mutual care.
Jesus Christ said: "Love one
another as I have loved you"
John 13:34*

FEBRUARY

*Lutheran
Church
of Australia*



A big welcome to those who are new residents, and their families, to TLH aged care facility! The home feels a little different already with you, and your presence and contribution will be felt and appreciated.

As the chaplain of TLH one of my challenges is to help you know what to expect in a home which has a 'Christian' and 'Lutheran' banner associated with it. The spiritual care brochure will hopefully help in this regard too. But when it boils down to it, it is challenging to find what is really different between a good Lutheran, or Catholic, or secular, or community-based facility. In all facilities the resident, with their lifestyle, cultural and spiritual values, is at the centre. So religious rituals and services are provided on a needs basis to people, and people are free to opt in or out and choose other activities that are life-giving for them (things that feed their spirit).

The difference is perhaps more a matter of degrees.

A *Christian* home will be more intentional in its spiritual care, provide more activities, and seek to pursue excellence in this aspect of care. A *Lutheran* home will be especially attentive to the spiritual and religious needs of Lutheran people. But at the end of the day, all are welcome, everybody's faith and lifestyle is respected, and nobody will try to change your faith.

Please enjoy your time with us as best you are able. Be comfortable in knowing I am everybody's chaplain, not just a chaplain for the more religious people. TLH is a place to celebrate diversity, to learn from each other, and to be enriched by each other's presence.

Have a great year.

Chaplain Ian



RAINFALL REPORT JANUARY 2018

Thank you Ralph Kernich

JANUARY 2018

January is normally a very dry month and this January is no exception.

To 25th only 7.2mm have been recorded over three days.

The highest January recording was 102.1mm in 1870. There have been several Januaries with no rain.

Thank you Ralph for this interesting information

STAMPS FOR MISSIONS

Keep saving those used postage stamps.
Simply cut used stamps from envelopes, allowing a one cm border

There are receptacles for used stamps at Protea desk and Reception

MANY THANKS TO THOSE WHO HAVE HANDED IN STAMPS

The deadline for news/information for MARCH edition is Friday 23rd February

TIT TAT TEAM

Dorcas Kernich (Editor), Joan Minge

Deliveries

Glenys Greig, Glenis Kupke, Raelene Rosenzweig



Hill & Son Grand Organ
Barossa Regional Gallery
3 Basedow Road, Tanunda
Sunday 11 February 2018, 2.30pm.

Friends Mini Concert & Annual General Meeting

At Trinity Lutheran Church, Rosedale

A number of our Friends' Members will play a mini organ concert on Trinity's delightful single manual pipe organ, followed by a short and sweet Annual General Meeting.

All are welcome - come along and experience the broader pipe organ heritage of the Barossa region. There will be a cuppa and afternoon tea to follow to catch up and have a chat.

Please bring a plate to share.

STUDENT SEEKING WORK



COMPUTER ISSUES?

I can come to your home!
Phone
Ezra Radke
8563 3996

TLH SHOPPING BUS

Departing approx 9:30am
Return 11:30am Cost \$5



Wednesday	7th February	Tanunda
Wednesday	14th February	Nuriootpa
Wednesday	21st February	Tanunda
Wednesday	28th February	Nuriootpa

Please be at Reception by 9:15am

From the CEO

Lee Martin



Happy New Year

So, the new year has started – I do hope you are all looking after yourselves. Have you managed to stick to your New year's resolution? The hot weather is sure taking its toll on the sporting features and our gardens. Please ensure you are staying indoors, using the air conditioner and keeping up the fluid intake. For those who enjoy the cricket – haven't Australia done well so far.

Early in January we farewelled Bev Galway - the Operations Manager - many staff and residents will miss her. As a result, some changes have occurred to ensure the operations of the organisation continue efficiently. Cindy Penn has been promoted to Care Manager and Kim Hahn has been promoted to People, Culture & Service Manager. I take this opportunity to wish both Cindy and Kim all the best in their new roles and know they have the interest of residents and staff as highest priority. Feel free to approach them if you have any issues.

2018 is the year of accreditation for Tanunda Lutheran Home. Later this year we are to be surveyed to regain our accreditation for the next three years. The dates of the survey are yet to be coordinated but we will let you all know. This is our opportunity to highlight all the great things we do for our residents and staff. The focus is gaining positive outcomes in the four Standards and meeting all 44 Outcomes. Because of some regulatory changes it is likely that we will have an increase in the number of unannounced visits by the Quality Agency.

During the next few months we will ensure all our policies, procedures and systems are reviewed / audited and ensure the outcomes are all customer focused. If you have any suggestions on how to improve things around the Home, please complete one of the Feedback Forms that are available. I look forward to hearing from you all. It was great to see the replacement of 50 plus mattresses with new pressure relieving mattresses. All the old mattresses were collected and recycled. Residents are reporting how more comfortable they are when in bed. The Person-centred care roster is completed and will commence in March 2018. Residents and families will have the same staff allocated so there is the opportunity for building a relationship that ensures both the carer and residents know each other and ensure each gains appropriate outcomes.

Our major projects are moving ahead with Stage One of the Nuriootpa Retirement Living project commencing soon. The number of expressions of interest in gaining a home on this new site is doing well – if interested please contact Carolyn Redden – the Independent Living Coordinator. Planning for the Stage One of our Master Plan is continuing with Tender and Construction documentation being written. The demolition is completed, the vacant areas will be utilised as extra car parking when needed.

Welcome to all new residents and their families in the facility and the independent living units – if there is anything we can do to make things better please let us know.

Do you know someone who would like to join the Tanunda Lutheran Home family? We have vacant units available throughout the ILUs – please let your friends know. A reward is being offered if a referral leads to a sale.

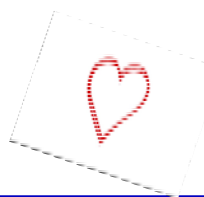
.....
Life is 10% what
happens to us
and 90% how we
react to it.
.....

Lee Martin— 19th January 2018



FEBRUARY

- 2 Doug Ramsey
- 3 Don Bessell
- 5 Margaret Kaesler
- 6 Betty Kohlhagen
- 7 Joan Young
- 11 Joyce Linke
- 13 Eric Koch
- 14 Erna Auricht
- 18 Charlotte Bretschneider
- 19 Elsie Weeks
- 19 Chris Pfeiffer
- 22 Ray Giersch
- 23 Errol Weiss
- 23 Audrey Steventon
- 23 Ian Hausler
- 24 James Miller
- 25 Josie Heinrich
- 26 Val Fechner
- 28 Lance Grocke
- 29 Joy Schultz



welcome



RETIREMENT LIVING

RESPITE

Joan Minge - TC3-18
Dulcie Hage - TC3-22
Evelyn ('Ev') Schottelius - TC3-18
John Hitchin - TC3- 22

INTERNAL TRANSFER

Allen Loffler - Acacia 08

PERMANENT

Olive 'Olly' Andriske - Waratah 55
Marjorie Abbott - TC1-04
Horace 'Maurice' Noakes - Banksia 02
Robin Lucas - Acacia 07
Philipp May - Banksia 10
Heather Raven - Protea 48



DEATHS

*Our deepest sympathy
to the family of*

Myra Othams - died 19th January

Rest in Peace



TLH LIBRARY
Open Wednesday
and Friday

9.00 to 12 noon

**Friendly Volunteers will help you
select something to read from
the wide variety of
books and magazines.**

Also available are many
Puzzles, CDs, DVDs

Pop in to the TLH Library at Trinity 1 entrance



RETIREMENT LIVING RESIDENTS

RL Ladies' Get Together
First Saturday 3rd February
1.30pm in the Cafe

**Please bring small plate of food
for afternoon tea**

Enq: Margaret Spike 0481 255 041

LENT at TLH

You'll notice in the Lifestyle Program that Ash Wednesday and Lenten Services this year are being held on Wednesday mornings.

This allows the chapel, which is a common meeting place, to be available in the afternoons for the wide variety of activities that continue to be scheduled.

Various pastors from the Barossa Lutheran churches will lead these morning services, beginning with Yours Truly for Ash Wednesday (14th February). There won't be a corresponding ABG Lenten Service this year. But the normal Monday services will focus on Lenten themes.

Chaplain Ian



Goodbye to Centenarians

Frances Kurtz and Frieda Pascoe, aged 100 and 101, died on Christmas Eve and Boxing Day respectively last year. Frances had a full public celebration of her life, conducted by Pastor David Gogoll.

Frieda, however, departed this life quietly, with a private ceremony at Centennial Park in Adelaide. In her writing, where she'd requested this way of conducting her funeral, she specifically wished to acknowledge and thank everybody who contributed to her care in any way over the past years.

Frieda's story was interesting in that her grandfather was one of three missionaries to set out from Langmeil Church here in the Barossa in 1866 to establish Bethesda Mission among the Killalpaninna people in remote SA. Her parents also lived and worked on the mission, up to Frieda's birth at Point Pass. Frieda lived in many places. To spend her last years back at Tanunda somehow brought her family's life full circle. Bethesda Mission is just a bunch of ruins somewhere on the Birdsville Track these days.

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

BOOKS OF THE BIBLE

JOEL, JONAH, JOSHUA
JUDGES, KINGS
LAMENTATIONS
LEVITICUS
MALACHI
MICAH
NAHUM
PSALMS
RUTH, AMOS
CHRONICLES
DANIEL
DEUTERONOMY
ECCLESIASTES
ESTHER
EXODUS
EZRA
GENESIS
HABAKKUK
HAGGAI, JOB



PROFILE

LOIS LABLACK
Retirement Living



Lois is very happy here at TLH with her lovely home, garden and the friendly neighbours. She enjoys the IL social programs, fellowship, the Volunteer morning teas, Courtyard Café, Hairdressing salon, and as a volunteer, deadheads roses, visits residents and is rostered for Chapel flowers.

Lois was born on 15th August 1933 at Blyth Hospital, a daughter for Lorance and Edna Weckert and baby sister for Hartley. Lois was baptised at Brinkworth a month later. In 1939 little sister Joy was born and welcomed into the Weckert family. When Lois started primary school at Auburn it necessitated a three mile bike ride each way together with brother Hartley. Later, following a move to another rural property in the South East, Lois continued her education at the Bordertown and Custon Primary Schools, followed by one year of correspondence lessons, then a year at Bordertown High. She enjoyed basketball and tennis from an early age and still plays lawn bowls regularly. In October 1947 Lois was confirmed into the Christian faith at Serviceton by Rev E N Zweck.

Aged 15, Lois left school and started work at a local cafe, then trained as a telephonist at the Bordertown Post Office. The family worshipped regularly at Sunday church services. Lois taught Sunday School and was an active member of the Youth group. Lois learned to sew and was soon adept at making her own clothes. After the family moved to Strathalbyn, she helped out at home for six months on the farm and then gained employment at the telephone office in Strathalbyn, boarding in the town and doing shift work. She enjoyed netball, dancing and tennis and taught religious instruction at the school.

Romance blossomed when she met Mervyn Burgemeister. They were married in 1955 at Strathalbyn Lutheran Church and lived in a small cottage on the Victor Harbor Road at Strathalbyn. A year later they were blessed with a baby daughter, Susan Gaye. But tragically, Mervyn was involved in a motor bike accident and died of head injuries in September 1957. This left Lois a very young widow with a baby to raise. But with the help of kind neighbours and parents Lois was now able to attend Luther League socials and square dances. It was here she met Felix Lablack who was to become her second husband – they married at Victor Harbor in July 1960 with Pastor EN Zweck officiating. They set up home at Woods Point near Murray Bridge and milked cows on a dairy farm. Susan began school here. As time went on, Karen and Tania were born at the Murray Bridge Hospital. The family worshipped at the Holy Cross Lutheran church.



Later the family moved to a mixed farm at Keith. Until a shearing shed and yards could be constructed, they lived in a large Besser brick shed. Without electricity or water connected, they managed with windmills and bore water, a 240 volt motor, kerosene fridge and gas lights. Eventually after the 240V power was connected, Lois was busily establishing a great vegetable garden and fruit trees and vines. She was always available and happy to help with the many aspects of farm work. The children caught the school bus nearby to attend the Keith Primary and High Schools. Their fourth daughter Linda was born in 1967. Sue is currently teaching at Redwood Park Primary School, Karen is Fund Raising Manager for Red Cross, Linda is a midwife nurse at Broome in WA and Tania helps with Murray Grey cattle on their farm at Keith in the South East. Now, with adult children, Lois had time to take up bowls and was actively involved with the local Women's Guild activities and Mothers' Meetings at school.

But tragedy struck a second time. After 25 years on the farm Felix suffered his first heart attack and was advised to reduce his work load, resulting in a painful decision being made to sell the property. So where to now? They chose a 32 acre block at Angaston and semi retirement. They lived in Murray Bridge for nine months while their new home was being built - the planning and building gave them a new lease on life. At Angaston they soon made friends, joined the Zion Lutheran church and the Bowling Club and established an extensive garden with fruit trees, vines and hundreds of native trees.

They even made time for grape picking and ran a small flock of ewes the fat lambs were sold at local markets. They successfully raised steers on their block of land at Mount McKenzie. But by 2004 Felix suffered a third heart attack and died suddenly at home – only 67 years of age. Once again, with supportive friends and family, Lois battled on for five years then made the decision in 2009 to move into a brand new TLH Independent Living unit at Hoffmann Avenue, Tanunda.

Having family members living and studying at Indiana in the US, Felix and Lois enjoyed many overseas visits. A highlight for Lois was the Canada and Alaska tour. She also enjoyed many coach trips in Victoria, NSW and Broome in WA. Lois enjoys living in the Barossa Valley and has been involved with the Angaston Bowling Club and playing Indoor Bowls at Keyneton. Other interests include Zion Lutheran Church and Fellowship group at Angaston, BV Probus Club, Valley Voices Choir, and volunteering at TLH. She enjoys the social functions at TLH, visiting, gardening, gym and meetings, all of which have greatly kept Lois active. Lois also appreciates the TLH Hairdresser and Café. Her family of nine grandchildren and six great grandchildren gives her much pleasure. Grandsons Joshua and Benjamin are ordained pastors and Todd is an accountant.

Ed.



TRIBUTE TO MYRA OTHAMS

In loving memory of Myra
05.02.1927—19.01.2018

*We mourn the passing of Myra
as a result of an
unfortunate accident
at Port Adelaide.*



Over many years Myra contributed her skills in various areas as a TLH volunteer. She was an active inaugural member of the IL Social Committee, an expert reporter of IL events and a first class proof reader of our newsletter *Tit Tat*. She acted parts in plays, sang in the choir, attended TLH Saturday Ladies' Group and supported many functions here at TLH. Many will remember her fondly for the hilarious presentations of various amusing anecdotes, in particular her recent story of *The Little Red Man* that brought the house down!

Myra was a regular worshipper at our Chapel services and held the position of treasurer for some time. In the community, Myra was well known in the St. Petri church family, at Probus, Legacy, Forty Niners Club and enjoyed regular luncheon outings with the TLH Let's Lunch group.

Myra will be remembered with fondness by many friends and acquaintances. Our sincere condolences to Myra's family.

Ed.

MYRA

A Adaptable, Adventurous; Almost Always Agreeable
B Beloved and Brainy; Banker's wife
C Committed Christian; Comedienne; Cheerful; Competitive
D Determinedly Dogged; Devotee of Delicious Desserts
E Entertainer Extraordinaire
F Faithful Fun loving Friend, and Foodie!
G Generous Giver Greatly missed
H Humorous, Hospitable
I Inaugural IL Social Committee member
J Joyfully Joined in Jolly times
K Knowledgeable; once Killed a snake
L Lived Life to the full; Left-handed; Loved Lunches
M Mother of four. Moved Many times
N Naughty Nonagenarian—Never to be forgotten
O Olive and Orange packer; Office Offsider
P Probus member; Phenomenal Proof reader
Q Quirky and Quick witted
R Retirement Living Resident; Reporter
S Shorthand Skills & Sense of humour; Stoic;
Searcher of Skips for Special Surprises
T Tourist, Traveller; Typist, Teller of Tall Tales
U Unparalleled, Unique, Understanding, Unconventional
V Very good Vocalist
W Welcoming, Well known; Witty Writer
X EXTremely EXceptional
Y Young at heart
Z Zest for living

Safe in the arms of Jesus

Ed.



*Change of Title from
Independent Living
to*

**TANUNDA
RETIREMENT
LIVING**

**TLH Management has made the wise
decision to change our former title to
Tanunda Retirement Living.**

**Note the new logo above which will now be
used to identify us throughout future
issues of Tit Tat.**

This change of wording more aptly describes us as
we really are - a group of Retirees - and is in
keeping with the promotional literature
currently in use throughout the country.

**So keep a watch out for the new logo that
identifies all our news items and activities**

Ed.

LET'S LAUGH!

**Q: What do you call a dinosaur with an
extensive vocabulary?**

A: A *Thesaurus*



MENGE ROAD BBQ in the Gazebo

The last Friday night in 2017 (29th December) the
Retirement Living Residents of Menge Road
changed their Friday night drinks
to a shared BBQ tea.



Photographs: Jayne Pfeiffer.



**Tom Hoffmann checking on
Chris Pfeiffer's BBQ skills**



**Left to right Jenny Schubert, Marlene
Hoffmann, Chris Pfeiffer, Tom Hoffmann,
Helen Bartholomaeus, Jill Stevens, Iris Ellis**



First ever TWILIGHT BARBECUE 18th January 2018

5.00-8.00 pm

The original plans for this first event were to have a 'real' BBQ in the lovely Courtyard, but due to the sizzling weather, our Chef and staff treated nearly 50 Retirement Living folk to sausages, patties and salads in the comfort of our air conditioned Social Centre. A very happy gathering was most appreciative of the ambience, camaraderie and delicious meal, plus wine, and dessert of summer fresh fruit and ice cream. And it was much appreciated being waited upon by cheerful staff members.

A noticeable absentee was Myra Othams. Myra sustained a fall a few days before and sadly, we were informed by our Chaplain Ian that she was not expected to survive. We now mourn Myra's passing into eternity. Myra will be greatly missed. (see Tribute on page 7).

Betty Kohlhagen entertained with a hilarious tale of Butch the Rooster and his mates and their exploits in the chook house, and the way they performed (or didn't!) in the farm yard. It was received with thunderous applause and laughter which nearly brought the roof down!

Many thanks to all responsible for this enjoyable event.

Note in your diary: Thursday 15th February

11.30am Brunch—\$10.

1.00pm Guest Speaker: Jenny Schubert
TOPIC Visit to Hermannsburg

Ed.



MIXED GRILL AND MULTICULTURE

By Ken Fyfe—Retirement Living

I've given holiday spots a lot of thought, now that summer's almost here, Regarding different food and drinks we'll try; if we go overseas next year, Like roast beef and Yorkshire pudding, and English beer that's almost cold, and Scotland's whiskey and their haggis: even Wales grows leeks I'm told. America has big Macs, KFC and bourbon; as well as coke with plenty ice. But, there's Cocaine and Crystal ice too; so I'd check all ice, once or twice. There's German sausages and sauerkraut; German lager, lots of schnapps, Russia does a borscht, and caviar; they're served with vodka too, perhaps. France has frogs and snails and croissants; sauterne or French champagne, In Mexico, there's tacos and tequila; that's cactus juice, {its proper name}. The West Indies all have rum and coconuts, and pineapples too, out there, But we have all those up in Queensland; when living there, I had my share. Then there are all those Asian countries with their different style cuisines, with pork and chicken, rice and spices, and sauces made from soya beans. There are India and China, Japan and lots of others, use this oriental spices, to make curries, sushi and chop-sueys; and they all make great fried rice. Then my taste buds had a tea break, because my wife got home just then, She said, "I brought Italian home for tea dear; lasagne did look good again. It was either that or Indian curry; it's from the new place down the street, We'll try that Indian cafe tomorrow; they make a gorgeous mango sweet". That helped my thoughts come racing home; to this new style Ozzie food. I thought, why go overseas, we have it all; with multicultural looking good. There's almost nothing we can't get here; but if there was we'll always try, Although, the one thing not yet mentioned is - perhaps a little humble pie!

RETIREMENT LIVING

First Wednesday of the Month Group

A few of the happy RLs who enjoyed the January luncheon at Tanunda Club



GOD'S PLAN FOR AGEING? - Contributed

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things, thus doing more walking.

And God look down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach and stretch.

And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise.

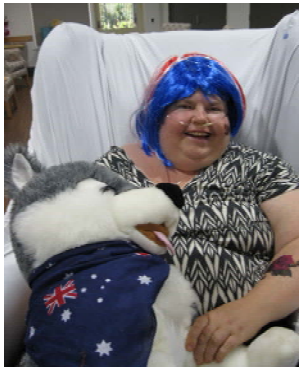
God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, Remember it's God's will. It is all in your best interest even though you mutter under your breath.



Australia Day

GOOD OL' OZZIE FUN AND PATRIOTICISM



Staff had great fun setting up a fabulous display in the Social Centre for Australia Day. A real true blue Ozzie lunch, afternoon tea and games were enjoyed by many Residents.

JUST FOR FUN

Three sisters aged 92, 94 and 96 live in a house together. One night the 96 year old draws a bath, puts her foot in and pauses.

She yells down the stairs, "Was I getting in or out of the bath?"

The 94 year old yells back, "I don't know, I'll come up and see."

She starts up the stairs and pauses, then she yells, "Was I going up the stairs or coming down?"

The 92 year old was sitting at the kitchen table having tea listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful." She knocks on wood for good measure.

She then yells, "I'll come up and help both of you as soon as I see who's at the door."

Never say Die - Some old timers

- * Old lawyers never die, they just lose their appeal
- * Old bankers never die, they just lose interest
- * Old cardiologists never die, they just lose heart.
- * Old auctioneers never die, they just look forbidding
- * Old bureaucrats never die, they just waste away
- * Old cleaners never die, they just kick the bucket
- * Old professors never die, they just lose their faculties
- * Old swimmers never die, they just wade away
- * Old poker players never die, they are just discarded
- * Old fishermen never die, they just smell that way
- * Old accountants never die, they just lose their balance

GOOGLE PIZZA

Can you identify with this?

(Contributed—with thanks)

CALLER: Is this Gordon's Pizza?
GOOGLE: No sir, it's Google Pizza.
CALLER: I must have dialled a wrong number. Sorry.
GOOGLE: No sir, Google bought Gordon's Pizza last month.
CALLER: OK. I would like to order a pizza.
GOOGLE: Do you want your usual, sir?
CALLER: My usual? You know me?
GOOGLE: According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on a thick crust.
CALLER: OK! That's what I want ...
GOOGLE: May I suggest that this time you order a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten free thin crust?
CALLER: What? I detest vegetables.
GOOGLE: Your cholesterol is not good, sir.
CALLER: How the heck do you know?
GOOGLE: Well, we cross-referenced your home phone number with your medical records. We have the result of your blood tests for the last 7 years.
CALLER: Okay, but I do not want your rotten vegetable pizza! I already take medication for my cholesterol.
GOOGLE: Excuse me sir, but you have not taken your medication regularly. According to our database, you only purchased a box of 30 cholesterol tablets once, at Drug RX Network, 4 months ago.
CALLER: I bought more from another drugstore.
GOOGLE: That doesn't show on your credit card statement.
CALLER: I paid in cash.
GOOGLE: But you did not withdraw enough cash according to your bank statement.
CALLER: I have other sources of cash.
GOOGLE: That doesn't show on your last tax return unless you bought them using an undeclared income source, which is against the law.
CALLER: WHAT THE H....!!
GOOGLE: I'm sorry, sir, we use such information only with the sole intention of helping you.
CALLER: Enough already! I'm sick to death of Google, Facebook, Twitter, WhatsApp and all the others. I'm going to an island without internet, cable TV, where there is no mobile phone service and no one to watch me or spy on me.

CLARKE & TURNER
TRAVEL
ASSOCIATES
Ph 08 8563 0988
39 Murray Street, Tanunda
travel-associates.com.au/clarke

TRAVEL TALK

RIVER CRUISING

From dazzling Dutch tulip fields in springtime to Germany's atmospheric Christmas markets -- and a host of other destinations -- European river cruises offer a world of sights and experiences. River cruising is the fastest-growing sector of the cruise industry, with new ships being launched each year. On the plus side, this means more choices, including an ever-increasing number of themed vacations, such as food and wine, active and family-orientated sailings. On the other side of the coin, the biggest challenge about planning a European river cruise is identifying one that is right for you. I am here to help you narrow down your choices. The choices include which river, what do I want included, type of cabin etc. Choosing these are important when it comes to the price, it doesn't have to be expensive, it can be the best dollar per day holiday you have had. Daily tours are usually included in the cruise fare. They range from introductory walking and coach tours of towns and cities along the route, to immersive experiences such as tours of ancient castles, vineyard visits and food tastings. Some lines also offer extra fee options that are a bit more unusual, including bike tours, exclusive evening concerts, cooking classes, art lessons and even the chance to conduct an orchestra in Vienna. Or you may want to wander on your own or relax on your ship. Virtually all ships on the Rhine and Danube are exactly the same size in order to fit into locks and pass below bridges. That means most cabins are the same size but do I need a balcony? Price differences in fares reflect the number of passengers (the more expensive lines carry less people, others up to 190), onboard facilities such as massage rooms and gyms, plus inclusions (some lines include all drinks and gratuities). Aside from special Christmas market and New Year cruises, typically runs from April to October in Europe. If you have already had the pleasure of exploring Europe's extraordinary waterways, think outside the box to Africa, India, South-East Asia and South America for an adventure you'll never forget. I have personally had the pleasure of River Cruising in Europe and Vietnam with many different companies. Need some answers, give me a call. There are some really Great specials for River Cruising in 2018 & 2019.

Phone Carolyn Barton 8563 0988

BICYCLE TUNE-UP

YOU ARE LOOKING FOR
A TEN LETTER WORD



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

ADJUST
 AXLE
 BEARINGS
 BEND
 BRAKE
 CABLE
 CALIPERS
 CHAIN
 COMPLEX
 CRANK ARM
 FENDER
 FIX
 FLAT
 FORK
 FRAME
 GEARS
 GREASE
 HANDLEBARS
 LEARN
 LOOSEN
 MESSY
 OIL
 PADS
 PAINT
 PARTS
 PEDALS
 PIECES
 PUSH
 REPLACE
 RIMS
 SADDLE
 SHIFTERS
 SPOKES





Volunteer News

Gina Nelson - Manager of Volunteers—8563 7700

We can't believe how quickly we went through January. The weather has been all over the place. 42 degrees one day and cloudy and raining the next.

In these weather conditions make sure you all stay safe and keep well hydrated.

February also sees the Football season approaching. Whatever your team is good luck to all.



Gina & The Lifestyle Team



Come along and join me
for a beautiful morning tea!
Tuesday 6th of February
10.30am in the
Social Centre



**HAVE YOU REMEMBERED TO
SIGN IN & OUT?**



**How much wood could a
woodchuck chuck if a
woodchuck could chuck wood?**



Chris Thomas - 1st

Doug Ramsey - 2nd

Sandra Young - 14th

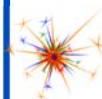
Ray Giersch - 22nd

Christine Vale - 22nd

Lyn Bartholomaeus - 24th

Dianne Litterini - 24th

Susan Turner - 25th



VOLUNTEERS NEEDED



We have vacancies for much needed volunteers
in the following areas within the Home:

Café - Monday, Tuesday and Thursday
11am to 3pm - meal prep, serving, cleaning

Hairdresser - Monday to Friday
9am to 12pm - Transporting residents to and from the hairdressers

Laundry - Friday for 2 to 3 hours
Ironing - fun atmosphere, very welcoming

ABG - Monday 1.30pm to 4.30pm, Wednesday 10.30 to 11.30,
Friday 1.30 to 4.30. - assisting Sean with activities.

Training and support will be given

Lifestyle - Monday to Friday (especially Thursdays)
9am to 3pm - visiting residents, assisting with activities,
transporting residents to and from activities.

If you are interested in any of these areas
please come and see me, Gina, or contact me on 8563 7700





Valentine's Poem

I love you for a lifetime
Not only for a day
I love you for who you are
Not what you do or say



**Happy
Valentine's
Day**

Thursday 1st

10.00 Individual Visits	TLH
10.45 Carpet bowls	ABG
11.00 Exercises with the physio	Chapel
1.15 Arm Chair Travel	Waratah
2.00 Exercises	ABG
3.00 Sing along with Doug	ABG
4.00 Walking Group	TLH

Friday 2nd

10.00 Individual Visits	TLH
10.30 Parachute game	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Bowls with Happy Hour	Chapel
1.15 Social time / Happy Hour	ABG
2.30 Exercises and walking group	ABG/ TLH

Saturday 3rd

Sunday 4th

10.30 Worship service	Chapel
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Monday 5th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
10.45 Softball games	ABG
11.00 Worship service	Acacia Lounge
1.15 Social Bingo	Waratah
2.00 Bingo and picture bingo	ABG
3.00 Exercises and walking group	ABG

Tuesday 6th

10.00 Individual Visits	TLH
10.00 Knitting Group /Craft	Protea
10.45 Bean bag throwing	ABG
11.00 Exercises with the physio	Chapel
1.15 Men's Group	The Shed
1.15 Bingo	Waratah
3.00 Exercises and walking group	ABG
3.30 Christian Meditation	TC2 Lounge

**PLEASE NOTE ALL LIFESTYLE PROGRAMS
MAY BE SUBJECT TO CHANGE**

Wednesday 7th

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.45 Parachute bowls	ABG
1.15 Creating Art Together	Waratah
2.00 Water ping Pong	ABG
3.00 Exercises and walking group	ABG

Thursday 8th

10.00 Individual Visits	TLH
10.45 Carpet bowls	ABG
11.00 Exercises with the physio	Chapel
1.15 Ten Pin Bowling	Chapel
2.00 Memory Game	ABG
3.00 Exercises and walking group	ABG

Friday 9th

10.00 Individual Visits	TLH
10.45 Bocca	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Bowls with Happy Hour	Chapel
1.30 Social time and Happy Hour	ABG
3.00 Exercises and walking group	ABG

Saturday 10th**Sunday 11th**

10.30 Worship service	Chapel
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Monday 12th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Soft ball Games	ABG
11.00 Worship service	Acacia Lounge
1.15 Social Bingo	Waratah
2.00 Bingo and Picture Bingo	ABG
3.00 Exercises and walking group	ABG

Tuesday 13th

10.00 Knitting Group /Craft	Chapel
10.00 Individual Visits	TLH
10.45 Hooky and quoits	ABG
11.00 Exercises with the physio	Chapel
1.15 Men's Group	The Shed
1.15 Bingo	Waratah
3.00 Exercises and walking group	
3.30 Christian Meditation	TC2 Lounge

Wednesday 14th

10.00 Individual Visits	TLH
10.30 Ash Wednesday Service	Chapel
10.45 Floor Games	ABG
1.15 Sing along with Gary	Chapel
2.00 Sing Along and then with Gary.	ABG
4.00 Walking Group	TLH

Thursday 15th

10.00 Individual Visits	TLH
10.45 Bean bag Tic tac toe	ABG
11.00 Exercises with the physio	Chapel
1.15 Volley Ball	Chapel
2.00 Exercises and walking group	ABG
3.00 Sing along with Doug	ABG

Friday 16th

10.00 Individual Visits	TLH
10.30 Tenpin Bowling \ Floor Games	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Bowls with Happy Hour	Chapel
1.30 Social time and Happy Hour	ABG
3.00 Exercises and walking group	ABG

Saturday 17th**Sunday 18th**

10.30 Worship service	Chapel
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Monday 19th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Soft ball Games	ABG
11.00 Worship service	Acacia Lounge
1.15 Social Bingo	Waratah
2.00 Parachute Tic Tac Toe	ABG
3.00 Exercises and walking group	ABG

REMEMBER Afternoon Lifestyle Programs may now commence at 1.15pm Instead of 1.30pm unless stated.
Kind Regards, The Lifestyle Team.

Tuesday 20th

10.00 Individual Visits	TLH
10.00 Knitting Group/Craft	Protea
10.15 Hymn Singing	Chapel
11.00 Soft ball Games	ABG
1.15 Social Bingo	Waratah
1.15 Men's Group	The Shed
3.00 Exercises and walking group	ABG

Wednesday 21st

10.00 Individual Visits	TLH
10.30 Lenten Service	Chapel
11.00 Chair soccer	ABG
1.15 Lorraine Gregory	Chapel
2.00 Sing along with Sean	ABG
3.00 Exercises and walking group	ABG

Thursday 22nd

10.00 Individual Visits	TLH
11.00 Bocca	ABG
1.15 Arm Chair Travel	Waratah
2.00 Memory game	ABG
3.00 Exercises and walking group	ABG

Friday 23rd

10.00 Individual Visits	TLH
10.30 Bible Insights	Chapel
10.00 Carpet bowls	ABG
1.15 Birthday Celebrations with Elvis	Chapel
1.30 Social time and Happy Hour	ABG
3.00 Exercises and walking group	ABG

Saturday 24th**Sunday 25th**

10.30 Worship service with Holy Communion	Chapel
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Monday 26th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Soft ball Games	ABG
11.00 Worship service	Acacia Lounge
1.15 Social Bingo	Waratah
2.00 Bingo and picture bingo	ABG
3.00 Exercises and walking group	ABG

Tuesday 27th

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
11.00 Hooky and quoits	ABG
1.15 Social Bingo	Waratah
1.15 Men's Group	The Shed
3.00 Exercises and walking group	ABG

Wednesday 28th

10.00 Individual Visits	TLH
10.00 Chair soccer	ABG
10.30 Lenten Service	Chapel
10.45 Newspaper Reading	Protea
1.15 Sing Along with Gary	Chapel
2.00 Bean Bag Toss	ABG
3.00 Exercises and walking group	ABG



Please note the Lifestyle program may be subject to change

