



# TIT TAT

MONTHLY  
NEWSLETTER  
TANUNDA  
LUTHERAN HOME INC

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September 2018

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"

Lutheran  
Church  
of Australia



# Chaplain's Reflection

Chaplain Ian Lutze



*"O Lord it's hard to be humble when you're perfect in every way!"  
(Mac Davis)*

*"And we have this treasure in earthen vessels, that the  
excellency of the power may be of God and not of us" (St Paul).*

A steady and healthy view of our Home hovers somewhere between these two statements. There is a time to be legitimately proud of our achievements, but also a continued call for humility, seeing new things to be done, praying for inspiration.

OK, so TLH is running pretty well: or so the Quality Agency thinks – 44 out of 44 standards passed. Almost perfect. This makes it a good moment to talk about our *im*-perfections. Any other time you might think we're making excuses!

So it's true – we're not perfect. An aged care community is a complex community where every person brings their own version of imperfection: residents who don't always like each other, physical ailments that make us grumpy, mild depression that just robs us of the ability to enjoy, staff running on a short fuse because that child at home just won't sleep, transition to a new home not going so well, professional decisions that require the wisdom of Solomon but end up getting the wisdom of Me and Us!

An intriguing comment I've heard a number of times, when something isn't going so well in the Home, is: "But this is supposed to be a *Christian* home. We should do better." I guess it depends what they're looking for in a Christian home. An old bumper sticker (must have been the 70s) said: "Not perfect, just forgiven". Sure, some things should not be forgiven too quickly. But at the end of the day, forgiveness will be a hallmark of a Christian community. Even the old monks and nuns, as 'perfect' as they were, had to live by this.

Actually the concept of 'Christian Home' is up for grabs a bit at the moment. Arguably it used to mean one thing, but now it perhaps means something else. I speak in riddles, because I would like you, the reader, to do some thinking about this. I gather that some people tend to believe that most of the changes that have taken place in TLH over the years have eroded the Home's Christian identity. But is this really true? I'd love to know your thoughts. If you feel strongly about this, make a time and we can sit down for a cuppa. Or feel free to invite me to a group where we can talk about it.

My personal belief is that TLH's Christian identity is actually more consistent with the best Lutheran theology, practice, common sense and wisdom than it has ever been. That is a big claim to make! So the ball's in your court now. Argue with me. Try to talk me out of it. We can all grow through a strong engagement with the questions – What does TLH's Christian identity look like? What is it supposed to look like? What have we lost? What have we gained? 'Perfection' in the Biblical sense actually has more to do with reaching one's goal, rather than being perfect in the moment. The former concept is a better fit for us, because we are always on the way, doing our best. Trying to be perfect 'in the moment' sets us up for disappointment. All this applies to our Christian identity too. Saint and sinner, whatever you'd like to call it.



**RAINFALL REPORT**  
**August 2018**  
 Thank you Ralph Kernich

.. August Rainfall ..

We have had 59.6mm in an 8 day spread in the month of August 2018. So far this year we have had 235.6mm of rain ....



*“Attendance is always down the week after Father’s Day - They all get golf balls.”*



The deadline for news/information for October edition is **Friday 24th September**

**TIT TAT TEAM**

Dorcas Kernich (Editor),  
 Ferne Fyfe, Irene Joppich, Ruth Rathjen

**Deliveries**

Glenys Greig, Glenis Kupke,  
 Raelene Rosenzweig



**INDEPENDENT**  
**RETIREMENT**  
**LIVING**  
**RESIDENTS**

**IRL Ladies' Get Together**  
**First Saturday 1st September**  
**1.30pm in the Cafe**

Please bring small plate of food for afternoon tea

Enq: Margaret Spike 0481 255 041

**TLH SHOPPING BUS**



Departing approx. 9.30am  
 Return 11.30am

\$5.00

|                  |                       |                  |
|------------------|-----------------------|------------------|
| <b>Wednesday</b> | <b>5th September</b>  | <b>Nuriootpa</b> |
| <b>Wednesday</b> | <b>12th September</b> | <b>Tanunda</b>   |
| <b>Wednesday</b> | <b>19th September</b> | <b>Nuriootpa</b> |
| <b>Wednesday</b> | <b>26th September</b> | <b>Tanunda</b>   |



# From the CEO

**Lee Martin**  
After the Make a Wish Shave



Well what a month we have had in August at Tanunda Lutheran Home – where do I start?

Let's not talk football, as we all did not do as well as we thought our teams would. Congratulations to the winners – yet to be announced – of the footy tipping competition.

For those who have not caught up with the news or recognised me walking about the Home – I enjoyed the experience of supporting raising money for the Make a Wish program along with Britany and Hollie. My chin is still sensitive to the cold and it takes me a little longer to shave in the morning. I'm told by some I look younger – thank you. My wife Sharon is very happy with the change so I will stay clean shaven for now.

We have had the Aged Care Accreditation Agency here on 7th August 2018 for a review of our compliments and complaints process. Happy to report that we were given very favourable comments from the surveyors and within the report received this week. Please note the Accreditation Agency are visiting again on 3rd September 2018 to finalise our review process. I would like to take this opportunity to thank everyone involved in the continuous improvement process – I'm proud of the ideas of change we are able to put in place so our residents and staff gain better service or improved conditions at work. Don't be afraid to make a suggestion – use the systems in place about the Home to ensure no idea is missed.

The functions to Install the Board Members and to Bless the properties of 120 Menge Road and 25 Bridge Street were well attended and enjoyed. The Honourable Stephen Knoll MP and the Mayor Bob Sloane spoke very favourably about the role Tanunda Lutheran Home is taking to support the ageing population in the Barossa Valley. A strategic planning process is being planned to commence in early November 2018 with all board members and invited staff attending. If you have any specific ideas you would like considered at the planning days please make contact with me.

Have you taken time to walk through the corridor to the Gramp Building? I overheard someone saying, "It takes longer to walk the corridor because there is so much to read". Thank you to everyone involved, it looks great. On a similar note, have you seen the changes in ABG? What a great transformation – the environment and furnishings are now bright and functional. I have had people telling me how good it is – well done Kim & Hollie for all the hard work you put in to the selections.

We are living in a world that is ageing very rapidly. This year 2,643 people will receive a letter from the Queen when they reach the age of 100. In 2044 it is predicted that 18,567 people will reach the age of 100. I hope you are all looking after yourselves so you can reach that special milestone.

The project in Nuriootpa is moving along – the rain has not had a lot of effect – it is keeping the dust down which is always a good thing. Actual building works may commence in the next month. Expressions of interest in purchasing a new property continues to increase – if you know anyone interested in joining the retirement village family please refer them to Carolyn Redden.

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 by completing a Feedback form readily available.

**The real man smiles in trouble,  
gathers strength from distress,  
and grows brave by reflection.**

Thomas Paine

BrainyQuote



# welcome

### Respite

Elinor Graetz

### Permanent

Lily Kernich

Marie Bryant

Joan Minge

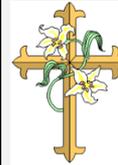
Dudley & Raelene Graetz

Betty Braunack

## September



- 3 Joyleen Lienert
- 4 Mollie Le Page
- 5 Ralph Kernich
- 7 Joy Hall
- 13 David Moss
- 13 Darrell Kupke
- 13 Hazel Graue
- 14 Jack May
- 16 Elizabeth Thomson
- 17 Hilda Randall
- 24 Olga Hermann
- 24 Annette Ognjanovic
- 26 Les Kohlhagen
- 27 Verna Graetz
- 27 Trevor Blenkiron



## DEATHS

*Our deepest sympathy  
to the family of*

Emily Swaby

2nd August

*May Emily rest in  
peace ...*



**IF YOU HAVE ANY LEMONS TO SPARE**

The TLH Kitchen  
would be happy  
to receive them

*Thank you*





**Tanunda**  
Lutheran Home Inc

## Tanunda Lutheran Home News

**We support your right to share compliments, suggestions, concerns or make a complaint:**

- ◆ We welcome feedback and complaints as part of our commitment to provide a high-quality service.
- ◆ Tell us what we're doing well. We appreciate hearing from you.
- ◆ If you have a concern, we also want to hear from you.
- ◆ We understand the importance of resolving matters promptly within our service and aim to provide a welcoming environment for you to raise a concern or a complaint.

For any Feedback/Comment/Complaint or Compliment complete the "Share your Experience" form located all around the facility, or alternatively direct your feedback to one of the key personnel:

### Clinical and Care:

Cindy Penn – Executive Care Manager  
(including Allied Health & Lifestyle)

[cindy.penn@tlhome.com.au](mailto:cindy.penn@tlhome.com.au) or Ph: 8563 7757

### Customer Service:

Kim Hahn – Executive People, Culture & Customer Service Manager  
(Including Catering, Food Service, WHS & Maintenance)

[kim.hahn@tlhome.com.au](mailto:kim.hahn@tlhome.com.au) or Ph: 8563 7752

### Financial:

Cherie Cheyne – Executive Chief Finance Officer  
(Accommodation Fees/Bonds)

[cherie.cheyne@tlhome.co.au](mailto:cherie.cheyne@tlhome.co.au) or Ph: 8563 7768



**Tanunda**  
Lutheran Home Inc.  
Enriching the lives of our older people

## PODIATRY SERVICES

Did you know.....

Podiatry Services are available at  
Tanunda Lutheran Home with Government Funding.

Initial appointment \$20  
Subsequent appointments \$15

Contact My Aged Care for a referral for this service on

**1800 200 422**

Or go to [www.myagedcare.gov.au](http://www.myagedcare.gov.au)



## **A guide for family and friends on Safe Food Handling**

Our immune system gets weaker as we get older. Also, our stomachs produce less acid, which makes it easier for harmful germs to get through the digestive system and invade our bodies. If elderly people do get food poisoning, they are likely to suffer more severe consequences. These can range from mild dehydration to neuromuscular dysfunction or even death.



Because of these factors, we need to take extra special care when preparing food for family or friends that are living in a residential aged care facility.

When you bring food into an aged care facility for a relative or friend, it is you (and not staff) who are responsible for its safety. When you bring high risk food items, Staff at Tanunda Lutheran Home will not be able to assist in reheating or serving the food and can take no responsibility. However, you are welcome to use Microwave / Oven to reheat outside food and serve to your family/friend residing in the facility. High risk foods not produced by the facility will not be stored by the facility. Any food brought into the facility is not to be shared and consumed by any other residents.

We ask that where possible you avoid bringing food into the facility. We reserve the right to refuse food coming into any of our facilities that you have prepared if we deem it to be unsafe or unsuitable for the resident. The resident may have special dietary requirements or restrictions of which you are unaware. Please check with the staff.

### **Avoid High Risk Foods**

Food such as dry biscuits, cakes without cream filling, chocolates and lollies are good examples of low risk foods that are suitable to bring to residents. High risk foods are outlined below. These foods must be cooked thoroughly and never left at the room temperature. Make sure you store all these foods in the fridge.

### **Highest risk foods:**

Cold ready to eat meats – cooked or uncooked, packaged or unpackaged, e.g. roast beef, ham etc.

Cold cooked chicken – purchased whole, portions, sliced or diced.

Pate – refrigerated pate, liverwurst or meat spreads.

Salads – non-prepared or pre packaged fruit or vegetable salads e.g, from salad bars, smorgasbords, retail outlets etc. Also avoid bean-sprouts and alfalfa.

Chilled seafood – raw or smoked peeled prawns, e.g in prawn cocktails and prawn salads

Cheese – pre-packaged and delicatessen soft, semi soft and surface ripened cheese, e.g. brie, camembert, ricotta, feta and blue Ice cream – soft serve

Other dairy products – unpasteurised dairy products (e.g cheese or yoghurt made from raw milk)

Raw or undercooked eggs – foods made with raw egg such as homemade egg mayonnaise, hollandaise sauce, uncooked cakes and desserts, custards and egg-nog.

### **Transport food quickly**

If you are bringing hot or cold food to the facility, you must transport it quickly so there is less time for bacteria to grow. As a rule, make sure you can transport food within one hour. Cover all food securely. If transporting cold food, store in a clean esky with an ice brick. If transporting hot food, use a thermal container or flask. If you are worried about handling food safely or like more information about food safety within Tanunda Lutheran home please contact:

Catering and Food Service Co-Ordinator's – Tennille & Tammy Ph: 8563 7787.

Further information on food safety is also available via Food Standards Australia New Zealand

**OFFICIAL OPENING and BLESSING**  
**120 MENGE ROAD and 25 BRIDGE STREET**  
**Independent Retirement Living Units**  
**Wednesday 15th August 2018**



Lee Martin CEO

It was considered a wise decision to celebrate this special occasion in the comfort of the Gramp Chapel, rather than on site, due to inclement wintry weather. The units were dedicated by Pastor Ian Lutze, TLH Chaplain and officially opened by the Honourable Stephan Knoll MP

Mr Lee Martin extended a warm welcome to guests: The Honourable Stephan Knoll MP Minister for Transport, Infrastructure and Local Government; Mayor Bob Sloane - Barossa Council; Angela Rogers - District Administrator LCA District Office SA/NT; Chris Pfeiffer (Chairperson of TLH Board) and other TLH Board members; Representatives of Independent Retirement Living Committee; Residents of all properties being opened today; Ladies and Gentlemen; TLH staff.



Hon. Stephan Knoll MP

Lee explained that **120 Menge Road** group was purchased in February 2010 and used as a rental property for the period it took to complete the planning of the seven units we now have occupied. **25 Bridge Street** was purchased in January 2005 and also used as a rental property until planning was completed. Mayor Sloane and the Hon. Stephan Knoll MP each expressed congratulations and appreciation for the vision and commitment by TLH in providing good quality retirement accommodation and having set a very high standard.

**BLESSING OF THE UNITS - Pastor Ian Lutze**



Mayor Bob Sloane

In addressing the attendees, Chaplain Ian said, " Friends, we have come here today to seek the blessing of the Lord our God on these two projects. The aim of this blessing is to express our aspiration that good living, peaceful relationships, happiness and rich community will flourish in this place. This is our prayer today."

The Opening Sentences, seeking help and blessings from the Lord, concluded with, "Glory to the Father and the Son and the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen." Bishop David Altus was represented by Lutheran Church of Australia District Administrator Angela Rogers who brought the Bishop's greetings expressing thanks to God for the support enjoyed by residents at Tanunda Lutheran Home community. In conclusion he quoted from Psalm 106:1 - "Give thanks to the Lord for he is good - His love endures forever."



Chaplain Ian Lutze

The ceremony concluded with a quote from David's Psalm of Praise (145) that expresses the greatness and wonderful works of the Lord, followed by a prayer seeking God's blessing on these units so that life may be nourished and community enriched, always rejoicing in God's goodness and using His gifts for the benefit of all creation through Jesus Christ our Lord.

***I bless these units in the name of the Father, Son and Holy Spirit. Amen."***

Chatting and camaraderie were enjoyed over delicious afternoon tea provided by Kitchen staff.

## PHOTOGRAPHS

### OFFICIAL OPENING AND BLESSING—120 Menge Road, 25 Bridge Street



Ian Lutze, Chaplain; Angela Rogers (LCA District Admin.); Lee Martin CEO; Hon. Stephan Knoll MP; Chris Pfeiffer (board chairman); Bob Sloane; Mayor (Barossa Council)



Residents: Marlene & Tom Hoffmann, Ruth Rathjen, Sally & Andrew Pearce, Chris Pfeiffer, Helen Bartholomaeus, Front: Audrey Leske, Iris Ellis, Jill Stevens, Jayne Pfeiffer



120 Menge Road in bushland setting



25 Bridge Street



# PROFILE

## JOAN LINDNER AOM

**Joan is well known and respected in the community and further afield for her passion and commitment to volunteering in numerous capacities and in many fields of service, generously sharing her many skills whenever she can whether in the forefront or behind the scenes**

### **This is Joan's Story**

(Beryl) Joan was born in Penshurst (near Hamilton) Victoria, on Easter Sunday 17th April 1938 second child of Ern and Vera Tischler's family of four. Her parents were hard working, milking by hand fifty cows on their mixed farm. Joan wasn't fond of cows and when aged 13, following one year at the Hamilton High School, she was pleased to be accepted as a boarder at Concordia College in Adelaide. Joan chose a four year general course with a view to becoming a teacher, but was disappointed that typing was not included in that course. After one year at Teachers' College, Joan graduated with her Bachelor of Education degree.

Her first placement was at a little primary school near the Concordia College oval, followed later by a posting to St Jacobi at Lyndoch. Joan found teaching at this one teacher school with its range of children's ages quite challenging. Later she also taught at Tanunda Lutheran school.

At Lyndoch in her leisure time Joan was actively involved with the Lutheran Youth group and met Cliff Lindner, a well known vigneron at Krondorf. They married in 1961 at St John's Lutheran church, Geelong Victoria. Faithfully utilising her skills, Joan served as Sunday school teacher/supervisor, treasurer, organist and steward as well as serving on picnic and fund raising committees. So Joan has been an active member of Trinity Lutheran church, Rowland Flat and a Barossan for over sixty-one years. Sadly Cliff died on 22nd September 2014 after 53 years of married bliss. So Joan took up the challenge and manages the vineyard with all it entails. Cliff was Joan's confidante, showing great interest in her activities and willingly cooperating and assisting her, enabling Joan to carry out whatever she was involved in.



**With brother Kevin and Helen Tischler (Geelong)**

Joan is a competent and passionate cook as well as Show judge. In 1962 Joan began entering the Cookery section at Tanunda Show and later the Preserves section. She won the Cookery Trophy many times and the Preserves Trophy about ten times. She was awarded the aggregate first prize for the last four years of exhibiting her pavlova at the Royal Adelaide Show and exhibited there for 25 years and even longer at Tanunda always supported by Cliff. She has judged cooking and preserves at Mt Pleasant, Angaston, Kapunda, Gawler, Balaklava, Loxton, Clare, Mannum and Murray Bridge Shows and still judges at Mt Pleasant, Angaston and Gawler. Joan joined the Tanunda Women's Agriculture Bureau, serving over the years as Vice President, Treasurer and Committee member.

A memorable event was at Tanunda Lutheran Home in the 1970s when Matron Selina (Sally) Schiller, (currently resident at TLH) went to a lot of effort to obtain a government subsidy for equipping the new Falkenberg Wing. The government of the day insisted on being presented with three quotes for each article required – whether it was large or as small as a teaspoon! Hilda Basedow helped in the purchases and Joan typed up the meticulously prepared quotes in columns. For years Joan was instrumental in organising the annual fund raiser Business Morning Tea—the TLH Social Centre was a hive of activity very early in the morning with volunteers cutting sandwiches, arranging them on individual plates with cake, then delivering them to various local businesses by volunteer drivers. Joan has an attention to detail which cannot be underestimated. Over the years she has been actively working behind the scenes as a great support for planning and execution of fundraising functions and other major events held from time to time throughout the year.



# PROFILE

Continued



In May 2018 Joan retired from a record forty-one years of faithful service on the Tanunda Lutheran Home board as Auxiliary rep. She recalls her service as a member of the TLH Ladies' Auxiliary. This hard working group was always busy with jam making, preparing vegetables for the TLH kitchen, mending clothing, repairing curtains, even at times co-opting a group of 17 ladies to spring clean residents' rooms each time a new resident moved in! Joan was Auxiliary rep on the TLH Building committee for the Falkenberg High Care wing until its opening. An exciting, memorable and challenging experience was being involved with the stringent preparations when Her Majesty Queen Elizabeth visited TLH in 2012.



Joan doesn't do things by halves! Blessed with good health and a generous spirit, she delivered Meals on Wheels (based in Angaston) for 45 years. Joan is also a church organist and Sunday School teacher. One thing she has never done though (and is thankful for) is to be hospitalised!

Joan is also a seasoned traveller. Her most recent jaunt was to France, Spain and The Netherlands where she was thrilled to see an incredible 70 acres of multi coloured tulips in Amsterdam.

With typical humility, Joan insists it is God who gave her the gifts and strength to accomplish all these activities, for which she is truly thankful. Joan loves supporting people wherever she can and does not expect any recognition. But prior to Australia Day in 2017 Joan was informed that Her Majesty Queen Elizabeth the Second, Queen and Sovereign of Australia, was pleased to award her the Medal of the Order of Australia in the General Division (OAM). The Investiture was held at Government House Adelaide on 3rd May 2017. His Excellency the Honourable Hieu Van Le AC invested all selected recipients.



Thank you Joan for sharing your amazing story with our readers. Well done, you good and faithful servant. God bless you as you continue to serve for as long as He gives you strength

## **KaDenCe - Kapunda & Districts Choir**

*in concert with*

### **The Victoria Welsh Male Choir**

*A Feast of Coral Singing  
From this world famous Choir  
Presenting a range of songs  
from its diverse repertoire*

**SUNDAY 16th SEPTEMBER 2.00pm**

**Kapunda Soldiers Memorial Hall**

**Hill Street, Kapunda**

**Tickets at door \$20 adult**

**\$15 conc/student - Doors open 1.30pm**

## **Barossa, Baroque and Beyond SUNDAY 30th SEPTEMBER 2.00pm**

With acclaimed organist  
**Joshua Van Konkelenberg**  
at the **Hill & Son** console  
**Special guests**

Multi-instrumentalists **Adam Page**  
Three piece consort **Unholy Racket**  
World renown guitarists  
**The Grigoryan Brothers**



# Induction of TLH Board Members



SUNDAY 5th AUGUST 2018



*It was a moving ceremony during divine service held in the Gramp Chapel when Chaplain Ian Lutze was privileged to induct and dedicate the new board of Tanunda Lutheran Home.*

Chaplain Ian said, "God gives many gifts to people for a variety of purposes. These people standing before the congregation have the gifts to together govern and manage Tanunda Lutheran Home so that residents in the Care facility and Independent Retirement Living can live well and contribute to life in their families and community as best as they are able."

Stephen Grieger, Pastor Max Stollznow, Elaine Johnson, Karen Dutschke, Andrew Schilling, Liz McGregor, Chris Pfeiffer (Chairman), with Pastor Lutze.  
*Absent: James Bartsch, Dr Judy McDonald*

Our Chaplain then asked the board members to answer these questions together:

- ◆ Will you govern the enterprise of Tanunda Lutheran Home to the best of your ability?
- ◆ Will you support the Vision and Values of the home, specifically playing your part in making every day the best it can be by providing spiritual and physical care in a loving Christian community?

And addressing the Gramp Chapel Congregation: Will you pray for this board, speak constructively of them, and support them as you are able?

After answering in the affirmative, Pastor said: Then I dedicate this board to ministry under God

**PRAYER**

*Thank you, God for calling these people to work with you in the governance of Tanunda Lutheran Home. Help them to work hard and wisely and to experience support and encouragement in their work.*

*We pray in Jesus' name. Amen*

**BLESSING** *And the blessing of God, the Father, Son and Holy Spirit go with you.*  
The congregation joined in applause and lined up to shake hands with each board member.



Talented Singers/Musicians: Ruth Rathjen, Ray Giersch, Max Schubert, Margaret Jasper, Annette Ognjanovic, Glenis Kupke, Neville Alderslade, Fern Fyfe

Lee Martin CEO and Sharon served morning tea

Three special people:  
**Hollie Moar**  
**Lee Martin CEO**  
**Britany Mickan**



Three special people:  
**No Hair**  
**But plenty of BIG smiles**



When Britany's nephew, seven year old Henry, was diagnosed last year with leukaemia, work family and friends rallied around to see how they could offer support. Through the wonderful Make A Wish Foundation, and the generosity of staff and friends of TLH, this is what eventuated.

Our incredible volunteers Lee, Britany and Hollie are to be congratulated for their generosity and bravery. As a result, the heart warming amount of \$5000 was raised.



In the crowded chapel on Friday 10th August, many used descriptive words like amazing, brave, good sports, and Lee himself responded, "It's a pleasure!"

It is pleasing to report on Henry's progress: Britany says it is Henry who taught her what real bravery is!

He is doing really well, now in the maintenance stage after 10 months of intensive treatment.



Recently he enjoyed a wonderful weekend being the Port Adelaide Football Captain.

**Well done, Henry!**  
**Well done, TLH!**

**Britany and Henry**



*Staff members were amused watching the CEO lose his beard and eyebrows!*



Photo courtesy of Liz Alderslade - The Leader Newspaper



## TLH HELPS MAKE A WISH



We all like the song “Everybody Hurts” its sad and fairly true I’d like to hear another “Everybody Gives” I’m sure they’d like it too  
Lots of charities give cash and time; some specialise in kids real sick,  
But they all need some assistance; those who help can take their pick.  
The favourite way is having heads shaved, or other facial hair removed,  
This is supported well by sponsors; and it’s now, world-wide approved.  
Here at TLH staff members did it all to help ‘Make a Wish’ Foundation,  
They helped raise \$5000 dollars plus; as it’s done throughout our nation.  
Lee Martin our CEO had hair and eyebrows off; and a beard of 20 years,  
As Britany Mickan and Hollie Moar showed us, they’d also lost all fears.  
Then they also lost their hair, while Roxy tried to cut and laugh together,  
As she cut and joked she told them we were expecting real cold weather.  
So Steph made Lee a combined beanie beard; the latest style we’re told,  
But I’ve got some doubts he’ll wear it - I’m sure he’d rather face the cold.  
Britany’s nephew Henry got a wish from ‘Make a Wish’ Barossa Valley.  
He’s been really sick so thanks to them and that TLH fund-raising rally.  
And, if we ever do repeat the rally, beardless baldies should take part,  
Eyebrows off will do, it’s not a race; no one needs that good head start.

Written By: K.FYFE - IRL



Share the  
Power  
of a Wish®





# Thank You!



**L to R:** Faye Jenke, Ann Schulz, Jo Freckelton, Cindy Penn (TLH Care Manager), Eileen Bartel and Helen Fiebiger.  
**Absent:** Jeneth Secker, Hedy Stanley and Debbie Borgas.

**We would like to extend a very warm thank you to the wonderful TLH Ladies Auxiliary for their very generous donation of \$2000.**

**These funds were used to assist in purchasing a new Niki Pump.**

***What is a Niki Pump?*** A Niki pump is an ingenious system that is able to deliver a continuous infusion of medications via the subcutaneous route, for symptom control. It is most frequently used in palliative care settings and persistent pain syndromes.



## BAFFC Inc

*The Barossa Area Fundraisers for Cancer Inc. is a body that aims to raise funds to provide support services to people in the Barossa Community affected by cancer*



What a worthwhile time was spent for around 25 IRL residents who were present at our IRL meeting in the Social Centre on Thursday 16th August. When we arrived there was time to catch up with friends over a warm cup of tea or coffee and biscuits.



Ray Giersch welcomed all present. Then it was time for Ray to introduce and welcome our guest speaker, Julie Combe, chairperson of the Barossa Area Fundraising for Cancer group (BAFFC). Julie gave a very inspiring talk about her involvement in starting BAFFC ten years ago, and much information about their work assisting people in the community with cancer.

It was amazing to learn what can happen when one person and a few other likeminded people get together! I was fascinated to learn that when these 12 women first got together, each put in \$2 to get things moving. That was the small start. I believe all of us were surprised to hear just what this small start has turned into. As it was reported in the *Barossa Mag*, "They have been putting fun into fund raising." And as Julie reported, at least \$700,000 has been raised in the past ten years. What a gift to this community! It was also encouraging to hear Julie say that the group is always amazed at the generosity of the people of the Barossa.

I, and others present I am sure, were encouraged to hear of the many projects that this group has provided to make the life of cancer sufferers so much better here in the Barossa. I for one was encouraged by the care for others that always shone through with what the BAFFC people supplied for the various hospitals, hospices and palliative care places.

Julie said they have 61 volunteer car drivers who drive the cancer and council cars, taking people to various medical appointments on a regular basis. This is now a free service for patients through Aged Care and the generosity of the volunteer drivers. As reported in the *Barossa Mag*, "Today the group numbers more than 25 volunteers including two very 'brave' men and they are nothing short of master fundraisers."



A donation towards the BAFFC from the morning amounted to \$255.30 Well done!

Oscar Joppich gave a vote of thanks for Julie's warm and Informative presentation. Our time together ended with a delicious two course lunch provided by the TLH kitchen. Thank you!

Next get together is the Meet & Greet on Tuesday 18th September.

*Ruth Rathjen*

# INDEPENDENT RETIREMENT LIVING

MONTHLY MEETING - Thursday 19th July 2018

## BANGERS and MASH



Ruth



Marg



Lorna, Georgi



Judith



Arthur

On Thursday 19<sup>th</sup> July 34 residents gathered in the TLH Social Centre at 10.30am to listen to, really appreciate, and occasionally join in with the “Bangers and Mash” musical performance. The group chose an Hawaiian Theme for the occasion, with a Hula dancer, mermaid, and decorations to suit. There was variety in the musical instruments, and presentation of songs/ items.

“Bangers and Mash” recently celebrated its seventh anniversary and judging by the various applause during and at the close of their performance, it is hoped that they continue, and we may again have them perform here at some future date. Oscar Joppich expressed our appreciation of their presentation.

Following the performance 21 residents joined in the tasty luncheon prepared by the kitchen staff.

Irene Joppich



*Above:* Audrey Leske, Colin Ladd, Iris Ellis, Visiting Mermaid, Lois Lablack, Helga Jaunzarins, Margaret Jasper

*Below:* Lois Mattner, Elizabeth Thomson, Visiting Octopus, Darrell Kupke, Erica Gerschwitz, Janice Fechner, Len Gerschwitz, Barbara Keil Mercier, Ray Giersch, Irene Joppich





## TRAVEL TALK

### CHOOSING YOUR AIRLINE SEAT

#### Window or Aisle?

Both have advantages. If you like to stretch your legs during a flight, an aisle seat is good for you. Bear in mind, though, that this may be enforced upon you if the person in the window seat wants to get out of their seat. If you prefer to be undisturbed, then the window seat is probably best.

#### Day flight or night flight?

On a night flight, window seats are preferred by many. You can sleep without being disturbed by anyone wanting access to the aisle, and in economy seats there's the possibility of resting a pillow or rolled up item of clothing against the side of the aircraft to prevent head lolling.

#### Middle seats are to be avoided

So in a 3-4-3 configuration, typically designated A, B, C, then D, E, F, G and then H, J, K (I is omitted to avoid confusion), the set to avoid are B, E, F and J.

#### Avoid seats at the back of the plane

In general, the front of the plane is the quietest, because you are in front of the engines (though there will be some noise for a few seconds when the front landing gear is lowered or raised). The middle of the plane is noisier because of the engines, but is smoother. The back of the plane is both noisy and bumpy.

#### Avoid seats close to the galley

For a day flight being here may be an advantage, since you can receive service more easily, or in premium cabins, perhaps serve yourself. But on night flights the noise can be a nuisance.

#### Seats by emergency exits are to be preferred

These give more leg room, though they do come with restrictions, most notably that you are able bodied and so can assist in case of emergencies, and of course you cannot stow your luggage under the seat in front of you.

Bear in mind also that these are often close to the galley, and so can be noisy.

*At Clarke and Turner Travel Associates we can select your seats, advise which airlines will not charge and assist you to select the best seats on any aircraft.*

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## Footy Tipping

### Attention Footy Tip Fans

#### Please note: Tips have now finished.

Thank you to all who have taken part in the tipping this year. This year there will be a trophy for the 1st, 2nd and 3rd winners and a wooden spoon for the last tipper.

Also there is a prize for the highest placed tipster in each area

The Trophy presentation will be on 4th October 2018 @ 1.15pm in the CHAPEL

Good Luck to all involved.

**You are all winners in my book.**





## TOM'S DREAM CAR

By Ken Fyfe – *Independent Retirement Living*

As Tom had no steady girl friend, life was tough without a car, Nineteen and with no transport, his love life wasn't going far. Although he had his licence, he'd not found his dream car yet, But he was saving hard to buy one cash and not get into debt. Then one day his search was over; he saw it in a used car lot, It was red and sexy looking; the most attractive car they'd got. That meant it should attract the girls with so much sex appeal, This was his perfect dream car; could he afford to make a deal? The price might be a little high and Tom needed some advice, So, he told a salesman how it was and asked the red car's price. He'd said the car had just come in; price was being negotiated, But he'd discuss it with his boss. Tom just prayed and waited. On his return he said, "You're lucky, he's in a friendly mood, You'll still need a little finance, but you'll get a deal that's good. Small monthly payments for two years, is fair you will agree, He'll give you six months warranty, that's normally just three." Tom agreed the deal was good; as his dream was coming true, He picked it up next day; it both looked and smelled like new. And when his father asked him if he'd had the car inspected? He said, "No, but six month warranty, is really well protected". Tom soon had lots of girl friends; they loved sightseeing most, With lots of back seat action, before the car gave up the ghost. First just little things went faulty; he got them fixed of course, But when his warranty expired, those little things got worse. At times on dates the car broke down; cabs often saved a fuss, One girl said as she was leaving, "I'm sure life's safer on a bus". His dates got sparse in no time flat; bad news travels quickly, Not just his car had major problems; he too felt sort of sickly. A car's last rites can change a dream; Tom soon became aware, His dream car simply vanished; it was now his worst nightmare. The engine pinked, the clutch slipped, the radiator had a leak. Oil and water had the upper hand as his temper reached its peak. His father didn't say, "I told you so" in fact he didn't say a thing, Knowing Tom felt shattered; at what perfect dreams can bring. Eventually they bought it back; it almost paid the money owing, Then, with neither car nor money, a push bike kept him going. Tom's married now and forty; he's had cars all shapes and sizes, He's living in the real world now; dream cars are lottery prizes. It's car performance now that matters most; not just looks alone, He knows what really makes cars run and it's not testosterone.

## MEN SHOPPING

Thank you David Mitchell

David thinks all stores should provide sofas for men



### Let's Laugh

A paramedic friend of mine arrived at an accident scene one day to find a man trapped inside a car and bleeding profusely. As she and others tried to free him, he looked at her and said, "Be positive." "Yes, we are being positive," she responded. "We'll have you on the way to hospital in no time." "No," said the man, "That's my blood group - B positive."

# Wellness & Lifestyles

## Energy Conservation



**Alanna**

Throughout our lives, there may be times when we find that we have less energy to do the activities and tasks that we need to do. This could be a short-term episode (such as following a hospital stay) or may be a daily experience resulting from the development of a long-term health condition. Whether acute or ongoing, **energy conservation techniques** can be valuable in managing one's fatigue levels to optimise productivity.

### Energy Conservation can help people with:

- Cardiac or respiratory conditions, i.e. coronary artery disease, COPD
- Deconditioning following an extended hospital stay or major procedure
- Chronic pain, i.e. from osteoarthritis or rheumatoid arthritis
- Cancer, particularly those undergoing treatment
- General fatigue or low energy related to age



### How do I conserve my energy?

#### PRIORITISE:

- Decide what must be done today, and what can wait.
- Begin with the most important things that need doing.

#### PLAN:

- Structure tasks and activities efficiently-for example, gather things you need to complete a task together and keep them in a convenient spot.
- Alternate heavy with lighter tasks to allow rest.
- Stagger tasks throughout your week. Plan to have breaks to rest.

#### PACE:

- Work at a steady pace, never rush. Rest before you begin to feel tired. Use pursed lip breathing when doing physical tasks (breathe in through your nose for a count of 2 and out from your mouth for a count of 4. This is like blowing out a candle on a cake).

#### POSITION:

- Avoid excessive bending and reaching by using long-handled aids and storing things you use often within easy reach. Maintain an upright posture when sitting and standing (this helps to get oxygen into your lungs and around the body). Sit to do tasks where possible.



**Kathleen**



**Annette**



**Continued**

## Energy conservation techniques for everyday tasks:

### Personal care:

- Use a shower chair or stool to sit in the shower
- Use long handled aids such as a sponge on a stick to avoid reaching
- Dry off with a terry cloth robe- it is easier than drying with a towel
- Lay out clothing the night before
- Dress your lower half first, and if you have a weaker limb, dress this first
- Choose clothing that is easy to don and doff, i.e. Velcro shoes rather than laces, loose clothing rather than tight.



### Housework:

- Sit to do tasks where possible
- Slide rather than lifting objects where possible
- Avoid unnecessary tasks-air dry your dishes, choose clothing that doesn't need ironing
- Don't be afraid to ask friends and family for help, or to hire services

### Cooking:

- Gather all ingredients and utensils before starting
- Plan ahead with meal preparation, i.e. if you are tired by evening, prepare your dinner in the morning and leave in the fridge
- Make large batches of food and freeze servings for later
- Use electric appliances to save energy, i.e. food processor, dishwasher

### Shopping:

- Bring a list, and if possible, organise it by aisle
- Use a buggy or shopping trolley rather than carrying a basket
- Don't overload shopping bags
- Avoid shopping when the shops are busy
- Consider a shopping delivery service if needed



### Who should I talk to?

1. Your Doctor: to have any new or unexplained changes to your fatigue assessed.
2. An Occupational Therapist: to assist in individualised advice about managing fatigue in relation to various activities.
3. A Physiotherapist: to get advice concerning exercise, posture and mobility aids.



# Laundry News

*TO RESIDENTS, FAMILY and FRIENDS*

**Julie with  
Labelling Machine**

To help us return items of clothing to their correct owner, can you please make sure all items are tagged with the resident's name before they are worn. This includes stockings, hankies, underwear and all outerwear.

We have a fabulous labelling machine in the laundry and can tag any item as you wait so please feel free to come and visit us.

Pricing is \$30 per 25 labels.

Laundry hours: Monday to Friday 8.00am - 4.00pm  
So pop in and have a chat if you have any questions regarding clothing.

## LOST PROPERTY Rack of Clothes



**WEEK 1 - PROTEA - WEEK 2 - WARATAH  
WEEK 3 - TRINITY COURT - WEEK 4 - ABG**

Every month the clothing rack goes to each neighbourhood **for one week only** (including the weekend)

This will give residents, residents families and staff a chance to have a good look through the lost clothing display.

The unclaimed clothing is kept for six months in the laundry and then discarded appropriately in a manner which highly respects our residents' dignity and privacy

**Julie Green**  
*Laundry/Housekeeping Coordinator*



Tania Miller

# Volunteer News

*Choose Happy*

It was so lovely to catch up with so many of you at the Volunteers Morning Tea last month and touch on many important subjects that we needed to clarify with you all.

We are delighted to be welcoming some new volunteers on board who will be joining the team of bus drivers for our Special Transport Vehicles.

We are hoping to find some people of the culinary persuasion who would like to contribute some of their talent and time to our fabulous Courtyard Café. Even if you only a few hours to spare, all help is greatly appreciated.

Hoping we get to see you all at the up coming Volunteers Morning Tea, Tuesday 4th September in the Social Centre.

We will have a guest speaker joining us, Liz Macgregor.

As always a huge thank you to all of you who give so freely of your time, your efforts are never taken for granted.

On behalf of Tania and the Lifestyle Team but most of all our gorgeous Residents who benefit most from your generosity and kindness.

*Thank you*

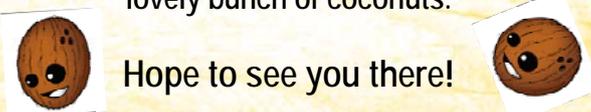


## CALLING ALL DRIVERS

Would you or someone you know be interested in becoming a volunteer driver of the TLH STV vehicle to take Residents to appointments. We are hoping to increase the number of volunteer drivers that we have on our current list for this most valuable and enjoyable role. All of your training would be provided. Don't hesitate to speak with Tania and the Lifestyle team if this interests you.

**Volunteer Morning Teas**  
**Tuesday, 4th September 2018 at 10.00am (Guest Speaker)**  
 &  
**Tuesday, 2nd October 2018 10.00am (Hawaiian Theme)**  
 Come dressed in your florals and your lovely bunch of coconuts.

Hope to see you there!




**Happy Birthday**  
**To all of our wonderful**  
**Volunteers**  
**for the month of**  
**September**



**Help!**

Lifestyle is always looking for volunteers to help assist residents to and from activities.

**New**

Craft  
Wheel of Fortune  
Pancake Afternoon

**Special Events**

Concert - Terry & Dawn  
Shoes on Wheels/Mobile Clothing & Underwear

**Saturday 1st**

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area. Various DVD's to choose from.

**Sunday 2<sup>nd</sup> – Father's Day**

10.30 Worship Service Chapel

**Monday 3rd**

|       |                   |        |
|-------|-------------------|--------|
| 10.00 | Individual Visits | TLH    |
| 10.15 | Hymn Singing      | Chapel |
| 11.00 | Worship Service   | ABG    |
| 1.15  | Social Bingo      | Chapel |
| 2.30  | Social Bingo      | ABG    |
| 3.30  | Walking Group     | ABG    |

**Tuesday 4th**

|       |                      |          |
|-------|----------------------|----------|
| 10.00 | Individual Visits    | TLH      |
| 10.45 | One on One Visits    | ABG      |
| 10.00 | Knitting Group       | Protea   |
| 10.30 | Moovers 'n' Groovers | Chapel   |
| 1.15  | Men's Group          | The Shed |
| 1.15  | Bowls & Happy Hour   | Chapel   |

**Wednesday 5th**

|       |                      |         |
|-------|----------------------|---------|
| 10.00 | Individual Visits    | TLH     |
| 10.00 | Craft                | Protea  |
| 10.30 | Hand Waxing therapy  | Protea  |
| 10.30 | Bible Insights       | Chapel  |
| 10.30 | One on One Visits    | ABG     |
| 1.15  | Resident Reminiscing | Waratah |
| 2.30  | Sing along with Sean | ABG     |
| 3.30  | Walking Group        | ABG     |

**Thursday 6th**

|       |                      |        |
|-------|----------------------|--------|
| 10.00 | Individual Visits    | TLH    |
| 10.30 | Moovers 'n' Groovers | Chapel |
| 10.45 | One on One Visits    | ABG    |
| 1.15  | Wheel of Fortune     | Chapel |
| 2.30  | Memory game          | ABG    |
| 3.30  | Walking Group        | ABG    |

**Friday 7th**

|       |                        |        |
|-------|------------------------|--------|
| 10.00 | Individual Visits      | TLH    |
| 10.00 | Exercise Group         | ABG    |
| 10.30 | Wisdom of The Elders   | Chapel |
| 1:15  | Social Bingo           | Chapel |
| 1.30  | Art Therapy with Helen | ABG    |
| 3.30  | Walking group          | ABG    |

**Saturday 8th**

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area.  
Various DVDs to choose from.

**Sunday 9th**

10.30 Worship Service Chapel

**Monday 10th**

10.00 Individual Visits TLH  
10.15 Hymn Singing Chapel  
11.00 Worship Service ABG  
1.15 Social Bingo Chapel  
2.30 Social Bingo ABG  
3.30 Walking Group ABG

**Tuesday 11th**

10.00 Individual Visits TLH  
10.00 Knitting Group Protea  
10.30 Moovers 'n' Groovers Chapel  
10.45 One on One Visits ABG  
1.15 Men's Group The Shed  
1.15 Concert – Terry & Dawn Chapel  
3.30 Walking Group ABG

**Wednesday 12th**

10.00 Individual Visits TLH  
10.30 Bible Insights Chapel  
10.30 One on One Visits ABG  
1.15 Gary Wharton Chapel  
2.00 Tai Chi ABG  
2.30 Gary Wharton ABG  
3.30 Walking Group ABG

**Thursday 13th**

10.00 Individual Visits TLH  
10.30 Moovers 'n' Groovers Chapel  
10.45 One on One Visits ABG  
1.15 Rap Ball Chapel  
2.30 Memory game ABG  
3.30 Walking Group ABG

**Friday 14th**

10.00 Individual Visits TLH  
10.00 Exercise Group ABG  
10.30 Wisdom of The Elders Chapel  
1.15 Social Bingo Chapel  
2.00 Sing along with Doug ABG  
3.30 Walking Group ABG

**Saturday 15th**

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area.  
Various DVDs to choose from.

**Sunday 16th**

10.30 Worship Service Chapel

**Monday 17th**

10.00 Individual Visits TLH  
10.15 Hymn Singing Chapel  
11.00 Worship Service ABG  
1.15 Social Bingo Chapel  
2.30 Social Bingo ABG  
3.30 Walking Group ABG

**Tuesday 18th**

10.00 Individual Visits TLH  
10.00 Knitting Group Protea  
10.30 Moovers 'n' Groovers Chapel  
10.45 One on One Visits ABG  
1.15 Men's Group The Shed  
1.15 Bowls & Happy Hour Chapel  
3.30 Walking Group ABG

**Wednesday 19th**

10.00 Individual Visits TLH  
10.00 Craft Protea  
10.30 Bible Insights Chapel  
10.30 One on One Visits ABG  
1.15 Resident's Meeting Chapel  
2.00 Sing along with Sean ABG  
2.45 Hymn singing ABG  
3.30 Walking Group ABG

**Thursday 20th**

|       |   |        |
|-------|---|--------|
| 10.00 | Individual Visits                           | TLH    |
| 10.30 | Moovers 'n' Groovers                        | Chapel |
| 10.45 | One on One Visits                           | ABG    |
| 1.30  | Shoes on Wheels/Mobile Clothing & Underwear | Chapel |
| 2.30  | Memory game                                 | ABG    |
| 3.30  | Walking Group                               | ABG    |

**Friday 21st**

|       |                        |        |
|-------|------------------------|--------|
| 10.00 | Individual Visits      | TLH    |
| 10.00 | Exercise Group         | ABG    |
| 10.30 | Wisdom of The Elders   | Chapel |
| 1.15  | Social Bingo           | Chapel |
| 1.30  | Art Therapy with Helen | ABG    |
| 3.30  | Walking Group          | ABG    |

**Saturday 22nd**

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area.  
Various DVDs to choose from.

**Sunday 23rd**

|       |                 |        |
|-------|-----------------|--------|
| 10.30 | Worship Service | Chapel |
|-------|-----------------|--------|

**Monday 24th**

|       |                   |        |
|-------|-------------------|--------|
| 10.00 | Individual Visits | TLH    |
| 10.15 | Hymn Singing      | Chapel |
| 11.00 | Worship Service   | ABG    |
| 1.15  | Social Bingo      | Chapel |
| 2.30  | Social Bingo      | ABG    |
| 3.30  | Walking Group     | ABG    |

**Tuesday 25th**

|       |                      |          |
|-------|----------------------|----------|
| 10.00 | Individual Visits    | TLH      |
| 10.00 | Knitting Group       | Protea   |
| 10.30 | Moovers 'n' Groovers | Chapel   |
| 10.45 | One on One Visits    | ABG      |
| 1.15  | Bowls & Happy Hour   | Chapel   |
| 1.15  | Men's Group          | The Shed |
| 3.30  | Walking Group        | ABG      |

**Wednesday 26th**

|       |                   |        |
|-------|-------------------|--------|
| 10.00 | Individual Visits | TLH    |
| 10.30 | Bible Insights    | Chapel |
| 10.30 | One on One Visits | ABG    |
| 1.15  | Tai Chi           | Chapel |
| 2.00  | Tai Chi           | ABG    |
| 2.45  | Hymn singing      | ABG    |
| 3.30  | Walking Group     | ABG    |

**Thursday 27th**

|       |   |         |
|-------|---|---------|
| 10.00 | Individual Visits                                     | TLH     |
| 10.30 | Movers' 'n' Groover's                                 | Chapel  |
| 10.45 | One on One Visits                                     | ABG     |
| 1.15  | Armchair Travel                                       | Waratah |
| 1.30  | Pancake afternoon tea - This month – Protea Residents | Protea  |
| 2.00  | Doug performing                                       | ABG     |
| 3.30  | Walking Group   | ABG     |

**Friday 28th**

|       |   |         |
|-------|---|---------|
| 10.00 | Individual Visits                           | TLH     |
| 10.00 | Exercise group                              | ABG     |
| 10.30 | Wisdom of The Elders                        | Waratah |
| 1.15  | Monthly Birthday Celebrations               | Chapel  |
| 2.30  | Gardening group with Karen with Happy Hour. | ABG     |
| 3.30  | Walking group                               | ABG     |

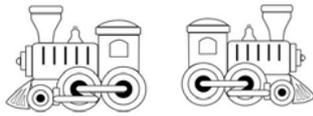
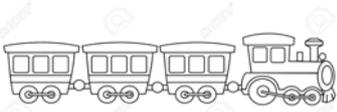
**Saturday 29th**

Please ask a Carer if you wish to watch a DVD in your room or in the lounge area.  
Various DVDs to choose from.

**Sunday 30th**

|       |                 |        |
|-------|-----------------|--------|
| 10.30 | Worship Service | Chapel |
|-------|-----------------|--------|

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



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| T | H | G | I | E | R | F | H | P | P | C | W | B | R | S |
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| T | R | A | C | T | I | O | N | S | U | A | D | U | E | P |
| X | K | A | W | H | E | E | L | S | K | L | N | I | A | D |
| L | A | C | I | N | A | H | C | E | M | T | G | N | E | N |
| G | Y | R | A | L | I | B | S | N | B | H | T | L | N | D |
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| L | T | N | A | P | T | A | L | E | G | U | I | L | L | S |
| E | T | P | O | O | O | E | Y | R | O | D | E | L | E | V |
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BOILER  
BRAKES  
CATENARY  
COAL  
COUPLED  
DIESEL

ELECTRIC  
ENGINEER  
ENGINES  
FREIGHT  
HAUL  
LINE

MECHANICAL  
OVERHEAD WIRES  
PANTOGRAPH  
PASSENGER CARS  
PISTONS  
POWER

PROPEL  
PULL  
PUSH  
RAILROAD  
RAILWAY  
SHAFT

SHUNT  
SPEED  
TRACK  
TRACTION  
WEIGHT  
WHEELS

