

MAY 2020



Changing communities, changing lives

Hello to all our dedicated volunteers,

Welcome to our Autumn issue of the CVS Newsletter. It has been extremely busy in the office (and on the roads) as Nanette has been meeting with many of you, ensuring successful matches between volunteers and residents, and ensuring everything is running smoothly.

With the changes due to COVID-19 we are now working hard to keep you all connected and provide ideas and strategies to keep in touch with your resident in a new virtual world.

It is fantastic to see many of you embracing letter writing, emails, phone calls and so much more to keep in touch with your resident during this time. Although sometimes it can be hard to know if your letters or cards are making a difference, it is important to remember that these have significant positive impact for your resident so keep it up!

We have launched our new Facebook page 'Volunteering and Community Programs'. This gives us a platform to share newsletters, articles relating to volunteering, residents needing a volunteer and other volunteering opportunities through the Volunteer Skillsbank.

If you are on Facebook please like our page and share it to get the word out to others.

We have also developed an email mailing list to help stay in contact with everyone. If you are not on our mailing list yet and would like to be, please feel free to send through a request to cvs@thecentre.vic.edu.au.

If you would prefer not to receive emails you can easily unsubscribe, and we can post information to you instead. Our aim is to communicate with each of you in a way that most suits your preferences so please don't hesitate to let us know if we are not meeting your needs.

We are still seeking new volunteers for most areas across the Hume region so if you know of anyone that may be interested please give them our contact details, so we can talk to them about becoming a CVS volunteer.

As the weather cools down remember to keep warm and ensure you keep your health as a top priority. With colds and flu more prevalent, it is more important than ever to look after yourself.

Stay safe and have a great couple of months,
Andrea

Did you spot us in the Euroa Gazette last month?

Nanette and I were visiting the town of Euroa meeting with volunteers and residents when we were given the opportunity to speak with the local paper about the Community Visitors Scheme.

See the article which was printed below:

Volunteer companions needed for people in aged care

By PHILIPPE PEREZ

THERE are calls for more volunteers in the Strathbogie region to be companions for those who are in residential aged care.

Andrea Matheson and Nanette Collins, who are both from the Wangaratta-based Centre for Continuing Education were in Euroa recently to "match meet" two new people for the first time at Euroa Health's Granite Hill facility.

Match meeting is the first initial meeting between a volunteer and a resident, where afterwards the volunteer provides companionship of any kind, whether it be playing cards, reading or going for a walk.

But Ms Matheson says they are in "desperate need" of more volunteers, with around 25 aged care residents from around the Hume on a waiting list to be connected with someone.

"We are just wanting to let people know about the program, which is to match volunteers with residents within aged care facilities or within their own home," Ms Matheson said.

"We then go through a screening process first for volunteers, make sure that there's police checks and all that sort of stuff in place first," Ms Collins adds.

Ms Collins said the initiative is very flexible in that it is totally up to the two people what they do after they are introduced to each other.

"After the match meeting, I go back home and the volunteer then takes charge of visiting

that resident," Ms Collins said.

"One hour per fortnight is the minimum requirement, but they are more than welcome to visit you know every week for as long as they want."

Volunteers can also opt to keep an aged care resident company by speaking to them over the phone as well or sending letters or postcards if they are away on holiday.

Ms Collins said that many attributes can make great a volunteer companion.

"We would love people who are talkative, somebody that has similar interests, so whether they're from farming communities, whether they've got pets, whether they drive cars or Holden's or Ford, we try to match you with someone similar," Ms Collins said.

Ms Matheson also said volunteers should also be willing to have the time to take part.

"You need to be someone that has some empathy along with time and can communicate with someone while playing cards," she said.

"We're not picky as such because there are so many people out there that can suit different people."

Volunteers who would like to be a companion can also express interest by contacting the Centre for Continuing Education at cvs@thecentre.vic.edu.au or call 1300 843 238.

The centre will also be visiting Euroa in May for coffee catchups with volunteers who can also talk to those interested in taking part.



HERE TO MATCH MEET: Nanette Collins and Andrea Matheson from the Centre for Continuing Education were in town in late February to encourage people to volunteer to be a companion for those who live in aged care facilities.

SELF-CARE IN SELF-ISOLATION



EAT YOUR VEG

Vegetables provide us with an abundance of different vitamins and minerals, which are particularly important right now as they help to support our immune system. Aim for 5 different types each day.



GO FOR PROTEINS AND HEALTHY FATS

Proteins (eggs, fish, meat, tofu, legumes) and healthy fats (fatty fish, olive oil, avocado, nuts & seeds) help to fill us up so that we are less likely to need that extra snack. Aim to include them in each meal.



TRY TO LIMIT SUGAR AND REFINED CARBS

Foods that contain sugar and refined carbs (think sweets, cakes, pastries, white bread/pasta/rice etc.) increase our appetite and lead us to eat more than we need to across the day. Try to eat these foods in moderation.



TUNE IN WITH YOUR TRUE HUNGER CUES

Non-stop grazing messes with our hunger and satiety cues (the feelings that let us know when we're hungry and full). Ask yourself if you are truly hungry when you reach for that next (maybe boredom) snack.



KEEP MOVING YOUR BODY

Moving your body each day will help you feel better and sleep better. If you're finding it difficult to motivate yourself, utilise our local gym/studio owners who are moving in to the world of virtual exercise classes.



GET OUTSIDE

The fresh air will freshen you up. Plus, it's important to try and (safely) get your daily dose of vitamin D to support your immune system. Get outside but stay within the current physical distancing and public gathering requirements.



CONNECT

Social connection is so important for our mental health. Pick up your phone/device and connect with your friends and family.



FIND A PURPOSE

Keep yourself busy. Read. Cook. Sew. Build something. Start that project you have always wanted to find time to start.



THINK GENTLE THOUGHTS

Know that it's okay to feel overwhelmed, anxious and afraid. But also remind yourself that this pandemic will end, and that there will be support at the other end to get you back on track with whatever it may be.

#RIDDLE

I have keys, but no locks. I have space, but no room. You can enter, but you can't go outside. What am I?

#RIDDLE

You're in a dark room with a candle, a wood stove, and a gas lamp. You only have one match, so what do you light first?

#RIDDLE

If I am holding a bee, what do I have in my eye?

#RIDDLE

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

- Turn to the back page for the answers to these riddles

" Volunteering is a work
of heart. "

I hope you are keeping safe and well and discovering the opportunities this time in our lives has provided. I know that some people have re-discovered their enjoyment of cooking, gardening, reading and puzzles are flying off the shelf at Kmart too I hear!



The Influenza (flu) season is fast approaching and considering the Coronavirus (COVID-19) pandemic, the Australian Government has now implemented new guidelines to keep our older community members safe. From 1 May 2020 anyone entering an aged care home (including staff, contractors, family and friends) must have the influenza (flu) vaccination.

Although you are not able to visit your recipient face-to-face at present, we are encouraging all our volunteers to obtain the Flu vaccination as soon as possible to protect themselves in addition to protecting your recipients when face-to-face visits can resume. We ask that you provide evidence of your vaccination by emailing us a certificate that would be offered to you at the time of you receiving your vaccination. If you take your child(ren) with you to visit your recipient, they will need to also be vaccinated.

Current advice from the Australian Government's Chief Medical Officer Professor Brendan Murphy: "the only absolute contraindication to flu vaccinations is a history of previous anaphylaxis following vaccination, those who have had Guillain-Barre Syndrome following previous flu vaccination and people on check point inhibitor drugs for cancer treatment. People who suffer from egg allergies – unless they have anaphylaxis can be safely immunised.

We are offering a reimbursement up to \$20 per volunteer (for those that regularly take in children we will increase this to \$40). To claim the reimbursement please send through your Flu Vaccine receipt to me with your bank details and I will arrange reimbursement.

The flu vaccine is offered free for people in the following categories:

- People aged 6 months to less than five years
- Aboriginal and Torres Strait Island people aged six months and older
- Pregnant women (at any stage of pregnancy)
- People aged 65 years and older
- People aged 6 months and older with medical conditions putting them at increased risk of severe influenza and it's complications: cardiac disease, chronic respiratory conditions, chronic neurological conditions, immunocompromised conditions, diabetes and other metabolic disorders, renal disease, haematological disorders, children aged six months to 10 years on long term aspirin therapy.

Thank you so much for your contribution to our program and the difference you continue to make to your recipient. We apologise for this additional administrative requirement, however we are required to comply with this requirement to help protect our senior citizens.

Please ensure you submit proof of your vaccine for our records and if needed, the receipt for reimbursement by emailing a copy to cvs@thecentre.vic.edu.au



Why be a CVS Volunteer?

Hilly Avery-Hart has been volunteering for CVS for 12 years. She gains a lot of joy from sharing and spending time with people who may be less fortunate. Occasionally there have been some low points but Hilly was able to overcome these by counting her blessings. Hilly would recommend becoming a CVS Volunteer because of the enjoyment of giving and sharing it can bring to your own life.

Staying Connected!

"I live in the independent living section associated with the aged care facility where my resident lives. I visit from her garden and yell through her window to stay in touch!" - Marida"

My resident and I have been swapping books from our own collections. I put a little note inside the book also." - Bill"

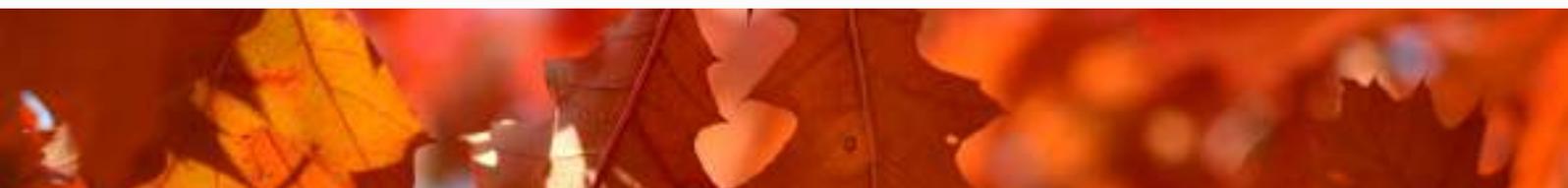
I dropped off some tiny teddy biscuits for my resident to enjoy with their next cuppa" - Liezel

"I dropped off a card with my phone number so my resident could contact me. I also dropped off some crochet bags to my resident as she likes handmade gifts." - Angela

"I dropped off some flowers for my resident to brighten their day!" - Jan

"My resident called me to thank me for the card I had sent her." - Odette

"I cook extra meals, freeze them and take them to my resident who still lives at home. I ring before visiting and have a quick chat through the door as I drop them off." - Jenny





Ten ways to reduce your risk of coronavirus

- **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- **TRY** not to touch your eyes, nose or mouth.
- **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- **PHONE** your GP first if you need medical attention. They will tell you what to do.
- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- **DON'T** wear a face mask if you are well.
- **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- **GET** the flu shot (available April).
- **SHAKING HANDS** is optional!



Find out more
www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the
Coronavirus hotline 1800 675 398 (24 hours)
Please keep Triple Zero (000) for emergencies only

NATIONAL 18-24 MAY 2020 VOLUNTEER CHANGING COMMUNITIES. WEEK CHANGING LIVES.

Usually in May each year we hold our Coffee Catch-up's.

This is a chance to celebrate you all, our fabulous volunteers and for everyone to discuss being a CVS volunteer with each other. Unfortunately, due to the current Government rules in place for COVID-19, we are not able to hold these this year.

However, we still will be finding ways to keep you all connected during this time. Thank you to those who were able to complete our survey. We have had a great response and are setting up email groups, phone groups and zoom (video) groups, based on your preferences from the survey, ready to 'meet' in a few weeks.

If you have not yet completed the survey, or for some reason did not receive it, it is not too late to join a group that suits your needs.

Please feel free to email or call us and let us know how you would like to catch-up with fellow volunteers this May!

" Be the change you wish
to see in the world. "

- Gandhi



Easy Hamburger Soup

Ingredients

- 1-1/2 pounds lean ground beef (90% lean)
- 1 medium onion, chopped
- 1 can (28 ounces) diced tomatoes, undrained
- 2 cans (14-1/2 ounces each) beef broth
- 1 cup water
- 4 celery ribs, thinly sliced
- 4 large carrots, halved and thinly sliced
- 1/2 cup quick-cooking barley
- 1 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1/4 cup minced fresh parsley

Method

In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain.

Stir in the tomatoes, broth and water. Bring to a boil.

Add celery, carrots, barley, thyme and pepper.

Reduce heat; simmer, covered, for 10-12 minutes or until vegetables and barley are tender. Remove from heat; stir in parsley.

Let stand 5 minutes.



Quick Quiz time!

1. What picture appeared on the back of the 10 shilling note?
2. In what sport is the measurement of furlong used?
3. How many yards are there in a chain?
4. What major event in the 1930's changed the lives of many people?
5. What major event started in 1939 that affected Australia?
6. Which horse won the Melbourne Cup in 1930?
7. What famous structure in New South Wales opened on March 19th 1932?
8. Name the actor born in Hobart who played roles including Robin Hood and Captain Blood?
9. Name the members of the comedy group The Three Stooges?
10. What was the common name of Andrew Barton Patterson who died in 1941?
11. What is the importance of "The Dig Tree" in our history?
12. What major event happened in Darwin in 1942?
13. Which famous Australian was known as "The Don"?
14. What is an "FJ"?
15. What film was released in 1955 and was the first to feature two aboriginal actors in major roles?
16. What major event was held in Melbourne in 1956?
17. Where did the food called a "shank" come from?
18. Which famous aboriginal artist died in 1959?
19. What was the value of a Guinea?
20. Up until 1966 in all Victorian towns what had to happen at 6 o'clock in the evening?
21. What was the popular food called a 'flake'? And no not the chocolate bar!
22. Who was the popular female singer during the war years who sang...."We'll Meet Again"?
23. What is Australia's national Flower?
24. What is the title given to the best shearer in a shearing shed?
25. What is the purpose of the Great Australian Salute?





Have you planted your Tulips yet?

Tulips are one of the most recognisable plants in the garden - not to mention one of the most loved. Tulips have been cultivated for centuries and historically, they're a very significant plant.

In the 1630's, one bulb was worth a small fortune. In fact, in the Netherlands, or Holland as it was then, there was a real fad. It was called 'Tulip Mania.' People went mad on them and indeed, one bulb might have been worth more than the cost of a horse and carriage, a house, or even a hotel.

These inflated values led to frantic trading and, inevitably, the crash of the Tulip market. It was the ruination of many people and it was one of the first examples of the speculative economic boom and bust. The wild species, from which modern tulips were bred, came originally from the mountainous regions of central Asia, but it's their popularity in Turkey and then the Netherlands, that made them famous.

There's over 6000 cultivars of Tulips and they range in all kinds of colours and also different shapes. From the traditional goblet shape - magnificent wine glass ones on straight stems - you've got the Parrot ones, with very feathery edges to the petals, you've got the fringed ones and the wonderful double-petalled Tulips.

There's certainly a lot to choose from.

Planting Tulips

Tulip bulbs should be planted at the start of the cool season - in autumn or early winter. In warmer parts of the country, to fake a cool climate, you can pop them into the crisper part of the fridge for about 4 to 6 weeks before planting. This will give you taller, stronger plants and better flowers. The bulb is a power-packed organ of energy and it's given a lot of reward. As the Tulip has flowered, you need to be fertilising because the fertiliser goes into that bulb to give it energy for next year's flowering. Leave the leaves on. The foliage must be left to wither, yellow and die down before you lift the bulb. And also, you can cut off the spent flowers because they are putting energy into the seed formation rather than putting energy into the bulb for next year's flowering. And once they've all died down, take them out of the pot and store the bulbs in a cool, dry spot, until planting next year in around about April/May.

Give them some fertiliser. Put them in a good, rich, 'composty' soil and you'll have a wonderful show of Tulips.

FLOWERS

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

Anemone	Dianthus	Jonquil	Primrose
Azalea	Foxglove	Lavender	Rhododendron
Bachelor Button	Gerbera Daisy	Magnolia	Snapdragon
Butterfly Bush	Gladiolus	Morning Glory	Sunflower
Camellia	Hibiscus	Narcissus	Tiger Lily
Chrysanthemum	Honeysuckle	Orange Blossom	Venus Flytrap
Crocus	Jasmine	Passionflower	Wild Prairie Rose
Delphinium			Zinnia

Staying Connected During Isolation

The ways you can keep in touch with your resident during these times will depend on the resources available to them. Check in with them, or their facility, about what they have access to and ability to use. There have been some great creative ways people are staying connected during this time.

- 1 Write a letter
- 2 Send an email
- 3 Phone Call
- 4 Video Call - eg. Facetime, Zoom, Whats App, Skype
- 5 Send a card
- 6 Send a postcard
- 7 Send a gift or flowers
- 8 Record a video



Creative Writing Prompts - Ideas for connecting with your resident

Friendship – write about being friends to someone

Animals – choose a favourite animal and write about it

Greeting – write a story or poem that starts with the word “hello”

Dictionary definition – open up a dictionary to a random word, describe what that word means to you

Great minds – write about someone you admire and you thought to have a beautiful mind

Good vibes – what makes you smile? What makes you happy

Sounds – sit outside for an hour and write down all the sounds you hear

Memory lane – what does memory lane look like? How do you get there?

Geography – pick a state or country you’ve never visited. Write about why you would or would not like to visit that place.

Book inspired – think of your favourite book. Write a poem that sums up the entire story in 10 lines.

Magic – imagine you have a touch of magic, and can make impossible things happen. What would you do?

A day in the life – write about your daily habits and routine.

Green thumb – write about growing something

Seasonal – write about your favourite season.

Taking chances – everyone takes a risk at some point in their lives. Write about a time you took a chance and what the result was.

" No act of kindness, no matter how small, is ever wasted. "

- Aesop



Mixed apple & berry sponge pudding

Ingredients

3 Granny Smith apples, peeled, chopped
2 tablespoons lemon juice, plus 2 teaspoons grated lemon zest
1 1/2 cups (330g) caster sugar
500g frozen mixed berries
2 eggs
1/2 cup (125ml) milk
2 tablespoons whisky
1 teaspoon vanilla extract
1 cup (150g) plain flour, sifted
1 teaspoon baking powder, sifted
Icing sugar, to dust
Thick cream mixed with 1 teaspoon ground cinnamon, to serve

Step 1

Preheat oven to 160C. Place the apple, juice and 1 cup (220g) sugar in a small pan and cook over low heat, stirring, for 3 minutes or until the sugar dissolves. Cook for a further 3-4 minutes, stirring occasionally, until apple softens slightly. Cool, then stir through berries.

Transfer to a 1.25 litre baking dish. Set aside.

Step 2

Whisk eggs, milk, whisky, lemon zest and vanilla in a bowl until combined. Set aside. Place flour, baking powder and remaining sugar in a bowl. Pour egg mixture into dry ingredients, whisking well to form a smooth batter. Pour over fruit, then bake for 30-35 minutes until golden and firm to the touch.

Step 3

Dust with icing sugar and serve warm with cinnamon cream.

Facebook groups to enjoy while in lockdown



View from my window

Public group · 1.4M members



<https://www.facebook.com/groups/viewfrommywindow>

This group has been created to connect people from all around the world during these tough times. CORONAVIRUS Lockdown obliges us to stay home. Every day, through our windows, we have the same view. Take a photo and share with others from around the world



Bin Isolation Outing

Public group · 964K members



<https://www.facebook.com/groups/306002627033697>

At the moment our bin goes out more than us. Let's dress up for the occasion! Fancy dress, makeup, tutu... be creative! Post photos to cheer others up! 😊 after all laughter is the best medicine 😊

Is it the cold or flu?



Colds are very common and can be caused by one of 200 viruses. There is no vaccine for colds.



The flu is a highly contagious viral infection that is more severe than the common cold. A vaccine is available for the flu.

Understand the symptoms

	Colds	Flu
Body aches/pain	Sometimes	Usual, often severe
Cough	Usual	Common, often severe
Extreme exhaustion	Never	Usual, at the beginning
Fatigue/weakness	Sometimes	Usual, can last 2 to 3 weeks
Fever	Rare	Usual, can last 3 to 4 days
Headache	Rare	Common
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes

Colds and flu treatments



Lots of rest



Avoid cigarette smoke



Plenty of water



Keep warm



Eat a healthy diet



Steam inhalation



Paracetamol or ibuprofen for fever, aches and pains



Saline nasal sprays or decongestants for a blocked or runny nose



Throat lozenges for a sore throat



Do not use cough medicines for children younger than 6 years old



Experiencing symptoms?

Use healthdirect's Symptom Checker to get advice on what to do next

[healthdirect.gov.au/symptom-checker](https://www.healthdirect.gov.au/symptom-checker)

Colds and flu myths debunked

Myth: The flu is not a serious illness

Fact: The flu is highly contagious and potentially life-threatening

Myth: Vitamin C supplements can prevent colds and flu

Fact: There is no evidence to support vitamin C supplements preventing colds or flu

Myth: You can catch colds and flu from cold weather or getting caught in the rain

Fact: Colds and flu are caused by viruses, not by wet climates or being exposed to cold air

Myth: Colds and flu can be treated with antibiotics

Fact: Antibiotics only work against bacteria, not viral infections

Myth: Healthy people don't need to be vaccinated

Fact: Everyone over the age of 6 months should be vaccinated every year

Myth: Having the flu vaccine during pregnancy will harm the baby

Fact: The flu shot is safe for pregnant women at all stages of pregnancy

Groups at high risk of catching the flu



Elderly



Pregnant women



Aboriginal and Torres Strait Islander people



People with existing medical conditions

Flu vaccination



Annual vaccination is your best protection against the flu and any associated illness



The flu vaccine is FREE under the National Immunisation Program (NIP) Schedule for people at high risk



Visit your doctor, pharmacist or other vaccination provider

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Are you following us on
facebook

@volunteeringand
communityprograms



Residents currently awaiting volunteers

Please spread the word about our residents currently awaiting volunteers.

Our aim is to match residents with a volunteer as soon as possible. If you are interested in visiting another volunteer, are ready to start visiting again after some time off, or if you know of anyone who might be interested in joining the program then get in contact with us!

We have the following residents ready and waiting for their match:

Mansfield: an elderly lady, homecare recipient, who has no social network or family located in the area is seeking a very chatty supportive person for conversation, likes watching tv, reading books and follows the Hawthorn Hawks.

Alpine: an elderly gentleman, homecare recipient, living in Smoko, is looking to visit on afternoons, is predominately seeking a male volunteer for one on one conversations. The resident is quite a good communicator on a range of topics.

Mitchell: an elderly gentleman, homecare recipient, who can be anxious at times, is looking for some male company. Due to declining vision, the resident has become less socially active, he loves horse racing and intelligent conversations.

Our main target area is Marysville, located on the southerly quarter of Murrindindi Shire, it was upon a recent visit to the area, that I discovered a number of isolated residents, due to the geography of the area. We are calling on at least 5 volunteers from this area, to join the program, so we can bring some enjoyment and social engagement back to these residents' lives.

A number of volunteers are needed in the Mitchell, Moira, Indigo and Murrindindi shires as we have multiple residents waiting in these areas. If you know of anyone, for example a friend or neighbour, that can donate an hour of their time once a fortnight, please call Nanette on 0357 210 242.

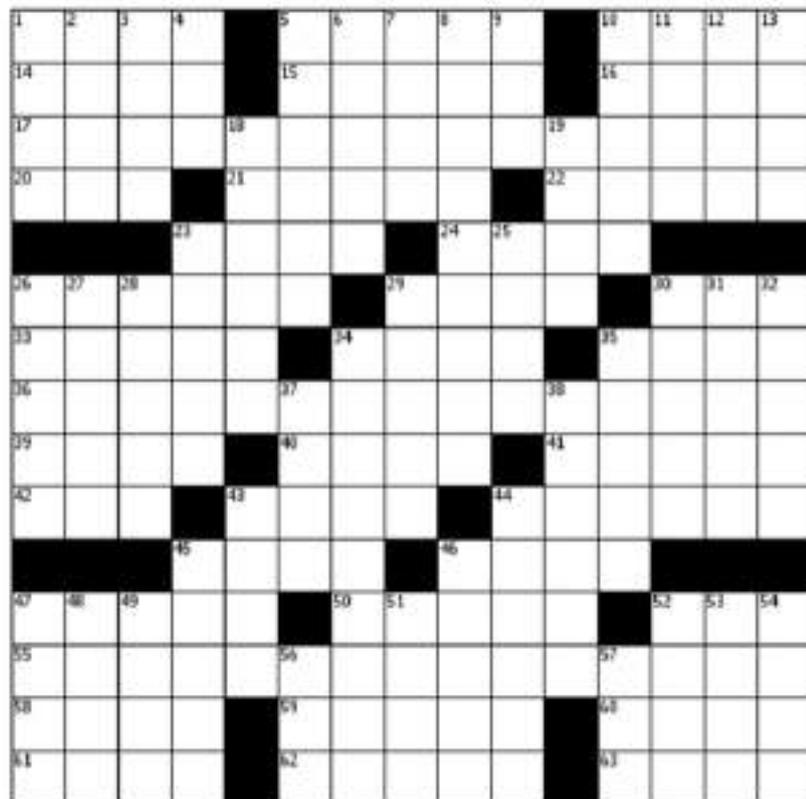
Free Printable Crossword Puzzle #2

This is the Daily Crossword Puzzle #2 for Apr 8, 2020

Find the solution at

<http://onlinecrosswords.net/1660>**Across**

1. Butte relative
5. Game of chance
10. Alliance est. in 1949
14. Without any warranty
15. Shaq's surname
16. Table spread
17. On the pathway of enticement
20. Caustic substance
21. Stuffed carnival prize, perhaps
22. Relieves
23. What this gun's for?
24. Churlish one
26. Distinct feature
29. Word with bank or student
30. ___ canto
33. Barton or Bow
34. Boorish sort
35. Trunk of a tree
36. Pathway of the politically moderate
39. They can be made to meet
40. Party favorites
41. Reach in amount
42. It's the limit for some
43. Buffalo Bill
44. Ascended
45. Major component of soapstone
46. "Gorillas in the Mist" author Fossey
47. Advances gradually
50. Out in the open
52. Word in the Three Musketeers' motto
55. On the pathway of futility
58. Day of March madness?
59. Generic dog name
60. From a considerable distance
61. "Don't use that ___ with me!"
62. "The Sheik of ___"
63. "Give that ___ cigar!"

**Down**

1. Heavy hammer
2. See at a distance
3. Planned setting
4. Hearth bit
5. "The Big Sleep" star
6. Nonsensical
7. Uncool fellow
8. Movers, not shakers
9. Flamenco exclamation
10. Stock designation
11. "Poor me"
12. The head of Henri
13. Aahs' companion
18. Grand in scope
19. Tube gas
23. Range rovers
25. It may be taken with a Bible
26. Highest stages
27. Move like Morticia
28. Type of wagon
29. Elevated
30. Timely blessings
31. Opposite of deject
32. Teased, in a way
34. Hot pink, e.g.
35. You'll find one on ice in Boston
37. Hydroxyl-carbon compound
38. Book slips?
43. It's home to Castro
44. Use the clothesline, e.g.
45. Wound-up
46. Star in Cygnus
47. Prepare for publication
48. Blockhead
49. "Alice" actress Verdon
51. Start of a cheer
52. Romeo lead-in
53. Mean partner
54. Northern constellation
56. Lifting device?
57. Rapid escape



If you think you are beaten, you are:
If you think you dare not, you don't:
If you like to win, but you think you can't
It is almost certain you won't.
If you think you'll lose, you're lost.
For out of the world we find
Success begins with a fellow's will -
It's all in the state of mind
If you think you are outclassed, you are -
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man:
But soon or late the man who wins
Is the man who thinks he can.

Serenity

If I can steal myself away from all the chatter
and clatter,
From all the mundane things in life that really
do not matter,
And sort my thoughts in bundles, neatly tied
with a fine thread,
And think things out in calmness and peace, to
clear my head.
Then I can understand life better and the
problems it entails,
And face a new tomorrow, where hope and love
prevail.
Tis like viewing a fine garden where the beauty
can't be seen.
Until the weeds are plucked,
All all is then serene.

YESTERDAY.....TODAY.....TOMORROW

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension. One of these days is YESTERDAY with its mistakes and cares, its faults and blunders, its aches and pains. All the money in the world cannot bring back YESTERDAY. We cannot undo a single act we performed, we cannot erase a single word we said.....YESTERDAY is gone. The other day we should not worry about is TOMORROW, with its possible adversaries, its burdens, its large promise and poor performance. TOMORROW is also beyond our immediate control. TOMORROW'S sun will rise, either in splendour or behind a mask of clouds but it will rise. Until it does, we have no stake in TOMORROW for it is as yet unborn. This leaves one day...TODAY. Any man can fight the battle of just one day. It is only when you and I add the burdens of those two awful eternities.... YESTERDAY and TOMORROW....that we break down. It is not the experience of TODAY that drives men mad - it is remorse of bitterness for something which happened YESTERDAY and the dread of what TOMORROW will bring. Let us therefore live but one day at a time!

HAPPY BIRTHDAY



May

Warren Coles
Vivian Sheedy
Carolyn Renfrey
Linda McColl

June

Hilly Avery-Hart
Marilyn Clark-Dolny
Cheryl Lowe
Cheryl Butler
Craig Kitto
Bob Scott



July

Val Lockman
Sally O'Rourke
Amanda Leithhead
Rodger Bell
Desley Auld
Cath O'Coner
Glenys Cardillo



Congratulations to those celebrating their birthdays!

We looking forward to catching up with you and hearing more of your stories .

Our next edition of the CVS newsletter will be released in June.

To submit stories, please email us.

The CVS team

Answers

Riddles:

1. A Keyboard
2. The Match
3. Beauty
4. 8

Quick Quiz Answers:

1. Parliament House Building.
2. Horseracing
3. 224.
4. The Depression
5. World war 2
6. Phar Lap
7. Sydney Harbour Bridge
8. Errol Flynn
9. Curly, Larry and Mo
10. Banjo
11. Where supplies were left for explorers Burke and Wills.
12. Attacked by Japanese planes.
13. Don Bradman
14. A Holden car
15. Jedda
16. Olympic Games
17. A sheep's leg.
18. Albert Namatjira
19. 1 pound and one shilling or 21 shillings...now about \$2:10
20. Hotels had to shut.
21. Fish...made from shark meat.
22. Vera Lynn
23. Golden Wattle
24. The Ringer.
25. To brush away flies.

Puzzle Solution © OnlineCrosswords.net

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