

engaged.



22 OCTOBER 2021

From Chelsea

Welcome to this week's edition of *Engaged!*

The spring weather has been a welcome sight for many, and I have definitely noticed the changing look of flowers and plants in my garden. Isn't it marvellous to see all these things bloom?

Speaking of blooming, congratulations to the winners for our *Reminiscence* short story competition! They are named on the back page of this newsletter. We had a large number of entries, and it was very hard to pick three winners, so we have also included some honourable mentions for stories that we felt were also particularly good. With permission from the authors, we will make some of these stories available for you to read.

This week I recommend getting outside and seeing the changing scenery, listening to the wonderful sounds and taking a moment to recentre and enjoy the world we live in.



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



Let's explore on-line:

Underworld live feed: Direct from the the reef to your living room.
www.natureaustralia.org.au/what-we-do/our-priorities/oceans/ocean-stories/reef-cam-underwater

State Library Victoria: Explore online galleries, ebooks and history
www.slv.vic.gov.au

Australian Music Vault: Explore exhibits, stories and music throughout the past and present
www.australianmusicvault.com.au

Send us your content!

We would love to hear from you!

Email us at
engaged@rymanhealthcare.com

Sleep Observations

After a really good sleep, your mind is sharper, you have more energy and you feel refreshed and ready to take on the day. Read more at:
www.rymanhealthcare.com.au/lifestyle/health-and-wellbeing/sleep-observations



SUDOKU

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

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

Easy

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

Medium

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

Hard

TOTALISER

The answers to these questions are all numbers. Added up, they will total 161.

1. In a calendar year, how many months have 31 days?
2. What is 25% of 300?
3. How many sides does a decagon have?
4. In snooker how many points is the pink ball worth?
5. How many people make up an octet?
6. What is the next prime number after 13?
7. How many permanent teeth should an adult have?
8. How many legs does an insect have?

CROSSWORD

1		2		3		4			5		6
							7				
8											
									9		
10					11						
				12							
13										14	
		15							16		17
18							19				
				20							
21											
					22						

ACROSS

1. Sportspeople (8)
7. Evidence (5)
8. Printed daily bulletin (9)
9. Winning serve (3)
10. Shift (4)
11. Fitting (6)
13. Fruity Yuletide treat (9,4)
15. Unwell (6)
16. Butt (4)
18. Young boy (3)
20. Old coins (9)
21. Stoppers (5)
22. Uneducated (8)

DOWN

1. Year (Latin) (5)
2. Nonetheless (7)
3. Catch sight of (4)
4. Trying something new (13)
5. Arctic or Antarctic (5)
6. Crime (7)
7. Make a suggestion (7)
12. Serving no purpose (7)
13. Mythical one-eyed creature (7)
14. Feeler (7)
15. Make sense (inf) (3,2)
17. Attack from all sides (5)
19. As well (4)

SOLUTIONS

Totaliser

Sudoku

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

1. 7, 2. 75, 3. 10, 4. 6, 5. 8, 6. 17, 7. 32, 8. 6

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

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

Crossword

Across: 1. Athletes, 7. Proof, 8. Newspaper, 9. Ace, 10. Move, 11. Proper, 13. Christmas cake, 15. Ailing, 16. Stub, 18. Lad, 20. Shillings, 21. Plugs, 22. Ignorant, Down: 1. Annum, 2. However, 3. Espy, 4. Experimenting, 5. Polar, 6. Offence, 7. Propose, 12. Useless, 13. Cyclops, 14. Antenna, 15. Add up, 17. Beset, 19. Also.

Colour me!



Congratulations to our Reminiscence short story competition winners!

First place

A Wartime Sea Voyage – Robert Boyle

Second place

A Lost Fortune - Paul Wah

Third place

The First Noel - Jackie Pittman

We had many wonderful entries and it was very difficult to pick the winners. Below are some other entries that we felt were just too good not to give an honourable mention to.

Honourable mentions

The Body on the Bowling Green – Sue Harvey and Barbara Hyde

Reminiscence – Ron Taylor

Chirpy – Alex Woods

Reminiscence – Bob Fendall

Reminiscing – Wendy Craig

Nana – Sheryl Farmiloe

Free-range Children – Jill Lowe

Watch this space!

With permission from the authors, we are going to make these stories available for residents to read very soon.

Most of them are too long to print in *Engaged*, so we will be providing them in a printable pdf that can be read on a screen or printed out to read.