



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*

MARCH 2018

Lutheran
Church
of Australia



Welcome to March Tit Tat

Still recovering from "Mad February" ?

I must admit I'm looking forward to a quieter March, although there's probably little chance of that. Every variety of meeting under the sun seems to happen in February, and March is then the party month. We Christians with a liturgical sensibility are supposed to be in the middle of Lent now, quietly, humbly, and symbolically following Jesus on the road to the Cross. But there's so many distractions. And why not? Not everybody relates to this quiet Christian season.

One distraction, I have to admit, is quite fascinating, and got me thinking. "Elvis" made an appearance in the chapel this afternoon. Impeccably dressed, wonderful voice, beating out those soulful and bluesy hits from yesteryear.

I've never understood Elvis impersonators, and always found them slightly creepy. Like Father Christmas really. Then I thought: how appropriate: Elvis could be to Lent what Father Christmas is to Advent. Both characters based on real men. One a happy giver of toys. The other a complex, damaged and tragic man who nevertheless gave the world great, grounded and soulful music in his lifetime, carrying on through the slightly cartoon-characterish figure of an Elvis Impersonator, giving his life for nobody in particular, but creating music which works as an accompaniment to a slow march to a Roman Cross. So right for Lent, as Father Christmas is for Christmas!

There! I've stretched the bow too far. But, like Rodney, a fellow - Elvis cynic, I was hooked by the end of the day!

May your Lenten distractions, whatever they are, reframe your season, keep you on track, and help you reach your destination.



Chaplain Ian



RAINFALL REPORT

FEBRUARY 2017

Thank you Ralph Kernich

Rainfall Report:

FEBRUARY 2017

February like January is normally a very dry month.

This February 5mm of rain was reported on one day (24th) making the year to date only 2.5mm.

Since 1868 there have been several Februaries with no rain.

The highest February recording was in 1964 with 101.0mm.

This year we received 20.4 mm in January making the total so far this year 25.4mm

*Thank you
Ralph for this interesting
information*

**The deadline for news/information for
APRIL edition is
Monday 26th March**

TIT TAT TEAM

Dorcas Kernich (Editor), Joan Minge

Deliveries

Glenys Greig, Glenis Kupke, Raelene Rosenzweig



Supporting Local Services

*Quality pre-loved clothing, Shoes,
Drapery, Bric a Brac, Books*

**Open
9.30am-4.00pm
Mon-Sat**

**HALF PRICE Sale
Ends Saturday**



**Shop 6, Kavel Arcade
Opposite Tanunda Hotel**

STUDENT SEEKING WORK



COMPUTER ISSUES?

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

TLH SHOPPING BUS



NEW TIMES FOR MARCH

Cost \$5

Meet at Reception 1.00pm

Depart Reception 1.15pm

Wednesday	7th March	Tanunda
Wednesday	14th March	Tanunda
Wednesday	21st March	Tanunda
Wednesday	28th March	Tanunda

(4th April return to normal times)

From the CEO

Lee Martin



As the year is going by I hope you are all coping with the changes in the weather and looking after yourselves. Are you looking forward to the change in season – bring on Autumn – nice warm days cooler nights.

This year all efforts are being put in to ensuring that Tanunda Lutheran Home meets everyone's requirements. If you would like to provide feedback about any of our services, please do by using one of the feedback forms found in and about the Home. It is always a good idea to talk to the staff in the first instance. We always follow up on things and will provide answers to issues raised. I would also like to encourage families to join the residents at the resident meetings to discuss day to day issues.

Over the past weeks some residents and staff were involved in being filmed to create an informative video. This video is now nearing completion so watch out for it. I would like to thank all who were involved. A copy will be placed on our website for all to see.

Due to the changes in legislation a lot of work is happening to update documentation – particularly the Independent Living contracts. Please be aware that a couple of new policies will be developed also.

It is pleasing to see that occupancy within the Home has increased and sales within the retirement living has improved. Thanks go to the work done by Sharryn Hueppauff and Carolyn Redden – their efforts are commendable. If you know anyone who is looking for placement or wanting to live in one of our nice homes, please contact either Sharryn or Carolyn.

With the state election occurring soon I can confirm there will be a voting booth on site at the home for those who are not able to attend other polling booths on the actual day. Please keep an eye out for posters indicating the day and time.

Have you noticed the changes happening in the ABG wing? Many thanks to the maintenance team for their efforts, the painting looks great; the new air conditioning is keeping the areas cool and now the building work is adding new dimensions to the area. The improvements are hoped to improve the outlook for residents and efficiencies for staff.

Our major projects continue to move ahead with Stage One of the Nuriootpa Retirement Living project commencing very soon. I will be able to announce the successful builder when the contracts are signed in the next week or so. Planning for the Stage One of our Master Plan is continuing with Tender and Construction documentation being written.

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.

“Things change. And friends leave. Life doesn't stop for anybody.”

Stephen Chbosky, The Perks of Being a Wallflower

Lee Martin— 26 February 2018



MARCH

- 1 Helen Bartholomaeus
- 8 Kym Huxtable
- 11 Emma Siegler
- 16 John Schultz
- 18 Irene Joppich
- 23 Daphne Gower
- 23 Kerry Warry
- 27 Don Ralston
- 31 Oscar Joppich
- 31 Betty Cross



welcome



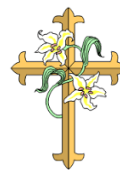
INDEPENDENT RETIREMENT LIVING

RESPITE

Fransien Haan
Selina (Rose) Quinn
Mavis Gerhardy

PERMANENT

John & Verna Robins
Joan Haese
Inez Bormann



DEATHS

*Our deepest sympathy
to the family of*

Mrs Joyce Linke - 24th February

Rest in Peace



TLH LIBRARY

Open Wednesday
and Friday

The Library times have changed
for Lent. 1.00PM to 4.00PM

**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**



INDEPENDENT RETIREMENT LIVING RESIDENTS

**IRL Ladies' Get Together
First Saturday 3rd March
1.30pm in the Cafe**

*Please bring small plate of food
for afternoon tea*

Enq: Margaret Spike 0481 255 041



BAROSSA COMMUNITY MEN'S SHED

6 Ash St Tanunda

- ◆ Meet new mates
- ◆ Hone or learn new skills
- ◆ Pursue hobbies
- ◆ Help community projects
- ◆ Make use of great tools
- ◆ Have fun!

MEN OF ALL AGES WELCOME



**Open Monday & Tuesday
9.00am-12 noon
Thursday 9.00am—2.00pm**

Cruising from Adelaide

For the cruisers who don't want to venture too far from Aussie shores, a close to home cruise is the perfect choice. It's also a fabulous way to explore Australia's beautiful coastline and our closest neighbours, from New Zealand to the South Pacific. Even just two days is enough to get a taste of life on the high seas.

There are a number of short break cruises that depart from Adelaide.

Don't like flying but want to treat yourself to a getaway? Board in Adelaide, Outer Harbour and return here. Themed cruises from Food and Wine to Comedy cruises are just a couple of options.

Want to cruise overseas from Adelaide? Our closest neighbour, New Zealand is only a short sail away. Jump off the ship to explore Dunedin's beautiful Otago Peninsula, home to fascinating wildlife like seals and penguins, wander around up-and-coming Christchurch and take in the sights of cosmopolitan Auckland.

**Popular cruises from Adelaide
2, 3 & 4 night Sampler Cruises from Adelaide**

**18 night Princess Cruise 2019
Adelaide return around New Zealand**

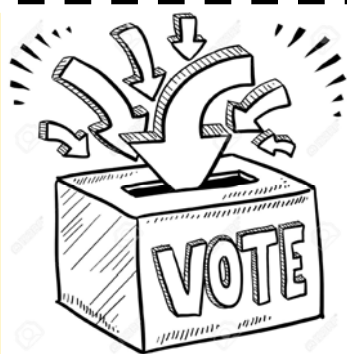
**5 night Queen Elizabeth
Adelaide to Melbourne return**

**Princess Cruise
Adelaide to Singapore**

If you would like to find out about any cruises departing Adelaide please give Carolyn a call at
Travel Associates in Tanunda.

8563 0988

Our Experience Counts



**A POLLING
BOOTH
WILL BE
PROVIDED
IN THE
SOCIAL CENTRE
TO CAST YOUR
VOTE**

**TUESDAY 13th MARCH
1.00-3.00pm
In the Social Centre**



PROFILE

DON and VENUS BESSELL

Introducing an amazing couple in Banksia Residential Care.

This is a tale of a champion lawns bowler plus a successful grocer/ Dog Control Warden. Both aged close to 90, Don and Venus share their story of abiding love, faith, and a lifetime together of adventures and major accomplishments - all faced with a positive and grateful attitude.

Thank you Don and Venus for sharing your story.

The trophies displayed in Banksia Room 5 stand testimony to a very talented lady. Venus has achieved major victories with her lawn bowling skills, always with Don's encouragement and admiration. Venus, daughter of Rosina and Johann Kowald, was born and educated in Murray Bridge. She was one of a family of four girls and two boys. Venus was employed as cashier at Murray Bridge Eudunda Farmers. Don, son of Winifred and William, though born in Bute, he too lived in Murray Bridge and, as he worked in the grocery department of the local Eudunda Farmers, it was inevitable that they should eventually meet - which they most certainly did!



For many years, Don was an experienced and successful grocer. He learned the hard way - when people were defaulting on their grocery bills, and when customers were offered a price reduction for cash payment of goods, the profits increased dramatically! After completing High School at Kadina, Don's first job was at Myers in Adelaide. He later moved on to Minlaton, then to Naracoorte. He managed grocery stores at Melton on York Peninsula, Goolwa, and Serve Well at Angaston. Whilst employed by Eudunda Farmers, Don was transferred to a number of towns in SA.



During this time, their romance was a long range one but on 4th April 1953 at 4.00pm, the bells of the Holy Cross Lutheran church, Murray Bridge, opposite the Kowald home, rang out joyfully to announce the wedding of Venus and Don. That was almost 65 years ago! Congratulations Venus and Don. Their first home was at Goolwa where they ran a grocery store. They have been blessed with two children; Pauline is married to Terry, and Maxwell is married to Mardi. Now they have four granddaughters and one grandson. Pauline has been employed at Faith Lutheran College for over thirty years while Maxwell has a Doctorate and lectures at the Adelaide University in Accountancy.



In 1978 Venus took up lawn bowls and was partnered by Don who also was proficient in the sport. Taking the game seriously, Venus showed promise and was willing to listen, learn and to practise, so a professional coach from Adelaide was hired and taught Venus a lot. She was one of the few lady bowlers who recognised the value of coaching.

PROFILE

Continued

Venus's amazing Lawn Bowls achievements include 55 major titles to her credit. These include: 35 Singles titles, Five State titles, two Australian Masters' Games successes. She was the first Barossa woman bowler to be selected to represent South Australia. She won the SA Country Singles Champion three times and was runner up twice. Venus also won SA Country Fours and Pairs Championships and is a Life Member of the Nuriootpa Bowling Club. Because of her remarkable ability as a bowler, Venus was awarded the title of Senior Barossa & Light Sports person of the Year in 1988. Another amazing achievement is Life Membership of Meals on Wheels awarded to Venus for her 40 years delivering meals from Angaston. She was also an active member of the Lions Ladies' Auxiliary.

Don was also a champion bowler, having won numerous events. He is a Life Member of the Nuriootpa Bowling Club and a Life Member of the Barossa & Light Bowling Association. He was a first rate Bowling Umpire and was selected to umpire at the World Bowls event in Adelaide in 1996.

THE 15th/179
40994

Mr. Don Bessell, New Dog Control Warden

Mr. Keith Davis, Secretary of the Barossa Community Services Board has announced the appointment of Mr. Don Bessell as Dog Control Warden for the District Councils of Angaston, Barossa, Kapunda and Light.

Mr. Davis said with the increasing number of complaints being received regarding the keeping and control of dogs and with the recently proclaimed dog control laws, these councils had found it necessary to make the appointment.

The main object of the legislation is to retain, contain and control dogs at an acceptable level under conditions to enable both humans and dogs to live in harmony.

The duties of Mr. Bessell:

(a retired storekeeper of 30 years' experience) will include promoting programmes of education on dog control to the public on guide lines to be developed by the Central Dog Committee, tracing "owners" (the persons responsible for the control of the dogs) and interviewing and advising them on correct methods of control.

The Dog Control Warden has been given the power under the Act, in certain cases, to issue \$20 on the spot fines.

Mr. Davis also said that anyone who has an enquiry regarding the above should contact their respective local council and the matter would be investigated accordingly.

After many moves, this couple finally ended up as owners of Muttons store, Angaston selling groceries, gifts and toys. Then in 1979 Don sold this business and joined the Lions Club. It was here that he was made aware of a major problem in the local Council areas concerning the increasing number of complaints being received regarding the keeping and control of dogs. Don was approached to take on the task of Dog Control Warden covering four council areas, later increasing to eight. With the recently proclaimed dog control laws, councils had found it necessary to appoint a Dog Control Warden. The main object of the legislation was to retain, contain and control dogs at an acceptable level under conditions to enable both humans and dogs to live in harmony. Owners were interviewed and advised on the correct methods of control.

This was a new job – the work had never been done before!

It was a huge learning curve for Don, who found it difficult to regularly break the news to distraught folk whose loved dog had been shot by an angry farmer for attacking his sheep, or for other doggie misdemeanours. There were tears and aggression to deal with and always the possibility of a court hearing

Don says it was a matter of educating the dog owners – and he never took a dog to court!

The Warden was given the power under the Act, in certain cases, to issue on the spot fines. Don dealt with a variety of people ranging from bikies to religious fanatics and many others. He had to produce evidence with photos and provide other proof and even had his own lawyer. A DVD was produced to help in the educational process.

But, in spite of all this, and thanks to his integrity and sense of humour, Don says it has been a wonderful life. With increasing age, this exceptional couple were not coping well at home, so it became absolutely necessary to come to Tanunda Lutheran Home when a double room in Banksia became available. Don says that now there is no need for them to deal with the washing, cooking, ironing and other chores. Both Venus and Don say the TLH staff are amazing, meals are good, they appreciate the opportunity for worship in the Chapel and enjoy a lunch on Fridays in the Courtyard Café. Some time back, Venus luckily won a car in a competition, they have the Toyota Corolla garaged at TLH and both enjoy the drives, maybe a day visit to Gawler, and staying connected with the community.



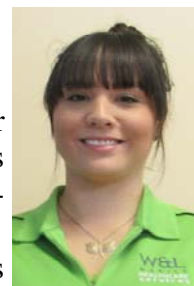
Ed.

As an Allied Health team, we aim to contribute monthly to Tit Tat providing information and tips on exercises or self-managed therapies for various ailments (and would be open to suggestions from the community about topics they'd be interested in for us to cover, eg. knee arthritis, low back pain, pelvic floor exercises etc).

Wellness and Lifestyles has recently commenced services at Tanunda Lutheran Home. They provide a morning Private Physiotherapy Clinic (9am-12 midday), and ongoing rehabilitation for over 90 permanent residents in Residential Care, up to four times per week each. There are two full-time, and two part-time staff on site. It is our aim to hold a regular spot in *Tit Tat* to offer regular advice on daily exercise and information about certain injuries with relevant therapies. **Meet our dedicated team:**

Joanna — Physiotherapist

Joanna offers three years of acute-care/post-surgical and musculoskeletal experience, after having studied a Bachelor of Health Science, followed by a Masters of Physiotherapy. She has worked at Lyell McEwin and Gawler Hospitals, and Physio active SA, a Private Clinic in Gawler. She has an interest in spinal conditions, post-surgery orthopaedic rehabilitation and shoulder dysfunction. She has further training through the Australian Physiotherapy Association in Sports (having been club physio for the Gawler Centrals Football Club), and in Pilates. Outside of work, Joanna enjoys bushwalking her kelpie, creating artworks to exhibit, and planning her wedding!



Emily — Physiotherapist

Emily graduated her Physiotherapy MSc in January 2008 in the UK and travelled to Malaysia to work at Gleneagles hospital Penang until 2009. Work in Malaysia was varied covering Paediatrics, spinal injuries, neurological rehab, respiratory and out patients. Emily was also in charge of seeing members of the Australian Defence Force posted to Malaysia. In 2009 Emily came to Australia and worked in community and clinic based Neurological rehabilitation before joining a Private Physiotherapy practice where she also ran Pilates and hydrotherapy classes. After this Emily transited into aged care and has over eight years' experience in the field in a wide variety of different settings. Emily is a keen horse woman and has a range of rescue animals including cats, dogs and chickens.



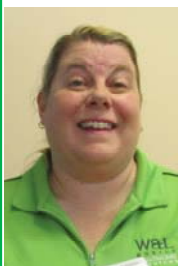
Alanna — Occupational Therapist

Alanna is a new graduate of the Master of Occupational Therapy Practice, with a background in psychology studies (Bachelor of Psychology (Honours)) and disability services. Her placement experiences have been in community transition care at Williamstown Hospital, orthopaedic and neurological rehabilitation with Cabrini Health Service, and acute oncology at Peter MacCallum Cancer Centre, all in Melbourne. Her professional interests include falls prevention, stroke rehabilitation, and oncology. Her hobbies include cooking, op-shopping, reading, and hanging out with her dog, Luna.



Kathleen — Occupational Therapist

Kathleen offers over 20 years' experience as an occupational therapist. Recently she has worked for HSS as a program coordinator/occupational therapist and for ACH group as a community OT. She has worked in many other varied settings, but her area of interest is aged care and falls prevention. Kathleen enjoys bush walking; going to the beach and playing golf.





TO OUR CHEF ROB HUTCHINSON & EN KERRY HARRIS

Rob and Kerry were farewelled on Friday 16th February by a large group of well wishers that included staff members and Independent Retirement Living residents.

Drinks and nibbles were enjoyed from 2.30pm in the Social Centre.

Rob will be missed, but says he is moving on due to family needs. He has handed over the reins to very capable staff members Tennille, Julie and Tammy. So we can expect the same high level of catering we're accustomed to.

Rob has been driving daily to and from Port Adelaide. He says he will miss the Barossa community and the camaraderie at Tanunda Lutheran Home. He has kept heritage recipes alive and has enjoyed listening to stories and the knowledge gained from IRLs.

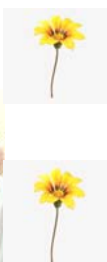
Rob added that he has enjoyed working with staff and volunteers at the Strawberry Fete and the big bake-up of honey biscuits for Residents.

Thank you Rob from us all for your good service, always with a smile and a salute! We wish you well wherever life takes you.

And thank you Kerry for your five years' faithful service as an EN. We wish you every happiness. Ed.



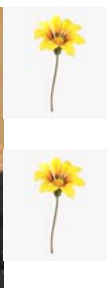
Holly, Britany, Kerry, Kim, Tennille



Julie, Terry, Gina, Sharryn



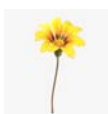
Krista, Tanya, Rachana, Sharon, Cherie



Chaplain Ian Lutze, Lee Martin CEO, Len Gerschwitz



Maureen, Annette, Jill



Neville, Rob, Michael, Jarred





*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**

Tanunda Retirement Living

*At the February meeting of the Independent
Living Residents' Committee it was unanimously
decided to change their title to*

**INDEPENDENT RETIREMENT LIVING
RESIDENTS**

These residents will now be known as IRLs

Welcome to the 2018 footy tipping season.

At this stage we look like we will have
close to 50 residents participating this
year which is fantastic.

It's never too late to join if you haven't
already .

Lifestyle staff will see you each week to
take your tips.

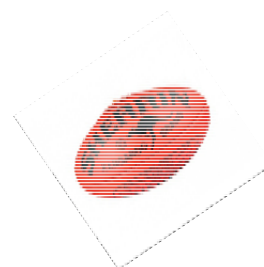
After last year with Joyleen winning for
the third year and unofficially Mr. Lee
Martin top scoring. Let's see who can
knock them off this year.

It will be interesting to see how the Crows
and Port will go this session. Port has
recruited some good players to their list.

Well, I hope my team can get back into
the finals this year. **GO THE PIES.**

**So good luck and enjoy the footy
season!**

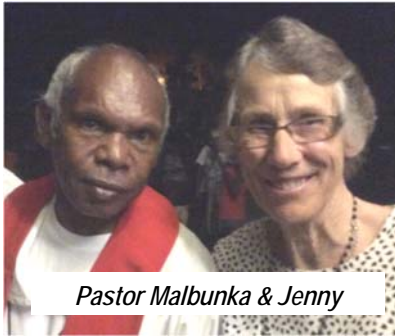
The Best of Luck from Sean.





The February Social event featured a 10.30am brunch in the Social Centre, followed by a fascinating and educational talk that captured the attention of all present. IRL resident Jenny Schubert drives the 1600 Km to Hermannsburg at regular intervals to assist in many areas of service.

Finke River Mission was established in 1877 by two German missionaries who had set out from Tanunda in South Australia 20 months earlier. They had endured a gruelling journey through unimaginably harsh country, along waterless tracks in stifling heat. They named the mission settlement Hermannsburg, after their home town in Germany.



Pastor Malbunka & Jenny

Jenny has spent more than two years out of the last five working as a volunteer at Hermannsburg, part of Finke River Mission, 125 Kms west of Alice Springs in the beautiful Western MacDonnell Range. She spoke to us of how the modern-day Hermannsburg looks with its brightly coloured houses for the indigenous people and the older housing for white people in the community, owned by the Lutheran Church's Finke River Mission and the Northern Territory Government. Jenny's work has included work in the FRM Store and kitchen, the Historical Precinct cafe and a small amount of ministry while there was no white pastor in the town. She established a Sunday School and helped Pastor Rodney Malbunka, an Aranda man, to complete his studies for the ministry. He was ordained in March 2015. There were occasions when Jenny fed hungry children at weekends when the school was closed and therefore did not provide breakfast and lunch for the children. Jenny enjoyed the friendship of the children.



Delivering vegetables across flooded river



Jenny's house during flood

Last year one of Jenny's responsibilities was the mentoring of three indigenous women on parole and working at the FRM store, a rewarding job which she enjoyed. There are round 800 indigenous and 120 white people living in Hermannsburg, also known as Ntaria, which means Town of Hope. Facilities include a police station, Centrelink office, Shire office, Medical Clinic with a doctor and both indigenous and white nurses who are qualified to diagnose and prescribe medicines in the absence of the doctor, school R-10 with around 200 children enrolled, a pottery workshop, church, dialysis unit, and Kevin Rudd's gift of two undercover basketball courts and a small auditorium for concerts. Other sporting facilities are to be found at the school as well as a town football oval and a few Kms out of town a race track where numerous race meetings take place. Jenny also greatly enjoyed the water activities available during the flood of January 2015, when Hermannsburg was not accessible by road for a fortnight.

Jenny taught Sunday School in this old historic church →



Joy & Glen Schultz



Carolyn Redden & Elvie



Val Lehmann



Jeffrey Rosenzweig



Jenny Leyland



Lois Lablack, Joan Minge

Volunteers' Morning Tea

Volunteers are welcome to join in a pleasant get together with delicious morning tea on the 1st Tuesday of each month.

Thank you to Gina and Kitchen staff for this treat.



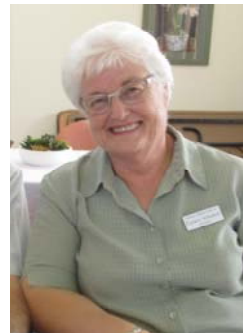
Max Schubert



Norma Robinson



Anne Tscharke



Eunice Schuster



Ken Schuster



Margaret Jasper



Ray Giersch



Margaret Seeliger



Jan Schupelius



Ivy Parr, Jan



A heartfelt Accolade

FROM GRATEFUL RESIDENTS GLENIS AND DARRELL KUPKE

Thank God for Tanunda Lutheran Home!

When Darrell and I suddenly needed a home, Tanunda Lutheran Home provided not only a home for us both, but amazing support, care and love from staff and other residents. And this continues today. I (Glenis) live in a beautiful Independent Residential Living unit which is maintained well. I am able to spend a lot of my time with Darrell in the Residential Care Unit and be of some use with purposeful volunteering. Being close to the Care Unit I can easily bring Darrell to spend a few hours in our home.

Darrell is receiving good care and the staff are so friendly and always have a smile, even when they are under pressure from their demanding job. We attend the daily Lifestyle programs held in the Home. An important thing for us is being able to attend the inspiring Worship Services together each Sunday in the wonderful on-site Chapel. The Independent Retirement Living Residents' social activities are an added dimension to the loving and caring atmosphere.

We love Tanunda Lutheran Home and I would like others to spread the word around as I do.

Glenis

PARLIAMENTARY PERFORMANCE

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

ACTS
 ADDRESS
 AYES
 BILLS
 BLACK ROD
 BORE
 CABINET
 CHANCELLOR
 COALITION
 COMMONS
 DEBATE

FLOOR
 FRONT BENCHER
 GENERAL
 ELECTION
 HANSARD
 LAWS
 LIBERAL
 DEMOCRAT
 LORDS
 MANDATE

NAME
 NAYS
 NEW LABOUR
 OPPOSITION
 PARLIAMENT
 PARTY
 PEER
 POLITICS
 PRIME MINISTER
 READING

REBEL
 RECESS
 RED BOX
 REPORT
 RULES
 SITTING
 SPEAKER
 SPEECH
 TORIES
 VOTE
 WESTMINSTER

HOW TO BAKE A POLITICAL CAKE

(Contributed)

Ingredients:

1 cup election promises
An equal amount of excuses
A pinch of salt
500g self raising price
50g plain truth
The rind of a pensioner
A liberal amount of smooth talk

Method:

Sift the election promises with a pinch of salt.
Then pour in the excuses.
Add the self raising price, and mix in the plain truth.
Finally, stir in the grated rind of a pensioner and combine all ingredients well.

To Bake:

Place in a transparent dish and spread the smooth talk evenly over the top.
Bake slowly until browned off, or until next election takes place, whichever comes first.



Handel's Messiah



Adelaide Harmony Choir
Accompanied by the restored
Hill & Son organ

Any profit to Africa Renewal
Ministries,
sponsor of the Mwangaza
Children's Choir, Uganda

Organised by Barossa Community Church
(Baptist)

Palm Sunday 25th March 2.00pm
Doors open at 1.00pm

Tickets \$35.00 & Concession \$25.00
Tickets available from

The GOOD Seed Christian Book Shop



When you're 20, you care what everyone thinks.

When you're 40, you stop caring what everyone thinks.

When you're 60, you realise no one was ever thinking about you in
the first place.

You have enemies? Good...

That means you've stood up for something, some time in your life

Winston Churchill



Volunteer News

Hi, my name is Tania.

I am the new Lifestyle & Volunteer coordinator.

I was born in Port Adelaide and have lived in South Australia all my life. I grew up in a large family so family has always been the most important thing for me.

My Husband Wayne and I have three daughters, 10 grandchildren and 2 great grandchildren. I enjoy family gatherings and music. I always try to live life to the fullest.

I have worked in aged care for 27 years in various roles. I have always found my work to be very rewarding.

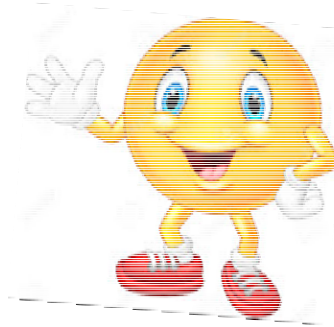
Moving to the role of Lifestyle and Volunteer Coordinator will be a great challenge for me, but I look forward to what the future has to hold for me at TLH.

I am excited to meet many new faces and I encourage staff and residents to suggest new ideas for activities within TLH.

Tania Miller
Lifestyle and Volunteer Coordinator



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



Please come along & join
us for morning tea on
Tuesday 6th March
10.30am
in the Social Centre.



Happy Birthday

To all of our
wonderful
volunteers

For the month of

March



Thursday 1st

10.00 Individual Visits	TLH
10.45 Physical activity	ABG
11.00 Exercises with the Physio	Chapel
1.15 Bobby Dazzlers	Chapel
2.00 Exercises	ABG
2.30 Sing along with Doug	ABG
4.00 Walking Group	TLH

Friday 2nd

10.00 Individual Visits	TLH
10.30 Physical activity	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Bowls with Happy Hour	Chapel
1.15 Social time / Happy Hour	ABG
1.45 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 Individual Visits	ABG
11.00 Worship Service	Acacia Lounge
1.15 Social Bingo	Waratah
1.45 Bingo and Picture Bingo	ABG
3.30 Walking Group	

Tuesday 6th

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
10.45 Physical activity	ABG
11.00 Exercises with the Physio	Chapel
1.15 Men's Group	The Shed
1.15 Bingo	Waratah
2.00 Exercises and Walking Group	ABG

Wednesday 7th

10.00 Individual Visits	TLH
10.30 Lenten Service	Chapel
10.45 Physical activity	ABG
1.15 Rap Ball	Chapel
1.45 Exercises	ABG
2.30 xcross words	ABG

Thursday 8th

10.00 Individual Visits	TLH
10.45 Physical activity	ABG
11.00 Exercises with the physio	Chapel
1.15 Volley Ball	Chapel
2.00 Memory Game	ABG
3.00 Exercises and walking group	ABG

Friday 9th

10.00 Individual Visits	TLH
10.30 Physical activity	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 10thSunday 11th

10.30 Worship Service	Chapel
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Monday 12thAdelaide Cup HolidayTuesday 13th

10.00 Knitting Group /Craft	Chapel
10.00 Individual Visits	TLH
10.45 Physical activity	ABG
11.00 Exercises with the physio	Chapel
1.15 Men's Group	The Shed
1.00 Voting	Social Centre
3.00 Exercises and Walking Group	ABG

Wednesday 14th

10.00 Individual Visits	TLH
10.30 Lenten Service	Chapel
10.45 Physical activity	ABG
1.15 Sing along with Gary	Chapel
2.30 Sing Along and then with Gary.	ABG
3.30 Walking Group	TLH

Thursday 15th

10.00 Individual Visits	TLH
10.45 Physical activity	ABG
11.00 Exercises with the physio	Chapel
1.15 Volley Ball	Chapel
2.00 Exercises and walking group	ABG
2.30 Sing along with Doug	ABG

Friday 16th

10.00 Individual Visits	TLH
10.00 Art and craft with Helen	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 17thSunday 18th

10.30 Worship service	Chapel
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Monday 19th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Individual Visits	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

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 Physical activity	ABG
11.00 Exercises with Physio	Chapel
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 Physical activity	ABG
1.15 Lorraine Gregory	Chapel
2.30 Sing-a-long with Sean	ABG
3.00 Exercises and walking group	ABG

Thursday 22nd

10.00 Individual Visits	TLH
11.00 Exercises with Physio	Chapel
10.30 Physical activity	ABG
1.00pm Bus Trip to Eden Valley	
1.15pm Board Games	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 Art and craft Helen	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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***Please note the Lifestyle program
may be subject to change***

Monday 26th

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Soft ball Games	ABG
11.00 Worship service	Acacia Lounge
1.30 Dress for Success	Chapel
2.00 Easter art and craft with Helen	ABG
3.00 Exercises and walking group	ABG

Tuesday 27th

10.00 Individual Visits	TLH
10.00am Knitting Group \ Craft	Protea
10.30 Physical activity	ABG
11.00 Exercises with Physio	Chapel
1.15 Kathy's Memorabilia	Chapel
1.15 Men's Group	The Shed
2.00 Easter art and craft with Helen	ABG

Wednesday 28th

10.00 Individual Visits	TLH
10.30. Physical activity	ABG
10.30 Lenten Service	Chapel
10.45 News Paper Reading	Protea
1.15 Sing-a-long with Gary	Chapel
2.30 Sing-a-long with Gary	ABG
3.00 Exercises and Walking Group	ABG

Thursday 29th

10.00 Individual Visits	TLH
10.00. Physical activity	ABG
10.30 Lenten Service	Chapel
10.45 News Paper Reading	
11.00 Exercises with Physio	Chapel
1.15 Easter Matinee	Chapel
3.00 Exercises and Walking Group	ABG

Friday 30th

9.30 GOOD FRIDAY	Chapel
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Saturday 31st

EASTER SATURDAY

