

# engaged.



MARCH 2022

## From Chelsea

Welcome to the March edition of *Engaged!* We are officially three months into 2022, wow that has zoomed by! I hope everyone is doing okay in their corner of the world. My day-to-day life is going okay. Working from home is very much my normal these days, and I enjoy pottering around my little house. One thing I do miss from working in the office is those in-person chats with my workmates, it will be amazing when we can all return in the future. For now, technology allows us to keep in touch. It is so important to look for those wee rays of sunshine throughout the days.

This March edition has a diverse range of topics and entertainment to explore such as the story of St Patrick's Day, International Women's Day, some history about pets, along with puzzles, a recipe and colouring pages. We hope you enjoy scrolling through the pages and even learn a thing or two along the way.

Keep safe out there and we will see you in April!



*Chelsea*

**Chelsea Richdale**

Operations Activity and  
Lifestyle Coordinator



How many of these dates do you celebrate in March?

- 3 March: World Wildlife Day
- 4 March: ODI Women's World cup starts
- 8 March: International Women's Day
- 14 March: Labour Day
- 17 March: St Patricks Day
- 20 March: International Day of Happiness
- 21 March: First day of Autumn
- 21 March: World Poetry Day

**Send us your content!**

We would love to hear from you!

Email us at  
**[engaged@rymanhealthcare.com](mailto:engaged@rymanhealthcare.com)**

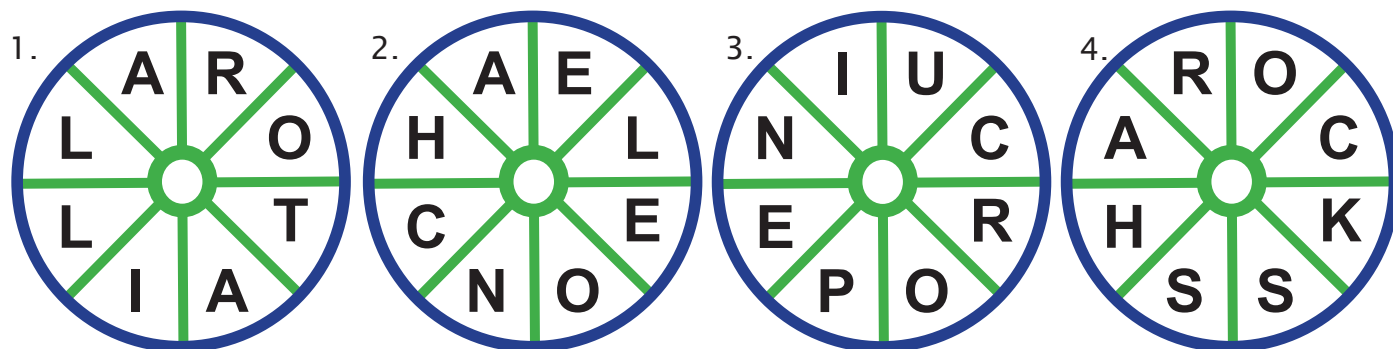
Why not take a virtual tour of museums and galleries from around the world or a virtual tour of a zoo anywhere in the world.

Visit **[www.rymanhealthcare.com.au/lifestyle](http://www.rymanhealthcare.com.au/lifestyle)** and explore some of the great tips and stories on offer.



# WORDWHEEL

Insert one letter reading clockwise or anti-clockwise to reveal an animal or something Irish.

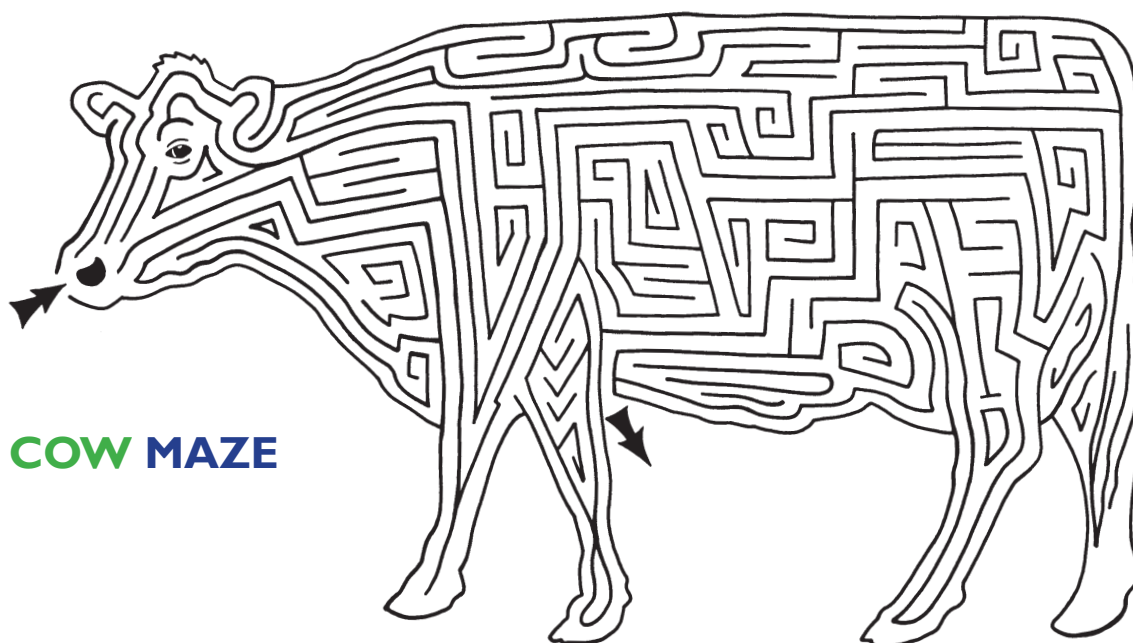


## WORDSEARCH – ANIMALS

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

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

AARDVARK  
ANTELOPE  
BABOON  
BADGER  
BISON  
CAMEL  
CAT  
CATERPILLAR  
CATTLE  
CHAMELEON  
CHICKEN  
DOG  
DONKEY  
ELEPHANT  
ELK  
FOX  
FROG  
GOAT  
HARE  
HORSE  
IMPALA  
JACKAL  
KANGAROO  
LEMMING  
LEMUR  
LION  
LIZARD  
MEERKAT  
MONKEY  
MOUSE  
NEWT  
OTTER  
PANDA  
PANTHER  
RABBIT  
SEAL  
SHEEP  
SPRINGBOK  
TIGER  
TORTOISE  
VULTURE  
WEASEL  
WOLF  
WOMBAT  
YAK  
ZEBRA

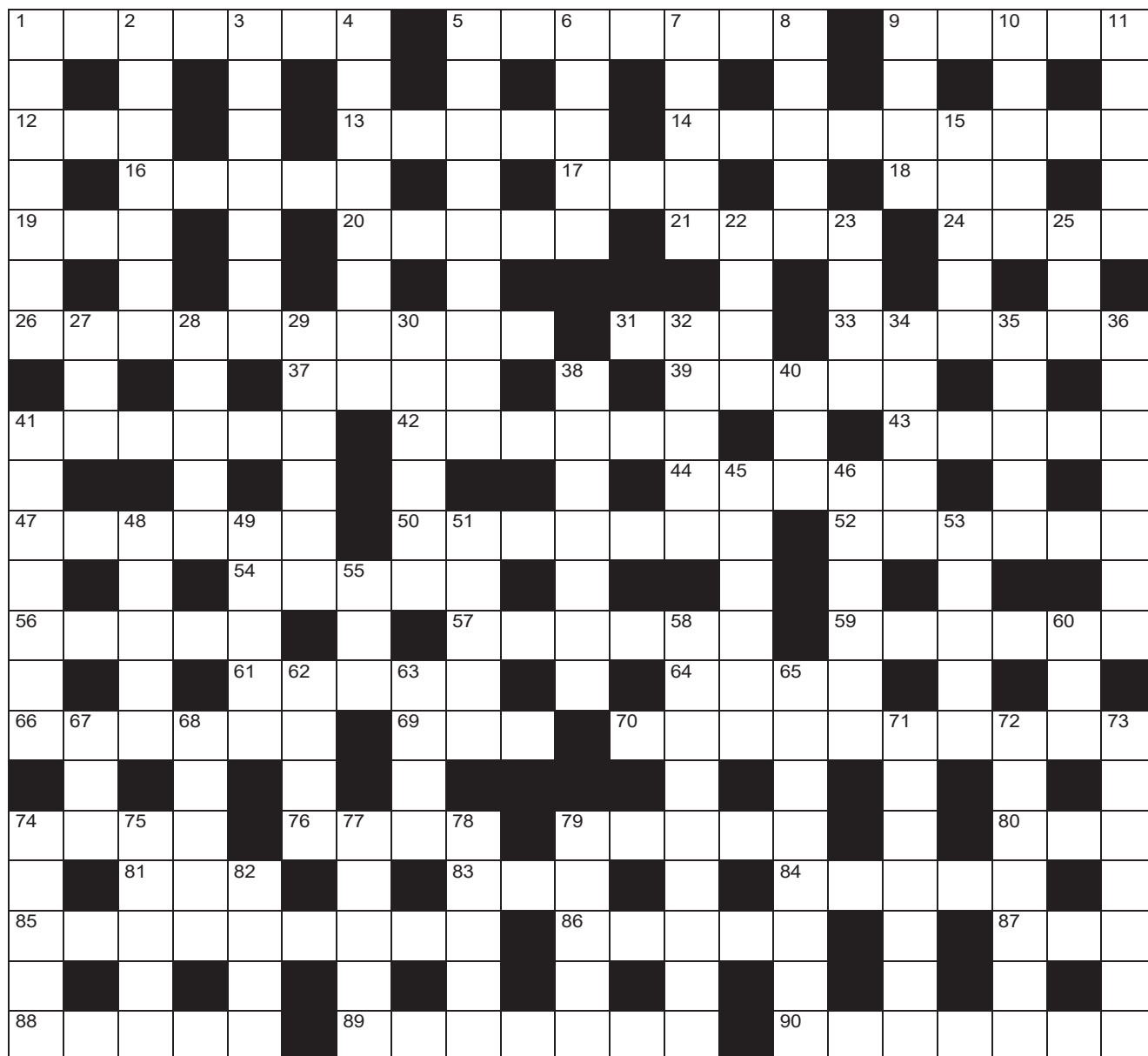


COW MAZE

Colour me!



# VILLAGEjumbo



## ACROSS

1. Strategies (7)
5. Momentum (7)
9. Expenses (5)
12. Diamond (inf) (3)
13. Recorded (5)
14. Make text slant (9)
16. Morsel (5)
17. Perish (3)
18. Enclosure (3)
19. Type (3)
20. Assortment (5)
- 21/24/33. Irish good luck symbol (4-4,6)
26. Irish sprite (10)
31. Hole in one (3)
33. See 21
37. Assist (4)
39. Upper storey bay window (5)
41. Tell off (6)
42. Perfect world (6)
43. Assumed name (5)
44. Vapour (5)
47. Not as cold (6)
50. Tell a story (7)

52. Most recent (6)
54. On the move (5)
56. Flethy root (5)
57. Mouth fluid (6)
59. Waken (6)
61. Pace (5)
64. Resentful jealousy (4)
66. Altitude (6)
69. Colony insect (3)
70. Clean but bland (10)
74. Neither good nor bad (2-2)
76. Loathe (4)
79. Legal defence (5)
80. Kernel (3)
81. Possess (3)
83. Curve (3)
84. Rental document (5)
85. Out of bounds, forbidden (3-6)
86. Head adornment (5)
87. Charge (3)
88. Type of canoe (5)
89. Spending spree (7)
90. Completely (7)

## DOWN

1. Of little importance (7)
2. Medical examination (5,2)
3. Sudden urge (7)
4. Work on a tan (8)
5. Butt in (9)
6. Tantrum (colloq) (5)
7. Robber (5)
8. Chaotic state (5)
9. Fried potato (4)
10. Gleam (5)
11. Ledge (5)
15. Musical instrument (5)
22. Finished (4)
23. Speed contest (4)
25. Mimic (3)
27. Centre of a hurricane (3)
28. Kingdom (5)
29. Drinker's toast (6)
30. Former pupils (6)
32. Shoreline (5)
34. Andean animal (5)
35. Say (5)
36. Prize made of ribbon (7)
38. Twinkle (7)
40. Wrath (3)

41. Enchant (7)
45. Renter (6)
46. Every time (6)
48. Jewish teacher (5)
49. Soil (5)
51. Fire-raising (5)
53. Group of soldiers (5)
55. Woollen hat (3)
58. Cause air to circulate (9)
60. Travel over snow (3)
62. Engrave (4)
63. Breathe heavily (4)
65. Watchful (8)
67. Sense of self (3)
68. Snarl (5)
71. Tire out (7)
72. Melodious (7)
73. Eating implements (7)
74. Unnerve (5)
75. Kind-hearted person (colloq) (5)
77. Awry (5)
78. Art stand (5)
79. Thespian (5)
82. Small cut (4)





## Relationships between humans and pets through the ages

Over thousands of years, pets have evolved into an integral part of families all over the world. Unsurprisingly, the most popular pet in the world is the dog, long known as man's best friend. Cats are the next most popular animals, followed by fish and birds.

We don't know exactly when dogs became domesticated or why. During the ice age, domestication probably happened by accident when wolves began trailing ancient hunter-gatherers to feed on their garbage. The hunter-gatherers may also have shared any surplus lean meat with them. Friendlier wolves may have received more food, increasing their chances of survival, passing on their genes, eventually becoming pets, helping humans to hunt, and evolving into dogs.

Dogs are the only animals that we know for sure were domesticated by hunter-gatherers, although other animals such as cats were domesticated later on after humans moved from hunter-gathering to agriculture.

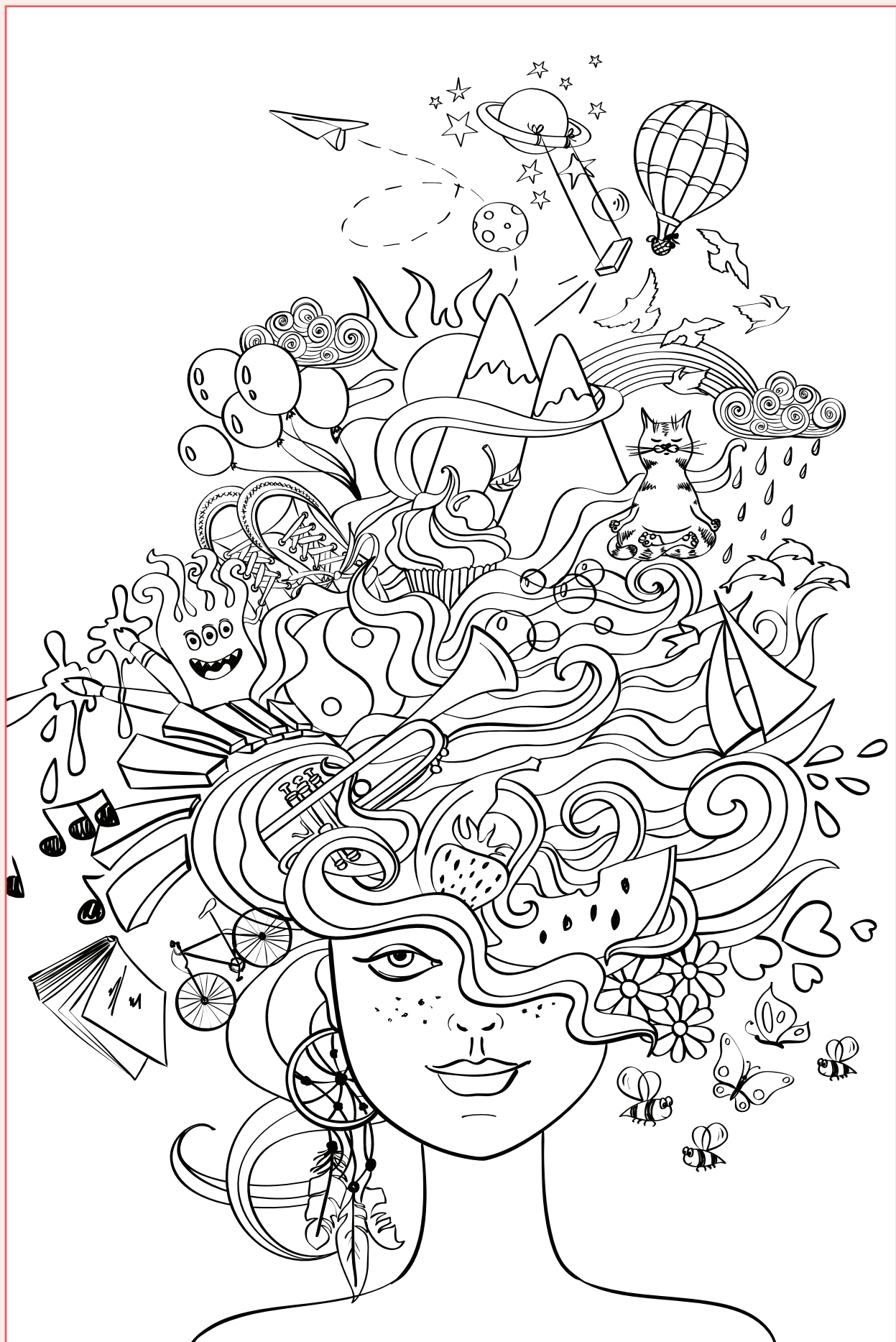
Genetic evidence suggests that dogs split from their wolf ancestors between 27,000 and 40,000 years ago. The oldest known dog burial dates from 14,200 years ago but they were likely to have been domesticated before that.

The earliest evidence for the domestication of cats dates from 7500–7200 BC. When humans moved from hunter-gatherer lifestyles to small farming settlements, it is likely cats were attracted to these settlements due to the proliferation of rodents there. In turn they would have been useful to the farmer to help control rat and mouse populations. As agricultural practices spread, the number of domesticated cats increased due to this mutually beneficial relationship.

Although these days you may not need a dog to help you hunt, or a cat to control rodents, being a pet owner may be good for your health. Some of the health-giving benefits of owning a pet are increased opportunities to get outside and exercise, particularly if you own a dog. Pets can also help alleviate loneliness and depression by giving us companionship. Stroking the soft fur of a pet can be soothing if you are feeling stressed.

At least half of all pet owners have conversations with their pets regularly, and 68% of New Zealand households have a pet, which is the highest level of pet ownership in the world!

Colour me!





# Fresh spring rolls

Fresh spring rolls are a quick and easy finger food, perfectly accompanied by a simple dipping sauce. This recipe makes six spring rolls. Double the quantities to make 12 spring rolls.

## Spring roll Ingredients

- 1 Tbsp grated fresh ginger
- 1 finely chopped red chilli
- 1 tsp oil
- 200g sliced chicken breast
- 6 medium rice paper wrappers
- 1/2 grated cucumber
- 1 grated carrot
- 1/2 cup shredded lettuce

- Mint leaves to taste
- Coriander leaves to taste
- 1 spring onion, finely chopped

## Dipping Sauce ingredients:

- 3 Tbsp Thai sweet chilli sauce
- 1 Tbsp fish sauce or soy sauce
- 1 Tbsp lemon or lime juice
- 1 Tbsp chopped coriander

## Method:

Combine ginger, chilli and oil and chicken in a bowl and mix well. Heat a non-stick frying pan over medium heat. Cook the coated chicken until it is cooked through. Remove from heat and set aside for cooling.

Place one rice paper wrapper in a bowl of hot water for about 30 seconds or so until it has softened enough to roll. Pat dry and place on a flat surface. Keep your work surface damp to ensure that your rice paper doesn't get too sticky during rolling. Working on a clean damp cloth helps to prevent sticking and aids in the rolling.

Once the paper softens and becomes flexible, place some of the chicken, cucumber, carrot, lettuce, mint, coriander and spring onion in a row in the middle on each rice paper wrapper. Roll up tightly, tucking in the rice paper sides to create a spring roll. Repeat with the remaining rice paper wrappers and fillings.

Create the dipping sauce by whisking the ingredients together in a small bowl.

These spring rolls can be covered with a damp paper towel or clean cloth and refrigerated for up to 24 hours before serving, but they are so delicious you probably won't want to wait that long!



## SUDOKU

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

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

Easy

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

Medium

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

Hard

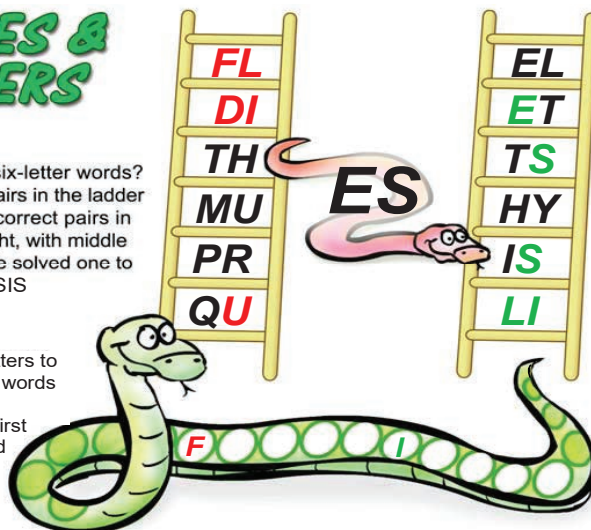
## SNAKES & LADDERS

### 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 **ES**. We have solved one to start you off: THESIS

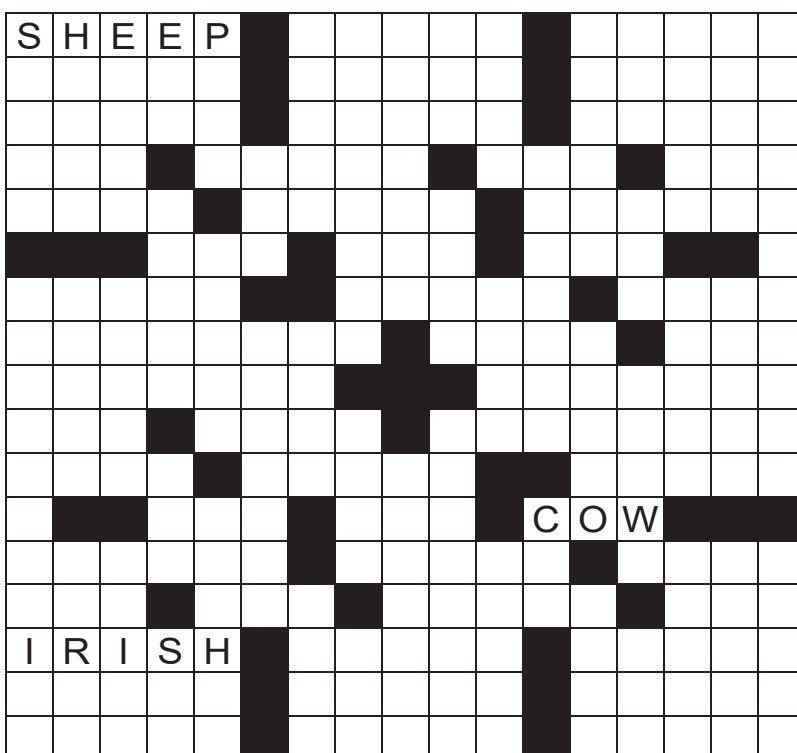
### Puzzle Two

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.



## WORDFIT

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



### 3 LETTERS

ACE  
CAD  
COG

TEN  
TOO

### 4 LETTERS

ACRE  
AJAR  
AURA  
COPE  
EDDY  
EDGE  
FREE  
IDEA  
POEM  
PREY  
SALT  
SNIP  
YELP  
YOGA

### 5 LETTERS

ABORT  
ALLOT  
SUE  
TEA

ANGLE  
AWOKE  
CODER  
CREAM  
CREWS  
EDGED  
EDICT  
ELVES  
EPOCH  
ESTER  
GLARE  
HONED  
IRATE  
IRISH  
ISSUE  
JOLTS  
LEANT  
LITRE  
MANOR  
METRO  
MORES  
NESTS  
OMEGA

PARTS  
POINT  
RACER  
RADII  
REMIT  
REUSE  
RITES  
ROWAN  
SALAD  
SCALE  
SCURF  
SHEEP  
SMILE  
SNIPE  
TESTS  
VENUE  
WEEKS  
WEENY  
YELPS  
YOUNG

6 LETTERS  
AMPERE

ARCHER  
ASTERN  
GREASE

### 7 LETTERS

ALIGNED  
PRECEDE  
RAFTERS  
REORDER  
SAMOVAR  
UNASKED

### 8 LETTERS

CARPETED  
MANNERED  
REGIMENT  
RESTRAIN

### 11 LETTERS

ENHANCEMENT  
IMAGINATIVE



# International Women's Day



**Do you know that every year on March 8th, International Women's Day is marked around the world?**

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women.

The first International Women's Day was celebrated in Europe in 1911 on 19 March. More than one million men and women attended rallies to campaign for women's rights and to end discrimination. It was first celebrated by the United Nations in 1975.

And men, you haven't been forgotten. This year International Men's Day is on Saturday 19th November.

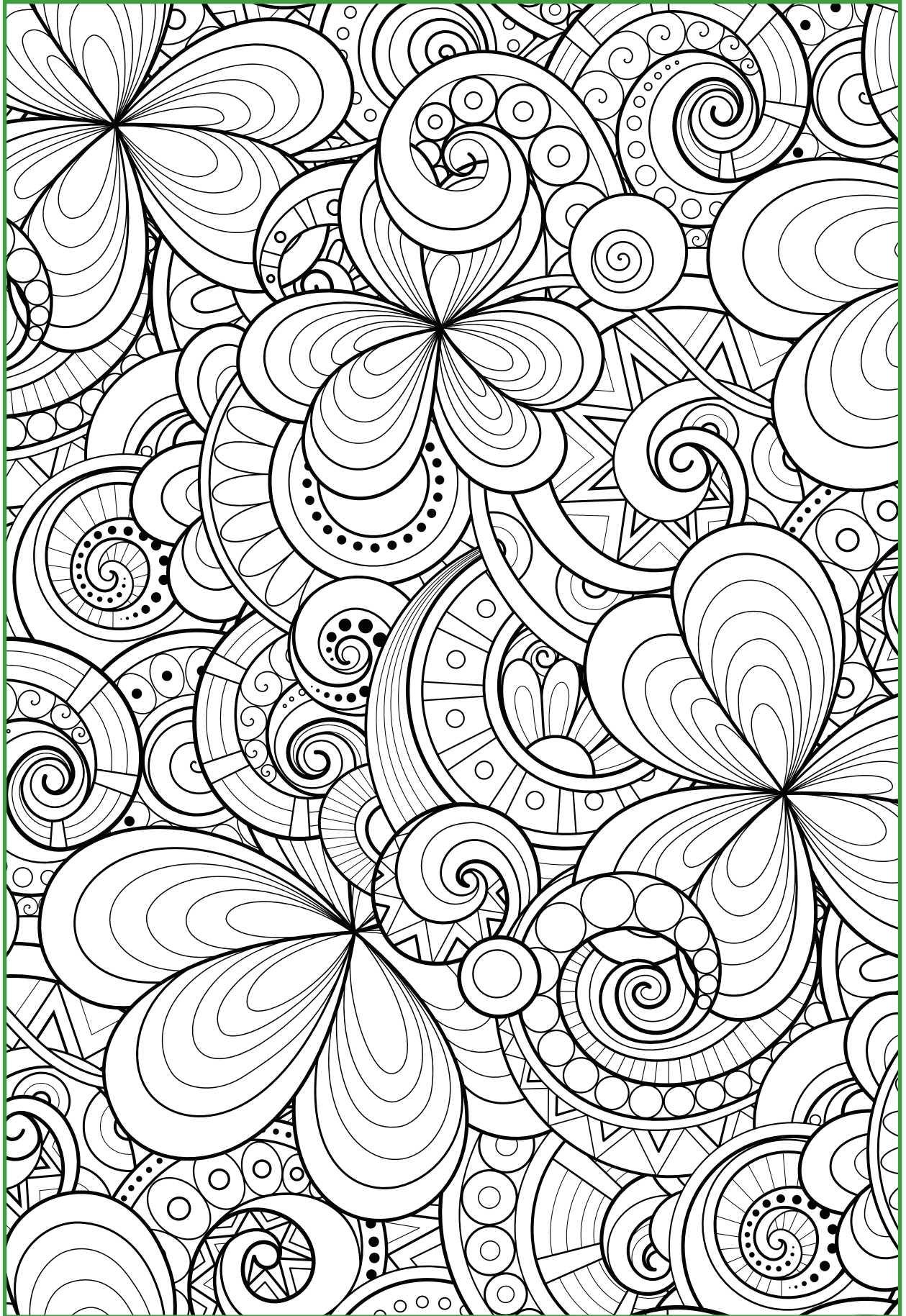
In addition to celebrating women, International Women's Day marks a call to action for accelerating gender parity. Groups come together worldwide to celebrate women's achievements, raise awareness about work that needs to be done to advance equality, lobby for change, and fundraise for female-focused charities.

Each year, the day focuses on a particular theme. The theme for 2022 is Break the Bias. Whether deliberate or unconscious, bias makes it difficult for women to move ahead. Knowing that bias exists isn't enough, action is needed to level the playing field. International Women's Day aims to help break the bias in our schools, communities and workplaces.

This is also a day where we can all say a huge Thank You to the amazing women in our lives and show them acknowledgement and appreciation.

If you would like to learn more about International Women's Day, visit **[www.internationalwomensday.com](http://www.internationalwomensday.com)**

Colour me!





St. Patrick's Day celebrates the life of Saint Patrick, the patron saint of Ireland. He was a missionary who has been credited with bringing Christianity to Ireland.

St. Patrick's Day takes place on March 17 each year because St. Patrick's death is believed to have been on March 17, 461.

He was kidnapped from Britain by Irish raiders at the age of 16 and taken to Ireland as a slave. He spent six years there during which he turned to his faith. Then one night he dreamed that the ship that would rescue him was ready. He escaped from his master and found passage to Britain.

Later, he had another dream where the Irish were beseeching him to walk among them again. He was at first reluctant to do so, but eventually went back to Ireland as a missionary, spreading the Christian faith with great success.

Before the end of the 7th century, he had become a legendary figure, and St Patrick's Day was a strictly holy day in Ireland, switching to an official Irish public holiday in 1903. Up until the 1960's bars were forbidden to be open on that day. It was emigrants, particularly to the United States who transformed St. Patrick's Day into a more secular holiday of revelry and celebration of things Irish.

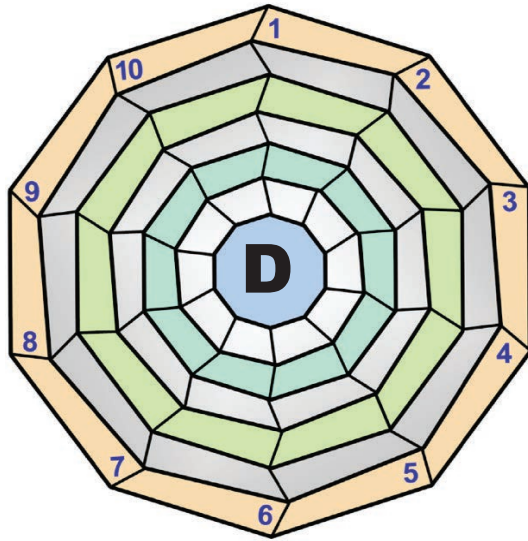
The first St Patrick's Day parades took place in America, not in Ireland, which held its first parade in 1903. The world's oldest St. Patrick's Day festival was in St Augustine, Florida. St Augustine held its first St Patrick's Day celebration in 1600 and its first parade in 1601.

It is a big holiday in America. Chicago even has a tradition of turning the Chicago River bright green on St. Patrick's Day. The river is dyed on the morning of the St. Patrick's Day parade, which takes place the Sunday before St. Patrick's Day. This is done with a vegetable-based powder, which is actually orange until it hits the water. The river stays green for most of the day.



## WebWORD

The answers from 1 to 10 are all seven-letter words ending with D. If your answers are correct, the letters in the outer band moving clockwise from 1 will reveal a TV programme of the 1970s about some diminutive creatures (3,7)



### CLUES

- |                            |                      |
|----------------------------|----------------------|
| 1. Size of some newspapers | 6. Lost              |
| 2. Drawn, unwell           | 7. Quayside post     |
| 3. Gave vent               | 8. Big cat           |
| 4. Intercepted             | 9. Gemstone          |
| 5. Fruit farm              | 10. Halt temporarily |

## TRIO

The four words in each of the puzzles below can be completed using a three-letter sequence. Find the 3-letters for each puzzle.

C \_ \_ \_ Y 1.  
DEM \_ \_ \_  
R \_ \_ \_ OM  
H \_ \_ \_

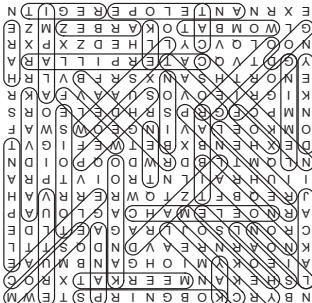
MUE \_ \_ \_ 2.  
\_ \_ \_ CK  
\_ \_ \_ CED  
DI \_ \_ \_ KE

SMO \_ \_ \_ 3.  
\_ \_ \_ RE  
CR \_ \_ \_ ET  
BRO \_ \_ \_

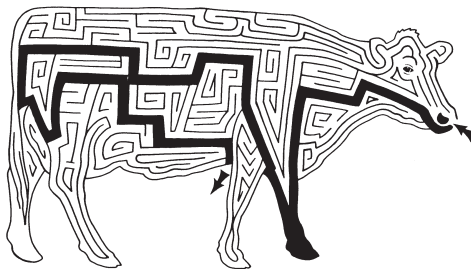
\_ \_ \_ IRE 4.  
D \_ \_ \_  
SL \_ \_ \_  
GR \_ \_ \_ Y

## solutions

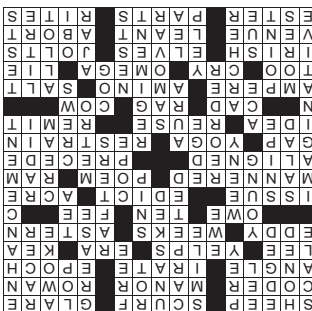
### wordsearch



### cow maze



### wordfit



### village jumbo

Across: 1. Tactics, 5. Impetus, 9. Costs, 12. Ice, 13. Noted, 14. Italicise, 16. Crumb, 17. Die, 18. Pen, 19. Ill, 20. Array, 21/24/33. Four-leaf clover, 26. Leprechaun, 31. Ace, 37. Help, 39. Oriol, 41. Berate, 42. Utopia, 43. Alias, 44. Steam, 47. Warmer, 50. Narrate, 52. Latest, 54. Astir, 56. Tuber, 57. Saliva, 59. Arouse, 61. Tempo, 64. Envy, 66. Height, 69. Ant, 70. Antiseptic, 74. So-so, 76. Hate, 79. Alibi, 80. Nut, 81. Own, 83. Arc, 84. Lease, 85. Off-limits, 86. Tiara, 87. Fee, 88. Kayak, 89. Splurge, 90. Totally. Down: 1. Trivial, 2. Check-up, 3. Impulse, 4. Sunbather, 5. Interrupt, 6. Paddy, 7. Thief, 8. Snafu, 9. Chip, 10. Shine, 11. Shelf, 15. Cello, 22. Over, 23. Race, 25. Ape, 27. Eye, 28. Realm, 29. Cheers, 30. Alumni, 32. Coast, 34. Llama, 35. Voice, 36. Rosette, 38. Sparkle, 40. Ire, 41. Bewitch, 45. Tenant, 46. Always, 48. Rabbi, 49. Earth, 51. Arson, 53. Troop, 55. Tam, 58. Ventilate, 60. Ski, 62. Etch, 63. Pant, 65. Vigilant, 67. Ego, 68. Growl, 71. Exhaust, 72. Tune, 73. Cutlery, 74. Spook, 75. Softy, 77. Amis, 78. Easel, 79. Actor, 82. Nick.

### sudoku

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

EASY

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

MEDIUM

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

HARD

### trio

1. AND  
2. SLI  
3. OCH  
4. UMP

### snakes & ladders

FLUID, ISLES. FLESHY, DIESEL, THESIS, MUESLI, PRESET, QUESTS. 10. Suspend. THE WOMBLES. 7. Bolland, 8. Leopard, 9. Emerald, 4. Waylaid, 5. Orchard, 6. Mislaid, 1. Tabloid, 2. Haggard, 3. Erupted,

### webword