

Whispers from the Willows
NEWSLETTER

We extend a warm welcome to you all to our first newsletter for 2022. It is hard to believe that this is our 25th issue already. How time flies! We have come a long way since our first issue going from a very rigid compartmentalised newsletter and growing along the way to become brighter, more colourful and filled with a variety of issues from health to finance to general news and lots of fun pages.

2021 was not a great year due to COVID. We mostly all got through it and hopefully our monthly newsletters got you through the bad as well as the better times.

Let's hope 2022 is filled with more optimism and that we can all get back to some sort of normalcy.

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.

Goodbye
2021

WELCOME

2022

Happy New Year

FROM THE HEAD OFFICE



Well we've come to the end of the year and we are no closer to getting back to normal as was hoped.

Please be careful over the New Year period and stay safe.

We at The Willows wish all our residents and their families a Very Happy New Year.

I hope that this year we get to find the new normal and things settle and look forward to continuing to work with you next year to protect and enhance the safety, health, wellbeing and quality of life of all our residents.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

Greetings everyone tis the season to be jolly, and if you're not feeling this way, I don't blame you, it has been a hard slog for the whole world, and you're not unique in these circumstances, please uplift a prayer to God concerning the people in the world they are all around you, even your neighbours, KJV6:38 for with the same measure that ye mete withal it shall be measured to you again. To put it simply - it's in the giving that you will receive.

We have a new addition to the staff at the Willows his name is David Antonio, David officially started working at The Willows on the 17th December as an RAO which means David and I will be very much involved with group and individual interventions, focusing more on the residents individual needs.

To those family members who attended The Willows resident Christmas party, we appreciate and thank you all for the lovely cakes, biscuits and chocolates. Bboth residents and staff enjoyed them very much.

We look forward to our continued collaboration with the family members in how better to provide services to their loved ones.

God willing you all keep safe throughout the holidays in Christ Jesus name.

We wish you all a Happy New Year with lots of hugs and kisses, preferably with the mask on, just kidding!

See you all in the New Year, Cynthia and David
The Willows Diversional Therapy Team



Health & Wellness



18 Plants That Help You Sleep Better Than Ever

Houseplants are the best roommates! They never eat your food, they're always there to listen and best of all, they help you get a good night's sleep. We already know that plants purify the air and help you breathe better, but did you know that their air-cleaning properties coupled with some of their other relaxing traits actually help you have a more relaxing, restful snooze? There are lots of plants that help you sleep! The interesting part is that each plant helps in different ways.

THE BEST BEDROOM PLANTS WILL...



Purify the air



Release aromas



Increase oxygen

Getting a better night's sleep has a number of benefits.

When you get a restful night's sleep, you're more alert and focused during the day, have more energy, and your overall mood improves. These positive qualities all start with a restful night in bed. To help you get started, we put together a list of our top plants that help you sleep! We called out their best features, care guidelines and the best place to display them in your room. Peruse through our guide below to see the best plants for your bedroom.



Aloe Vera

Increases oxygen levels to improve breathing.
Purifies benzene and formaldehyde.

SUN NEEDS	☀️ ☀️ ☀️
WATER NEEDS	💧 💧 💧
BEST FOR	Shelf decor

EASY CARE



Areca Palm

Increases humidity to relieve sinus issues.
Filters formaldehyde.

SUN NEEDS	☀️ ☀️ ☀️
WATER NEEDS	💧 💧 💧
BEST FOR	Floor decor



Bamboo Palm

Reduces benzene and trichloroethylene.
Raises humidity to reduce sinus trouble.

SUN NEEDS	☀️ ☀️ ☀️
WATER NEEDS	💧 💧 💧
BEST FOR	Floor decor



Bromeliad

Increases oxygen levels to improve breathing.
Absorbs carbon dioxide in the day.

SUN NEEDS	☀️ ☀️ ☀️
WATER NEEDS	💧 💧 💧
BEST FOR	Tabletop decor



Chamomile

Induces sleep and fights insomnia.
Reduces stress and anxiety.

SUN NEEDS	☀️ ☀️ ☀️
WATER NEEDS	💧 💧 💧
BEST FOR	Tabletop decor



Chinese Evergreen

Purifies benzene and formaldehyde.
Increases oxygen levels to improve breathing.

SUN NEEDS	☀️ ☀️ ☀️
WATER NEEDS	💧 💧 💧
BEST FOR	Tabletop decor

EASY CARE



English Ivy

Decreases airborne mold and feces.
Alleviates asthma symptoms.

SUN NEEDS	☀️ ☀️ ☀️
WATER NEEDS	💧 💧 💧
BEST FOR	Tabletop decor

EASY CARE



Gardenia

Similar sleep-inducing effects as valium.
Promotes uninterrupted sleep.

SUN NEEDS	☀️ ☀️ ☀️
WATER NEEDS	💧 💧 💧
BEST FOR	Shelf decor



Gerbera Daisy

Increases oxygen levels to improve breathing.
Filters trichloroethylene.

SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Shelf decor



Golden Pothos

Purifies carbon monoxide and formaldehyde.
Increases oxygen levels to improve breathing.

SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Shelf decor

EASY CARE



Jasmine

Reduces anxiety.
Induces uninterrupted sleep.

SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Shelf decor



Lavender

Promotes restful sleep.
Lowers stress levels.

SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Shelf decor



Orchid

Reduces carbon dioxide levels.
Increases oxygen levels to improve breathing.

SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Shelf decor



Passion Flower

Similar anxiety-relieving effects as Oxazepam.
Combats insomnia.

SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Shelf decor



Peace Lily

Filters benzene, formaldehyde and ammonia.
Raises humidity to reduce sinus trouble.

SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Floor decor

EASY CARE



Snake Plant

Increases oxygen levels to improve breathing.
Filters trichloroethylene and benzene.

SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Shelf decor

EASY CARE



Spider Plant

Filters formaldehyde, benzene and xylene.
Increases oxygen levels to improve breathing.

SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Shelf decor



Valerian

Combats insomnia.
Promotes uninterrupted sleep.

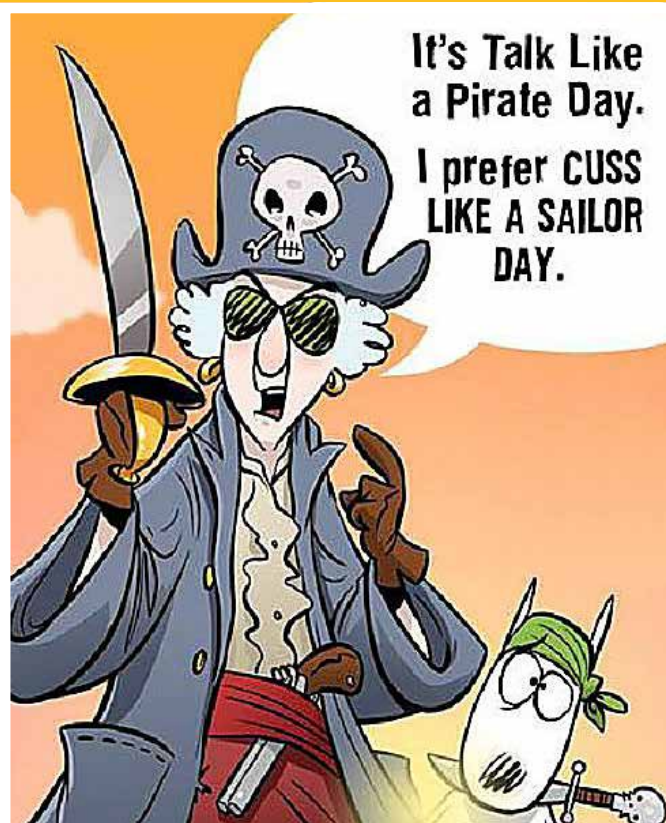
SUN NEEDS	  
WATER NEEDS	  
BEST FOR	Tabletop decor

Laugh with *Maxine*

*Fool me once, shame on you.
Fool me twice,
you better have a
good look at your
insurance policy.*



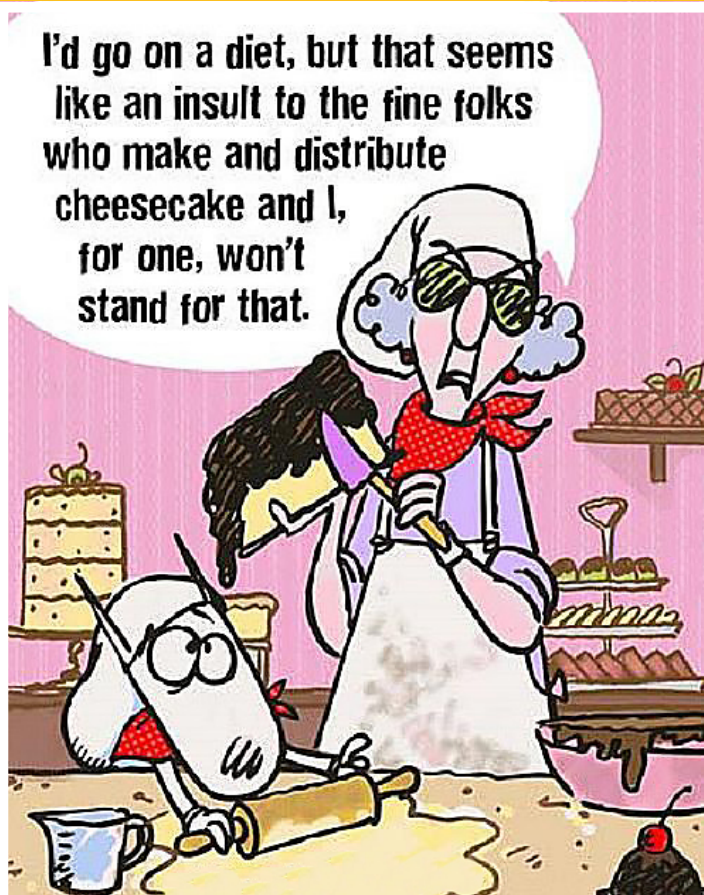
**It's Talk Like
a Pirate Day.
I prefer CUSS
LIKE A SAILOR
DAY.**



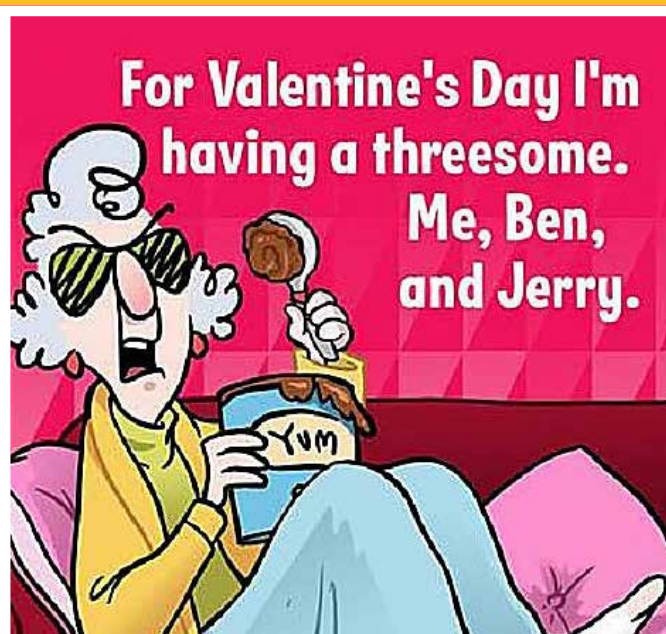
*If I wanted your
opinion...yeah,
like that would
ever happen.*



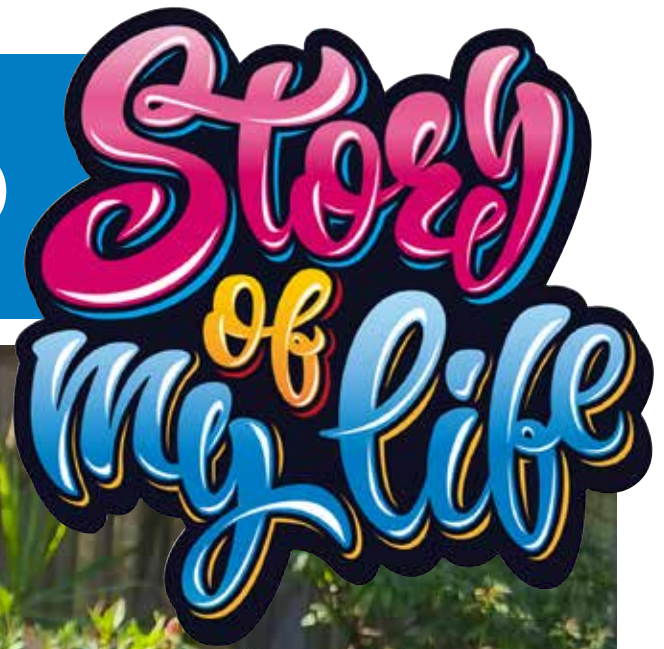
**I'd go on a diet, but that seems
like an insult to the fine folks
who make and distribute
cheesecake and I,
for one, won't
stand for that.**



**For Valentine's Day I'm
having a threesome.
Me, Ben,
and Jerry.**



Stories from our residents
LUCIA FISICARO
A short biography



Lucia was born into a large but poor family in Siracusa, Sicily (Italy) on 16th November 1928. She was named after the patron saint of that city. She had minimal schooling. As a young girl, she was thin and very pretty. She had a strong personality and good common sense. At age 21 she eloped and married her husband Cesare but after World War 2 there was no work in

Italy so to make a future for themselves they migrated to Australia in 1950. They lived in Campbelltown and their first son John was born in 1951. They worked on farms and in factories and saved their money then moved briefly to Canley Vale in 1956 with a lot of borrowed money they purchased a fruit shop in Balmain where they spent the next 20 years.

Life in a fruit shop was very hard in the 1960's and they worked very long hours. Balmain was a working class area and there was not much money around and they had a lot of debt to pay off. Some Australians made life difficult for "wogs" and did not welcome them as they should have. Despite these hardships they eventually got on top of things and Lucia had 2 more children namely Frank and Robert, while working full time.
(No maternity leave in those days).

Lucia had a large family back in Italy and she helped her brother and sisters to also migrate to Sydney and get jobs. Eventually they also had children and we ended up having a large extended family with lots of cousins. Christmas and Easter were big celebrations in our family and so were Weddings and Baptisms. A day at the beach usually meant the whole family going to the same place with lots of food. The Spit and Nielsen Park was very popular with Southern Italian migrants.

Lucia was particularly close to her brother (Sam) and sisters (Lina and Cesarina) and her niece Marisa and they spent many holidays, picnics, dinners and trips together.

Lucia was a very strong Catholic. She went to mass regularly, read the Bible daily and prayed and recited the rosary quite often. Eventually Lucia's children grew up and got married and made their own lives and had children of their own and Lucia did more than her share of babysitting her 8 grandchildren. Lucia got her drivers licence when she was over 50 years of age. This gave her a certain independence and freedom. She loved playing Bingo and caring for her garden. For many years she looked after her best friend and sister Lina, and when she eventually went into a Nursing Home Lucia visited her nearly

every single day.

As Lucia grew older she had a very supportive family network and lived a life as a pensioner in her modest but very clean and tidy home in Burwood. When her husband passed away Lucia showed her strength by becoming a very independent woman.

She was a wonderful cook and made terrific lasagna, arancini, 'zippoli' and the best pizzas in Sydney. Her spaghetti sauce was to die for. She was good seamstress and made lots of clothes for herself and her grandchildren. She was a good gardener and every year she delivered large containers of fresh figs to friends, neighbours and family.

As she grew older she became more dependent on her 3 boys who have helped and supported her and continue to do so. Despite their warnings Lucia kept climbing ladders to pick figs and prune her hedges. Eventually age caught up with her and she was unable to live alone and has been at The Willows since the middle of 2021.

In November Lucia celebrated her 93rd birthday with all of her children and grandchildren and many of her nephews and nieces. It was a great celebration, especially after Lockdown.

During her 93 years Lucia has lived through poverty, the Great Depression, War, migration, separation from family, farm and factory work, a fruit shop, births, marriages, baptisms and deaths. She has raised 3 children and is now a great grandmother. It hasn't been easy for her (or for us) but it has been a long and satisfying journey.

John, Frank & Robert

ELEVATE

SYDNEY 2022

1-6 JANUARY



**Destination
NSW**



How Your Blood Type Can Affect Your Health

A B O AB

Heart Disease

There's good news for O blood types. Research shows your risk of coronary heart disease tends to be lower. Experts aren't sure why. Some think it might be because other types are more likely to have higher cholesterol and higher amounts of a protein that's linked to clotting.

Stomach Cancer

A, AB, and B blood types are more at risk than type Os. Specifically, people with type A blood are more likely to get stomach cancer. Researchers think this might be because H. pylori infection is more common in people with type A blood. That's a bacteria that's usually found in the stomach. It can cause inflammation and ulcers

Memory

A small study showed that people with memory problems had type AB blood more than any other.

Pancreatic Cancer

Your risk is higher if you're type A, AB, or B. Molecules in type A and B red blood cells help certain bacteria called H. pylori grow in your gut. It can make you more likely to get pancreatic cancer.

Stress

Stress boosts your body's level of cortisol, the stress hormone. People with type A blood tend to have more cortisol, anyway. So you may have a harder time dealing with stressful situations.

Malaria

Type O blood may help ward off this disease. You can get malaria when an infected mosquito bites you. The parasite that causes it has a harder time attaching itself to type O blood cells.

Ulcers

Peptic ulcers -- painful open sores that crop up in the lining of your stomach or upper intestine -- seem to happen more often with blood type O.

***Please note:**

The above article is provided for information purposes only.

Please consult a registered Health Professional to discuss anything further related to any concerns.

Medically Reviewed by Minesh Khatri, MD on March 24, 2020



From the FOOD Studio

Grandma's Strawberry Layer Cake. Recipe on the next page...



Cream Meringue Tart Cockaigne &
Grandma's Strawberry Cake





Early Warning Signs Of Mental Health Illnesses

Mental health issues can begin at any age and at anytime that can effect your loved ones. We don't always know how to detect the early warning signs of mental issues taking shape in our friends or families. This guide can help provide insights into detecting mental health illness warning signs.

01 Difficulty Concentrating



Trouble focusing that leads to poor performance, hyperactivity. A person may seem constantly distracted or uninterested in the activity presented to them.

02 Substance Abuse



Signs of substance abuse, alcoholism, and/or drug addiction can also be related to mental health problems and issues.

03 Drastic weight changes



Signs of mental illness include: overeating, demonstrating a loss of appetite, vomiting, or using laxatives.

04 Intense Emotions



Constant feelings of overwhelming fear or worry. A constant state of anxiety that does not have a clear, discernible source.

05 Mood Changes



Feelings of sadness or withdrawal, ongoing anger or irritability, severe mood swings, isolation, avoiding activities that were previously enjoyed.

06 Physical Symptoms



Physical symptoms of mental illness that some people experience are: chronic headaches, stomachaches, other types of aches.

07 Physical Harm



Self-injurious behavior such as cutting, giving away cherished possessions, reckless behavior that could lead to injury very easily, thoughts or talk of suicide.

08 Behavior Changes



Drastic changes in behavior including acting up, fighting, use of weapons, isolation, poor sleeping patterns, threats and harm to others or oneself.



How You Can Help Your Loved Ones

Once you have detected early warning signs of mental health issues from your loved ones, you must act in a timely manner. You can take any of these steps to help support your friend or family members experiencing any mental health issues.

Reach Out & Respond



Share your concerns with a designated mental health professional, friends or family members.



Provide examples of behaviour that concerns you. Listen and ask questions.



De-stigmatize the issue, emphasize your desire to support.

Work With Families & Friends



Facilitate improved communication between the family, friends, coworkers or place of work.



Encourage family and friends to provide feedback or insight.



Partner with the loved ones to set goals, and aim to meet them.



NEW YEAR PRAYER:

Thank You Lord for giving me
The brand new year ahead.
Help me live the way I should
As each new day I tread.
Give me gentle wisdom
That I might help a friend,
Give me strength and courage
So a shoulder I might lend.
The year ahead is empty,
Help me fill it with good things
Each new day filled with joy
And happiness it brings.
Amen.



Some useful links:

- OUR SUBURB - <https://sydneysuburbreviews.com/ashfield/>
- INNER WEST COUNCIL - <https://www.innerwest.nsw.gov.au>
- ASHFIELD MALL - <http://www.ashfieldmall.com.au>
- ASHFIELD BUNNINGS WAREHOUSE - <https://www.bunnings.com.au/stores/nsw/ashfield>
- ASHFIELD AREA GUIDE - <https://www.timeout.com/sydney/things-to-do/ashfield-area-guide>
- 5 WONDERFUL PARKS IN ASHFIELD - <https://www.weekendnotes.com/parks-ashfield/>

THANK YOU!

To all our amazing staff at The Willows

As a difficult and long year comes to a close, we want to take this opportunity to acknowledge the hard work, resilience and commitment you have shown both toward fellow colleagues as well to our residents and families.

You have shown true commitment and care in such challenging times this year.

We want to wish you all a safe and happy new year. Looking forward to a brighter and more positive year ahead in 2022.

Take Care

14 Ways READING IMPROVES Your Mind and Body

Strengthens the Brain

1



Reading brings existing **neural pathways** in the brain to life.

2



Reading complex poetry in particular helps the brain remain **elastic and active**.

3



Frequent brain exercises, like reading, **decreases mental decline** for the elderly by 32%.

4



When you read a book you have to **remember** a lot of things, including the different characters, and also the main plot and any subplots throughout the story.

All of these points throughout the story are a **new memory** in your brain, which means **new synapses being created** and existing ones being **strengthened**. Therefore, your brain's short-term memory and recall capabilities improve.



Study

Participants read thirty pages of a book the night before and then had an MRI of their brains the next morning. Results showed there was a heightened connectivity in the left temporal cortex. This is the area of the brain that's associated with language and intelligence.

The result

Even though the participants weren't reading the novel in the MRI machine, their brains were still retaining a heightened connectivity as if they were. This means **the brain is like a muscle**, and by exercising this muscle, people can improve their brain power.

Improves Your Health

5

A study showed that depressed patients in the mental health ward showed **positive improvement** when they were read stories aloud. They reported feeling better and more positive about things.

6

In the case of depression, **self-help books** are the best type because people with severe depression benefit greater from a low-intensity intervention. Self-help books fit into this category, so not only does reading them help patients with depression, but the topic also adds a benefit.



7

Researchers have demonstrated that reading can **reduce stress** by around **68%**.

8

Elderly patients who regularly played mentally challenging games or read books were **two and a half times less likely to develop Alzheimer's**.

9

Creating a **bedtime ritual**, like reading before bed, signals to your body that it's time to wind down and go to sleep. However, this only applies to real books as screens like e-readers and tablets can actually keep you awake longer and hurt your sleep.

Children's Brains

10



Children who read are better able to grasp abstract concepts, apply logic in various scenarios, recognize cause and effect, and utilize good judgment.

11



Numerous studies have shown that students who are exposed to **reading before preschool** are more likely to do well in all facets of formal education.

12



A children's book exposes your child to **50% more words** than watching a television show.

Reading Helps in Real Life

13

Researchers have discovered that those who read about characters doing something are more likely actually to do that activity in real life. This means that you're more motivated to ask your employer for a raise, or complete that bucket list you've meant to get to.



14

Identifying with characters in a book also helps you experience the type of real-life relationship you would experience with a real person, which means you identify with people who are shy if you read about a shy character.





Here at The Willows, we have been supporting our local community for many years now by buying our meat, vegetables, bread and so much more from our local

'BUTCHERS, GROCERS & PHARMACISTS'.

We know that our support to these small business owners is greatly valued by them especially over the past year when COVID hit us all that just turned everything upside down. The Willows will continue this support for many more years to come.





ThinkTime

BLACKOUT

We have removed all the black squares from this crossword grid and replaced them with letters. Can you black out all these surplus letters to reveal the correctly filled crossword grid pattern?

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



**FIND 2
SAME
PICTURES**



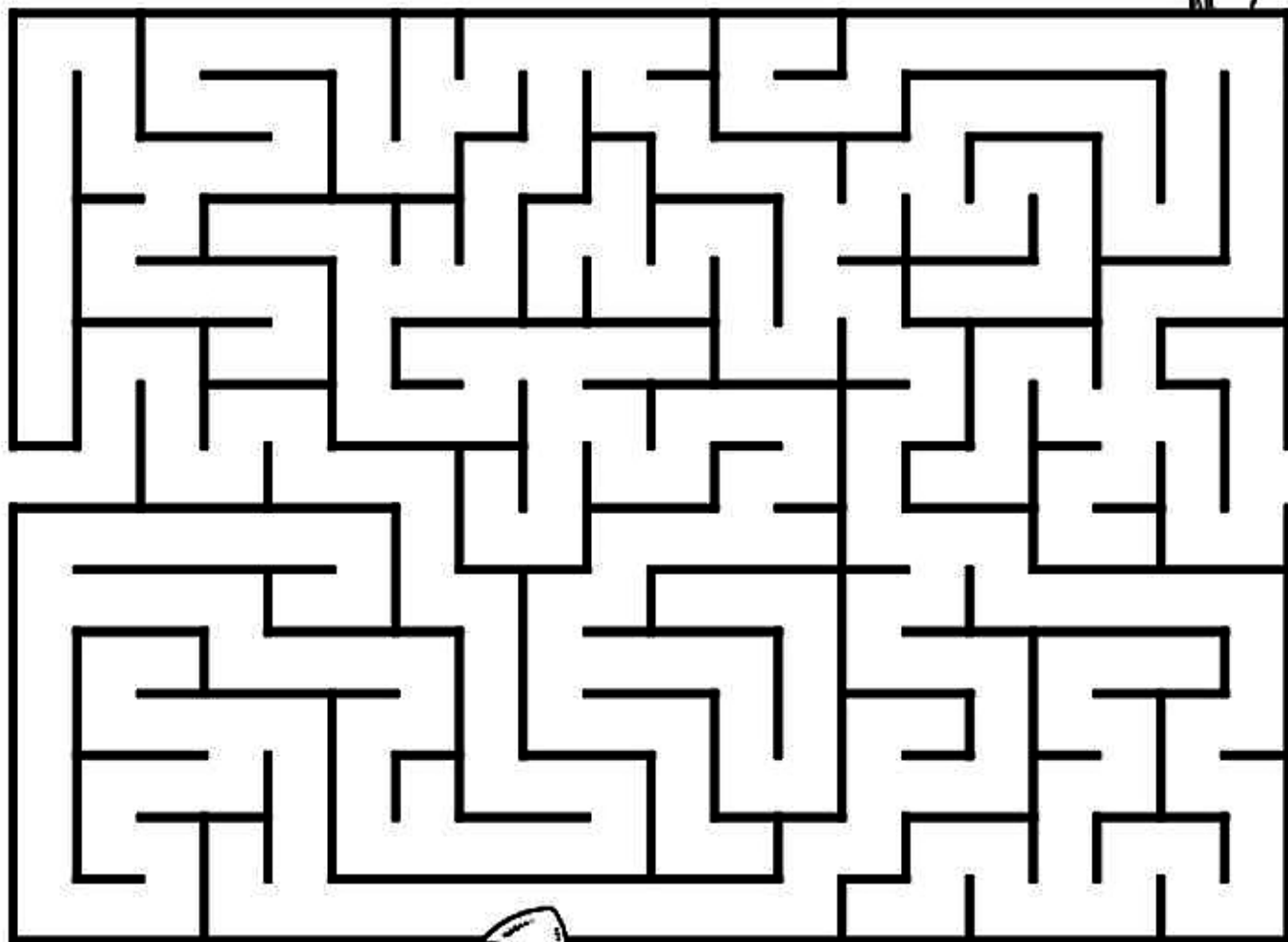
DAVID & GOLIATH

Guide David across the battlefield
to defeat Goliath.



FINISH

START



WORDSEARCH

Can you find all the words hidden in the grid? Read backwards or forwards, up or down, or diagonally. The words will always be in a straight line. Cross them off the list as you find them.

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

MARYLEBONE

MILE END

MONUMENT

MOOR PARK

MOORGATE

MORDEN

MUDCHUTE

NEASDEN

NEWBURY PARK

NORTHFIELDS

NORTHOLT

NORTHWOOD

NOTTING HILL

OAKWOOD

OLD STREET

OSTERLEY

OVAL

OXFORD CIRCUS

PADDINGTON

PARK ROYAL

PARSONS GREEN

PERIVALE

PIMLICO

PINNER

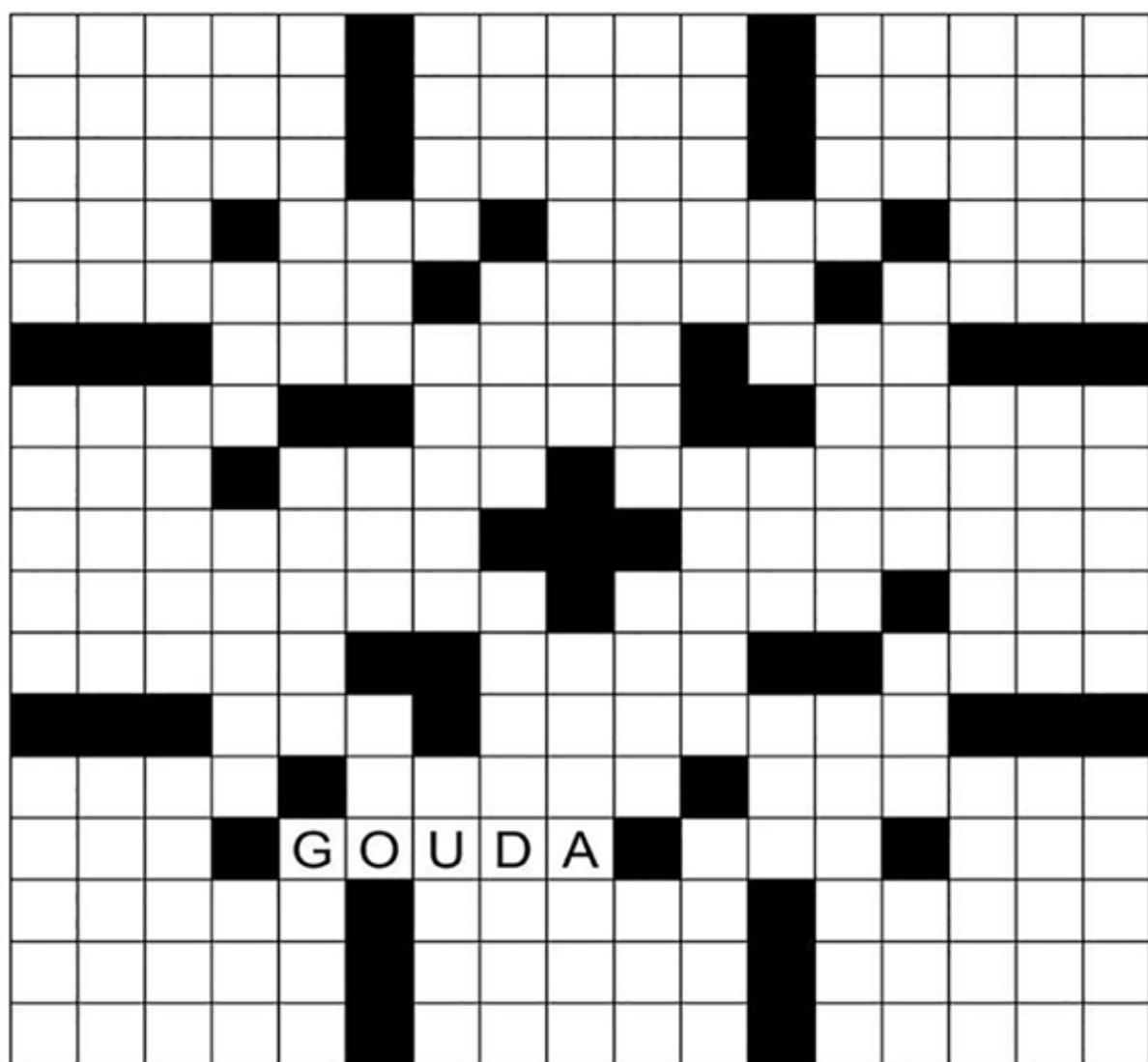
PLAISTOW

PONTOON DOCK

POPLAR

PRESTON ROAD

WORDFIT



Fit the words into the grid to create a finished crossword

3 LETTERS

ADD
ADO
AND
APE
ARE
AWE
BEE
COT
CUE
EGO
END
ERA
FIR
HEY
ICE
LOP
ODE
OPT
POT
RAN
RED
TAB

TOW

WEE

4 LETTERS

ANTS
ARTY
BEAU
CLAD
DAIS
DIGS
GASP
GNAT
ICON
PODS
SLOT
SPAN
WART
WOES

5 LETTERS

ADORE
AGREE
ALOHA

ANGLO
ARGUE
ATOLL
AUDIO
BACKS
BANTU
BASIS
BEACH
CROWN
CRUDE
DALES
DELTA
DIVAN
EAGER
EGEST
ELOPE
ENROL
ERUCT
ERUPT
EVENT
FRANC
GEESE
GOUDA
INERT

KOREA
LAPEL
LINER
LOCAL
MILES
NORMS
OGRES
OPERA
PAVER
POLIO
POLYP
RELET
RIPEN
SCAMP
SLANT
SLEET
SLIPS
SPASM
SURER
TEDDY
TENTS
UDDER
VEGAN

6 LETTERS

ELEVEN
HEROES
OLDEST
STEREO

7 LETTERS

CLEAVER
ELECTED
ESTUARY
ICEBERG
RIPENED
UPGRADE

8 LETTERS

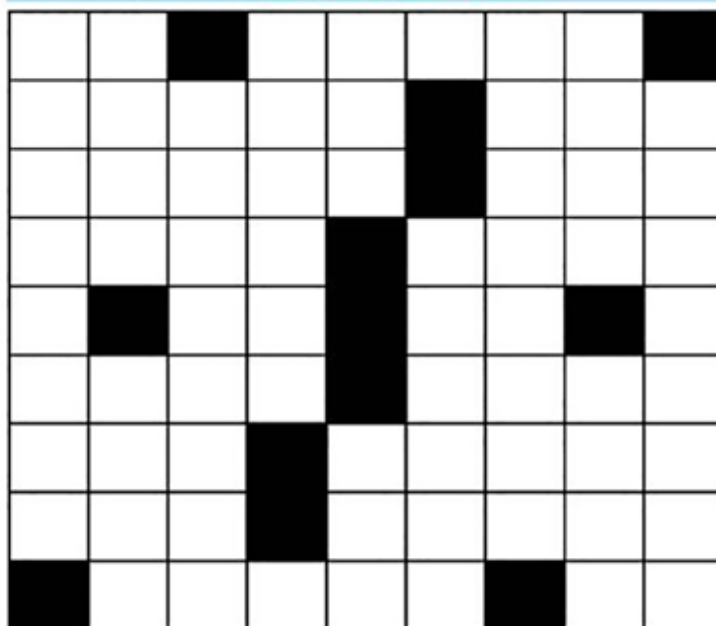
DELIVERY
EFFUSIVE
PARALYSE
YIELDING

TRIO

Find the three-letter sequence which will complete all these words

FA _ _ _
_ _ _ RM
T _ _ _
L _ _ _ R

NUMBERCRUNCHER



Fit the numbers into the grid. Cross each one off as its position is found.

2 digits: 14 39 58 64

3 digits: 093 356 396
425 663 866

4 digits: 0953 1551
4839 4861 5265

5839 9645 9808

5 digits: 00876 18280
18486 32682 53566
94562

6 digits: 187941
459246

8 digits: 31057146
36965224 48365533
80388665

SOLUTIONS

TRIO UNARMED

NUMBER CRUNCHER

1	4		6	6	5	3	5		
2	6	5	4	9		3	6	6	
2	8	6	2	3		5	2	4	
5	4	6	9		1	5	5	1	
6		8	5		4	6		7	
9	3	8	4		9	3	8	5	
6		3		6	7	8	0	0	
3	9	0		6	8	4	8	1	
	0	8	2	8	1		9	3	

BLACK-OUT

C	L	E	A	R	U	P													
A	R	E	U																
I	N	C	U	R															
D	A	U	E	T															
R	I	N	G	O	F														
A	E	R	A																
C	O	S	T																
W	A	R	C	L	O	U	D	S											
A	O	T																	
L	O	W	D	O	W	N													
C	W	L	E	I	H														
W	H	O	S	O	E	V	E	R											
E	L	X	D																
D	O	G	M	A	T	A													

WORDFIT

S	L	I	P	S															
B	A	C	H																
A	R	G	U	E															
S	U	R	E	R															
O	P	E	R	A															
I	C	E																	
S	T	E	R	E	O														
B	E	E																	
C	L	A	D																
R	A	N																	
E	F	F	U	S	I	V	E												
U	P	G	R	A	D	E													
D	E	L	I	V	E	R													
E	L	O	P	E															
E	R	A																	
S	P	A	N																
C	O	T																	
A	L	O	H	A															
M	I	L	E	S															
P	O	L	Y																

WORD-SEARCH

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

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