The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 41. May 2023

Whispers from the Willows
NEWSLETTER

Welcome to our newsletter for May.
We hope that you enjoyed our previous newsletters.

We will continue to bring you as much news, important facts and fun things in our upcoming newsletters and continue here with our May issue. Hope that you our residents and your family on the outside as well as our staff here at The Willows Private Nursing Home enjoy.

OUR PHILOSOPHY

To provide optimum health care and rehabilitation in an environment which respects the rights, dignity and feelings of the residents.
Our health care is given with compassion, care, love and encouragement with every consideration for privacy, comfort and the independence of our residents.

From the Admin Desk

Hi All

Unfortunately we have ended April with another COVID outbreak. Please remember with winter getting closer there will be lots of viruses out there. Please be vigilant and don't visit if you are feeling at all unwell. If you haven't signed the consent forms for the flu vaccine or the COVID booster, please do so as soon as possible so we can get the residents vaccinated and protected.

In May we celebrate all our beautiful Mother's. Wishing you all a very Happy Mother's Day. We will be celebrating with a lunch on Friday 12th May and have organised entertainment for the day. We would like to invite you to come and have lunch with us and celebrate.

A reminder to please go to our Facebook page where we regularly post photos and other interesting content.

Maryann Inbari - Operations Manager

From the Lifestyle Desk

Hello everyone!

Welcome to the May issue of our newsletter.

It continues to be a busy time at Willows. During the last month our residents have been enjoying the introduction of some new activities to the program.

As we are coming into the winter months, the flu season will be upon us and sure our Boss has been working on our annual staff and resident flu vaccination program in line with the Government's new requirements require all staff and residents to have the Influenza Vaccine.

Finally, May is the traditional month for Mother's Day on the 14th of May, I want to wish all of our mothers and grandmothers at The Willows a happy day and hope you all get spoiled with lots of chocolates!

Cheers,
David and Tess

BACK IN TIME

When did Sydney's Old Trams Finish?

This R1 class tram, No. 1995, was the very last to operate on Sydney's famous tram network which closed in 1961. Experimental electric trams had begun in Sydney in 1890, but before then there had been horse trams, steam trams and cable trams.

Compared to steam trams, electric trams were fast, quiet, clean, and enormously popular. The government pushed tramlines out into the suburbs all over Sydney and the system grew to be one of the world's largest.

By the early 1930s, the NSW Government decided Sydney's public transport future lay with buses, not trams. However, WWII intervened, postponing tramline closures. After the War, cars were on the rise. Police, motoring organisations and newspapers turned against trams. Three spectacular tram accidents near Taronga Zoo, each resulting in a harbour dunking, was grist for the removal of trams. They were regarded as old-fashioned relics of the 19th century, not wanted in a modern city, but the public still loved them. Closure of lines was staged. When it happened, track was tarred over and overhead wires removed the same night the trams finished to ensure there was no going back.

To totally destroy the network, rolling stock was then systematically burnt. Tram No. 1995 was only 10 years old when it made its last journey from La Perouse to the Randwick Workshops on 25 February 1961. Well-wishers wrote chalked messages of goodbye on its sides and crowds lined the workshop gates to say farewell.

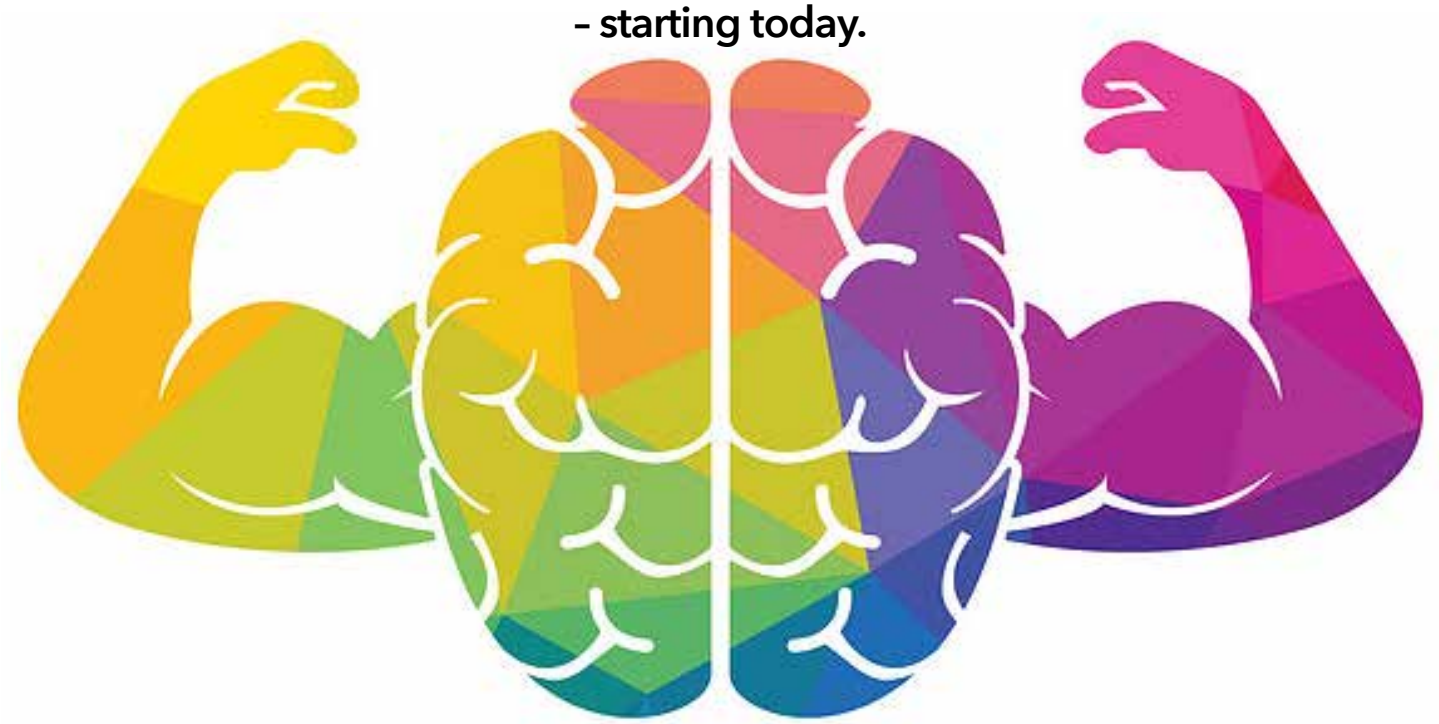
This historic tram was eventually stored in the old Rozelle tram depot and ultimately suffered from shocking vandalism. After conservation in 2015, it now has pride of place in the same refurbished depot which reopened in 2016 as the 'Tramsheds', an industrial- style food precinct.

Fittingly, No. 1995 rests only a short walk from its successor, the light rail's Jubilee Park station.

health & wellness

9 simple midlife tests for your mind & mobility

Do your brain and body match your calendar age? If you're keen to get a little stronger or sharper, boost your mental and physical longevity – starting today.



Test #1: How good is your balance?

Try standing barefoot with your eyes open and raising one foot off the floor by bending at the knee. Time how long you can maintain that position.

Why: While our sense of balance diminishes in later life, studies at Manchester Metropolitan University have shown even elite athletes have poor balance skills unless they incorporate specific exercises into their routine.

How to improve: Aim to complete 60 seconds on each leg – research shows balancing for that long three times daily can improve hip-bone density. Once you can do 20 seconds on each leg, try it with your eyes closed.

Test #2: How strong is your upper body?

Count how many full push-ups you can manage consecutively (with no long pauses) before you have to rest. According to The American College of Sports Medicine, 19 to 30 push-ups for women and 21 to 36 for men aged 20 to 40 (and 10 to 21 for men and women in their 50s and 60s) are ideal scores.

Why: Push-ups build muscle strength and endurance. They also increase your upper-body strength, which is important for everyday functions, such as picking up your kids' toys (sigh) and pushing a loaded supermarket trolley.

How to improve: Don't worry if you are unable to do a single full push-up. Try starting with modified ones with your knees on the ground. Then, when you can do around 15 to 20 without stopping, extend your legs to try some full push-ups.

Test #3: How agile is your lower body?

Sit upright on a hard-backed chair, folding your arms across your chest and placing your feet flat on the floor, shoulder-width apart. Then rise to a standing position, knees straight, before sitting down again. Complete as many as you can in 30 seconds.

Why: People who struggle with lower-body strength can experience more inactivity, balance issues and injuries, as well as musculoskeletal problems like back pain. Definitely less than ideal.

How to improve: The more full, controlled repetitions you can manage in 30 seconds, the better. Aim for around 24 to 27 reps if you're aged 30 to 60, and 21 to 24 reps if you're 70 to 80.

Test #4: How engaged is your core?

Sit on the floor with your legs crossed and get up without using any part of your body. If you can stand up without help, you score a perfect 10 (five points for sitting down, five points for standing up – go you!). If you need support or are wobbly, subtract one point each time. Do the test three times to get an idea of your best scores.
Aim for eight to 10 points.

Why: Getting up from the floor using only your core muscles is a measure of musculoskeletal fitness. It's also a useful indicator of flexibility, leg and core strength and balance in all ages.

How to improve: Gradually raise your score until you can stand unaided by incorporating chair squats and regular squats into your workouts.
Aim to score one less point each time.

Test #5: How fit is your aerobic health?

Go for a power walk (not running but not dawdling) for six minutes, measuring the distance covered on a hard, flat surface (tip: use a fitness tracker).
Aim for 400 to 700 metres.

Why: The six-minute walk test (or 6MWT) is an established measure of aerobic capacity developed by the American Thoracic Society. It also shows endurance capacity and cardiovascular and lung health.

How to improve: Aim to walk for 30 to 90 minutes a few times a week. Vary your pace and terrain to add some inclines, and walk upstairs every day to boost your fitness and up your aerobic health, without ever having to hit the gym.

Test #6: How healthy is your memory?

List as many animals, fruits or TV characters from your favourite show that you can in one minute. Aim for 20 to 25 correct words. If you repeatedly can only name 10 to 15 words, it could be a sign of memory issues.

Why: Our brains store words. If you struggle to remember them or regularly confuse them with others, it could be associated with memory problems.

How to improve: Incorporate crosswords, memory games and word games such as Scrabble and Wordle into your daily life to keep your memory and vocabulary recall primed.

Test #7: How flexible is your body?

Place your right hand over your right shoulder, with your fingers extended and your left hand behind your back, fingers extended. Can you link your fingertips? If not, ask someone to use a ruler or tape measure to measure the number of centimetres by which your middle fingers are short of touching. Switch sides and repeat.

Why: This simple test gives a clear indication of your upper-body and spinal mobility, as well as postural issues. Interestingly, research suggests men lose mobility in this area more quickly than women do.

How to improve: Sit on a chair with a firm pillow between the knees, feet flat on the ground. Cross your arms over your chest and on your exhaling breath, rotate your upper body and spine to one side. Repeat this three times, each time going a little further. Repeat this sequence four to five times on each side, before reattempting the initial test.

Test #8: How is your visual and spatial health?

Draw a clock face from memory on some paper. Ask someone to select a random time, then draw the hands of that time on the clock. Ask them to check: how well the circle is drawn (one point), if the numbers one to 12 are included correctly (one point), that two hands are on the clock (one point) and that the two hands say the time you were asked to draw (two points). A normal score is four to five.
Anything less than four points is concerning.

Why: This test is considered a reliable early measure of cognitive decline. Dementia Australia recommends encouraging a relative or friend to do it at home if you're concerned about potential memory loss.

How to improve: Do number puzzles such as Sudoku and use brain- training apps like CogniFit to challenge your memory. Repeat the test every few months to see how you're faring.

Test #9: How functionally fit do you feel?

Stand barefoot, facing a wall 25 to 30cm away. Place your fingertips lightly on the wall at shoulder height, elbows slightly bent and feet hip-width apart. Raise your heels as high as possible to do a calf raise, then lower, bending at the knees. Repeat the full movement counting how many repetitions you do in 30 seconds. Under-60s should aim for 25 calf raises, over-60s 21 to 22.

Why: Strange but true: people with the best calf-raise scores were found to have higher levels of functional fitness, strength, power, speed and range of movement in a study in the Physical Therapy in Sport journal.

How to improve: Build up your calf raises, aiming for three x 15 seconds, two to three times a week. As you get stronger, do them standing on the edge of a step, slowly lowering until your heel can't lower any further. Return to the top again in one smooth movement. Tests, done and dusted.

everwonder

HOW DID THE ALL-AMERICAN HAMBURGER BECOME SO POPULAR?

Hamburgers.

It's synonymous with American cuisine, but no matter where you go, there's a good chance you will find it on the menu. Today, there are options of chicken, beef, and even vegetarian burgers, with a never-ending list of topping options. But where exactly does the burger come from? And when did it become our favourite food?

Despite its association with America, the hamburger actually originated in Germany… well, sort of. The eating of ground meat has existed for hundreds of years.
In the 13th century, Genghis Khan and his Mongol horsemen were already eating raw ground lamb, shaped in a patty.

This was a meal of convenience, that they could 'eat on-the-go'.

But what really started the journey to get to the hamburger as we know it today, was the Hamburg Steak. The recipe was brought to America in the 19th century, by German immigrants. It was a basic recipe, consisting of chopped up steak and some spices. German restaurants in New York jazzed up the basic Hamburg steak recipe by adding garlic and onions and frying (or grilling) it. Back in 1837, it was one of the priciest items on the menu. By the end of the 1800s, the dish became more popular, and soon it could be found in restaurants all over.

But this is only the story about the patty, where did the bun and extras come from? As with most delicious foods we enjoy today, the idea of adding a bun to the Hamburg steak was born out of necessity. But exactly when this necessity occurred, is somewhat in dispute.

One story says that hungry workers in the late 1800s started to eat Hamburg steaks between two slices of bread, to make an easy on-the-go lunch. Another says Louis' Lunch created the hamburger in 1900 to satisfy a rushed customer. What makes the correct determination of 'the first hamburger' difficult, is that no definition existed in the beginning. In the early 20th century, Hamburg steaks were eaten on slices of bread. And some argue that the correct definition should include eating ground beef on a 'bun'.
This might not be 100% correct.

These days you get chicken, fish and even vegan hamburgers that are all still called hamburgers! But there was a definite time in history where hamburgers became a 'thing'. It indeed started with White Castle, who opened the first hamburger restaurant chain in 1921. It would still be 20 years later, in 1948, that McDonald's would open their doors. And by the start of 2000, they already opened more than 11 000 stores outside America, bringing hamburgers to people all over the world.

Today, the hamburger is the undisputed 'king of fast food'. Whether you eat at a fast-food chain, or at a high-end restaurant, chances are you will find one on the menu. Cheap or expensive. Chicken or beef. Lettuce or mayo. There's a hamburger for everyone!

Read through these hypothetical questions below and then just for fun write down your answers. Do it with friends & compare answers.

HAVE FUN!

1. What if all the oceans dried up?
2. What if computers took over the world?
3. What if no one hears a sound? Does it still exist?
4. What if you could shape your own future just as you wanted it to be?
5. What if someone wrote a story about you?
   Would you be a considered a hero or a villain in your story?
6. What if the Law of Attraction exists?
7. What if there was no electricity for a year anywhere in the world?
8. What if we cannot have happiness without sadness?
9. What if we found live dinosaurs living on a remote island?
10. What if you could change one awful event in world history,
    but it might mean you would never have been born?
11. What if you could change one thing about the world? What would it be?
12. What if you could find a cure for a disease? Which one would you want to cure?
13. What if you could live forever and the earth remained just as it is now?
14. What if you could relive any moment in your life whenever you wished to?
Which moment would you choose and why?
15. What if you could remember everything that happened to
    you from the time you were born?
16. What if you could spend your life never sleeping?
    What would you do with the extra hours in each day?
17. What if you could not make your own decisions, but you had to
    choose someone else to make them for you? Who would you choose and why?

18. **What if you had to spend 100 days on a desert island all alone and what ten things would you take with you and why?**
19. **What if you were offered the opportunity to go into space?**
20. **What if you were shipwrecked on an uninhabited island?**
21. **What if you were the Prime Minister of Australia?**
22. **What if you woke up and could not speak your native language, but only one that you could not understand?**
23. **What if you woke up and found you were the only person on earth?**
24. **What if you woke up one morning with only the clothes you sleep in all alone in another country unable to speak the country's language?**

Why time goes faster as we get older

Psychology Professor Ronald E. Riggio Ph.D.

Have you ever wondered why life seems to pass more quickly as you get older? Each year seems to go by faster and. You remember in vivid detail your childhood Christmases, but now they rush by year after year without making much of an impression. What's going on?

I just finished reading two very interesting books on time perception.
The first is the aptly titled, Why Life Speeds Up As You Get Older: How Memory Shapes our Past by Douwe Draaisma.
The other is Philip Zimbardo's and John Boyd's The Time Paradox. The first deals with the topic of this post, the second discusses ways to use time to your advantage.

I'm not a cognitive psychologist but the best answer for this phenomenon is that the early years are full of first-time events—your first date, the birth of your first child, that first big vacation, etc. First occasions are novel events and we tend to make more detailed and lasting memories of those first times. When we repeat the event, year after year, it is less likely to make a unique or lasting impression.

This doesn't just happen with life events. We can observe the same phenomenon in a shorter space of time. For instance, the first couple of days of your two-week vacation seem long and leisurely, and the time goes slowly. You're thankful that you have two long weeks of this. But, the next thing you know, it's almost over and you are heading home!

That new romance? Seems like an eternity between those early telephone calls, but before you know it, it's your 20th anniversary.

I noticed that my first academic job seemed like a long one. Everything was new, and I have many memories, and I often recall the many lessons I learned from that job. Interestingly, the position was only nine months long! The same is true of subsequent jobs: The first years go slowly and seem full of important accomplishments, then the next many years rush by in a blur.

So here is the key to slowing down the pace of life (at least psychologically):
As much as possible, take advantage of new and unique experiences.
When we go to the same places and do the same things, we don't make distinct memories and time seems to fly by. Zimbardo and Boyd suggest focusing on positive (rather than negative) past memories, trying to live more in the present, and holding a positive perception of the future—envisioning a future full of hope and optimism.

In other words, use time wisely.

YOUR DATA
5 FAIL-SAFE WAYS

If you have used a computer within the past ten years, you have undoubtedly had a run in with data loss. Whether you had a power outage, a computer crash, or you just lost track of a file all together; there are many ways to ensure you don't lose that big project or cherished photos. Read some of our suggestions below to find a solution that will work for you!

1. USB

A USB drive, also referred to as a thumb drive, is a small portable device that allows you to store files. Because of its compact size, it also makes it really easy to share files with others. They are very easy to operate, affordable, and easy to come by. Some even offer data protection that require a password to get into the files.

Cons: **Although they're a convenient option, their size makes them easy to lose and you can't store as much on them as some other options on this list.**

2. EXTERNAL HARD DRIVE

An external hard drive, or disk drive, is an option you might want to consider if you need a lot of storage space. It has many of the same perks of a USB, being portable and easy to use, but also packs a punch on storage space. There are many things to consider when choosing an external hard drive that will work for you including size, speed, and connection type.

Cons: **Some external hard drives are easily damaged, and aren't as portable as some of the other options on this list and need to be handled very carefully.**

3. USE TIME MACHINE

This storage solution is something only available on Macs. It is built into your computer and requires the purchase of an external drive that supports it. Time Machine backs up your files hourly for the previous 24 hours, daily for the past month, and weekly for all previous months.

This means that your data is being saving in real time without you having to do anything. Once it is set up and running you don't have to worry about it.

Cons: You have to use a Mac and you must also purchase either Apple's Time Capsule or a compatible external hard drive in order for it to work.

4. CLOUD STORAGE

Cloud storage can work for anyone and is a very flexible option. Once you back up your data to cloud storage it can be accessed from anywhere. This means you or your team, can access files no matter where you are and work together in real time. You can also give clients access to specific files or folders. Having your data backed up someplace other than in your physical office location protects you against things like flood or fire. If your physical data solutions get destroyed, you can recover everything from the cloud.

Cons: To access your data, you need a reliable internet connection. Most of the time this isn't a problem, but if you are traveling or there is a weather emergency, it could become difficult to access your data.

5. SUBSCRIBE TO A BACKUP SERVICE

A backup service subscription works by paying a monthly fee and then it automatically uploads new files to its online servers. Some of them then offer different ways for you to get your data back. You can do an online restore where you download just a couple files you may have misplaced, or you can get an external hard drive with all of your files loaded on it shipped directly to you. There is no file management system like a cloud storage system, but it protects your data by having it stored in another location, the same way cloud storage does.

Cons: If you lose all of your data, you have to wait for your files to be shipped to you and there is a monthly fee associated with these services.

SUMMARY: All of these options can be great to help keep your files protected, but in most cases it is recommended that you use more than one type of backup for important data. You can never be too safe when it comes to the protection of your important documents.

FLU SEASON!

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2023 INFLUENZA VACCINES AVAILABLE

The **INFLUENZA** vaccine is recommended for people aged 6 months and over and is **FREE** to those most at risk from influenza and its complications

FLU

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Australian Government
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A joint Australian, State and Territory Government initiative

yourhealth

How To Lower Blood Pressure?
Most Effective Treatment Methods Explained

High blood pressure may affect your life if you're not eating well and monitoring your health. Here are some practical ways to lower your blood pressure.

Quick Summary

- The higher your blood pressure, the more damage you're doing to your arteries and other organs. Over time, this damage can lead to heart attacks, strokes, kidney failure, and other serious health problems.
- High blood pressure is often called the "silent killer" because it often doesn't cause any symptoms until it's too late. So - it's important to get your blood pressure checked regularly and take steps to lower it if it's high.
- Some of the most important things you may do to lower your blood pressure include eating a healthy diet, exercising regularly, and avoiding tobacco/alcoholic products.
- Hypertension or high blood pressure is a severe condition that can lead to heart disease, stroke, and kidney failure. If you have high blood pressure, don't worry—you can do plenty of things to bring those numbers down.
- There's no need to panic with a few lifestyle changes and some medication, you may get your blood pressure under control. Healthy lifestyle changes include eating a healthy diet, exercising regularly, and reducing stress levels.
- All of these things can help improve your blood pressure and overall health. If you're taking medication to treat high blood pressure, be sure to take it as prescribed and follow your doctor's instructions closely.
- Also, make sure you schedule regular check-ups with your doctor so that they can monitor your progress and adjust your treatment as needed. We'll cover a few practical remedies to lower your blood pressure.

Importance Of Lowering Blood Pressure

It's essential to reduce blood pressure because high blood pressure is a significant risk factor for heart disease and stroke. High blood pressure may damage the heart, arteries, kidneys, and other organs when left untreated.

It may also lead to blindness, heart failure, and even death. In addition, controlling blood pressure can help preserve cognitive function as you age and may even help reduce your chances of developing dementia or Alzheimer's disease.
Since anyone can develop high blood pressure, monitoring health is vital. However, some groups of people are at exceptionally high risk for developing hypertension.

These include people with a family history of high blood pressure, and people with diabetes or kidney disease. If you fall into one of these high-risk categories, making healthy lifestyle changes is especially important to help lower your blood pressure.

How To Reduce Your Blood Pressure?

There are several things you may do to lower your blood pressure – besides trying most recommended bp lowering supplements – and keep it under control.

Here's a compilation of the most effective methods.

- Exercise regularly
- Get good sleep
- Reduce your salt intake
- Avoid refined carbs and sugar
- Reduce stress
- Limit alcohol intake
- Quit smoking
- Eat healthy foods
- Try the keto diet
- Cut back on caffeinated drinks

In Conclusion

What can you do to lower your blood pressure? Plenty! The key is to make simple lifestyle changes and stick with them. Start by adding more **fruits and vegetables** to your diet, **regular exercise,** and reducing stress.

If you need help making these changes or want support in reaching your blood pressure goals, talk to your doctor or health care provider. They can give you tips and advice on how to best manage hypertension and keep your blood pressure under control.

DISCLAIMER: The above article is for information purposes only. If you have any queries or concerns, then please discuss with your local GP or a medical professional in this particular field.

Harness a

POSITIVE MINDSET

A smile a day keeps the doctor away. Here's how having the right mindset can be the key to health and happiness

A positive mind can equal a healthy heart. A study by John Hopkins University found people with a family history of heart disease were one third less likely to have a heart attack if they had a positive outlook.

And the health benefits of a sunny disposition don't end there. A University of Kansas study found that smiling reduces blood pressure in tense situations.

What's more, the Mayo Clinic says positive thinking and optimism may deliver you a longer life span and less risk of dying from cancer, cardiovascular disease, stroke, respiratory conditions and infections.

The physical rewards that come with an optimistic mindset come as no surprise to former Cronulla Sharks NRL player and Flow Athletic founder Ben Lucas.

"Optimism is not positivity; optimism is effectively saying, 'Hey, this is tough, but I believe in my tools and my inner drive to find a way through it'," she explains.

Having a helpful mindset doesn't mean you will never have another bad day, get angry or feel sad again. Rather, Emma says, it's about shifting your innate responses to those moments so that, after a bad day at the office, you don't reach for a bottle of wine, shout at the kids or order up big on Uber Eats — but use them as motivation for the gym or taking some time out for mindfulness.

"IT'S ABOUT BEING ABLE TO HAVE THAT AWARENESS WHEN YOU CAN GET IT RIGHT AND LEARN FROM IT. SO NEXT TIME YOU CAN DO A LITTLE BIT BETTER."

Ben says elite sport teams have had psychologists and mindset coaches on staff for years because they recognise the right attitude will "help to give an athlete the winning edge over the competition".

"You can have all the skill, speed and endurance in the world but if your mindset is not right, that may stop you from achieving your goals and/or it may stop you from being as good as you can possibly be," Ben says.

High Performance Mindfulness founder Emma Murray has helped AFL footballers, cricketers and race car drivers shift their mindset to achieve success both personally and professionally. She advocates an optimistic outlook.

"I get it wrong more than I get it right. And I teach this stuff," she says, with a laugh.

"Our mind wiring is powerful. It's there to keep us alive. You know, it's not about getting it right all the time. It's about being able to have that awareness when you can get it right and learn from it. So next time you can do a little bit better."

Counsellor and *The Curious Life* podcast host Jana Firestone says there is a lot of research demonstrating links between mindset, health and happiness.

"For example, some studies have found an increase in positive emotions leads to higher levels of happiness, faster psychological growth and higher levels of resiliency," Jana says.

"It also reduces cortisol levels, inflammatory responses to stress, and stroke. In fact, several longitudinal studies even document a clear link between frequent positive emotions and longevity. The research shows that shifting our mindset and being able to maintain a positive outlook in life has lasting health, psychological and career benefits."

Of course, none of this means walking around wearing rose-coloured glasses, and Soul Alive founder and meditation expert Luke McLeod cautions that happy thoughts will only get you so far.

"A positive mindset can certainly help but an aware mindset is much better," he says.

"Being delusionally positive can be just as bad as having a negative mindset because life's not like that.

"If there's a situation that requires you to really question and be sceptical about it, then do so. Blind positivity can lead to people really taking advantage of you. An aware mindset sees things as they are: the good and bad — which then puts you in the best possible position to respond."

Practice makes perfect

An improved mindset might take some time, but it will happen.

Like any skill, Jana says, attaining a winning mindset is something that takes practice and perseverance. But, she adds, it is worth the effort.

"I have seen people flourish in countless ways, through a positive mindset. From steering away from unhealthy relationships and into beautiful ones, to shifts in career and vocational paths, but most importantly, the most significant transformations have come from the evolution of self-worth."

mom's PORK MEATBALLS

- 1 lb. ground pork
- ½ med. carrot, grated
- 10 med. shrimp, cleaned + chopped
- ¼ C. all-purpose flour
- 2 eggs
- 4 shitake mushrooms, soaked + chopped

Combine ingredients for the meatballs, form balls (grab mixture, squeeze mixture between thumb + index finger + drop into hot oil) + deep fry.

SAUCE

In a pot combine:

- 3 Tbsp. canola oil
- 4 Tbsp. shoyu
- 2 Tbsp. rice wine vinegar
- ½ C. sugar
- 5-6 stems green onion (green parts only), chopped

Add all the cooked meatballs, then bring to a rapid boil, add green onions + toss gently.

IMPORTANT: make + heat the sauce only when all the meatballs have been fried. If you place raw meatballs in sauce that's been cooking, they will not remain crispy + will fall apart.

"There's never enough sauce, so don't hesitate to double or triple it - the more, the merrier!"

The Darwin Awards: 8 Of The Worst STUPID Death Stories Ever

There will always be an element of risk involved in action sports. It's part of the thrill, doing something difficult and/or dangerous and coming away unscathed. And anyway, if you have a reasonable amount of common sense, you can keep the risks to a minimum.

Unfortunately however, it seems that some thrill-seekers lack even the tiniest amount of common sense. And it's when you get really stupid people doing dangerous sports that things go wrong. Really wrong.

1) The Ski Resort Sledge Thief

In 2008 46-year-old David Monk was on holiday in Sauze D'Oulx, Italy, with a group of friends. After having a few beers one evening, the lads decided to steal a protective mat that covered the metal barriers at the bottom of the slope and use it as a sledge.
They hiked up the hill, hurled themselves down it, and promptly slammed straight into the very same barrier they'd stolen the protective matting from.

David died on the spot, earning himself a Darwin award in the process. "He was a brilliant guy," David's friend Alan MacGregor told the Daily Mail. We're not sure "brilliant" is the word we would've chosen…

2) The Mid-Mountain Road Bailout

In 2001, a story appeared in the South Idaho Press detailing the death of a man named Marco, who had been driving a van full of friends back from a day on the mountain when his brakes failed. In a truly heroic manoeuvre, Marco leapt from the moving vehicle before it careered off a cliff edge – without telling anyone else about the brake problem first. Thankfully one of the other passengers stepped in to save the day, managing to bring the van to a halt.

They then walked back up the hill to find that Marco had fatally miscalculated his cowardly leap to safety and hit his head on the pavement, killing himself. No-one else was injured.

3) The Brainless Bungee Jumper

In 1997, Police in Reston, Virginia, issued a statement saying they had found the body of 22-year-old Eric Barcia, who had apparently died attempting to bungee jump off a 70 foot bridge.
Eschewing commercial bungee operations, Eric had apparently taken matters into his own hands and tied several bungee cords together.

He strapped himself on securely, tied the other end to the bridge, and jumped,
confident in the knowledge that he'd carefully measured out the bungee's total length – just under 70 foot.

Of course, what Eric had forgotten was that bungee cords stretch…

4) The Utah Para-Plunger

In 1999 a paraglider named Craig from Riverton in Utah decided he'd try out a new, soft way of landing, and splash down in a canal.

The first part went swimmingly, with Craig executing a perfect landing. Unfortunately the swimming part didn't go quite so well. Craig's parachute filled with water, dragged him downstream and drowned him.

5) The Amateur Cliff Diver

Alongside Craig the paraglider in the 1999 Darwin Awards nominations was a 27-year-old who met his untimely demise at Skrinkle Haven in Wales. In an apparent attempt to impress a group of teenage boys, the man (who's name the Darwin Awards don't reveal) dove off an 80-foot cliff into the water. If done properly, an 80-foot cliff dive shouldn't be fatal, but it appears the man had zero prior experience of high-diving.

He was knocked unconscious by the water, and although the teenagers climbed down and fished him out, he was proclaimed dead on arrival at the hospital. Needless to say the teenagers weren't impressed by the stunt.

6) The Kite Surfer Who Took Flight

The 2007 Darwin Awards featured a nomination for a particularly intrepid kitesurfing Spaniard.
As hurricane-strength winds swept through the south, sensible Spaniards up and down the coast battened down the hatches and prepared to sit out the storm.

Our 40-year-old hero had other ideas however. Seeing the reports of high winds and huge waves, he decided to defy the ban imposed on going into the water.

He grabbed his balls, strapped into his board and unfurled his kite.

His body was found more than a kilometre away from the sea, having been dragged by the winds and slammed against several buildings along the way.

7) The Amateur Electrician

In 1999, jetskiing featured in the Darwin Awards once more. This time the hapless individual was a man named Rodney, who was happily doing laps of Lake Washington when he realised his battery was running a bit low.

Pulling up toward the shore he moored his jetski and ran to get a set of jump leads. He plugged the ends into a 110 volt outlet and ran down to the water's edge carrying the crocodile clips.

Unfortunately he didn't stop at the edge, and plunged straight in, electrocuting himself instantly.

His body was apparently found floating under the dock later that evening.

8) The Snake Charmer

OK so this has nothing to do with action sports, but we couldn't resist including it. It's possibly the stupidest tale of macho thrill-seeking we've ever heard.

In 1997, according to the Darwin Awards, Wayne Roth of Pittston, Pennsylvania, was bitten by a cobra belonging to his friend Roger after reaching into the tank to pick the poisonous snake up.
"I don't need to go to hospital" Wayne apparently told Roger. "I'm a man. I can handle it."
Instead, on Wayne's suggestion, the pair headed to a pub instead. There he proved what a man he was by sinking several pints, boasting about the bite, and promptly dying about an hour later. Cobra venom is, it seems, a slow-acting toxin which takes several hours to attack the central nervous system.

What a guy.

"As unbelievable as they might sound, all of these stories are sadly true"

You might not realise it, but how you allocate and use your time can have a profound impact on your overall happiness. Learning to organise your time effectively might be your key to relieving stress and increasing your wellbeing.

Carving out time for the people and activities that bring you joy is an increasingly difficult task in today's busy world. So many different things compete for our attention, it can be hard to know what to prioritise. This can lead to some of those people or activities being neglected, and study after study shows this has a devastating impact on your level of life satisfaction.

At the same time, too much leisure time can leave you feeling as though you have little purpose. This can be a real problem in retirement, especially if you derived a lot of your self-worth and identity from your job.

According to retirement experts, the ideal number of discretionary hours in a day is somewhere in the two-to five-hour range. Any less than that and we feel stressed, any more and you might begin to feel directionless. What's really important, is not that you have a lot of free time, but that you use the free time you do have to enrich and maximise happiness.

They suggest tracking your time use for a couple of weeks using a spreadsheet, noting your activities and how long you spend doing them. Also note how you feel about each activity, possibly giving it a happiness rating (happy time, 'meh' time, wasted time, productive time).

Once you've done that you will have a better understanding of how you use your time. You may even already be seeing patterns or areas for improvement. But if it's still not clear what you could reduce (or increase), take the activities that make you happy. The experts then say to then identify three things about each of them – what kind of activity was it, where were you doing the activity and who, if anyone, were you doing the activity with.

You should be able to identify some commonalities across the different activities. Were you happiest while exercising with friends? Or reading quietly alone? Do you get the most satisfaction from spending time with family or friends?
Now do the reverse analysis on your least favourite activities. Look for the same commonalities and you should be able to identify activities (or people) you might want to cut out of your life.

TOP 10 MOST DEADLY SPIDERS IN AUSTRALIA

Australia has more venomous creatures per square kilometer than any other continent, and Australian spiders are no exception. Australia's arachnids pack a formidable arsenal of venom.

Sydney Funnel-Web Spider

The combination of its powerful fangs and potent venom make the Sydney funnel-web one of the most dangerous spiders on the planet. Its venom contains a compound that attacks the nervous system and internal organs. When they bite, they often hang on to their victim and bite multiple times.

Northern and Southern Tree Funnel-Web Spider

The venom from these funnel-web spiders is highly toxic. Within 20 minutes of a bite, the victim may experience profuse sweating, elevated blood pressure, and nausea, as well as build-up of fluid in the lungs.

Mouse Spider

While their venom is related to that of the funnel-spider, mouse spiders' bites are less toxic and never fatal, though they can cause illness and fatigue.

Trapdoor Spider

The venom from a trapdoor spider's bite can cause localised pain and swelling, and sometimes lethargy and nausea.

Redback Spider

Because of their tendency to cohabitate around humans, redbacks are particular danger. Bites from males produce mild pain, but bites from females –who often strike to protect their webs– can result in nerve damage and nausea.

White-Tailed Spider

While there is a popular myth that white-tailed spiders have a necrotising venom that eats flesh, the truth is that their venom only causes slight, localised pain.

Tarantulas

Most of the pain from a tarantula bite comes from the tremendous size of their fangs, which can be up to one centimeter in length. Their venom can also result in fever, nausea, and vomiting. Dogs are particularly susceptible to their venom, however, and can die from a single bite.

Recluse Spider

The venom of the brown recluse can cause necrotic skin lesions that can be slow to heal. If their venom enters the bloodstream, it can also sometimes cause red blood cell destruction, but their short fangs also make this particular scenario rare.

Huntsman Spider

While the bite of the huntsman can cause some minor, localised irritation, their venom is not toxic to humans. Their primary danger is in the fear they can cause.

Orb Weaver Spider

Though their fangs are small, the venom of an orb weaver can produce redness and localised pain for several hours. They are aggressive and will bite if provoked.

WHAT'S ON?

DURING THE MONTH OF MAY

MOTHER'S DAY
12.00pm Friday 12th

ITALIAN GROUP
2.00pm Wednesday 17th

BIRTHDAY PARTY
2.00pm Wednesday 31st

ART GROUP THERAPY
2.00pm Sunday 7th & 21st

MENS CLUB
2.00pm Friday 26th

LADIES GROUP
11.00am Friday 5th

KNITTING GROUP
2.00pm Friday 12th

ICE CREAM DAY
2.00pm Thursday 11th and 25th

SPIRITUAL SERVICES
Every Sunday 11.00am
VIDEO TV and LAPTOP
Catholic Mass, Italian, Arabic, Greek, Orthodox, Tamil and Croatian Mass

HAPPY HOUR
2.00pm Friday 19th

BUS OUTING
9.00am Wednesday 10th and 24th

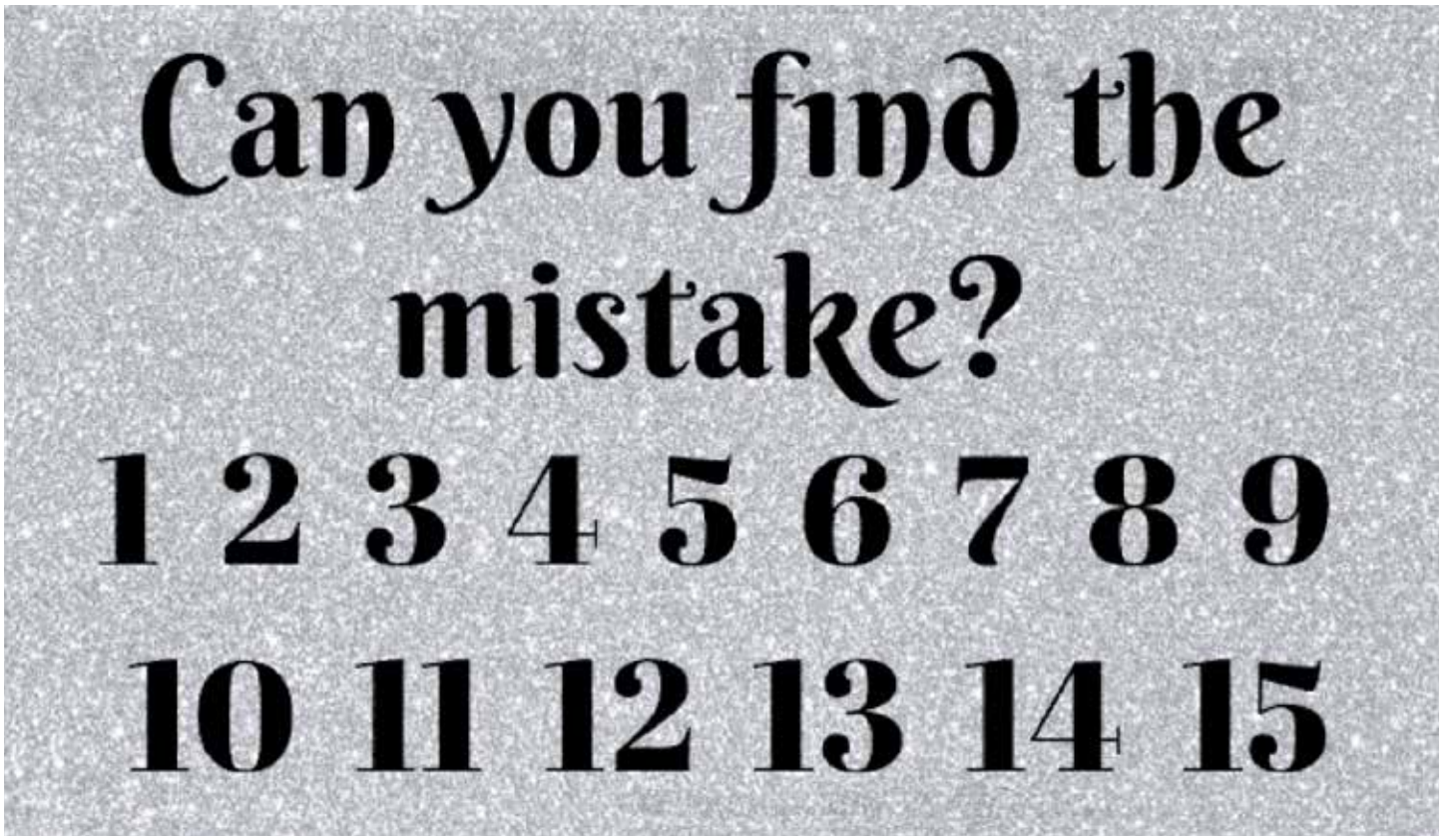
GARDENING
Last Sunday of the Month

* Subject to change.

have fun.

COLOUR ME IN

BRAINPOWER

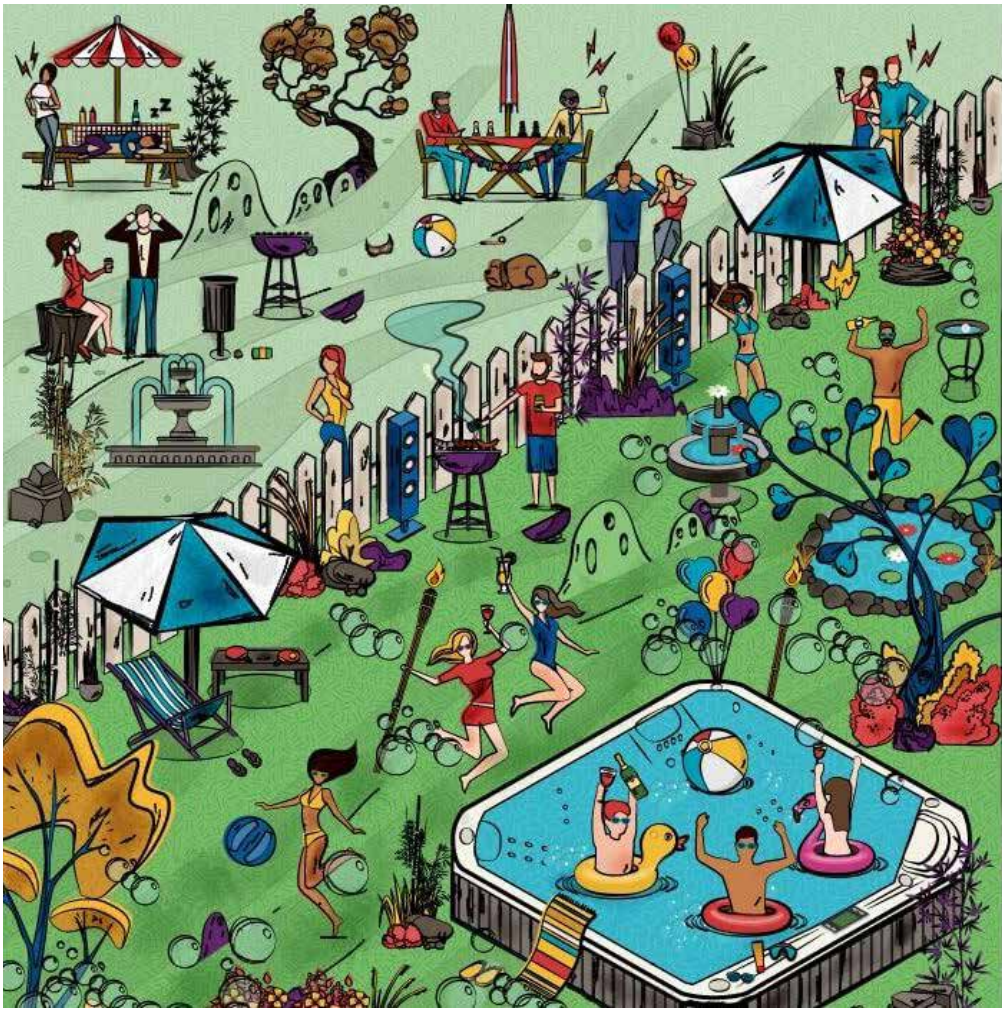


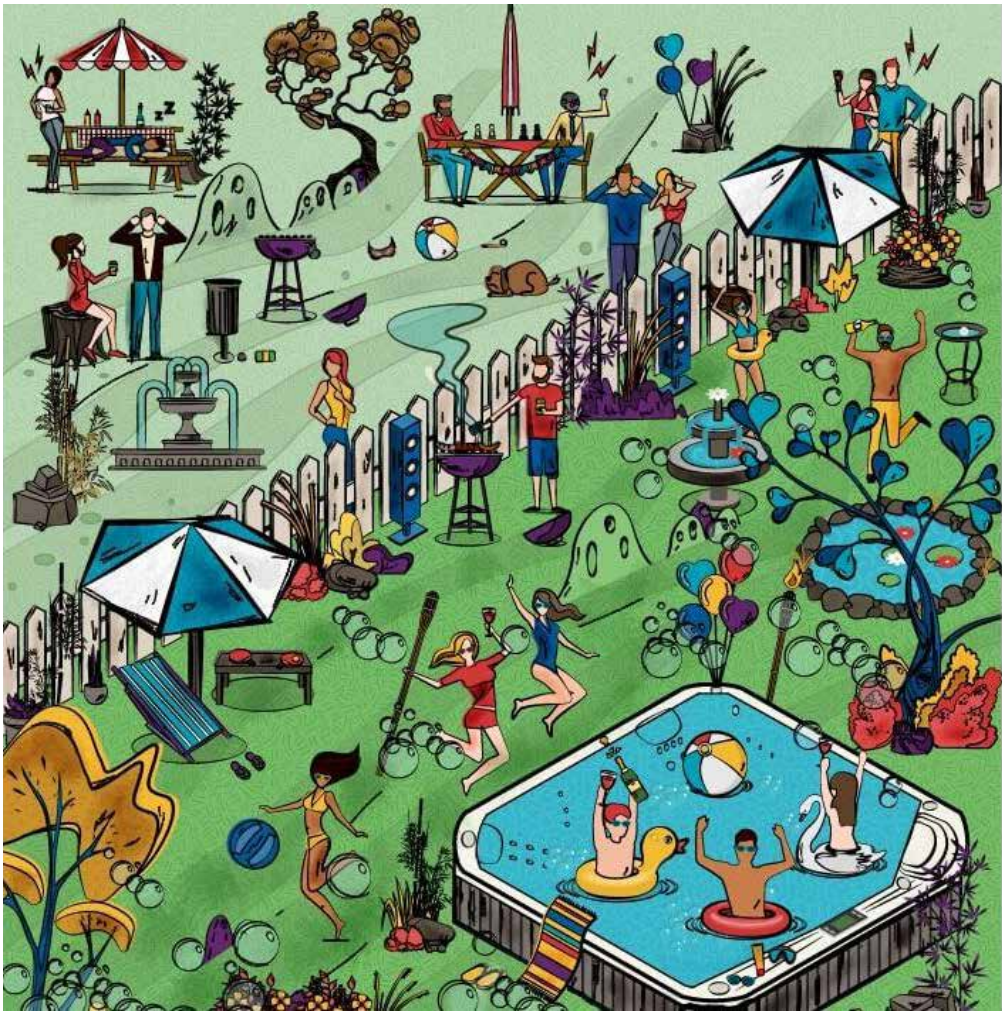
Answer on last page

There are are four things wrong with this sentence; only geniuses will be able to to spot all of the mitstakes

Answers on last page

SPOT THE 8 DIFFERENCES





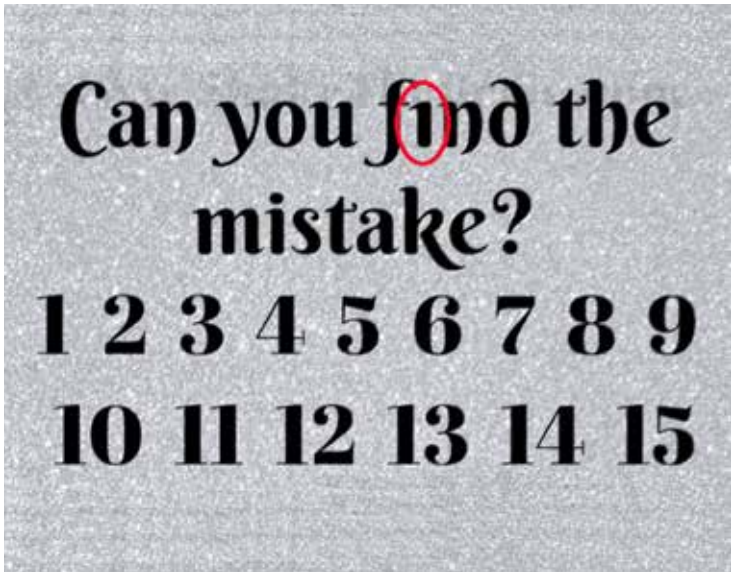
Answers on last page

SPORTS VOCABULARY WORD SEARCH PUZZLE

Find and circle the words in the word search puzzle and number the pictures

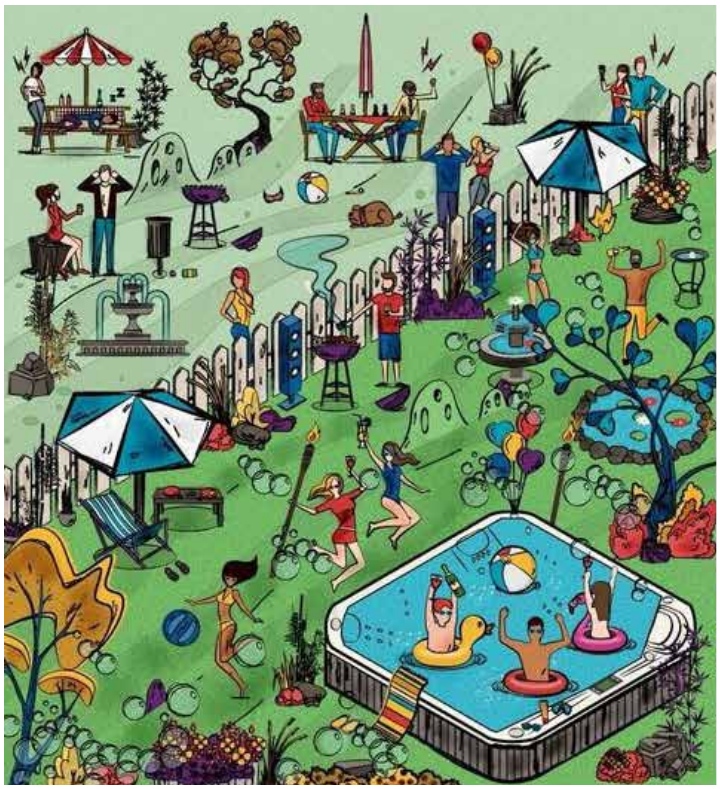
v	k	j	r	r	o	t	n	d	l	x	c	b	q	u
o	o	h	m	o	z	t	e	q	v	r	v	a	l	h
l	d	b	b	c	s	e	q	k	z	d	b	s	c	x
l	h	a	o	k	s	n	w	v	j	h	y	e	y	c
e	o	s	x	c	l	n	z	d	u	r	f	b	c	q
y	c	k	i	l	o	i	f	o	o	t	b	a	l	l
b	k	e	n	i	k	s	q	r	d	e	w	l	i	y
a	e	t	g	m	a	g	d	u	o	o	s	l	n	k
l	y	b	e	b	r	t	i	n	p	y	w	h	g	z
l	s	a	x	i	a	f	v	n	s	k	i	i	n	g
b	k	l	w	n	t	d	i	i	o	y	m	l	g	t
c	j	l	h	g	e	y	n	n	o	h	m	y	t	t
k	o	w	s	k	y	h	g	g	f	a	i	f	f	m
s	k	a	t	e	b	o	a	r	d	i	n	g	s	q
c	c	s	c	e	q	n	g	o	l	f	g	y	h	a

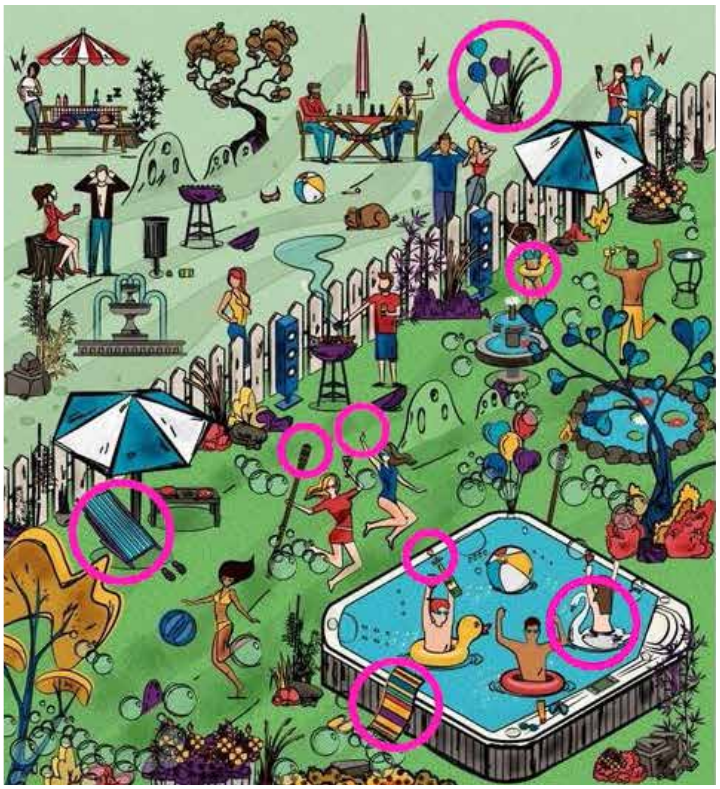
1. football
2. basketball
3. baseball
4. tennis
5. volleyball
6. hockey
7. karate
8. golf
9. skiing
10. running
11. cycling
12. boxing
13. rock climbing
14. swimming
15. skateboarding
16. diving



The sentence contains four grammatical errors.

1. **The word “are” is repeated.**
2. **The word “to” is repeated.**
3. **The word mitstakes is a misspelling of the word mistakes.**
4. **The sentence is missing a punctuation mark and should end with a period/full stop.**





Hope you enjoyed our newsletter

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