

Hi Everyone,

I hope everyone is well. Winter is finally over. Hopefully spring will bring some beautiful days and hopefully some more rain.

We recently had two resident's move out. We have had interest in both units so fingers crossed we have two new resident's in Unit 8 and Unit 9 shortly. I know when once we get new resident's you will make them feel welcome.

It was great catching up with you when I visited last month. I should hopefully be out again sometime in September.

Thank you for all filling out your Fire Safety Forms.

SUVERY

You will notice in your envelope there is a survey to fill in. If you could please fill this in and send it back to our office that would be greatly appreciated. You will notice some questions are not relevant to our village.



BEAT THE HEAT THIS SUMMER

Drink plenty of water

Drink plenty of water even if you do not feel thirsty

- If your doctor normally limits your fluids, check how much to drink during hot weather.
- Avoid alcoholic, hot or sugary drinks including tea and coffee (they can make dehydration worse).
- If you go outside, carry a bottle of water with you.
- Stock your fridge with cold water and freezer with ice.

Keep your body cool

- Drink cold drinks and eat smaller cold meals such as salads and fruit.
- Wear light coloured, loose fitting clothes made from natural fibres like cotton.
- Stay out of the sun.
- If you must go outside, apply sunscreen, wear a hat.
- Plan your day around the heat – avoid being outdoors between 11am and 5pm.
- Take cool showers or baths.

Minimise physical activity, do all household chores early in the morning when it is coolest.

Keep your house cool

- Cool your house by closing windows, shutting curtains and blinds, opening windows at night if you can to let in cool air.
- Use air-conditioning if you have it (make sure it's set to cool).
- If you don't have air-conditioning, spend time in a cool place like a library, shopping centre or cinema.
- Know which room in your house is the coolest (this will often be on the ground floor on the south side).
- If there is no power or you can't get to an air-conditioned space, spend time in the coolest part of your house.

PUZZLE CORNER

- 1 What kind of cake do you feed your rabbit? _____
- 2 What kind of cake is eaten annually? _____
- 3 What kind of cake does a mouse like best? _____
- 4 What kind of cake does a monkey like? _____
- 5 What kind of cake do you get in heaven? _____
- 6 What kind of cake is a big flop? _____
- 7 What kind of cake do you have for breakfast? _____
- 8 What kind of cake goes well on a saucer? _____
- 9 What is the heaviest cake? _____
- 10 What kind of cake is found on the ocean floor? _____
- 11 What kind of cake is the opposite of #5? _____
- 12 What kind of cake should be eaten in bed? _____
- 13 What kind of cake is a game for children? _____
- 14 What kind of cake do you order at a seafood restaurant? _____
- 15 What kind of cake do you find at a fabric store? _____

Answer Sheet

1. Carrot Cake,
 3. Cheesecake,
 5. Angel Food Cake,
 7. Pancake,
 9. Pound Cake,
 11. Devil's Food Cake,
 13. Patty Cake,
 15. Red Velvet Cake / Chiffon Cake
2. Birthday Cake,
 4. Banana Cake,
 6. Upside Down Cake,
 8. Cupcake,
 10. Sponge Cake,
 12. Sheet Cake,
 14. Crab Cake,

	9				7			
	7							8
	3	4	2	9		5		
9	2	8	3				6	
			6		9			
	1				2	8	3	9
		1		2	6	3	5	
7							1	
			1				8	

FreePuzzle.com - 100% Day 100% Fun.

HEALTHY & CREAMY CAULIFLOWER SOUP

Ingredients

- 1 litre (1000g) vegetable stock liquid
- 1 kg cauliflower cut into small florets (approx. 1 large cauliflower)
- sea salt and pepper to season
- 20 g butter
- 150 g bacon optional, cut into small pieces
- 60 g parmesan cheese finely grated

Instructions

Place the chopped cauliflower and vegetable stock into a large pot. Season with salt and pepper.

Boil for 25 minutes or until the cauliflower is very soft.

Meanwhile, cook the bacon until crispy in a frying pan on the stove-top, or alternatively, place the bacon pieces onto a baking tray and cook in an oven preheated to 190 degrees Celsius (about 15-20 minutes).

Remove the cauliflower pot from the stovetop and allow to cool slightly.

Add the butter and then use a stick blender to puree the soup until smooth and creamy.

Add half of the parmesan cheese and blend through.

Optional: serve the soup with the crispy bacon pieces and the remaining parmesan cheese

<https://bakeplaysmile.com/creamy-cauliflower-soup/>



HEALTHY ABCD MUFFINS

Ingredients

- 1 apple grated
- 2 bananas small, mashed
- 50 g dried pitted dates finely chopped
- 1/2 cup (125g) vegetable oil
- 3/4 cup (185g) milk
- 1 egg
- 1/4 cup (20g) desiccated coconut
- 225 g (1 1/2 cups) self-raising flour
- 1/2 cup (125g) raw sugar plus extra for sprinkling



Instructions

Preheat oven to 180 degrees Celsius (fan-forced). Grease a 12-hole muffin tin and set aside.

Place apple, bananas, dates, vegetable oil, milk and egg into a bowl and mix until very well combined.

Add desiccated coconut, self-raising flour and raw sugar and mix very gently until just combined (be careful not to over-mix).

Spoon mixture into prepared muffins tin and sprinkle with extra raw sugar (optional).

Bake for approximately 20 minutes (turn tray after 10 minutes and then check at 15 minutes).

Leave to cool in the tray for 10 minutes before transferring to a wire rack to cool completely.

<https://bakeplaysmile.com/abcd-muffins/>

Ordinary Seaman

Edward 'Teddy' Sheean VC

Edward 'Teddy' Sheean was born on 28 December 1923 at Lower Barrington, Tasmania, fourteenth child of James Sheean, labourer, and his wife Mary Jane, née Broomhall. Soon afterwards the family moved to Latrobe. Teddy was educated at the local Catholic school. Five foot 8½ inches (174cm) tall and well built, he took casual work on farms between Latrobe and Merseylea. In Hobart on 21 April 1941 he enlisted in the Royal Australian Naval Reserve as an Ordinary Seaman, following in the steps of five of his brothers who had joined the armed forces (four of them were in the Army and one in the Navy). On completing his initial training, he was sent to Flinders Naval Depot, Westernport, Victoria, in February 1942 for further instruction.



In May Sheean was posted to Sydney where he was billeted at Garden Island in the requisitioned ferry Kuttabul, prior to joining his first ship as an Oerlikon anti-aircraft gun loader. Granted home leave, he was not on board Kuttabul when Japanese midget submarines raided the harbour and sank her on 31 May. Eleven days later he returned to Sydney to help commission the new corvette HMAS Armidale (I), which carried out escort duties along the eastern Australian coast and in New Guinea waters. Ordered to sail for Darwin in October, Armidale arrived there early next month.

On 29 November Armidale sailed for Japanese-occupied Timor, in company with the corvette HMAS Castlemaine, to withdraw the exhausted Australian 2/2 Independent Company, evacuate about 150 Portuguese civilians and 190 Dutch troops, and land soldiers to reinforce Dutch guerrillas on the island. Arriving off Betano before dawn on 1 December, the ships rendezvoused with the naval tender HMAS Kuru, which had already taken the civilians on board. When these people were transferred to Castlemaine, she sailed for Darwin, leaving the other two vessels to carry out the rest of the operation. From 12:28 Armidale and Kuru came under repeated attack from Japanese aircraft. Despite requests, no air cover was received.

Ordinary Seaman Edward 'Teddy' Sheean VC

The Loss of HMAS Armidale (I)

Shortly before 14:00 on 1 December 1942, Armidale, by then separated from Kuru, was attacked by no less than thirteen aircraft. The corvette manoeuvred frantically. At 15:15 a torpedo struck her port side and another hit the engineering spaces; finally a bomb struck aft. As the vessel listed heavily to port, the order was given to abandon ship. The survivors leapt into the sea and were machine-gunned by the Japanese aircraft. Once he had helped to free a life raft, Sheean scrambled back to his gun on the sinking ship. Although wounded in the chest and back, the 18-year-old sailor shot down one bomber and kept other aircraft away from his comrades in the water. He was seen still firing his gun as Armidale slipped below the waves. Only 49 of the 149 men who had been on board survived the sinking and the ensuing days in life rafts.



Ordinary Seaman Edward 'Teddy' Sheean VC

Recognition

Sheean was mentioned in dispatches for his bravery and in 1999 HMAS Sheean, a Collins Class submarine, was named after him - the only ship in the RAN to bear the name of a sailor.

In 2020, following a sustained public campaign to have Ordinary Seaman Sheean's selfless actions appropriately recognised, an expert panel recommended to the Australian Government that he be considered for the award of a Victoria Cross.

On 12 August 2020 the Australian Governor General, His Excellency General the Honourable David Hurley, AC, DSC, (Retd) announced that HM Queen Elizabeth II had approved a posthumous award of the Victoria Cross to Ordinary Seaman Sheean.

In doing so, Ordinary Seaman 'Teddy' Sheean, became the first member of the Royal Australian Navy to be awarded Australia's highest honour for valour.

Source: <http://adb.anu.edu.au/biography/sheean-edward-11671>.

<https://www.navy.gov.au/biography/ordinary-seaman-edward-%E2%80%98teddy%E2%80%99-sheean-vc>



Our other services & locations

Community Care

Eleanor Bohr
Amaroo Dementia Day Club
Lavington
ph (02) 6025 1776

Trish Robinson
Home Care Packages - HCP
Commonwealth Home Support Program - CHSP
Lavington & Henty
ph (02) 69293244

Henty Meals on Wheels
Community Centre Ivor Street
Henty, NSW, 2658
ph (02) 6929 3244

Sandy Brown
Home Care Packages - HCP
Wagga Wagga
ph (02) 6921 3219

Independent Living

Sal Anderson
Hillsborough Retirement Village
32 Sydney Road
Beechworth, VIC, 3747
ph (02) 6025 1776 fax (02) 6025 5712

Murray Vale Self Care
340 Moore Street
Lavington, NSW, 2641
ph (02) 6025 1776 fax (02) 6025 5712

Myoora Independent Living
Allan Street
Henty, NSW, 2658
ph (02) 6025 1776

Park Hall Village
Park Hall Village Place
Wodonga, VIC, 3690
ph (02) 6025 1776 fax (02) 6025 5712

Elms Self Care - Retirement Village
Balfour Street Culcairn, NSW, 2660
ph (02) 6025 1776 fax (02) 6025 5712

Cassie Coxsen
Gumleigh Gardens Retirement Village
23 Albury Street
Wagga Wagga, NSW, 2650
ph (02) 6971 9357

Knightleigh Cottages
Cnr John & Nicholas Streets
The Rock, NSW, 2655
ph (02) 6971 9357

WT Wilson Homes
Near Cnr North & Operator Streets
West Wyalong, NSW, 2671
ph (02) 6971 9357

Residential Care

Christine Fulthorpe
Gumleigh Gardens Hostel
29 Shaw Street
Wagga Wagga, NSW, 2650
ph (02) 6931 0409 fax (02) 6971 9610

Leonie Mardling
Holbrook Village Hostel
45/47-55 Bowler Street
Holbrook, NSW, 2644
ph (02) 6036 2817 fax (02) 6036 3618

Kerralyn Bullock
Jindera Gardens Hostel
80 Creek Street
Jindera, NSW, 2642
ph (02) 6026 3799 fax (02) 6026 3477

Judy Osmand
Oolong Hostel
97 Sturt Street
Howlong, NSW, 2643
ph (02) 6026 6800 fax (02) 6026 5111

Jaqui Hastings
Murray Vale Shalem Hostel
342 Wagga Road
Lavington, NSW, 2641
ph (02) 6025 4889 fax (02) 6040 0359

Susan Weston
Myoora Homestead Hostel
Bartsch Ave & Keighran Street
Henty, NSW, 2658
ph (02) 6929 3200 fax (02) 6929 3602

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