



TIT TAT

MONTHLY
NEWSLETTER
TANUNDA
LUTHERAN HOME INC
27 Bridge St Tanunda SA

5352

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★ Website

www.tlhome.com.au

*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

**JULY
2015**



***From the Chaplain
Pastor John Thiel
and
The Board Chairman
Chris Pfeiffer***



THE VERY BEST WINE LAST (Conclusion)

(So far): A pastor had entered his Barossa Valley Church to discover a man drinking a glass of wine. The man who was drinking contended that every sip reminded him of a Christian aspect of life. With his last sip, he said he remembered that one day the wine bottle of our lives will be empty.

He continued:

"But we remember that Jesus Christ has made us his own in baptism. He has promised that those who believe and are baptized will be saved. He will take us to be with him. We will then join those who are celebrating a wonderful Festival ... not merely the Vintage Festival, as grand as it is, but the Festival to Celebrate the End of Death. As Isaiah says, '(In heaven), there will be a feast of well-matured wine, strained clear. The (death) shroud over the nations will be destroyed. Death will be swallowed up!' Once more God has saved until last the best wine ... the very best wine ... last ... and forever!

"And now I have finished my glass of wine for the day. As usual it will be my only glass for the day. As my mother always said to me, 'Everything in moderation!'"

"Well", said the Pastor, "that is some story. With faith like that, long may you continue to drink wine in moderation and remember God's blessings as you do."

BOARD THANKS STAFF

At its June meeting, the board expressed sincere thanks to CEO, Lee Martin, the managers and staff of the Home, for ensuring that the recent triennial Accreditation assessment showed that all 44 standards required for on-going government support had been met. The assessors were extremely grateful for the way in which all staff assisted with the assessment, also indicating that staff knowledge of the process was very high.

This means that the residents at Tanunda Lutheran Home can be assured that the care they are receiving is of high quality and that it is over and above the minimum standards expected by government and the community.

The board and staff are focussed on ensuring that a high level of quality care and support is provided to all residents and to that end our processes are continually undergoing reviews, seeking to make improvements where ever possible, while remaining financially viable. To this end we actively seek the input of residents and their families as well as our staff.

To those of you who live at Tanunda Lutheran Home, we trust that we are providing the care you require. To families whose loved ones we care for, we hope you feel they are safe and happy with us. To staff, we thank you for your happy smiling faces and for sharing your gifted skills with our residents and to the Volunteers we say "thank you" for the time you give to help us in this ministry.



*Lutheran Church
of Australia*



**RAINFALL REPORT
JUNE 2015**
Thank you Ralph Kernich

Year	Rainfall in mm	Days of Rain	Rain Since 1 January
2004	115.4	22	210.4
2005	128.3	18	197.7
2006	27.0	7	250.1
2007	22.6	16	291.4
2008	37.4	11	166.5
2009	75.3	20	207.6
2010	45.8	16	182.0
2011	51.6	15	367.9
2012	72.2	17	226.2
2013	66.4	15	214.9
2014	110.3	19	341.9
To 23rd June 15	10.8	8	185.2

The average June rainfall is 70mm. The lowest June recording since 1868 was 5.9mm in 1959 and the highest 209.3 in 1916



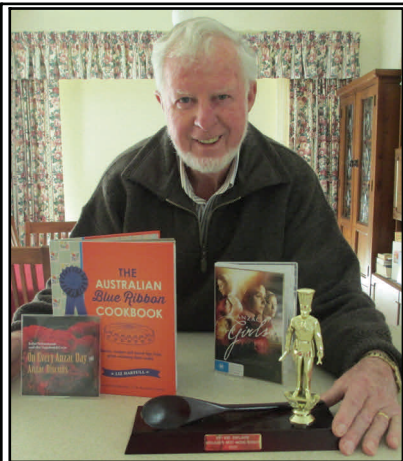
The Bureau of Meteorology has moved the official Tanunda rainfall gauge to Langmeil Winery. Ralph has kindly offered to continue this column by using his personal rain gauge. Thanks to all team members since 2002: The late Gordon Ruwoldt, the late Lou Giersch, Frank Graetz, Colin Ladd, Len Gerschwitz, Kim Huxtable, Ralph Kernich

NEW EVENTS

The Chaplaincy Team will be conducting two new events each week

On Wednesdays at 11am, we will be conducting **GOSPEL GOALS**. This regular event will involve discussing aspects of our lives, hearing from the Bible, music, singing, prayer and preparing for Sunday. Come in, come in and sit down.

On Fridays at 11am, we will be looking at Bible Stories. This weekly event, **HELP FOR LIVING**, will involve seeing how these stories speak to our lives, providing comfort and support. The stories will be interspersed with songs, discussion and prayer. Come along and join in.



*Move over girls!
Here comes Max!*
**Congratulations
Max Stollznow**
**ANZAC BISCUIT
CHAMPION**

Board member, Pastor Max is the proud State winner of the keenly contested ABC 891 Peter Goers' Anzac Biscuit competition judged on Anzac Day. On air that evening, Peter Goers described Max's Anzac Day biscuits as "the best he has ever tasted".

Max states that board members are not just board members here at TLH—they have many and varied talents! In spite of this noteworthy win, Max said he is not about to make a change of career path, nor compete in Master Chef. He is just enjoying the huge boost to his status.

The inscription beneath the black wooden spoon among Max's trophies (pictured) says: 891 ABC Adelaide—Adelaide's best Anzac Biscuit 2015.
Well done, Pastor Max



The deadline for news/information for the August edition is 27th July
If you have any news for this edition, please hand it to the Front Office by then.
TIT TAT TEAM: Dorcas Kernich (Editor), Myra Othams, Erica Krieg, Joan Minge, Kathy Piscioneri. **Deliveries:** Raelene Rosenzweig, Ross Thorn, Eric Schirmer



From the CEO

LEE MARTIN

It is so nice to see the seasons change - driving through the Barossa on a daily basis I notice the changes to the crops and vines. At times due to the weather - fog and rain - the driving has been a little challenging.

Have you had your flu inoculation yet? The flu season is well and truly upon us - for those at risk please consider also arranging having the vaccination against pneumonia.

As written over the past months there has been a concentrated effort from all staff to prepare for the Three Year Accreditation Audit. The audit has been completed, with an excellent result being achieved. Having gained positive comments in all 44 outcomes is a great effort and now clearly shows we have processes in place. The direction we will now take is development and continuous improvement. Over the coming weeks you may be invited to participate in various workshops or meetings to have your input to the future changes being considered. Please remember I am very interested to receive or hear about your concerns or ideas on how we can make Tanunda Lutheran Home a better place in which to live and work.

I would like to express my thanks to all staff, volunteers, residents and their families for the effort put in to the three day review of the practices, procedures and policies. Comments from staff, residents and families passed on to the surveyors included: "We like working here - we are well supported by management and receive lots of training"; "This is our home - we love being here".

Over the past weeks the Board Members have been finalising its Strategic Plan for the next three years; at the last meeting the plan was finalised. We are now waiting for the SA/NT District Office of the Lutheran Church of Australia to comment on the document before releasing it to staff and the public as necessary. In the meantime we will continue to move along and get things done.

The construction work continues in the Trinity Court area. The work is taking a little longer than what was hoped but I'm sure you will all enjoy the change.

There are a number of major projects being developed where everyone can be involved. Please keep an eye out for notices advertising or informing you of what is happening.

On 19th June 2015 Tanunda Lutheran Home was one of 30 aged care facilities in South Australia to open the doors to the general public to come and see what happens in an aged care facility. A number of interested people took the opportunity to visit our home and have a tour around the major areas. All were very impressed with the amount of space and just how big a facility we all lived and worked in. Visitors were very appreciative of the opportunity to visit and to view the activities occurring at the time.

In conclusion, as I mentioned during the introduction speeches when I commenced in my position as Chief Executive Officer - team work will get us through the ongoing change process. I am very pleased with how the team is developing and growing. Correct communication is important as rumour causes only stress or damage. Please ensure you attend relevant meetings or consult the correct manager to confirm anything that you are unsure of.

Being the winter months, please stay warm, dry and eat healthily to stay fit and well.

Lee Martin

22nd June 2015

TLH SHOPPING BUS

Departing approx. 9.30am. Return 11.30am. Cost \$5

Wednesday 1st July	Tanunda
Wednesday 8th	Nuriootpa
Wednesday 15th	Tanunda
Wednesday 22nd	Nuriootpa
Wednesday 29th	Tanunda

Please be at Reception by 9.15am





**FOR
JULY**

1 Louise Rice	Protea
1 Erica Gerschwitz	IL
5 Betty Smith	Acacia
5 Irene Boehm	Waratah
6 Joan Minge	IL
7 Nora Saegenschmitter	Waratah
8 Hedley Zerk	IL
8 Glenys Lienert	IL
10 Glenis Kupke	IL
11 Joan Ruwoldt	IL
15 Rita Dow	Grevillea
15 Colin Schilling	Banksia
16 Bette Boughen	Trinity 2
17 Val Robinson	Waratah
18 Mary Baylis	IL
20 Glen Schultz	IL
20 Patricia Maddock	IL
23 Phyl Moss	IL
23 Rosemary Osborne	Waratah
26 Mandy Johns	IL
30 Joyce Weiss	Protea

**MEMORY AND AGEING
Information Session**

To increase awareness of how people may reduce their risk of dementia

Topics to be discussed

- **Common memory changes as we age**
- **How these changes differ from dementia**
- **Healthy life strategies to reduce the risk of developing dementia**

TUESDAY 21st JULY

Morning Tea from 9.30am

Talk 10.30am-11.30am

Gold coin donation

At Barossa Club, TLH

RSVP Jeff Gaskin 8563 7759



RESPITE

Bev Rough—Acacia 04

Ray Schulz — Waratah 80

Kathleen Scheer—Waratah 81

Vera Hird—Waratah 80

Thelma Fulton—Waratah 80

Wladyslawa (Ann) Siegmund—Waratah 81

Myra Kluczko—Banksia 03

PERMANENT

Jeannette Hensel—Waratah 61

Audrey Schilling—Waratah 70



DEATHS

*Our deepest sympathy
to the family of*

Hazel Graetz — died 16th June

In God's care

SENIOR FITNESS GYM PROGRAM

needs YOU!

It's fun and keeps you fit!

Helps prevent falls

Tuesdays, Thursdays 9.00-10.00am

Supervised by Physiotherapists

18 stations—use those that suit you

\$6 per session

For Assessment check

See the Physios in Falkenberg Wing

From the Chaplain

GRIEF

From 17th July, HELP FOR LIVING will look at the topic of Grief, something common to most of us.

All residents, Independent Livers and Friends are welcome at these sessions each Friday 11.00am

MEETING OF SPIRITUAL VISITORS

All who conduct spiritual visits on behalf of their congregations or other are welcome to attend this session at 2.30pm

Wednesday 1st July in the Chapel

Welcome new Staff

ENROLLED NURSES



Tania Morris



Tammie Lundkie-Jenkins

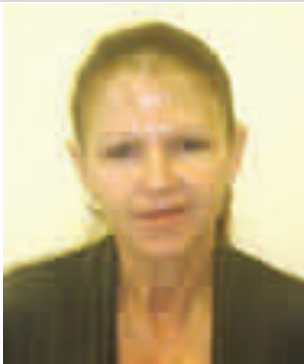


Emily Noble



Kylie Buckley

HOUSEKEEPER



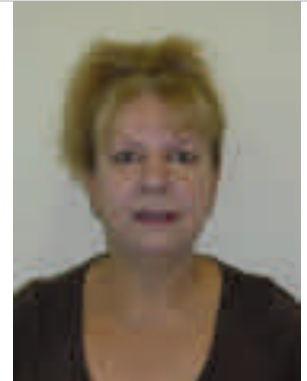
Diane Walters

LIFESTYLE COORDINATOR



Malcolm Gogoll

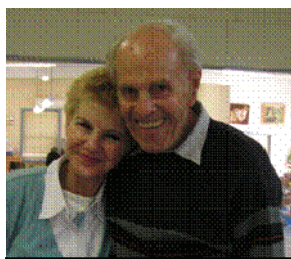
CARER



Antonetta Eales

Thank you, Kathy

Kathy Kohlhagen, due to other commitments, will be having a break from her popular trolley round to the residents. All at Tanunda Lutheran Home wish to extend our gratitude to Kathy for her wonderful efforts over 17 years with this valuable service.



*Kathy and father,
Les*

As from Wednesday 15th July

Julie Green from the Cafe will be going to residents with a trolley of Cafe goods that can be purchased. This will be a weekly occurrence and we encourage requests for items to be available for purchase.

Contact Kay O'Riley

Acting Hospitality Manager Phone 8563 7731

THE TANUNDA LIEDERTAFEL
Mid Winter Matinee
Sunday 19th July 2.30pm
Barossa Gallery, Tanunda
Tanunda Liedertafel Male Voice Choir
 With Soloists
Phil Lamb \$20
James Kerrigan

Email: liedertafel861@tpg.com.au
 Paul 8563 0404—Dennis 8563 2592

What's up Doc?

S	N	R	U	B	T	R	A	E	H	J	L	I	D	I	V	ACHES
N	S	B	X	Z	S	V	P	Q	F	Y	Y	R	S	I	A	ACNE
E	M	Q	T	T	X	I	T	I	J	X	L	X	R	N	M	ALCOHOLISM
E	X	M	O	M	D	O	Y	V	A	H	Z	U	F	S	S	ALLERGIES
Z	U	P	R	E	X	Y	E	P	R	P	S	N	I	M	I	BOTULISM
I	S	J	M	I	Q	I	N	N	Q	Q	B	O	S	K	L	DEPRESSION
N	M	I	N	N	M	M	I	T	C	Z	Y	I	F	M	U	DIAGNOSTICS
G	C	S	B	S	T	B	C	A	H	A	L	S	D	F	T	EPIDEMICS
S	V	F	G	N	I	H	C	T	I	O	R	S	Z	B	O	HEARTBURN
G	Q	W	I	F	Q	H	A	R	H	K	X	E	Y	A	B	ITCHING
T	R	A	Z	U	E	G	V	O	Q	U	Y	R	T	V	J	SNEEZING
U	V	M	Q	S	Z	G	C	H	Q	U	H	P	H	R	S	SPOTS
K	V	C	J	B	S	L	S	E	I	G	R	E	L	L	A	TOXINS
Y	Y	G	N	G	A	O	V	L	D	X	A	D	R	K	U	VACCINE
Y	S	C	I	T	S	O	N	G	A	I	D	L	I	Z	Z	VIRUS



IL Residents celebrating May and June birthdays with friends in the Café on 16th June: Seated: Thelma Ziersch, Neville Alderslade, Val Ruge, Wilf & Jan Fechner . Standing: Dorcas Kernich, Jan Schupelius, Rhonda Klemm, Mildred & Eric Koch

Meals
From other cultures
This will be incorporated with Lifestyle activities

21st July —Mexico
 18th August —Thailand
 15th September— Turkey
 20th October —Greece
 17th November —India

Volunteer of the Month

RALPH KERNICH

*Congratulations and God's blessings
Ralph and Lily celebrated their Golden Wedding Anniversary on 4th June*



Ralph and Lil Kernich have travelled extensively, visiting and living in many different countries throughout their lifetime. They have an amazing story to tell, each serving the community wherever they were planted.

Recording the Rainfall at TLH for Bureau of Meteorology

Since 2002 Ralph has been part of the team who has faithfully read and recorded official rainfall figures. He was rostered for two days of each week, then would ring the Bureau on a special phone to report the observations. Due to advancing years of team members, the Bureau has decided to place the gauge at Langmeil Winery, so the rain gauge and phone have been transferred. Each of the TLH volunteers has received a Certificate of Appreciation as well as a letter acknowledging their services as Volunteer Rainfall Observers. Their assistance in providing this service is much appreciated by the Bureau to meet its commitment in establishing a long term Climate Record for Australia dating back to 1868. So this service has come to an end, although Ralph is happy to still supply rainfall figures for *Tit Tat* using his personal rain gauge.

We acknowledge the TLH volunteers since 2002 and thank them sincerely for their diligent service: The late Gordon Ruwoldt-instigator, the late Lou Giersch, Frank Graetz, Colin Ladd, Len Gerschwitz, Kim Huxtable, and of course Ralph.

Where it all began

Ralph was born in the Freeling Hospital on 5th September 1933. The family lived on their farm about four miles north of Freeling. He attended the Freeling North Primary School which was about another mile further north. There were only 12 or 13 pupils in the whole school and the only way to get there was to walk – there and back! In those days there was no electricity but eventually Ralph's father acquired a generator which made life much easier.

After completing Year 7 in 1946, Ralph was enrolled as a boarder at Immanuel College, at the time situated at North Walkerville. After three years, he achieved success at Intermediate level, then gained employment with the Bank of Adelaide, Freeling branch and this necessitated a three mile bike ride – or more than four miles when wet conditions prevailed. Subsequently, Ralph was transferred to other branches – Balaklava, Yankalilla and Mannum. There were no adding machines in those days – so Ralph mastered the skill of mental arithmetic. Ralph recalls primitive conditions when boarding, and at one place, minimal latticework protection from the elements on a front verandah. At Mannum, four single men were accommodated in the local hotel – two to a room, and Ralph was unfortunate enough to share the room with a lad who loved his alcohol. One night, the door burst open and two policemen raided the room, suspecting the young man for underage drinking, but they found no alcohol. Eventually, Ralph left the Bank – it really wasn't the life for him.

Hermannsburg

He accepted the position at the Hermannsburg Mission in Central Australia as book keeper. At one stage he was also Acting Manager. Here he met up with Paul Gerschwitz who was relief teaching at Hermannsburg and was a prefect at Immanuel in Ralph's time there. Paul then studied at one of the four Lutheran Bible Institutes in USA. Ralph was interested in broadening his biblical knowledge and felt called to this area of service. So after five years at Hermannsburg, Ralph packed up and prepared for his sojourn in Canada to attend the Canadian Lutheran Bible Institute. The ship took three weeks to reach Vancouver. The weather was extremely rough and as a result, the ship docked in Auckland, New Zealand 12 hours late because of the cyclone.

Canada

The day before leaving for Canada, Ralph met up with Paul Gerschwitz again in Adelaide – Paul eventually was ordained as a Pastor. After three weeks at sea, enduring very rough weather, Ralph arrived in Vancouver, then travelled by train across the Rocky Mountains, finally arriving at the Bible School in Camrose, Alberta for a two year study course. Students had the



*Ralph with the
Certificate and
Letter of Thanks*

option of a one term course which fitted in with their farm work, but Ralph was one of nine men and women who graduated after completing the two years of study. It just happened that Lil, a Registered Nurse, was in the same class and she planned to work in Central America as a Mission Nurse. Lily was busy with lectures, study, homework and working afternoon shift at the local Roman Catholic hospital – the only hospital for the population of between 10-15,000. During the Christmas/New Year break Ralph went north 500 miles to Fort St John on the Alaska Highway, staying with a fellow student.

After a year, for the duration of the long summer break, Ralph found employment as a carpenter's labourer at the hydro-electric power station at Port Arthur, a long way east on Lake Superior, one of the Great Lakes. Ralph (and Lily) both returned to complete their studies, graduating with a class of nine men and women in May 1961. Little did they realise then that in four years' time they would become man and wife.



***1961. Ralph is on R end of back row
Lily is second from R in front***

Next phase of Ralph's life was his call to serve as a Parish Worker for the Lutheran Church in the country town of Estevan, Saskatchewan in Canada – a four point parish. The Lutheran church had a strong emphasis on mission work and Ralph was well equipped to carry out his duties of visiting patients in hospital, conducting Bible Schools for kids and assisting the pastor in other ways as required. When the pastor left, Ralph took services, even writing sermons during the pastoral vacancy.

After three months' service there, Ralph was asked to take charge of the vacant parish at Medicine Hat in southern Alberta, a city on the Trans Canada Highway east of Calgary. Ralph conducted services, visited the sick in hospital, wrote sermons and conducted Sunday School for senior kids. He was there for three months, including the Christmas/New year period, until the new pastor was installed.

In the meantime, Lily went to a Moravian mission in Central America – Republic of Honduras – as a RN. Already bi-lingual, Lil mastered the native language, Mosquitia, as well as Spanish.

On to Europe

Now Ralph was ready to leave Canada and make his way to Europe. He travelled by bus, seeing much of the country, journeying down the west coast, then east across USA, eventually arriving in New York. From here Ralph sailed for Europe, calling in at Bermuda on the way to London. Again, very rough seas were experienced, causing Ralph to decide that there would be no further ocean travel for him!

In London, Ralph contacted the Lutheran Church and was employed at the Lutheran Conference Centre of Great Britain in the country 80 miles north of London. It was a big old manor house on several acres where children of Lutheran Youth groups stayed for holidays, also adults from Germany and others who were learning English before going to English-speaking mission fields in India or Africa. Here Ralph cared for the lawns and gardens as well as relieving in the offices.

On his days off, and on a tight budget, Ralph hitch hiked to see many other places including Scotland, Wales, Ireland, staying at youth hostels, including one on the shores of Loch Ness. Further travel included crossing to the continent by ferry from Dover and by train to Helsinki (Finland), Belgium, Hanover, West Germany, and Hermannsburg where he spent one night. The locals were quite excited to know that Ralph had worked at Hermannsburg in Australia. He also visited Hamburg, Denmark, Copenhagen, Sweden, returning to England by ferry.

Ralph purchased a ticket for flight to Australia, with stopovers at various places including Rome, Jerusalem, Karachi in Pakistan, New Delhi in India and a day trip to Agra to see the Taj Mahal. Next leg was a flight to Thailand, Bangkok, Kuala Lumpur, Singapore, Darwin and back to Central Australia. Ralph was asked to work temporarily at Alice Springs, taking over from Pastor Albrecht snr. So Ralph slept half the time under the stars when visiting aboriginals who were working on cattle stations.

Due to a developing health problem, Ralph came south and obtained work as a general clerk in the office of the City of Prospect in suburban Adelaide.



Time for marriage

Now all this time, Ralph had not taken any interest in acquiring a wife – now he realised he was getting older and wondered whether he should be getting married. His mind went back to the lovely blonde Lily from his Canadian Bible School days – would she be interested? But she was in Honduras and it took six weeks for letters to get there! But Ralph plucked up courage, wrote to Lil – and we all know the rest of the story – after a year or two, when Lil had finished her term in Honduras, they were married in the Moravian church in Edmonton, Canada in 1965. Lil's six sisters were attendants at the wedding and a niece and nephew were junior attendants. They have been blessed with a family of three children – one boy and two girls – and four grandchildren. Lil and Ralph celebrated their Golden Wedding Anniversary in early June this year. Lil is the tenth of 15 children – eight boys and seven girls. Three sisters have died. Lil and Ralph have been able to return to Canada about ten times.

After almost 20 years at Prospect, the family (now numbering five) moved to Walla Walla in NSW where Ralph was bursar for nearly 15 years at St Pauls Lutheran College.

Retirement

The time came for Lil and Ralph to consider retirement – but where? Their children were scattered, having plans to move even further away from their home in Walla Walla, NSW. As Ralph grew up in Freeling, they looked to the Barossa area. They saw an advertisement in *The Lutheran* – and this is where they have lived happily since August 1998 – in Brauer Court. You can see them daily going on their half-hourly walks around the TLH grounds.

THANK YOU VERY MUCH, RALPH AND LIL FOR YOUR AMAZING STORY.
GOD BLESS YOU RICHLY IN THE EVENTIDE OF YOUR LIVES.

Ed.



VALE Sister Jean Wills

Died peacefully on 6th June 2015
aged 90 years

Sister Wills (nee Degg) was known for her nursing and administrative skills. In 1969 Sister Wills began

work at the Rest Home, relieving for Matron Schiller (now residing in an IL unit in Schiller Court).

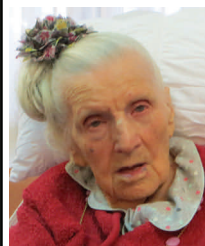
In 1976 Sister Wills became the Home's first appointed Deputy Matron and was a valued member of staff until her retirement in January 1990. She faithfully served as deputy to Matrons Schiller and Woods for a remarkable 14 years. In that time she endeared herself to residents and staff alike, remaining true to the family motto: *"Where there's a Wills, there's a way!"*

We extend our sympathy to her five children,
13 grandchildren, and 18 great grandchildren.

*An adventurous life lived with dignity,
courage and generosity*

Megan refuses to get out of bed. "I can't go to school," she wails. The kids laugh at me, teachers hate me and I have too much work."

"Megan, you have to go to school," her mother tells her. "You're the Principal!"



THERESA RUEDIGER

Turns
100



On Sunday 21st June Theresa's 100th birthday was celebrated in the social centre. This was attended by many family and friends who travelled from several states of Australia to be with Theresa. The day became very special with all of her eight children being there. Theresa, born at Stonefield on 18-6-1915, was the 6th child of 11 children. Theresa has 27 grandchildren and 39 great-grandchildren. During her active life of raising her family and gardening, Theresa and her husband Ernst had many farms including St Kitts, Bordertown and Myponga while having the family home at Tanunda. Theresa had a great passion for auction sales where she would buy goods which included calves, sheep, plants and vegetables. Theresa was always community minded and was often seen doing kitchen chores at the Rest Home, one of which was preparing vegetables for the daily meals. 1985 was another special year for Theresa and Ernst as they celebrated their golden wedding anniversary; unfortunately Ernst passed away in 1986. Theresa moved to Schiller Court in 2005, but is now a resident in Acacia Wing.

Happy Birthday Theresa

IL Residents' Social Gathering 18th June



There was a good attendance of about thirty IL residents to welcome Sergeant Mick McNally from the Barossa Crime Protection Section to our monthly get together. We'd been looking forward to his talk and Powerpoint presentation entitled, *The Big Questions—Right or Wrong? Who gives way—A or B?*

All drivers need to keep up with changes to road rules and to keep pedestrians safe. The leaflet, *Road Rules Refresher, Ten Road Rules Clarified* is of great assistance.

Subjects covered by this leaflet and by Sergeant McNally are:

1. Giving Way
2. Roundabouts
3. Crossing continuous centre lines and islands
4. Merging
5. Keeping left
6. Changing lanes
7. Yellow traffic lights
8. Safe following distances
9. U turns
10. Overtaking

Speed, alcohol and drugs, inattention, mobile phones, seat belts and restraints, and breakdown safety tips were included.

After answering many queries, Sgt McNally was able to follow up with a shorter presentation giving excellent advice on personal safety. If we are going away, make sure we don't leave visible signs of our absence (over full letter boxes, rubbish bins left by the kerb, no give away responses on our answering machine). Ensure our house number is clearly visible for police attendance, have good quality locks on security doors, check identification before letting a stranger in, don't divulge that you live alone. Lock car when shopping, don't leave handbag or valuables visible in car, park in a well lit area at night.



Safety tips at ATMs, socialising tips (don't over-indulge) followed. Police protection in the Valley is available 24/7 days a week on 8568 6630.

Oscar Joppich thanked our speaker, to much applause, and presented him with a small gift.

Another interesting meeting is coming up on 16th July when Val Oldfield will tell us about her very interesting life as written in her book, *No beating about the bush*. I hope to see you all there. Watch your letter box drop for further notices.

Have you all checked out the many beautiful prizes in the IL Raffle which is displayed in the foyer/front office? This will be drawn at next month's meeting, so don't miss out—only \$2 per ticket.

Love from

Myra Othams



1. Lois Lablack, Joan Minge, Margaret Jasper, Pat Maddock
2. Lorraine Moore, Betty Kohlhagen
3. Frank Chapel, Daphne Gower, Sally Schiller
4. Glenis Kupke, Margaret Spike, Ray Giersch, Alison Redden
5. Max Schubert, Clair Altus, Mavis Schubert, Thelma Ziersch, Kevin Lehmann, Myra Othams

BIBLE SOCIETY

Music Afternoon

Sunday 5th July 2.00pm

In the Gramp Chapel

All Welcome

Offering

Get the Word Out in SE Asia

**INDEPENDENT
LIVING RESIDENTS**

Ladies' Get Together
1.30pm in Courtyard Café

Saturday 4th July

Please bring small plate of food

Enquiries: Margaret Spike 0481 255 041



RECEPTION OFFICE HOURS

Tanunda Lutheran Home
Reception Office hours will
change from Wednesday

1st July 2015

The new open time will be

Monday to Friday

8.30 a.m. to 4.00 p.m.

Phone lines will be open

8.30 a.m. to 4.30 p.m.

Saturday, Sunday and Public
Holidays - Closed

SOME WONDERFUL OPPORTUNITIES
FOR WORSHIP AT HOME

LUTHERAN MEDIA

Communicating Christ

Share the Good News of Jesus

Welcome to Worship Today

Lutheran Media offers you

FREE weekly worship DVDs and CDs

Recorded at St Michael's Lutheran Church, Hahndorf
and Good Shepherd Lutheran Church, Toowoomba

Booklets deal with

*Depression, Parenting with Purpose, Grief,
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Full details available at Chapel

For those Volunteers who fill out resident
'tick' sheets for attendance to activities:

Can you please remember to include at the top of
each sheet, your name, date, activity being
recorded and the times.

This will help me with the data entry.

Thank you - Jodie Matthews

**Please note Carolyn Redden
will be away**

**13th, 14th, 17th 20th, 21st, 24th, 27th,
28th, 31st July**

Back on Monday 3rd August



Volunteer News

Jodie Matthews - Manager of Volunteers—8563 7716

Can you spare some time?

Why not become a Medical Escort Volunteer? Sometimes, residents need to go to appointments outside of the home and require someone to keep them company. This could be a local appointment or in Adelaide. *If you are available, I would appreciate it if you could get in touch with me and be added to a much needed list*

Do you have access to a computer?

Maybe an e-mail address?
If so, let me know!
You can help save the trees by allowing me to e-mail you directly with requests, newsletters and invitations!
Please let me know.
My e-mail is jodie.matthews@tlhome.com.au
Look forward to hearing from you!

VOLUNTEER SURVEY

**Did you complete the Volunteer survey?
Thank you to those who did
Your feedback is essential**

*Have you had a change in details at all?
Phone number, email address, etc.?*
Could you please let me know of any changes so that I can update my records.
Thank you!

WANTED

***Energetic person required to assist in the Hairdressers.
Wheelchair pushing is a definite.
General tidying up as required in between picking up and returning residents.
Come and see me or give me a call!***

VOLUNTEER SHORTAGE!

I know, it's hard to believe!

We are in need of new volunteers

Many different positions available.
If you know of anyone who may have some time to spare, could you please have a chat to them and ask them to call me (Jodie 8563 7716) to arrange an appointment to meet and discuss options?
I would love to hear from them

**Volunteer Luncheon
Thursday, 23rd July 2015
in the Social Centre**

**Volunteer assistance *desperately* needed
Mondays in the Chapel for Hymn singing**

Some wheelchair pushing required when assisting residents to and from their rooms. Start time – 9.30 – 11.30am

DON'T forget to pick up a copy of the Staff/Volunteer Newsletter from the Volunteer Office once a month Full of things you may need to know

**VOLUNTEERS—CAN YOU HELP?
*Pushing Residents to and from Chapel***

**Thu 2nd July-10 to 11.30am - Teachers ' Visitation Faith
Thu 9th July - 12.50-2.30pm Movie afternoon—Chapel
Wed 15th July -12.50pm to 2.30pm - St Petri Singers
Thu 16th July - 12.45pm to 2.30pm - Solo One
Wed 29th July—12.45 pm to 2.30pm - Val Ward
*Please let Judy know if you can help—Thank you!***



COURT YARD CAFÉ MENU

Dine in or Takeaway

CHECK BOARD FOR WEEKLY SPECIALS

DOOR STOPS (Grilled)

Chicken, Avocado, Cheese, Relish	7.00
Ham, Pineapple, Cheese, Relish	7.00

WRAPS

Chicken or Ham	7.00
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SANDWICHES

Fresh	4.00
Toasted	4.50
Bread - White or Wholemeal	
Choice of Fillings - chicken, ham, tuna, egg, cheese, tomato, cucumber, lettuce, grated carrot, pineapple, onion, pickles, gherkin, relish.	

SWEETS AND CAKES

Scones

Sweet - With Jam and Cream	3.00
Savoury - Cheese and Gherkin	3.00
Cakes - see selection of the day	2.50

SALADS

Warm Chicken Salad

Chicken, Mesculen Mix, Bacon, Cucumber, Tomato, Grated Carrot, Served with Ranch Dressing
7.50

Caesar Salad

Lettuce, Bacon, Egg (boiled) Crispy Croutons, Shaved Parmesan, Anchovy Fillets, Served with Caesar Dressing
7.00

Salad Platter

Ham, Chicken Shredded Lettuce, Tomato, Cucumber, Red Onion, Topped with Cheese and Served with Italian Dressing
7.50

Garden Salad 7.00

Lettuce, Capsicum, Tomato, Cucumber, Red Onion, Grated Carrot, Celery, Choice of Grated Cheese or Parmesan

SOUP and BREAD ROLL

Soup of the day	4.00
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MAINS

Hamburgers, Chips and Salad	7.50
Pie, Chips and salad	7.50
Sausage roll, Chips and Salad	7.50
Pasty, Chips and salad	7.50
Vegetable Burger, Chips and salad	7.50
Quiche, Chips and salad	7.50
Fish, Chips and salad	7.50
Chicken or Beef Schnitzel, Chips and salad	7.50

DRINKS

	MUGS
Hot Chocolate	3.50
Coffee - Cappuccino, Latte, Flat White	3.50
Tea	3.00
Iced Coffee, Chocolate	4.00
Orange or Apple Juice	3.00
Bottled Water	2.00
Soft Drinks	1.60

Other - Farmers Union Iced Coffee	Lge 3.60
Feel Good Iced Coffee	Lge 3.60
	Sml 2.50



**REMEMBER TO TRY THE
EXCELLENT COFFEE
BREWED WITH THE NEW MACHINE**

PHONE PRE-ORDERS — 8563 7756
GROUP BOOKINGS WELCOME

CAFE OPEN

Monday - Friday 9.00am—2.00pm

*Thanks to the staff for
excellent food and service*

Reg Waples turns 90



Reg and Mavis with seven of their children

Congratulations to Reg Waples as he celebrated his 90th birthday with his family on Saturday 30th May. Reg and his wife Mavis enjoyed a wonderful afternoon tea get together with seven of their eight children, partners, grandchildren and seven great-grandchildren. Family photos and lots of laughter dominated the event.

Reg was born in 1925 in Adelaide and at the young age of 17 joined the Australian Navy. He served in the Pacific on Corvettes and was discharged a week before his 21st birthday.

He and Mavis ran a dairy in the South East of South Australia before Reg joined Bennett and Fisher, opening two new offices, one in Millicent and one in Mount Pleasant. He and Mavis have eight children - five sons and three daughters who all maintain close relationships with each other. Reg's birthday was a special opportunity for his family to spend time together acknowledging the value of the patriarch of their family.

A highlight was a heart-warming speech by Reg's grandson Ryan who recounted some fond memories of time with his grandparents. Many photos of up to four generations were taken to ensure the day was remembered for a long time to come.

Jenny Rogers

Lifestyle Program

JULY 2015

Wednesday 1st

10.30	Individual Visitation with Odette	TC
10.30	Footy Tipping with Sean	ABG
10.30	Gospel Goals	Chapel
1.15	Gary & his Ukulele	Chapel
2.30	Gary & his Ukulele	ABG
3.00	Sundowners program with Sean	ABG

Thursday 2nd Faith School Teachers

10.30	Individual Visitation with Odette	Banksia
10.30	Rae's Readings	TC
10.30	Special "Faith Teachers entertaining in the Chapel"	
1.15	Footy Tipping with Sean	P/W/TC
1.15	Individual Visitation with Odette	ABG
3.00	Sundowners program with Sean	ABG

Friday 3rd

10.30	Individual visitation with Sean	TC
10.00	Gardening/ craft group with Carolyn	Protea 2
10.30	Individual Visitation in Odette	BG
11.00	Help for Living	Chapel
1.15	Music appreciation with Marg Tepper	Chapel
1.15	Bingo	Waratah 2
1.15	Reminiscing with Odette	Banksia
3.00	Sundowners program with Sean	ABG
Happy Hour in all areas in pm activities		

Saturday 4th

10.45	Individual 1:1 Visitation with Odette	Waratah
1.15	Reminiscing with Odette	ABG

Sunday 5th

10.30	Worship Service with Holy Communion	Chapel
2.00	Pleasant Afternoon Bible Society (Gold Coin Donation optional for collection plate)	Chapel

Monday 6th

10.15	Hymn Singing	Chapel
10.30	Individual Visitation with Sean	ABG
11.00	Worship Service with Holy Comm.	Acacia
10.30	Individual Visitation with Carolyn	P/W
1.15	Music Appreciation with Margaret	Banksia
1.15	Cooking	Waratah 1
3.00	Sundowners program with Sean	ABG

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

Tuesday 7th

10.30 Sewing & Knitting Group	Protea
10.30 Individual Visitation with Odette	ABG
10.30 Individual Men's Visitation with Sean	
10.30 Individual Visitation with Carolyn	P/W
10.30 Exercise group with the Physio	Chapel
1.15 Bingo and Afternoon Tea	Waratah1
1.15 Ladies Group	Banksia
1.15 The Shed with Sean	
3.00 Sundowners program with Sean	ABG

Wednesday 8th

10.30 Individual Visitation with Odette	TC
10.30 Footy Tipping with Sean	ABG
10.30 Gospel Goals	Chapel
1.15 Bowls in the Chapel	
3.00 Sundowners program with Sean	ABG

Thursday 9th

10.30 Footy Tipping with Sean	TC/P/W
10.30 Individual visits with Odette	ABG
1.15 Cinema afternoon	Chapel
3.00 Sundowners program with Odette	ABG

Friday 10th

10.00 Gardening/craft Group	Protea2
10.30 Individual Visitation with Sean	TC
10.30 Individual Visitation with Odette	ABG
11.00 Help for Living	Chapel
1.15 Anne Tscharke Entertaining	Acacia
1.30 Bingo	Waratah2
1.15 Social afternoon with Sean	TC 1
3.00 Sundowners program with Sean	ABG

Happy Hour in all areas in pm activities

Saturday 11th

Sunday 12th

10.30 Worship Service with Holy Communion

Monday 13th

10.15 Hymn Singing	Chapel
10.30 Individual Visitation with Sean	ABG
11.00 Worship Service with Holy Comm.	Acacia
10.30 Individual Visitation with Lauren	P/W
1.15 Reminiscing with pictures	Banksia
1.15 Cooking with Lauren	Waratah 1
3.00 Sundowners program with Sean	ABG

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

Tuesday 14th

10.30 Sewing & Knitting Group	Protea 2
10.30 Individual Visitation with	P/W
10.30 Exercise Group with the Physio	Chapel
10.30 Individual Visitation with Odette	ABG
10.30 Individual Men's Visitation with Sean	
1.15 The Shed with Sean	
1.15 Ladies Group	Banksia
1.30 Bingo and Afternoon Tea	Waratah 2
3.00 Sundowners program with Sean	ABG

Wednesday 15th

10.30 Individual Visitation with Odette	TC
10.30 Footy Tipping with Sean	ABG
10.30 Gospel Goals	Chapel
1.15 St Petri Singers	Chapel
3.00 Sundowners program with Sean	ABG

Thursday 16th

10.30 Footy Tipping with Sean	TC/P/W
10.30 Rae's Reading	TC
10.00 Individual Visitation with Odette	ABG
1.15 Solo One entertaining	Chapel
2.30 Solo One entertaining	ABG
3.00 Sundowners program with Sean	ABG

Friday 17th


10.30 Individual Visitation with Sean	TC
10.30 Individual Visitation with Odette	ABG
10.00 Gardening/craft Group with Lauren	Protea 2
11.00 Help for Living	Chapel
1.30 Bill Ordway entertaining	Banksia
1.30 Bingo	Waratah 2
1.15 Music appreciation with Marg Tepper	Chapel
3.00 Sundowners program with Sean	ABG

Happy Hour in all areas in pm activities

Saturday 18th

Sunday 19th

10.30 Worship Service with Holy Comm.	Chapel
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Your FREE Library
Now open Wed and Friday
9.00-noon
Come along to Falkenberg
Wing
for huge variety of
books, DVDs, CDs, Puzzles etc

Monday 20th

10.15 Hymn Singing	Chapel
10.30 Individual visitation with Sean	ABG
10.30 Individual 1:1 Visitation Lauren	P/W
11.00 Worship Service with Holy Comm.	Acacia
1.15 Cooking with Lauren	Waratah 1
2.30 Music with Margaret Tepper	Banksia
3.00 Sundowners Program with Sean	ABG

Tuesday 21st Cultural meal Mexico

10.30 Sewing & Knitting Group	Protea 2
10.30 Individual Visitation with Odette	ABG
10.30 Exercises with the Physio	Chapel
10.30 Individual Men's visitation with Sean	
10.30 Individual Visitation with Lauren	P/W
1.15 Bingo	Waratah1
1.15 Ladies Group	Banksia
1.15 The Shed with Sean	
3.00 Sundowners program with Sean	ABG

Wednesday 22nd

10.30 Individual Visitation with Lea	TC
10.30 Footy tipping with Sean	ABG
10.30 Gospel Goals	Chapel
1.15 Mexico Quiz	Banksia
1.15 Deutsch Conversation Group	TC
3.00 Sundowners program with Sean	ABG

Thursday 23rd

10.30 Individual Visitation with Odette	Banksia
1.15 Footy tipping with Sean	P/W
1.00 Residents Meeting followed by George Davies Accordion playing	TC
1.15 Reminiscing with Odette	Banksia
3.00 Sundowners program with Sean	ABG

Friday 24th

10.00 Gardening /craft Group with Lauren	Protea2
10.30 Individual Visitation with Sean	TC
10.30 Individual Visitation with Odette	ABG
11.00 Help for Living	Chapel
1.15 Afternoon in Mexico	Banksia
1.15 Bingo	Waratah2
1.30 Mexico afternoon with Senior Sean	TC
3.00 Sundowners program with Sean	ABG
Happy Hour in all areas in pm activities	

***Please note the Lifestyle program
may be subject to change***

Saturday 25th

10.45 Individual Visitation with Odette	TC/P/W
1.15 Games with Odette	ABG

Sunday 26th

10.30 Worship Service with Holy Communion	Chapel
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Monday 27th

10.15 Hymn Singing	Chapel
10.30 Individual Visitation with Sean	ABG
11.00 Worship Service with Holy Comm.	Acacia
10.30 Individual Visitation with Lauren	P/W
1.15 Memory Game	Banksia
1.15 Cooking with Lauren	Waratah 1
3.00 Sundowners program with Sean	ABG

Tuesday 28th

10.30 Sewing & Knitting Group	Protea
10.30 Individual Visitation with Odette	ABG
10.30 Exercises with the Physio	Chapel
10.30 Individual Men's visitation with Sean	TC/P/W/ABG
10.30 Individual Visitation with Lauren	P/W
1.15 Bingo and Afternoon Tea with Lauren	Waratah1
1.15 Ladies Group	Banksia
1.15 The Shed with Sean	
3.00 Sundowners program with Sean	ABG

Wednesday 29th

10.30 Individual Visitation with Odette	TC
10.30 Footy tipping with Sean	ABG
10.30 Gospel Goals	Chapel
1.15 Val Ward entertaining	Chapel
1.15 Cross word	ABG
3.00 Sundowners program with Sean	ABG

Thursday 30th

Bus Trip around Barossa	
1.15 Footy Tipping with Sean	TC/P/W
1.15 Companion Therapy & 1:1 with Odette	ABG
3.00 Sundowners program with Sean	

Friday 31st

10.00 Gardening /Craft Group with Lauren	Protea 2
10.30 Individual Visitation with Sean	TC
10.30 Individual Visitation with Odette	ABG
11.00 Help for Living	Chapel
1.15 Games afternoon	Banksia
1.15 Bingo	Waratah 2
1.30 Funny facts with Sean	TC
3.00 Sundowners program with Sean	ABG
Happy Hour in all areas in pm activities	