

engaged.



JUNE 2022

From Chelsea

Welcome to the June edition of *Engaged!* As I write this column, I can't believe it has already been a month since the last edition, where is this year going? My nana always used to say that as you get older, time flies, and I am starting to believe this.

As we welcome June, we will see a focus on showcasing the different cultures within our villages. Culture is such an interesting theme to explore for everyone. We all have different cultures which are built on religion, beliefs, values, and feelings.

Throughout the month, I challenge you to look at the culture that surrounds us all and take this opportunity to learn, listen and educate each other on our different values, beliefs, and feelings. We are all individuals and that is a magical thing, lets really explore this throughout June!

Keep warm and enjoy all those hot chocolates, coffees, teas, and toasty treats to get us through the cooler months!



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



Did you know these winter weather facts?

- The first official day of winter in the southern hemisphere is 1 June.
- The coldest temperature recorded in Australia was -23 degree, recorded at Charlotte Pass in New South Wales on 29 June 1994.
- The word winter comes from an old Germanic word that means "time of water".
- The town with the largest annual rainfall is Tully in North Queensland with an annual average rainfall of 4204mm.

Send us your content!

We would love to hear from you!

Email us at

engaged@rymanhealthcare.com

Don't forget to check out the Ryman Lifestyle website to keep up to date with the latest recipes, craft ideas and lifestyle articles:

rymanhealthcare.com.au/lifestyle



WORDSEARCH – ROYALS

Find the words in the grid – backwards, forwards, up, down, or diagonally.

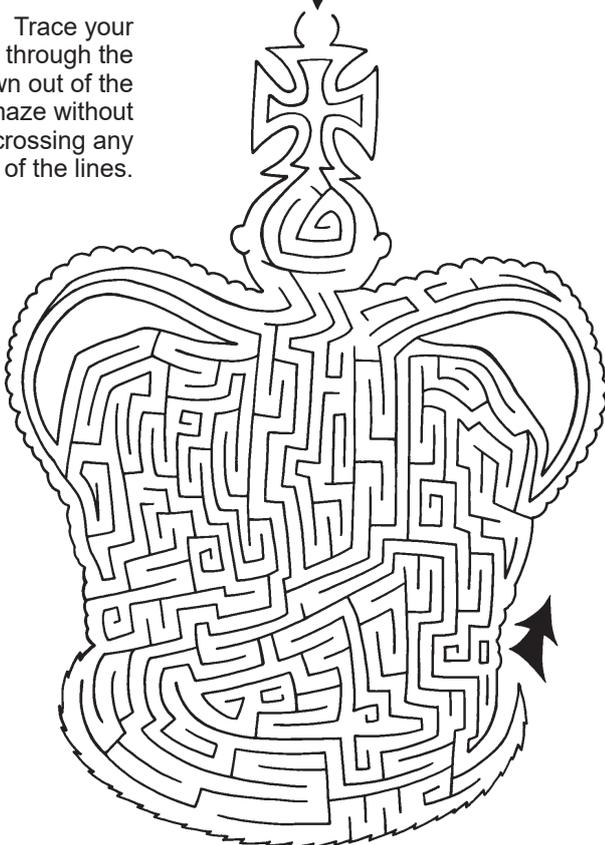
- | | |
|-------------|----------|
| ANDREW | LENA |
| ANNE | LILIBET |
| ARCHIE | LOUIS |
| AUGUST | LOUISE |
| BEATRICE | LUCAS |
| CAMILLA | MAJESTY |
| CELEBRATION | MARK |
| CEREMONY | MEGHAN |
| CHARLES | MIA |
| CHARLOTTE | MONARCH |
| CROWN | PAGEANT |
| EDWARD | PARADE |
| ELIZABETH | PETER |
| EUGENIE | PHILIP |
| GEORGE | PLATINUM |
| HARRY | PURPLE |
| ISLA | QUEEN |
| JAMES | REIGN |
| JUBILEE | ROYAL |
| JUNE | SARAH |
| KATE | SAVANNAH |

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

- | | | | |
|---------|---------|---------|------|
| SEVENTY | SOPHIE | WILLIAM | ZARA |
| SIENNA | TIMOTHY | WINDSOR | |

CROWN MAZE

Trace your way through the crown out of the maze without crossing any of the lines.



WORDBUILDER

How many words of 3 or more letters, including plurals, can you make from the 5 letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one 5-letter word.



Good 10
Very Good 14
Excellent 18



Good 8
Very Good 10
Excellent 12



Good 13
Very Good 17
Excellent 21

Working Space

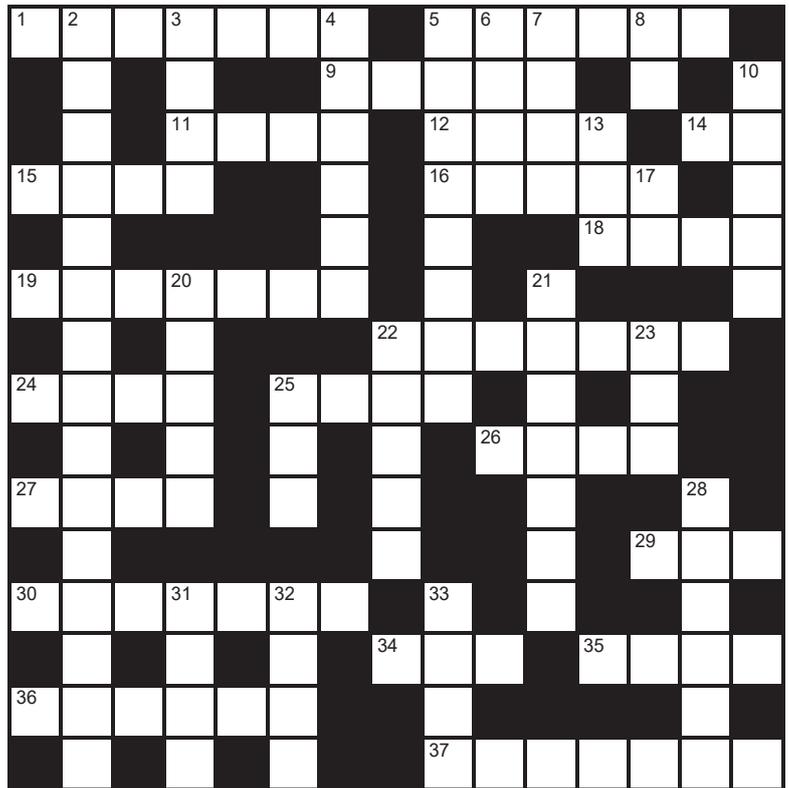
Colour me!



VILLAGE JUBILEE crossword

Across

1. Wife of the current Duke of Edinburgh (7)
5. Queen Elizabeth's husband for seven decades (6)
9. Prince Harry was Captain ___ during his 10. years in the armed forces (5)
11. Zara Tindall's younger daughter (4)
12. Sickens (4)
14. Ordinal number after the Queen's father's name, George __ (2)
15. Highest hereditary title in the British peerage (5)
16. The Queen was presented with this Royal mode of transport in 1977 (5)
18. The Queen's image often appears on this item (4)
19. Currently next in line for the throne (7)
22. The Queen is the first monarch to mark her 70th ____ (7)
24. Charles' sons both served in this armed force (4)
25. Respectful address for the Queen (4)
26. Royal blood is said to be this colour (4)
27. A document kept in a locked box after a senior royal's death (4)
29. Her Royal Highness (abbr) (1,1,1)
30. The reigning Royal House of the UK (7)
34. Item of clothing that the Queen is rarely seen without outdoors (3)
35. Name considered 'unlucky' and seldom used by the Royals (4)
36. Princess Margaret's relationship to the Queen (6)
37. The name of Prince Harry and Meghan Markle's daughter (7)



4. The Queen's Honours are ____ (6)
5. 70 years on the throne is marked by which rare metal (8)
6. Next in line to the throne (4)
7. Second daughter of Peter and Autumn Phillips (4)
8. The Queen's ordinal number (2)
10. Prince Charles' first wife (5)
13. As originally written (L) (3)
17. Used to give a negative response (2)
20. Word describing the monarchy (5)
21. Prince, second in line to the throne (7)
22. Given name of Viscount Severn, Prince Edward's son (5)
23. Look at (3)
25. Zara and Mike Tindall's first daughter (5)
28. The Sussexes' son (6)
31. The Royal obligation (4)
32. Paddles (4)
33. Prince Edward's Wessex title (4)

Down

2. The Queen described 1992 in this way (5,10)
3. An island (4)

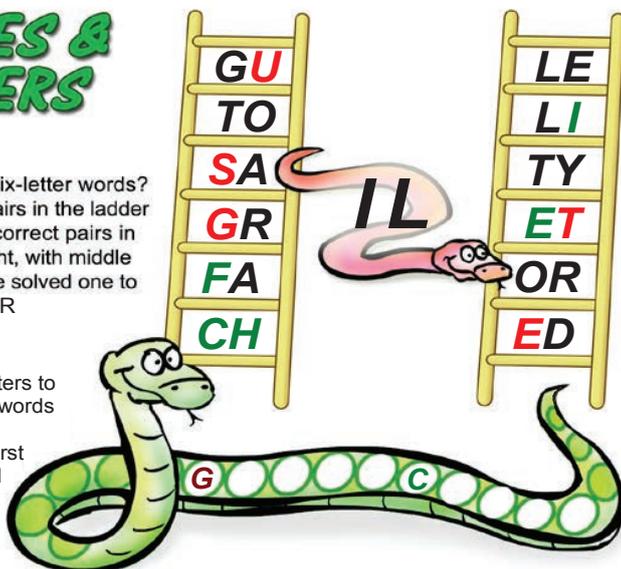
SNAKES & LADDERS

Puzzle One

Can you solve the six-letter words? Connect the letter pairs in the ladder on the left with the correct pairs in the ladder on the right, with middle letters IL. We have solved one to start you off: SAILOR

Puzzle Two

Use the coloured letters to make two five-letter words on the snake's back. We have given the first letter of the red word and the green word.



TRIO

The four words in the puzzle below can be completed using a three-letter sequence. Can you find it?

1. D _ _ _ NE
B _ _ _ T
D _ _ _ ANT
R _ _ _ LL

Queen Elizabeth II



Platinum Jubilee

~ 1952-2022 ~



The longest reigning British monarch

On February 6 this year Her Majesty the Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service. She is the longest-reigning monarch in British history, even surpassing Queen Victoria, who reigned for 63 years and 7 months.

To mark this unprecedented anniversary, celebrations have taken place throughout 2022, culminating in a four day UK bank holiday weekend from June 2 to June 5.

The Queen has two birthdays

The Queen's first birthday, on April 21, is on the day she was born. The second is her official birthday, and usually falls on the second Saturday in June. This date was chosen because the weather is usually better for the Trooping the Colour parade, which has marked the official birthday of the British Sovereign for over 260 years.

She served in WWII

In 1945 she joined the Auxiliary Territorial Service and trained as a vehicle mechanic, becoming the first female member of the Royal Family to join the Armed Services as a full-time active member. This is also where she learned to drive. She is the only person who doesn't need a license to drive, or to have a license plate on her car.

Her marriage to Prince Phillip

Her Majesty was married to Prince Phillip for 73 years. Their wedding took place at Westminster Abbey in November 1947. Because it was the first major event after World War II, it was a smaller wedding than would be customary, to avoid being tone deaf to the people of Britain still recovering from the war.

Colour me!



Languages around the world

There are over 7,000 languages spoken in the world.

Sumerian is the oldest written language, dating back to 3500 BC.



Although it does not have the most native speakers, English is the most dominant language in the world: a legacy of the British Empire.

The 23 most popular languages are spoken by half the world.



English is the language of the air. Everywhere in the world, pilots and crew must know English.

Asia has the most languages, with over 2,300 spoken, closely followed by Africa with more than 2130 languages.

The US has no official language, despite most people assuming it to be English.



Te Reo, the Māori language, evolved in New Zealand over hundreds of years, and was traditionally only oral – it was never written down. Stories were passed down through the generations by song (Waiata) and via symbolism in carving, knots and weaving.

Mandarin has the most native speakers. It is also considered one of the toughest languages to learn as it has a huge number of symbols rather than an alphabet.

2,400 of the world's languages are in danger of becoming extinct.

At least half the world's population is bilingual.

Grazie

شكرا

Danke

ありがとう

Merci

धन्यवाद

Asante

Спасибо

Gracias

Thank you

谢谢

SUDOKU

Fill in the grid so that every row, column and 3x3 box contains the digits 1 to 9

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

Easy

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

Medium

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

Hard

WORDFIT

Fit the words into the grid to create a finished crossword. We have given 3 to get you started.

Q	U	E	E	N																
E																				
L																				
I																				
Z																				
A																				
B																				
E																				
T																				
H																				

3 LETTERS

ADD
ADO
AIR
AMP
ARM
ASP
EGO
EKE
GAY
ICY
ILL
IRE
LIT
LUG
PEA
RAM
RUN
SHE
SLY
SOH
SPA
TOO

WEE
ZEN

4 LETTERS

AREA
DOPE
DYES
FIJI
LIRA
LONE
LYRE
NEST
RILE
ROTE
SAKE
SOIL
TAPS
TEAR
TSAR
YMCA

5 LETTERS

ABASH
ANGLE
ARISE
ASSET
ATONE
AUTOS
AWAKE
BERYL
CHARS
CREEP
DEIFY
DRAMA
DRUID
EASEL
EATER
EERIE
EMERY
ENROL
ENTER
ERASE
HIDES
ISLET

KEYED

MALTA
MERIT
NAKED
NOISE
ORATE
ORDER
OREAD
PETER
PULSE
QUAIL
Queen
REPLY
RIDER
SAGAS
SEEDY
SLAPS
STALL
TAMER
TODAY
USAGE
USURY

6 LETTERS

ANGLER
ARCANE
CEASED
ENTREE

7 LETTERS

ASSAYED
IDOLISE
Jubilee
PAPYRUS
SUNBELT
UPGRADE

8 LETTERS

DEGREASE
DISASTER
LITERATE
RENEGADE

9 LETTERS

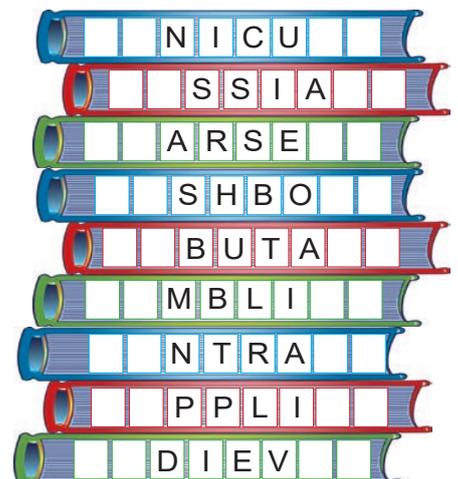
Elizabeth
STREAMERS

BOOKends

Split each four-letter word in half. Place the first half in front and the second half at the end of the letters in the grid to form eight-letter words and work out which four-letter word is not used.

COST
DENT
FINE
HOST
HUNG

MARE
MEAL
RING
RUNS
STAR



Spicy pumpkin soup with a twist

This pumpkin soup is easy to make and is sure to be a favourite during the chilly winter months. Have fun with this classic pumpkin soup with a twist!

INGREDIENTS

3 tbsp olive oil
1 tbsp ginger, grated
1 red chilli, finely chopped
(remove seeds first)
1 red onion, finely chopped
2 cloves garlic, crushed
4 cups pumpkin

3 cups chicken stock
2 tbsp fish sauce
400ml coconut cream

To garnish:

12 prawn cutlets, lightly fried until pink
1 tbsp fresh coriander
¼ cup red shallots (purchase pre-fried or fry finely chopped shallots in oil until crisp)

METHOD

1. In a large saucepan, heat 2 tbsp of the oil before adding the chilli, onion, garlic, and ginger. Cook for 5 minutes.
2. Add the pumpkin, combine, and cook for another minute.
3. Add the chicken stock and simmer until the pumpkin is just tender. This will take about 15 minutes.
4. Add the fish sauce and coconut cream. Simmer for another 5 minutes.

5. Let the mixture cool slightly before pureeing until smooth.

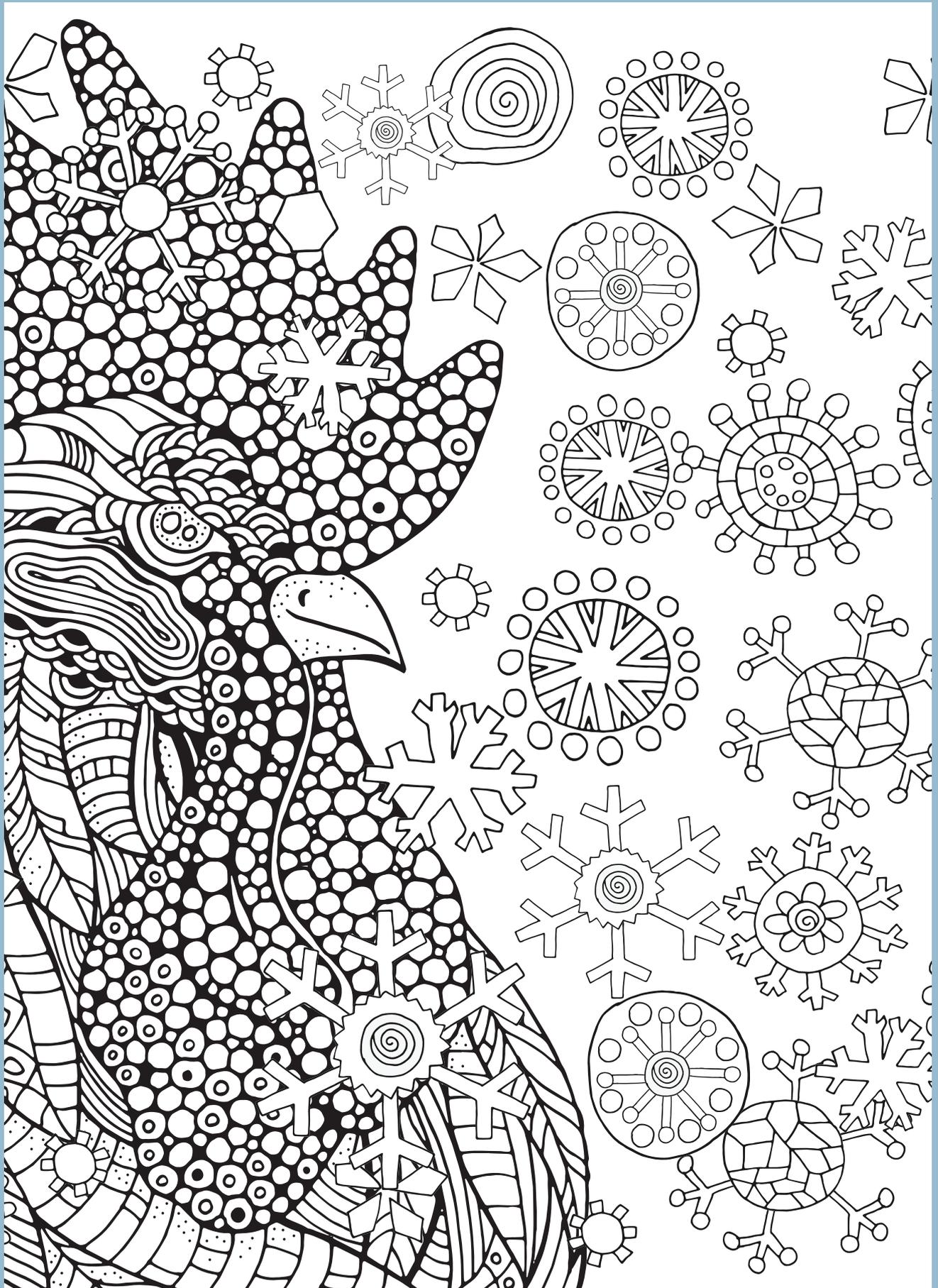
6. Serve hot, topped with the prawns, crispy shallots, and coriander.

This is a delicious dinner to help you through winter that tastes even better paired with toast or garlic bread fresh from the oven.

For a more filling meal, roast some chunky kumara (sweet potato) chips to enjoy with your soup.



Colour me!





Growing winter-tolerant herbs

Balconies and winter gardens don't need to be bare in winter. You can grow a bustling winter herb crop outdoors with a few cold-tolerant varieties under a cover for frost and snow protection.

Next stop, warming mint tea and rosemary-scented hot roasts!

Why grow herbs in winter?

Packed with essential vitamins, minerals, and other nutrients like iron and calcium, herbs are a healthy addition to any dish.

But the superpower of these edible plants lies in their protective polyphenols – antioxidant and anti-inflammatory plant compounds.

Adding fresh herbs to your dishes throughout winter will keep your body topped up with nutritional goodness.

Frost protection

Construct a tunnel or shelter for your herbs to protect them from the frost and snow. All you need is a framework of stakes or pipes and a covering. It can be as simple as putting a few stakes in a container and attaching a cover.

A frost cloth that allows water and sunlight through will require minimal maintenance, while a plastic covering will offer optimal warmth in exchange for regular watering on your part. Another option is to keep them under cover using outdoor furniture or eaves.



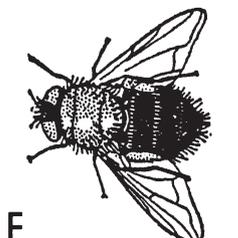
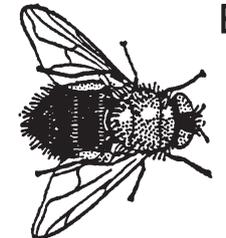
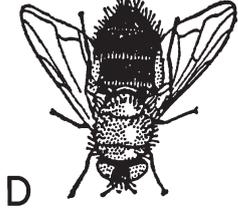
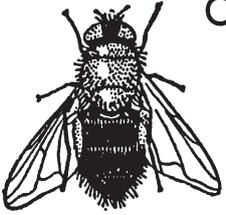
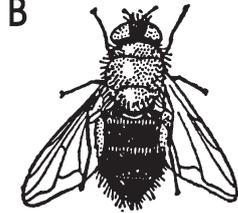
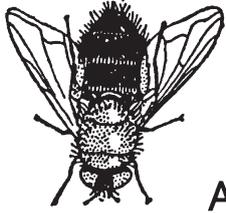
Winter herbs to grow on your balcony or in your garden

All the herbs below can tolerate cool, wintry weather, as long as they are protected from frost.

- Parsley
- Garlic chives
- Thyme
- Sorrel
- Mint
- Rosemary

FLY

Which fly is the odd one out?



DECODER

Each number in the grid represents a letter of the alphabet. Enter the given letters in all squares with matching numbers. Work out which letters are represented by the remaining numbers. All 28 letters of the alphabet have been used.

18	21	9	7	5	2		1	6	18	21	9	21	
	24		5		6			18		14		6	
12	7	9	K	I	N	7		26	25	12	18	5	3
	5		13		8			17		19		7	
13	18	11	7		24	6	3	18	21	7	5	2	
	15		18		21		8		6		19		
15	19	7	6	6	7		24	26	24	7	6	21	
19		9			5		18		20		22		
3	20	3	21	7	2	19	13		4	18	23	23	
25		12		5		19		18		3			
22	24	18	16	26	3		7	8	8	26	5	3	
22		5		25		21		18		2			
13	25	18	17	3	6		3	5	21	26	3	10	

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
				N		I		K				

14	15	16	17	18	19	20	21	22	23	24	25	26

solutions

CROWN maze



CROSSword

Across: 1. Camilla, 5. Phillip, 9. Wales, 11. Lena, 12. Ails, 14. VI, 15. Duke, 16. Train, 18. Coin, 19. Charles, 22. Jubilee, 24. Army, 25. Maam, 26. Blue, 27. Will, 29. HRH, 30. Windsor, 34. Hat, 35. John, 36. Sister, 37. Lilibet.
Down: 2. Annus horribilis, 3. Isle, 4. Awards, 5. Platinum, 6. Heir, 7. Isla, 8. II, 10. Diana, 13. Sic, 17. No, 20. Royal, 21. William, 22. James, 23. Eye, 25. Mia, 28. Archie, 31. Duty, 32. Cars, 33. Earl.

DEcoder

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

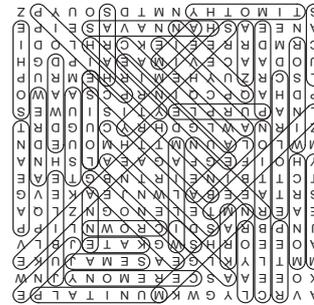
WORDbuilder

leg, rag, rage, rale, real, regal
 gel, glare, lag, lager, large, lea,
 ear, era, erg, gal, gale, gar, gear,
 3. age, ager, ale, are, areg, ear,
 won, worn
 2. con, cor, corn, cow, crow,
 crown, nor, now, own, roc, row,
 rose, sob, sober, sorb, sore
 1. bore, bores, bro, bros, brose,
 ers, orb, orbs, ore, ores, ors, res,
 rob, robe, robes, robs, roe, roes,

BOOKends

Birdcall, Featured, Slouched, Not used: Cats. Agitated, Cupcakes, Heralded, Bubbling, Outdoors, Loveless,

WORDsearch



SUDOKU

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

EASY

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

MEDIUM

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

HARD

TRIO

FLY

its wings.
 a different
 pattern on
 FLY E has

WORDfit

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

SNAKES & LADDERS

GUEST, CHIEF, GUILTY, TOILET, SAILOR, GRILLE, FAILED, CHILLI.