

FEB 2021



♥ *hello* ♥
→ **FEBRUARY** →

Welcome to 2021! As we enter a brand-new year on our CVS journey, we celebrate the strength, determination and commitment we have all developed in the year just past.

We ended 2020 with uncertainty and bid farewell to our Program Leader Andrea Matheson, who through her commitment has paved a new way forward with all the challenges that 2020 forced us to embrace.

This year we will focus on maintaining a minimum of 5 visits in a 3-month period. If you can't visit in person, we encourage you to write a letter, or call and speak to your resident over the phone. Any form of communication is extremely important given the times and challenges we are facing.

We also advise the merging of departments with Community Programs and Sport North East coming together to serve the community, and welcome two new team members, Tim Oliver who will be taking over Andrea's role of Program Leader and Helen Hunter who is joining us as an administrator.

The team will continue the dedication and passion you all have previously experienced with the CVS program, well into the future. We are still facing the highs and lows from COVID-19, and the changing world on a day by day basis. We will get to the other side of this challenge when we all remain strong and committed to supporting each other.

I will be back on the road again this year, bringing many new volunteers and residents together. We are also hoping that we will see all our wonderful volunteers new and old at our social events throughout the year. Keep an eye out for planned events coming soon.

Looking forward to seeing you all very soon.

Nanette Collins

The Community Visitors Scheme: 1800 682 710

Email: cvs@thecentre.vic.edu.au

What is Sport North East?

Sport North East helps sporting clubs build their capacity to provide sport to more people, and to people of all abilities. We are the 'go to' resource for clubs, local government, and other community stakeholders.



Meet Tim!

Tim Oliver is the new leader of our Community Programs division and has been with The Centre for Continuing Education Inc since the beginning of September 2020, leading the Sports North East Program. With a long history as a sports administrator and coach, Tim has volunteered in sporting organisations for over 40 years and served on a range of boards in the community sector too, so brings a depth of experience working with and recruiting volunteers. Tim said 'I'm looking forward to building further on the great work of our team with the Community Visitors Scheme and The Volunteer Centre working across the Hume Region in what are very unusual times. I'm so impressed by the resilience of our volunteers and their commitment to the people they visit in their homes and aged care facilities and the large group of volunteers that support a range of community organisations in many different ways in our Region'.



Meet Helen!

Helen Hunter is a new addition to The Centre and our team will be filling the role of Community Programs Administrator. Helen has an extensive experience working with and supporting volunteers in many parts of Victoria and worked with Do Care in another part of the state when the program was first commenced. Helen has also worked in the disability sector, aged care sector, neighbourhood house sector and community mental health, so brings a wealth of talents to our program. Prior to all of that though, she used to be a Wool Classer and spent nearly 7 years travelling the world. Helen said, "I am looking forward to providing whatever support I can to ensure our volunteers are able to continue doing the wonderful job that they do".

NATIONAL 17-23 MAY 2021 VOLUNTEER RECOGNISE. RECONNECT. REIMAGINE. WEEK

National Volunteer Week (NVW) is Australia's largest annual celebration of volunteers. From Monday 17th to Sunday 23rd May 2021, NVW will celebrate the significant contribution of Australia's almost six million volunteers. Each year these volunteers dedicate over 600 million hours to help others.

The theme for NVW 2021 is ***Recognise. Reconnect. Reimagine.*** which acknowledges that it is time to:

- ***RECOGNISE, celebrate and thank volunteers for the vital role they play in making our communities stronger, especially during times of need, crisis or isolation.***

Never has this been more evident than after a year where Australia has dealt with drought, devastating bushfires, floods and then a global pandemic. Amidst the pandemic, while many of us stayed home, volunteers continued to deliver essential services, organise food packages and offer care, comfort and more to support the well-being of Australians.

- ***RECONNECT to what is important by giving our time to help others, our local community or a cause we value.***

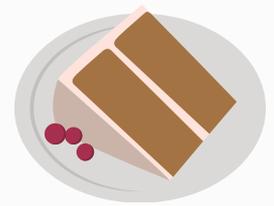
In a year when many of us have experienced increased loneliness or isolation, mental health or financial stress, volunteering can help. Evidence shows that volunteering connects us to others in our local communities, to better mental well-being or to potential pathways to employment. Explore volunteer opportunities by visiting www.GoVolunteer.com.au.

- ***REIMAGINE how we better support volunteers and the organisations they help so that they can continue to do the necessary work that they do.***

Since 2014, Australia has seen a 20 per cent decline in the number of hours volunteers give. During COVID-19, two-thirds of volunteers stopped working and a recent study highlights that social purpose organisations continue to lose one in four volunteers due to illness or caring responsibilities. In the current changing environment, where Australians are increasingly time-poor and experiencing higher degrees of uncertainty and stress, we need to adapt our volunteering practices and programs to better support and engage volunteers.

Thank you to everyone who completed the National Volunteer Week survey. This theme is based on your feedback and we look forward to being able to Recognise. Reconnect. Reimagine. with you all in 2021.

National Volunteer Week is supported again in 2021 by Aon Australia. For more information about National Volunteer Week 2021, please email Volunteering Australia.



MAY COFFEE CATCH UP'S

To celebrate National Volunteer Week this May, we will be holding our annual coffee catch up's. This is an excellent opportunity to get together and discuss the successes, funny stories and challenges associated with your time in CVS.

This will also provide an excellent opportunity to support some of our communities that have been impacted by the recent bushfires.

Monday 17th May at 10:30am
The Witches Brew Café
28 High Street, Mansfield

Tuesday 18th May at 10am
Milawa Cheese Company
17 Factory Road, Milawa

Friday 21st May at 10:30am
Indulge Coffee and Cake
Shop 15 81-89 High Street, Wallan

Friday 21st May at 10am
Violet Town Café
37 Cowslip Street, Violet Town

Monday 24th May at 10:30am
Nathalia Bakery
20 Blake Street, Nathalia

Tuesday 25th May at 10am
Beanstation Café
Tenancy 1 Wodonga Railway Station
Elgin Boulevard, Wodonga

Wednesday 26th May at 10:30am
Alexandra Bakery & Café
70 Grant Street, Alexandra

Thursday May 28th 10am
Alpine Gate Café
38 Great Alpine Road, Myrtleford

To RSVP you can mail the slip below, email us at CVS@thecentre.vic.edu.au, or call us on (03) 5721 0200. RSVPs close on the 18th April.

We hope to see you!

The CVS team

Name:.....

Location of coffee catchup:.....

Please mail to: 17 Chisholm street, Wangaratta 3677 with Attn: CVS

Unexpected connections

By Simon Ruppert

The Centre for Continuing Education is seeking volunteers for its Community Visitor Scheme (CSV) which sees local people matched with seniors experiencing social isolation.

The CSV fills an important role in communities by ensuring elderly residents in need of companionship and a friendly face feel cared for and connected within their community.

CSV volunteer visitors befriend residents living in an aged care facility, or their own residence.

Through regular visits they spend time working on a hobby together, having a cuppa and a chat, or if the care recipient is able, they might go on a walk or outing together.

In many cases, whole families become involved in



Strong bonds: (Standing) The Centre CVS project officer Nanette Collins, CVS volunteer visitor Kathy Dodgshun, (sitting) Rangeview Nursing Home's Sandi Beel, Rangeview resident Betty Harper and Xavier Dodgshun.

visiting residents, improving social connectedness, building valuable relationships and rapport — often between generations.

COVID restrictions have

opened creative strategies to continue their connection during this time, often sending handwritten letters, or recording videos or making homemade goods to give to their friend.

Volunteering is a benefit to the resident and volunteer. The volunteers are able to broaden their own social groups and create deeper connections among the community.

Kathy Dodgshun has been a volunteer with the CVS program for more than six months.

She joined just as Victoria went into the first COVID-19 lockdown.

Matched with 87-Year-old Betty, who has lived at Rangeview Nursing Home for the past 12 months, Ms Dodgshun and her 11-year-old son Xavier have built a strong bond with their new friend over a short period of time.

The Centre CVS project officer Nanette Collins said Betty had no family members in the area.

"The CVS program has given her a sense of joy and fulfilment to have a special friend visit on a regular basis," Ms Collins said.

"The rapport that has been built in such a short time... is really quite special and heart-warming."

"It truly reminds us of how valuable this program is to both residents and volunteers alike in our community."

Ms Dodgshun said she and Xavier really enjoyed visiting Betty.

"I think it's beautiful to share stories (with Betty)," she said.

"To me it is nice to give back and is a really nice way to be involved in our wider community."

Xavier said he enjoyed visiting Betty with his mum.

"Visiting Betty reminds me of when I used to visit my nan," Xavier said.

"I really love talking to her about football."

Sandi Beel is a diversional therapist at Rangeview Nursing Home and said the CVS program had been very successful.

"The benefit to the resident of having a community visitor is the enjoyment of the social interaction and the bond that is formed," Ms Beel said.

"The visits provide the opportunity for reminiscing and assist to maintain a sense of community connection."

● If you are interested in finding out more about the Community Visitors Scheme or becoming a volunteer, you can phone The Centre on 1300 843 236 or visit

volunteercentre.com.au/
community-visitors-scheme

We have been lucky enough to have a few newspaper stories and radio interviews over the past couple of weeks.

Number Search Puzzle #001

DIRECTIONS: Find the numbers in the list below the grid. The numbers can be in any direction: backwards, forwards, up, down, or diagonally.

2	5	6	1	8	5	6	3	0	4	8	3	6	1	6
7	2	8	7	6	5	3	2	8	0	8	5	8	1	8
3	0	2	3	1	3	5	0	5	5	4	8	7	5	5
2	2	9	0	8	3	4	5	2	0	9	6	2	0	8
4	8	5	7	4	3	3	3	3	4	5	2	4	9	8
4	8	6	6	9	2	6	1	9	8	4	1	5	0	5
4	7	8	5	1	0	0	0	2	1	5	1	4	6	1
7	0	5	6	5	4	1	8	0	9	0	6	9	0	3
9	0	5	4	4	4	5	9	7	7	0	3	3	3	4
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3	8	7	1	2	6	0	0	0	0	8	2	1	6	5
9	6	5	4	9	8	7	2	5	2	0	6	8	0	1
4	3	6	2	3	4	7	0	8	9	9	1	0	1	3

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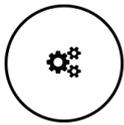
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THE VOLUNTEER CENTRE

Connecting volunteers and volunteering opportunities across the Hume region



VOLUNTEERING OPPORTUNITIES

Explore the current volunteering opportunities within our region

[READ MORE →](#)



BECOME A VOLUNTEER

Learn more about becoming a volunteer with a local organisation

[READ MORE →](#)



ORGANISATIONS

Find volunteers for your community group or organisation

[READ MORE →](#)

"VOLUNTEERING IS TIME WILLINGLY GIVEN FOR THE COMMON GOOD AND WITHOUT FINANCIAL GAIN"

[The benefits of volunteering](#)

Volunteer Skillsbank has been rebranded as The Volunteer Centre. To visit our brand new website, head to <http://volunteercentre.com.au/>



Are you following us on
facebook

@volunteercentreVic



Honey Mustard Chicken

Ingredients

- ½ Kg chicken breast or chicken thighs
- 3 tablespoons honey
- 3 tablespoons dijon mustard
- 2 tablespoons olive oil
- 1 garlic clove, finely minced or grated
- Optional if you like a bit of heat: ¼ teaspoon cayenne pepper
- Freshly ground salt and black pepper

Method

- In a large bowl, mix together honey, dijon mustard, olive oil, garlic, cayenne pepper and salt and pepper. Add chicken and stir well to coat the chicken in the marinade. Cover and place in the fridge for 30 minutes to an hour. Grill or bake chicken however you'd like. Serves 4.
- To grill chicken: Preheat grill to 400 degrees. Once preheated, place your chicken on your grill, and close the lid. Cook your chicken on the grill for 6-8 minutes on one side. After 6-8 minutes open your grill lid and flip your chicken with tongs. Cook your chicken breast for 6-8 minutes more. Cook time will vary a bit depending on the size of your chicken and what type of cut. When your chicken is done transfer to a clean plate or cutting board. Immediately cover chicken with foil to seal in the juices and allow it to rest for 5-10 minutes before cutting into it. This will help you achieve that juicy, chicken breast you're looking for!
- To bake your honey mustard chicken: preheat oven to 400 degrees. Place chicken on a baking sheet lined with parchment paper. Bake for 20-30 minutes or until chicken is no longer pink and internal temperature reads 165 degrees F.

Tips for visiting

“Regular visits can make a difference to you and your relative or friend’s emotional well-being.” Marion, residential carer

Tips for families, friends and carers

Visiting family and friends with dementia is important for their emotional wellbeing. However people with dementia are usually not able to initiate activities or ‘entertain’ you, the visitor. Here are a few tips you may find useful when visiting your friend or family member, whether they live at home or in residential care.

1. Develop a flexible attitude

We all have high and low energy days and your friend or family member may be tired the day you visit. While things may not go as you had planned, remember your visit is still important – for you and the person you are visiting.

2. Be kind to yourself

Visiting can sometimes be sad and difficult, and you may need nurturing – perhaps take a supportive friend with you or plan a treat for yourself on the way home.

3. Take something with you

You can engage the person you’re visiting by taking a magazine or newspaper with you. Read out interesting articles or do a quiz together. Take flowers, a food treat or old photos or postcards. This then becomes an activity which helps with stimulation and reminiscence.

4. Establish a visiting ritual

Say and do the same things on arrival and departure at each visit. This will add structure for your relative or friend. Introduce yourself on arrival. For example say “Hello Mum, it’s me, Elizabeth, your daughter”. This reduces your friend or family member’s anxiety as you remind them of your name and connection to them – don’t make them guess.

5. Write cards and letters

Working together, write a letter to your mutual friends or family. This can nourish and maintain important links in their life.

6. Get to know the care staff by name

If visiting a residential care facility, introduce yourself and explain your relationship to the person you are visiting.

7. Silence is not a negative thing

Instead, try to learn to enjoy quiet times.

8. Organise a drink

A cup of coffee, tea or glass of water will help your friend or family member's fluid intake, socialisation and continue normal 'old' patterns of hospitality.

9. Talking isn't everything

Hugs, hand and neck massages and hand holding can replace or complement conversation.

10. Start a 'communication book' of important things to remember

This can be written in and read by all visitors and act as a memory prompt for your friend or relative.

11. Make a life book

This is a wonderful way of validating the life journey of your friend or family member and remembering accomplishments. Work through it on your visits. This project can make your time together even more enjoyable and special.

12. Consider doing tasks

Sew labels on clothing, assist with food and fluids or take the person you are visiting for a walk. This will not only benefit your friend or relative but it will also maintain your vital role and help you to feel useful and important. It can also assist care staff in residential facilities.

13. Play an instrument or sing

If you are musical, consider playing an instrument or singing for your friend or relative. Music creates relaxation, a return to fond memories and feelings of calm and security.

14. Take an animal or your pet with you

A visit from a well-loved pet can improve the emotional health and well-being of your friend or relative. If visiting a residential care facility, speak to staff before taking your pet with you.

15. Know that your visit makes a difference

Research suggests that people living in residential care need emotional support for their well-being and are less likely to be depressed when they have regular weekly visitors.

16. If necessary, talk to someone

There are many issues around changing roles and grief that affect families, friends and carers of people with dementia. It is very important to take care of yourself. Speak to a supportive friend about your feelings or call the **National Dementia Helpline** on **1800 100 500**.

Further Information

Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at dementia.org.au



For language assistance phone the Translating and Interpreting Service on **131 450**

Wackie Wordies #57

Wacky Wordies

by The Editors of *Games*

If our mail is any indication, the hottest new fad in the country is not roller disco, freaking, or Cheryl Tiegs. It's Wacky Wordies. During the past few months several hundred readers have sent us a set of Wacky Wordie rebus puzzles that's been circulating by hand and by mail.

Ever alert to catch the latest wave of national dementia before it crests, we at GAMES conducted a Wacky Wordies contest

among our staff. The winning entries are presented below. The object is to discern a familiar phrase, saying, cliché, or name from each arrangement of letters and/or digits. For example, box 1a depicts the phrase "Just between you and me." Box 1b shows "Hitting below the belt." Don't groan—the best are yet to come.

	a	b	c	d	e	f
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7	let gone gone gone be gone	a chance n	O MD BA PhD	wheather	world world world world	lo ose
8	lines reading lines	chicken	y fireworks	L D Bridge	pace k	danc t e c s e t n o



Peach, Tomato & Corn Arugula Pasta Salad

Ingredients (serves 6)

- 8 ounces fusilli or bowtie pasta (regular, whole grain or gluten free will work)
- 2-3 tablespoons extra virgin olive oil
- 1 lemon, juiced 1/2 teaspoon
- sea salt, plus more to taste
- Lot of freshly ground salt and pepper 1/4 teaspoon of red pepper flakes
- 4 ounces crumbled feta or sub goat cheese (about 3/4 cup)
- 2 large ripe peaches, sliced
- 2 cups cherry tomatoes, halved
- 1 cup raw corn off the cob (or you can use thawed frozen corn or canned)
- 1/2 medium red onion, thinly sliced
- 6 cups baby arugula (baby spinach/rocket)

Method

- Bring a large pot of water to a boil and add a little salt. Once water boils, add the pasta and cook until al dente, about 7-9 minutes. Drain pasta, reserving a few tablespoons of water for later. Place pasta in large bowl.
- In a small bowl, whisk together the olive oil, lemon juice, salt, pepper and red pepper flakes until well combined. Pour the dressing over warm pasta and add a little reserved pasta water to help keep the pasta moist and non-sticky. Immediately add feta and gently give the pasta a toss.
- Next add in the peach slices, cherry tomatoes, corn, red onion and arugula. Toss to combine. Taste and add more olive oil, lemon juice, salt and/or pepper, if necessary. Great warm or cold.

Best indoor plants for health



Indoor plants not only look great in the home, they also bring with them a lot of health benefits. From making us feel relaxed and purifying the air we breathe, take a look at all the amazing things they can do.

Why use air-purifying plants?

Air-purifying indoor plants not only have a decorative function, they also have a positive effect on your health. But how does it work? They remove harmful substances from the air such as carbon dioxide and influence the humidity. Have you thought about the fact that the air in your home is seven times more polluted than the outside air? It is with good reason people are advised to step away from their desk at work to get some fresh air. There are many things in your home that pollute the air. Think about carpets, furniture or a new computer. If you want less harmful compounds in your home or office, make sure there are plenty of oxygen-rich plants in your home!

Which plants work extra hard?

All indoor plants have a positive effect on their environment, but some plants are known to be just a bit better for your health.

- **Spathiphyllum:** purifies the air.
- **Aloe vera:** removes chemicals from the air.
- **Sansevieria:** converts carbon monoxide into extra oxygen.
- **Fern:** increases air humidity, for example when the air in your home is dry due to higher heating in winter.
- **Ficus:** neutralises chemicals.



AUTUMN



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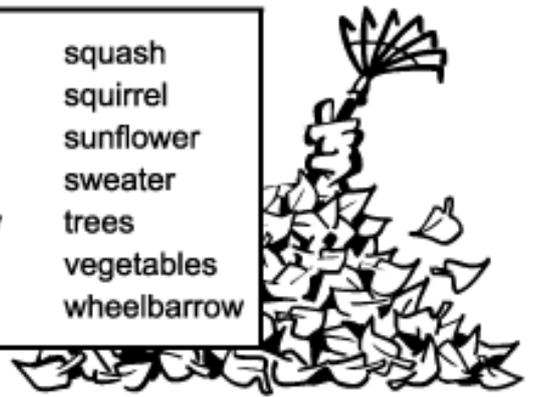
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 orchards

pumpkin
 quilt
 rake
 rustling
 scarecrow
 season
 spider

squash
 squirrel
 sunflower
 sweater
 trees
 vegetables
 wheelbarrow



Information for CVS auspices on the older person's COVID-19 support line

As members of the Community Visitors Scheme supporting older Australians at this time, we thought it was important to share with you one of the resources available to you and your care recipients **if they are feeling worried or distressed about COVID-19.**

A new Older Person's COVID-19 Support Line has been set up to provide information and support, and to check on the wellbeing of older Australians during the period of social distancing measures in response to the COVID-19 pandemic. Council on the Ageing (COTA) Australia, National Seniors Australia, Dementia Australia and the Older Person's Advocacy Network (OPAN) are delivering this service with support from the Australian Government.

Many of you have asked how you can support older Australians outside the Aged Care System; this support line will be a great resource for you. The service includes outbound calls to home care recipients and receives inbound calls to provide contact, reassurance and practical advice on COVID-19 resources. As the service is provided by community groups, they will also assist with connecting these older Australians to services that maximise social engagement and wellbeing whilst at home.

Your care recipients may wish to call the Support Line, **1800 171 866**, if they:

- would like to talk with someone about what COVID-19 means for them or a loved one
- are caring for someone and need some information or a listening ear about what COVID-19 means for their circumstances
- are worried about what COVID-19 means for their usual aged care service
- are worried about a friend or family member living with dementia
- are unable to access information on the internet and would like up-to-date advice.

This phone service is designed as a short term wellness check and COVID-19 advice service, and is not designed to replace the ongoing relationships built through the Community Visitors Scheme.

The Support Line staff have information about the CVS scheme and know how to recognise who may benefit from the scheme and will refer to the relevant CVS state network.



Residents currently awaiting visitors

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:

Shepparton – Male volunteer needed for an elderly gentleman in his 80s living in his own home. The gentleman loves a good chat and sense of humour is a must. He loves gardening and has spent majority of his life involved in community activities and community sporting.

Wangaratta – CVS is in need of both male and female volunteers in Wangaratta to visit residents in Wangaratta facilities, if you know of someone that may be interested please contact us.

Yarrawonga – Male volunteer needed for an elderly gentleman in his 90s living in his own home. The gentleman worked as a fitter and turner, and owned his own taxi business. He loves reading the paper and keeping up with the news, also enjoys golf, dancing and the masonic lodge.

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 03 5721 0242

HAPPY BIRTHDAY

March

Mary Dean
Judy Parsons
Mary Covill
Trevor Isherwood
Thelma Walles
Bill StAmand
Roslyn Tresham
Les Davey



April

Samantha Ryan
Albert Huber
Hilda Watson
Carol Rivers
Jeff Stanyer
Judy Newman
Ron Horrigan
Susan Cuthbert
Peter Bogotto
Trent Crocker

May

Sylvia Tyers
Carolyn Renfrey
Vivian Sheedy
Warren Coles



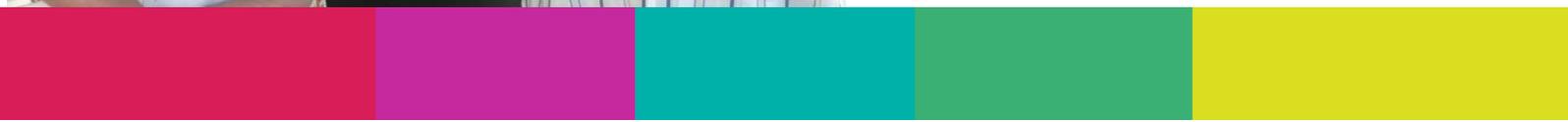
Congratulations to those celebrating their birthdays!

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 May.

To submit stories, photos, puzzles or anything that you think would be great for the newsletter please email us.

The CVS team



Answers

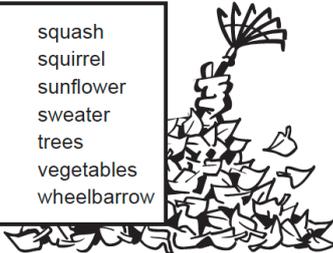


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 J S M T P N F C Z R O I W Y A Q H D I L U E
 I D Y U N S E V A E L Z C R H P O K M Q S B
 B Z R A K E Q H D M X N R E S J P I C E T O
 E I L S H Y C B G U K O P T D M F L A R L Z
 P F R Q Y R O T X Z W J N B U L A S E M I D
 W X B D O J H A R V E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

apples	colorful	frost	pumpkin	squash
autumn	cozy	harvest	quilt	squirrel
birds	crow	hayride	rake	sunflower
blanket	deciduous	jacket	rustling	sweater
bonfire	equinox	leaves	scarecrow	trees
changing	flannel	migrate	season	vegetables
cider	foliage	orchards	spider	wheelbarrow

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Answers

Wacky Wordies

- | | |
|---|---------------------------------------|
| 1a Just between you and me | 4f Corner the market |
| 1b Hitting below the belt | 5a World without end |
| 1c Head over heels in love | 5b Way behind the times |
| 1d Shrinking violets | 5c Word to the wise |
| 1e Bermuda Triangle | 5d Search high and low |
| 1f A mixed bag | 5e Go off half-cocked |
| 2a Cry over spilt milk | 5f No two ways about it |
| 2b Lying in wait | 6a Hole-in-one |
| 2c <i>Unfinished Symphony</i> | 6b Down-to-earth |
| 2d Pineapple upside-down cake | 6c Three-ring circus |
| 2e You're under arrest | 6d One at a time |
| 2f Split-second timing | 6e Better late than never |
| 3a Nothing on TV | 6f Get a word in edgewise |
| 3b Fly-by-night | 7a Let bygones be bygones |
| 3c Raise a big stink | 7b An outside chance |
| 3d Add insult to injury | 7c Three degrees below zero |
| 3e Railroad crossing | 7d A terrible spell of weather |
| 3f A person after my own heart | 7e World Series |
| 4a At the point of no return | 7f Cut loose |
| 4b The inside dope | 8a Reading between the lines |
| 4c Long underwear | 8b Chicken Little |
| 4d Ostrich with its head in the ground | 8c Fourth of July fireworks |
| 4e Lucky break | 8d London Bridge |
| | 8e Change of pace |
| | 8f Square dance contest |