



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for September.

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 September 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.

hello September



Happy
**FATHER'S
— DAY —**
Sunday 1st
September

SEPTEMBER BIRTHDAY CELEBRATIONS

Harold Terlich 18th
Fred Cooper 23rd
Losana Rabuli 25th



From the Admin Desk



Hi All

Time is going so fast, we are already in September not long now and we'll be celebrating Christmas and the end of 2024. It has not been an easy winter, there have been so many viruses around and thankfully we have managed to limit it to the two outbreaks of influenza A. Spring is definitely in the air and hopefully with the warmer weather we will be able to get outdoors more and enjoy the sunshine.

We have just updated and changed some of the equipment in the kitchen and have installed a combi oven which will make cooking easier, and we are looking forward to experimenting and providing new meals with much more flavour and substance.

We are still involved with the Maggie Beer Foundation and are looking forward to welcoming them back to see the improvements we have made and for them to work together with our kitchen staff and help us enhance the mealtime experience.

Happy Father's Day

Kind regards

Maryann Inbari - CEO

From the Lifestyle Desk



Hello everyone,

Welcome to the first month of Spring. We hope you're as excited as we are by the sunshine. The days are warming up and there's the scent of jasmine in the air, and the flowers are coming out of their winter hibernation. We always think Spring is the most beautiful season in Sydney.

We have lots to celebrate this month, with Father's Day coming up on the first Sunday of September. We would like to wish all of the Dads, Stepfathers, Grandfathers, and Great Grandfathers a very happy Father's Day! We are looking forward to spending the day celebrating.

Please make sure you check the September leisure and lifestyle calendar over the coming days. We have some new and exciting activities we have added this month such as Lawn bowl and Karaoke for men.

If there is anything we can do to improve your life here at The Willows Private Nursing Home, please don't hesitate to chat with us. Enjoy the Spring weather and we'll see you soon!

Rhaine, Tess and David

What's on!

September

3 Australian National Flag Day Tuesday 3rd

All Australians are encouraged to fly or display the Australian National Flag to celebrate Australian National Flag Day on 3rd September each year.

1 Wattle Day Sunday 1st

This day heralds the start of the spring season in Australia, a season when the 'acacia' species (commonly known as the wattle in Australia) sprouts flowers in abundance.

2 Father's Day Sunday 1st

Father's Day in Australia is a special day dedicated to honouring and appreciating fathers and father figures.

4 International Literacy Day Sunday 8th

This day is celebrated annually as a significant event highlighting the importance of literacy for all.

5 R U OK? Day Thursday 12th

Whilst R U OK? Day is on Thursday September 12 and our National Day of Action, we encourage you to Ask R U OK? any Day of the year because a conversation could change a life.

6 World Alzheimer's Day Saturday 21st

World Alzheimer's Day is observed annually on September 21st, to raise global awareness about Alzheimer's disease and diminish the associated stigma related to dementia in all its forms.

2024

Rock and pebble theory

This is a valuable expression that highlights the ways we fill our lives, and how we can prioritise this to reflect our true values



While the original source is unknown, the idea here is that the glass jar represents your life as a whole, and the finite amount of space it contains. **Rocks are the things you value most and couldn't live without** – this could be your family, friends, relationships, pets, and health. **Pebbles signify the things that add meaning to your life**, but aren't essential – they might come and go, or change over time like your job, or hobbies. **Sand and water are metaphors for everything else**; the little things that bring you joy but,

in the grand scheme of things, aren't the most important to your overall happiness.

The point is that if you fill your life with sand and water first, you won't have much space for the rocks and pebbles.

Whereas prioritising your rocks ensures there's always space for the other elements – certainly more than you think. It's a reminder to spend your time on the things you value most, so as to not run out of room for them by focusing on the less significant things.

Life lessons from



MOVE A LITTLE EVERY DAY



Chase your
dreams



*Live in the
moment*

*It's all about
the little things*



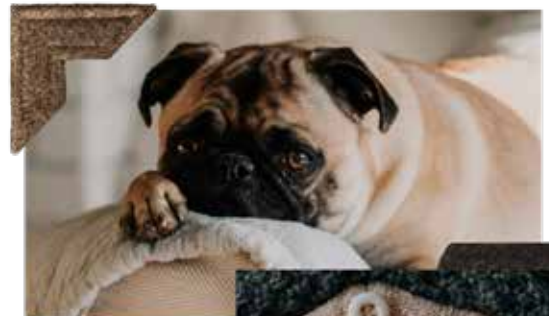
FOLLOW YOUR INSTINCTS

SOMETIMES,
ALL YOUR
NEED IS SOME
FRESH AIR



Love unconditionally

Set boundaries



Stay curious



APPRECIATE THE
PEOPLE IN YOUR LIFE



TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space



PERSONAL

- Hobbies
- Knowing yourself
- Personal identity
- Honoring your true self



SPACE

- Safety
- Healthy living environment
- Security and stability
- Organized space



FINANCIAL

- Saving
- Budgeting
- Money management
- Splurging
- Paying bills



WORK

- Time management
- Work boundaries
- Positive workplace
- More learning
- Break time



EARTH

6 myths about climate change

It's time to deconstruct the misconceptions and set the record straight as we share the reality of global warming

1 MYTH: THERE'S SO MUCH WIND AND RAIN. GLOBAL WARMING IS COMPLETELY EXAGGERATED.

It's easy to assume that 'global warming' should result in heatwaves and longer summers, but it's more complicated than that. As the surface temperature of the planet rises, it impacts our climate systems, resulting in more extreme and unpredictable weather in all forms – from droughts to floods, hurricanes, wildfires, and snowstorms.

It's important to focus on the bigger picture. We may think we're having a cold snap in winter, but when you compare the average temperature now to decades past, there's a notable increase. As an example, the Met Office reviewed two 30-year periods (1961–1990 v 1991–2020), and revealed the average temperature in the UK rose by 0.8°C, rainfall increased 7.3%, and sunshine 5.6%.

2 MYTH: LIVING THINGS ARE DESIGNED TO ADAPT, SO CLIMATE CHANGE DOESN'T MATTER.

It's true that animals and plants are designed to adapt, however the issue is the speed at which they're having to change to

keep up with the evolving environment is impossible, with increased habitat destruction (thanks to roads, and various other infrastructure), alongside unlivable areas as a result of the volatile weather (such as storms, flooding, and food scarcity).

The future looks bleak if we continue on this trajectory, with a 2019 report estimating one million creatures and plant species are at risk of extinction. Add to that the fact that the current rate of the temperature rise is believed to be 10 times faster than that of the previous mass extinction 56 million years ago, when 95% of marine and 70% of land species were eliminated.

3 MYTH: LIVING SUSTAINABLY IS TOO EXPENSIVE.

The cost of living is undoubtedly hitting people hard right now, so it's understandable to be cautious about set-up costs for long-term sustainable solutions. In fact, Deloitte's *Sustainable Consumer 2023* report found 62% of people who did not adopt a more sustainable lifestyle cited cost as the reason.

One of the main reasons for the ever increasing costs of energy

and food are prices of fossil fuels, alongside volatile weather impacting crops, and therefore supply v demand. Part of the solution is turning to renewable energy sources, and governments backing these plans.

On a personal level, there are many simple things you can do that won't break the bank – and may even save you money. With UK households generating more than 23 million tons of waste in 2021, according to Statista, making an effort to repair rather than replace items, alongside cutting back on food waste, lets you support the planet while also saving pennies.

4 MYTH: OTHER COUNTRIES ARE MORE RESPONSIBLE FOR EMISSIONS; THERE'S NO POINT IN US TRYING IF THEY WON'T CHANGE.

It's true that certain countries are emitting more pollution than others each year – with the top three currently being China (14 billion tons of CO₂), the USA (6 billion tons), and India (3.5 billion tons). However, everyone has a part to play in reducing climate change, as this is a global challenge with a worldwide



5 MYTH: A 1.5°C CHANGE IN THE TEMPERATURE ISN'T THAT BIG A DEAL.

It doesn't sound vast in itself, but our ecosystems operate under a delicate balance. Increasing temperatures act as a catalyst for environmental changes that could have devastating impacts, from the increase in extreme weather and natural disasters, to environmental degradation, food and water scarcity, and economic disruption.

NASA reports a few notable effects of this include Greenland losing an average of 279 billion tons of ice each year between 1993 and 2019, with sea levels rising 20cm in the last century – and yet the past two decades have seen that rate nearly double, and continue to accelerate.

6 MYTH: CLIMATE CHANGE IS GOING TO AFFECT PEOPLE IN THE FUTURE. IT'S THE NEXT GENERATION'S PROBLEM.

We can't change what's happened in the past, but we also shouldn't ignore the part we've had to play in global warming today. In line with the 2015 Paris Agreement, which united 195 nations with the goal of preventing global warming exceeding 1.5°C from pre-industrial levels, the UK is looking to reduce carbon emissions 68% by 2030, and reach net zero by 2050.

However, in February 2024 it was confirmed that this 1.5°C threshold was breached for a full 12 months for the first time, highlighting how pivotal it is for every single person to remain committed to environmentally conscious decisions. While the effects will be most drastically felt by future generations, the only way to reduce this is to act now. Our legacy can be one of proactive protection of our planet and leading by example, rather than taking the world we have for granted. |

impact. And when we look at the historical, cumulative impact, the USA created 20% of the global total, China 11%, followed by Russia (7%), while the UK is 3%.

There are other factors that impact this though, e.g. if you take into account population

size, or the impact of importing goods. So, attributing blame is often debated. Regardless, a sustained commitment to reduce our emissions across the board is what's required to make a positive change, so focusing on how we can help is more constructive than pointing fingers.

ONLINE HEALTHCARE



The Role of Telehealth in Modern Australian Healthcare

In the rapidly evolving landscape of healthcare, telehealth is revolutionising the way medical services are delivered. It offers a number of benefits, including improved access to healthcare services, enhanced patient engagement, and the potential to reduce healthcare costs.

Telehealth is not just a temporary solution for a world that struggled with a pandemic, but a transformative approach that is reshaping the Australian healthcare landscape. It plays a pivotal role in healthcare, from the remote Outback communities to the bustling city hospitals and doctor's surgeries, from managing chronic diseases to responding to emergencies, with plenty of future possibilities.

The Impact of Telehealth on Patient Care in Australia

Telehealth has had a huge impact on patient care in Australia, transforming the way healthcare services are delivered and received. It has not only made healthcare more accessible but also improved the quality and efficiency of care.

One of the most significant impacts of telehealth is its role in improving access to healthcare services. For individuals living in rural and remote areas of Australia, travelling to urban centres for medical appointments can be time-consuming, costly, and sometimes impossible due to distance or health conditions. Telehealth eliminates these barriers, allowing patients to consult with healthcare professionals from the comfort of their homes.

Telehealth has also played a pivotal role in managing ongoing diseases like diabetes, heart disease, and mental health disorders. Remote monitoring enables healthcare providers to track patients' health in real-time, leading to timely interventions and better disease management. For example, the Royal Perth Hospital's Home Dialysis Telehealth Service allows patients with kidney disease to receive dialysis treatment at home while being remotely monitored by healthcare professionals. Not only has this service improved patients' quality of life, but it has also resulted in fewer complications and hospital admissions.

The impact of telehealth extends beyond individual patient care. It has also influenced the broader healthcare system by reducing hospital readmissions and emergency department visits. By enabling early intervention and continuous monitoring, telehealth helps prevent health issues from escalating to the point of needing hospitalisation.

The Future of Telehealth in Australia

As we look towards the future, it is clear that telehealth will continue to play a vital role in the Australian healthcare system. Emerging trends, potential challenges, and the ongoing commitment of government and healthcare providers all point towards a future where telehealth is seamlessly integrated into the delivery of healthcare services.

The use of artificial intelligence (AI) and machine learning are emerging to enhance patient care. These technologies can help predict health risks, personalise treatment plans, and even automate certain aspects of care, such as monitoring vital signs. The rise of wearable technology and health apps will further assist remote patient monitoring and self-management of health.

However, the future of telehealth is not without challenges. Issues such as data security, patient privacy, and the digital divide between urban and rural areas needs to be addressed. Ensuring equitable access to telehealth services for all Australians, regardless of their location or socio-economic status, will be a key challenge moving forward.

The role of government and healthcare providers in promoting telehealth will be crucial in overcoming these challenges and realising the full potential of telehealth. This includes investing in digital infrastructure, particularly in rural and remote areas, and providing training for healthcare professionals in telehealth delivery. It also involves continuing to adapt healthcare policies to support the integration of telehealth into mainstream healthcare services.

Embracing Telehealth in Australia

The future of telehealth in Australia looks promising. With the continued advancement of technology and a commitment to overcoming challenges, telehealth has the potential to further transform the Australian healthcare system, making healthcare more accessible, efficient, and patient-centred.

DISCLAIMER: This article is purely an editorial piece and not meant to influence people to shy away from their actual medical doctors.

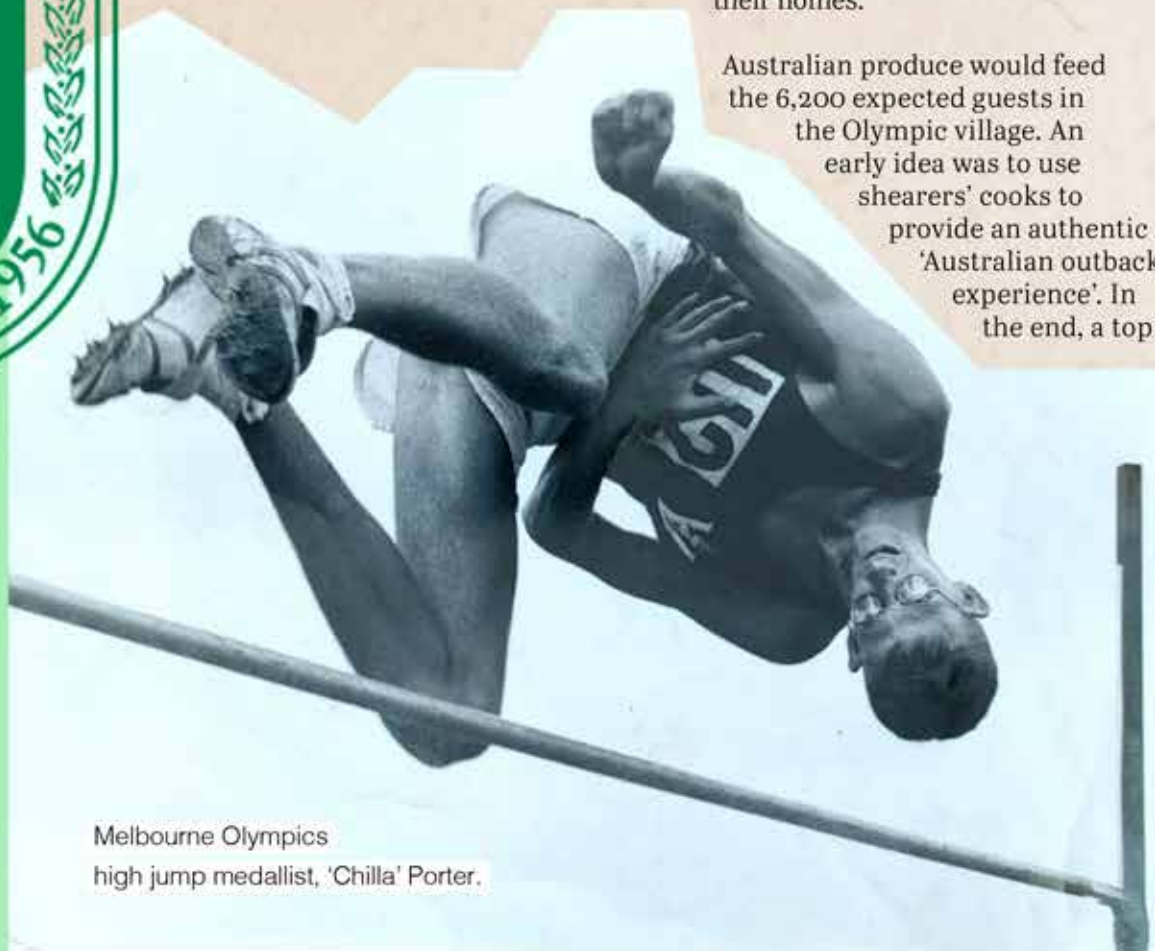


When Melbourne Held the Olympics

While the Paris 2024 Olympics will have around 10,500 competitors, it's interesting to compare it with Melbourne's 1956 Games of 3,314 athletes.

To cope with the influx of visitors, Melbourne suburban families were asked to 'throw open their doors' to thousands of expected strangers for bed and breakfast. A team of inspectors evaluated and graded their homes.

Australian produce would feed the 6,200 expected guests in the Olympic village. An early idea was to use shearers' cooks to provide an authentic 'Australian outback experience'. In the end, a top



Melbourne Olympics
high jump medallist, 'Chilla' Porter.

Australian hotelier recruited over 100 international chefs instead, with some well-known ones staying on to open restaurants here.

The Olympic torch was carried into the MCG stadium by Ron Clarke, the junior world record holder for the mile. His special torch, fired by a magnesium flare, created an unforgettable pyrotechnic trail. Only trouble was it showered him with embers, scorched his T-shirt and burnt his arm so badly it needed dressings.

The Games were enthusiastically embraced by the public who filled every seat in the stadium. Hawkers outside sold blow-up rubber cushions because the seats were notoriously hard. Many spectators brought small picnic baskets with Thermos flasks and wore red cardboard Coca-Cola sun visors.

All private filming at the Games was banned with only accredited newsreel filmmakers and TV stations permitted to do so. One exception was the then Prime Minister, Bob Menzies, who shot his 16 mm film near the finishing line. His footage is now in the National Film and Sound Archives together with the 'illegal' films taken by 16-year-old Bruce Beresford and 15-year-old Mike Leyland.

Many Australian medal winners became household names such as Betty Cuthbert, Shirley Strickland, Dawn Fraser and Murray Rose. A lesser-known medallist was my mother's lanky cousin, Charles 'Chilla' Porter, who won silver for the high jump, leaping 2.1 metres, 5 cm above his best.

5 REASONS TO GET AN E-BIKE NEXT SUMMER



1 Hassle free parking

Just find yourself a post & you're sorted

2 Fitness first

Riding an e-bike will help you get fit & support your mental health

3 Eco-friendly

No gas, no emissions. E-bikes are better for you & for the environment

4 Go further

E-bikes enhance your riding experience because you can go further than ever before

5 Happy days

Not only can you go further & faster, you can enjoy the fresh air

when in doubt,
chill out



MY PLAN



REAL LIFE



20

HELPFUL TIPS



TO AVOID TRIPS & FALLS IN THE HOME

It's easy to become so familiar with our home that we don't see the potential hazards. Use this quick checklist to identify and eliminate things that might cause a trip or fall.

Bathroom

- use non-slip flooring including coating or strips in the shower or bath
- wipe up puddles promptly
- install grab bars in the shower or bath and beside the toilet
- have toiletries in easy reach in the shower to avoid stretching or bending
- consider a purpose designed shower stool or chair.

Stairs

- ensure they're well lit
- keep them free from clutter
- install secure handrails
- replace any old or worn carpet
- use adhesive non-slip edging to aid visibility.

Kitchen

- have frequently used items within easy reach
- clean up spills immediately and remove any grease residue
- use a secure step stool or ladder with handrails to reach higher shelves or cupboards
- choose footwear with non-slip soles
- avoid having small items such as pet bowls or shopping bags on the floor.

Living areas

- keep flooring in good condition
- secure rugs with nonslip underlay
- remove any rugs with curled edges
- keep the floor free from clutter
- avoid having electrical extension cords running across the floor.

DID YOU KNOW?

Laziness destroys Ambition

Hate destroys Love

Fear destroys Learning

Anger destroys Wisdom

Fear destroys Dreams

Ego destroys Growth

Pain destroys Peace

Lack destroys Gratitude

Doubt destroys Trust

Stress destroys Calmness

Superficiality destroys Authenticity

from our kitchen
to yours



Ask

THURSDAY

12th
SEPTEMBER

R U OK?

No qualifications needed

4 steps of an R U OK? conversation

1



Ask R U OK?

How are you travelling?

2



Listen

I'm here to listen if you want to talk more.

3



Encourage action

Have you spoken to your doctor about this?

4



Check in

Just wanted to check in and see how you're doing?

Why is **ENGLISH** so confusing?

The bandage was wound around the wound.

The farm was used to produce produce.

The dump was so full that it refused more refuse.

The soldier decided to desert his dessert in the desert.

**Since there is no time like present,
he thought it was time to present the present.**

A bass fish was painted on the side of the base drum.

I did not object to the object.

The insurance was invalid for the invalid.

They were too close to the door to close it.

**You fill in the form by filling it out
We have noses that run & feet that smell.**

There's a 'D' in fridge, but not in refrigerator.

A slim chance & a fat chance mean the same thing.

Something is seriously funny or pretty ugly.

Finally - Old people grow smaller.

wellbeing

5 ESSENTIAL TIPS FOR A PILATES BEGINNER

Enter the world of Pilates and reap the wellbeing benefits with these invaluable insights

Pilates is definitely a hot topic right now, with PureGym's global report on the top fitness trends for 2024 citing 'Wall Pilates' seeing a staggering 4,461% rise in searches. And, as exciting and tempting as it can be to get stuck in, it can often feel overwhelming starting anything new.

But, rest assured, you don't need to feel worried, Pilates is generally considered a slower workout with detailed cues, which not only helps you master the practice, but also provides an opportunity to find body awareness through more mindful movement. Most of us could do with a little less cortisol running through our bodies, so as much as the practice can be challenging, you should feel relaxed and grounded afterwards.

Ready to give it a try? Here are five top tips to help you get started.

1. Find the Pilates teacher and class that suits you – and don't be afraid to switch.

There are many different styles of Pilates these days, so if one class doesn't suit you, there's nothing to stop you from trying another. The principles of the practice will still remain, but the style may vary. From classical to contemporary, to reformer and equipment, odds are something will click.

This is also true with choosing your teacher. The right teacher not only instructs, but also motivates and inspires. Pilates can be challenging, and having a supportive instructor can make a significant difference in your >>>





motivation levels. A good teacher creates a positive, encouraging environment that makes students feel comfortable pushing their limits and exploring new movements. A skilled teacher will also be able to modify moves to suit you and your body.

2. Master the basics first

Starting with fundamental movements is crucial in Pilates. Focus on learning key principles like proper alignment, engagement from the centre, and breathing properly. Understanding the basics will help you perform exercises more effectively and safely. It's important to find a certified teacher that you connect with, so you feel comfortable and confident. Ask questions after class, or even take private sessions, to ensure you're moving in the best way possible.

3. Consistency and commitment are key

Regular practice is essential to gain the full benefits of Pilates, including improved flexibility, posture, muscle tone, and mental wellbeing. Your first class might not be exactly what you thought – maybe it felt too hard, too easy, or too slow, and that is OK. But give it a chance, there's lots to learn. That being said, you must enjoy any exercise you do to have the motivation to continue and commit. Just because something is popular doesn't mean *you* have to do it! So, if you try it out and feel it's not for you, that's OK too.

For those who do want to get into a regular Pilates practice, aim to attend classes two to three times per week, and be patient with your progress. As Pilates focuses on the quality of

movement rather than quantity, it's important to concentrate on performing each exercise with precision. Over time, consistent practice will help you develop a stronger, more toned body, and a deeper understanding of your physical capabilities.

4. Don't compare yourself to others.

It's tempting to look around the room in any fitness class and see the strongest, most flexible people, but it's important to consider factors such as metabolism, muscle composition, lifestyle, age,



general health – and even how long they’ve been taking classes for. By comparing yourself to others, you might set unrealistic expectations for your own journey, which could dampen your motivation.

Instead, focus on your own goals and what you personally enjoy about exercise, as this is much more beneficial and motivating than measuring yourself against someone else.

Experienced Pilates students may know the names of the exercises and how to perform them, but there is always room to learn and go deeper into the practice. Everyone will be on their own journey, and generally Pilates classes are extremely welcoming with a diverse group of people all progressing at their own pace. Working to your own individual needs and goals is encouraged, as it enhances self-awareness and your mind-body connection.

5. Listen to your body
Pilates is designed to work with your body’s capabilities, so it’s important to listen to its cues and avoid pushing into pain. If you feel any discomfort beyond typical muscle fatigue, adjust your posture, scale back the intensity, or speak to your instructor for modifications.

Awareness of your body’s limits and strengths is key in Pilates. This awareness helps prevent injuries, and ensures a positive and productive workout experience. As you become more attuned to your body’s needs, you’ll be able to tailor Pilates workouts to better suit your fitness goals.

Simply carving out time for exercise that lowers your stress levels yet invigorates your body will have multiple benefits for

your day-to-day habits. Whether it’s feeling calmer, or stronger and more capable in everyday tasks, consistent Pilates can help get you there. With modifications to suit everybody, no matter what season of life you’re in, it’s a practice to last a lifetime. So why not start now?

WHAT'S
ON?

DURING
THE MONTH OF
SEPTEMBER



FATHER'S DAY CELEBRATION

Sunday 1st

BIRTHDAY PARTIES

2.00pm September 18th, 23rd & 25th

SPIRITUAL SERVICES

Every Sunday 11.00am VIDEO TV & LAPTOP

Catholic Mass, Italian, Arabic, Greek,
Orthodox, Tamil and Croatian Mass

BUS OUTING

9.00am Wednesday 11th & 25th

LADIES GROUP

2.00pm Fridayday 6th

ITALIAN GROUP

1.30pm Wednesday 18th COOKING GROUP

KNITTING GROUP

2.00pm Friday 13th

ART GROUP THERAPY

2.00pm Monday 9th & 23rd

MENS CLUB

KARAOKE 2.00pm Friday 27th

FLOOR GAMES

2.00pm Thursdays - Balloon Tennis 5th, Tenpin
Bowling 12th, Lawn Bowls 19th, Indoor Golf 26th

BIBLE STUDY

11.00am Every Thursday

GENTLE EXCERCISES

10.00am Every day of September

HAPPY HOUR

2.00pm Friday 16th

TABLE GAMES

1.30pm Wednesday 4th

Numeral or Coloured Trimino

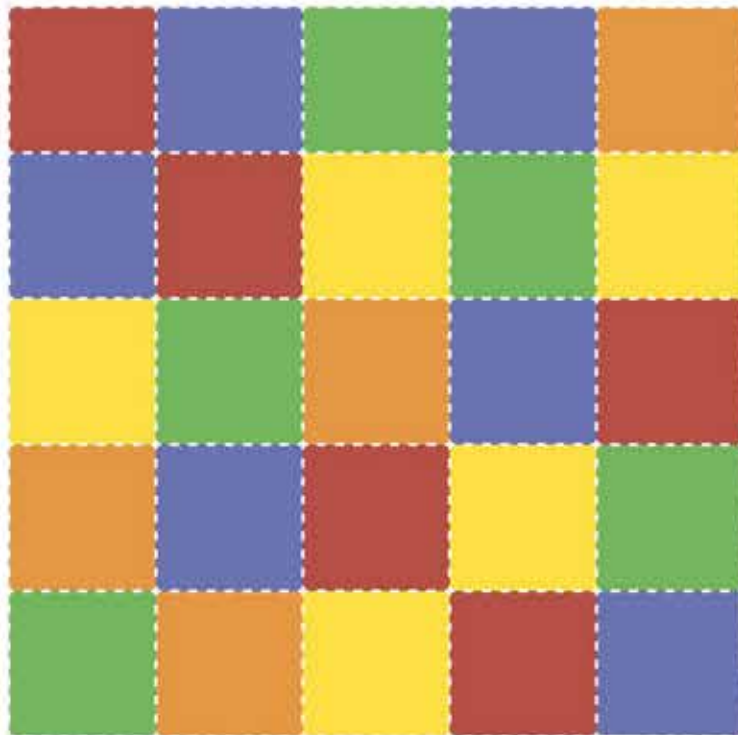
PARLOR GAMES

1.30pm Mondays - Dot and Coloured
Domino 2nd, Banana Gram, Scrabble 16th

* Subject to change.

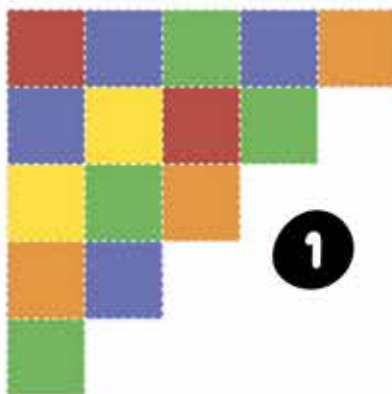


Chill Out Zone

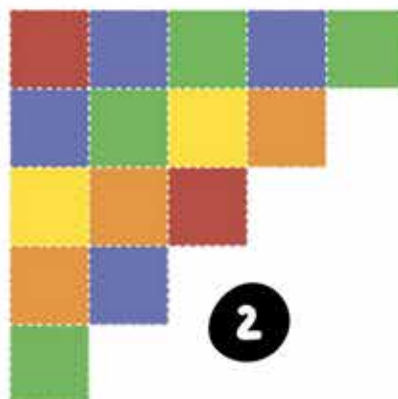


FIND THE HALVES

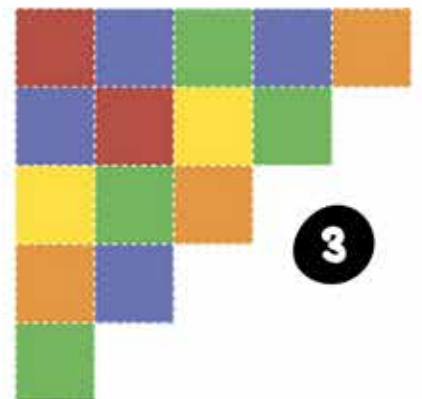
FIND THE TWO IMAGES
BELOW THAT MAKE UP
THE COLORFUL SQUARE.



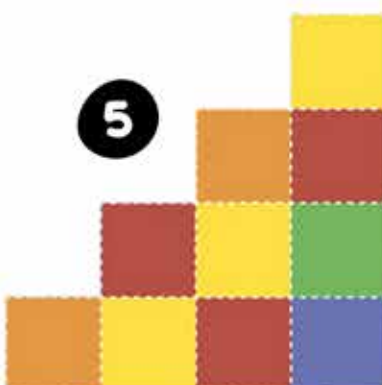
1



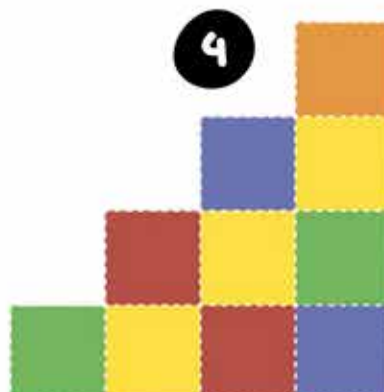
2



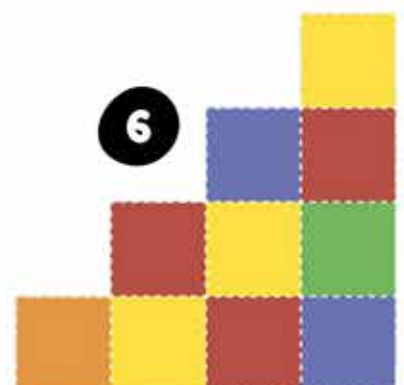
3



5



4



6

Find the answers on the last page

Eagle eyes at the ready! Can you identify seven differences between these two images?

SPOT THE DIFFERENCE



Find the answers on the last page

QUIZ MASTER

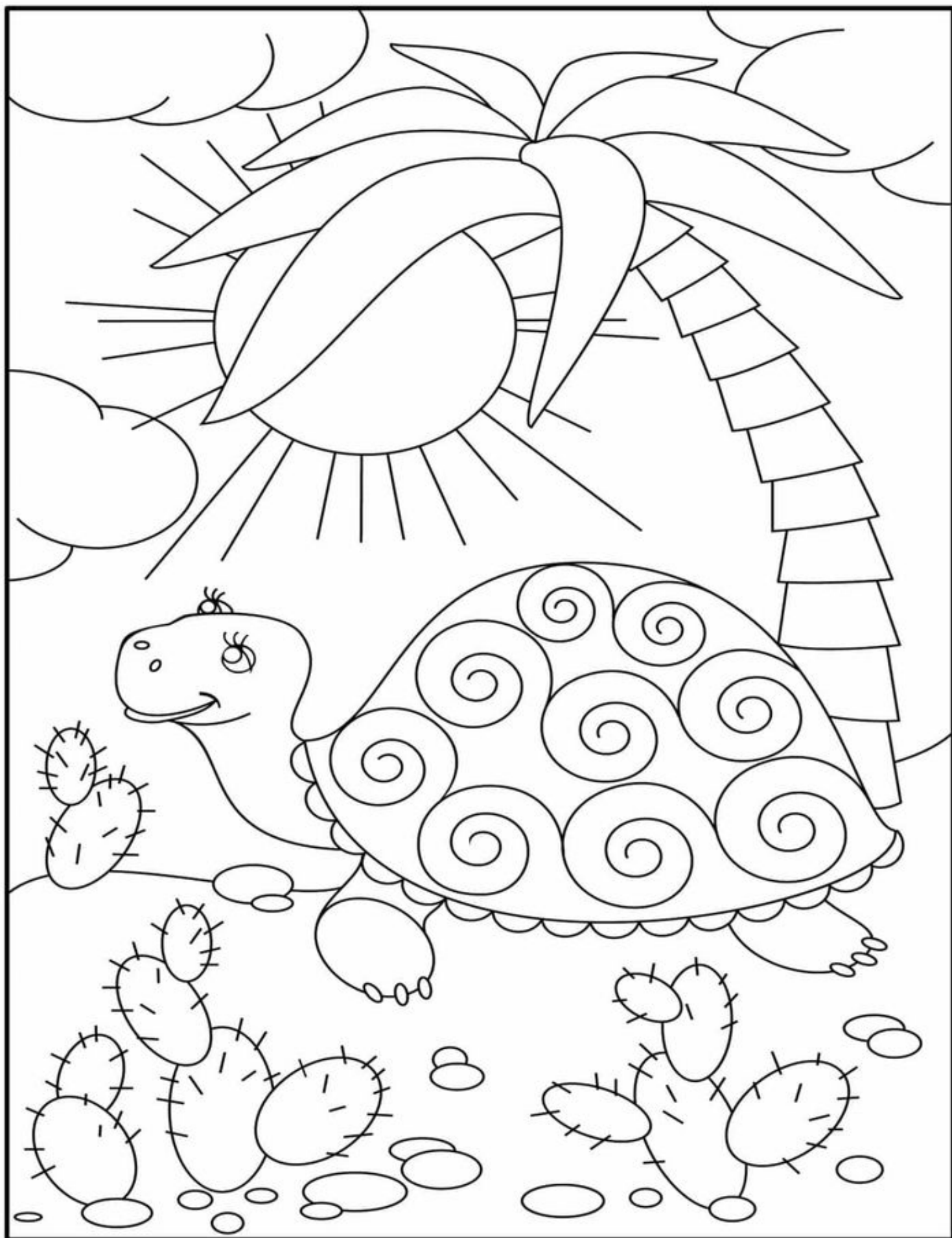


1. Who wrote the play, As You Like It?
2. The Bulls represent which state in cricket?
3. Which bodily organ is affected by macular degeneration?
4. In which ocean are the Cocos (Keeling) Islands?
5. What relationship to you is your son's wife?
6. On which continent did the Mayan civilisation live?
7. Express 25% as a decimal.
8. Who played the role of Hans Solo in the 1977 film Star Wars?
9. What emotion is associated with "seeing red"?
10. What word is closest in meaning to "munificent": generous, hungry, lonely?
11. Which is the common name for ascorbic acid?
12. Two statues of which animal "guard" the doors to Brisbane City Hall?
13. What is the highest legal speed on any Queensland highway?
14. What would a German woman usually do with a dirndl?
15. What supermodel had the nickname "The Body"?
16. In chess, what piece cannot move backwards?
17. In TV, what does "sitcom" literally stand for?
18. Who was the first Australian Prime Minister with the first given name "Robert"?
19. On a meteorological map, what weather is likely when the isobars are close together?
20. What kind of living thing is a "roughie"?

*Keep
going!*

**Find the
answers
on the
last page**

COLOUR ME IN



Bonus

JOIN MY DOTS FROM NUMBER 1 THEN

COLOUR ME IN

