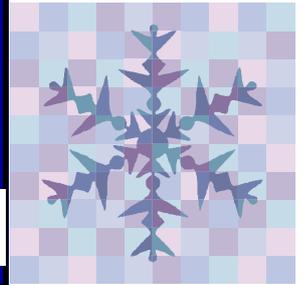


Cottage Courier

April and May 2011



Letter from the Editor

Hi, my name is Ty and I will be your editor for this month. I am here from Ingleburn high school, doing a work placement for business services.



I have put in a maze for you to do on page 9 and the answer is somewhere throughout this newsletter, you will have to look for it.

If you would like to know how much money the cottage has raised for Australia's biggest morning tea, the Easter raffle and the mothers day check out Erin's report on page 3.

And to read Warren's hilarious Joke Of The Month it is on the bottom of page 8 and continues over to page 9.

The Personal Relationship Policy is being carried on from last month's issue of the newsletter, you can find this on page 14.

What I have learnt in my week here at Myrtle Cottage is that writing a newsletter is not as easy as it looks, but the staff have been very helpful.

I hope that you enjoy this month's newsletter.

And I would like to thank you for taking the time to read my report.

TY KINSELLA

Disclaimer: Information contained in this newsletter is believed to be true and correct at the time of publication. This newsletter is provided for information and awareness purposes only. People should make their own enquiries and judgement concerning any information, services or products contained within. The views expressed on this newsletter are not necessarily those of Myrtle Cottage.



Myrtle Cottage Group

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 (02)9426 3100

www.myrtlecottage.org.au

info@myrtlecottage.org.au

Elizabeth's Exciting Edit **Manager's Report**



Hi all,

As you have all discovered by now I did make it back from holidays and it was such a wonderful place to return to! I did even get a "Welcome back" card on my first Monday totally covered with comments and signatures! I must say that I did enjoy my time away as I spent time with my brother and sisters, attended my younger niece's wedding and indulged in some healthy family gossip, but it was nice to know I was missed here too! Thank you!

In getting back to the rhythm of things I have now finalized six new policies for our Policy Manual and continue to work on the rest.

We have also advertised for the Recreation Coordinator position following Natalie's resignation, however the Rec program continues to run smoothly with different staff assisting. I believe this is also a good time for me to wish Natalie all the best in her career. As she changed our lives while at the Cottage, I am sure she will make the same difference to countless others in her new job.

I could not forget to mention that our "Biggest Morning Tea" was held each day in the week of 23 to 27 May and it was a great success, with all members and volunteers enjoying a relaxing time while we dusted and borrowed for the occasion some of our best china and some amazing teapots. My thanks to all those who contributed to make the days so enjoyable!!

I now look forward to joining some of the outings organized for June and July and experiencing what you all get up to, so, see you there!!!

Look after your selves and each other,
Kind Regards,

Elizabeth Delcasse Manager

Energetic Erin's Extract



Please Note: The Diversional Therapy Program operates at Myrtle Cottage five days per week. This program is specifically designed for younger people with a disability or people who are frail aged. The article below relates to this group only.

Greetings!

April and May have flown by, we must have been busy! Due to the unpredictable nature of the weather at this time of year, a lot of our planned outings were cancelled. In replacement, the groups visited St Mary's Band Club, which proved to be a great day out with its buffet smorgasbord of prawns, cakes and the chocolate fountain! It was great to visit a new venue also. The DT groups have enjoyed the movie mornings, watching films such as *The Sound of Music*, *Showboat* and *It Happened to Jane*. May also saw our annual Australia's Biggest Morning Tea. With an array of yummy things to eat and a few games and some trivia, we had a great time and raised **\$353.55** for the Cancer Council. Thanks everyone!



The Easter Raffle was a huge hit, raising **\$545.00**. Congratulations to Merv K. (Friday), Kath M. (Tues), June W. (Tues) and Margie K. (Wed) who won the lovely chocolate hampers! Thanks to all who bought in the chocolates for the raffle.

I must also thank Sharon W. (Vol), Carmel D. (Vol) and Christina K. (Vol) who provided the beautiful prizes for our Mothers Day Raffle. Sharon's hand knitted blanket was won by Sophia R. (Mon) Carmel's Quilted Wall Hanging was won by Andrew M. (Wed) and Christina's Beauty Pack was won by Sandra B. (Mon). We managed to raise **\$878.00** for the cottage.



Coming up we have some exciting outings (weather providing) to places such as Belgenny Farm and also Narellan Town Centre. I am excited to say that Elizabeth will be joining us for some of these days out! I hope that she enjoys them as much as we all do!

Thanks

Erin Davey Diversional Therapist

BELL PROGRAMME



Please Note: The Bell Programme operates Tuesday, Wednesday, Friday & Saturday. This programme is specifically designed for people with Dementia/ Alzheimers. The article below relates to this group only

Hi Everyone,

Volunteers week went very well and the volunteers enjoyed their lunch with Elizabeth. I would like to thank all the Bell volunteers; they are reliable, hard working and very caring towards the members and each other, staff, Carer's and members appreciate them all.

Since my last report we have had a number of members in respite. We also have a couple of new members, they have settled in to the program very well. We would like to thank Elizabeth for our new fish tank and gold fish, the members have really taken to it. The members and volunteers are having a bit of fun naming them, so far we have Tiger, Nemo, and Spot just to name a few.

Our May outing was to the Campbelltown Catholic Club for lunch and then on to the Botanical gardens at Mt Annan. We had a great day the weather was just right at the gardens we played games and had lots of fun. Our next outing is on the 22nd June.

I would also like to remind everyone that the buses leave the cottage to pick up the members at 9-30, the time it takes to get to you will vary depending on the number of members on that day. The buses leave the cottage at 3pm and once again the time will vary to when they arrive home.

Christine Turner

Bell program coordinator



Happy Birthday

-          
-   Ken B.
-   Patsy M.
-   Robert D.
-   Michael G.
-   Elva P.
-   Heinrich H.
-   Michael G.
-          

Dementia and Depression

Symptoms of [depression](#) are common in dementia. In the early stages they may be a reaction to the person's awareness of their [diagnosis](#). Depression may also be the result of reduced chemical transmitter function in the brain. Simple non-drug interventions, such as an activity or an exercise program, or other types of psychological treatment can be very helpful for mild depression.

Antidepressants may be helpful not only in improving persistently low mood but also in controlling the irritability and rapid mood swings that often occur in [dementia](#) and following a stroke. Once started, the doctor will usually recommend prescribing antidepressant drugs for a period of at least six months. In order for them to be effective, it is important that they are taken regularly without missing any doses.

Improvement in mood typically takes two-to-three weeks or more to occur. Side-effects may appear within a few days of starting treatment. If this happens and you are concerned always seek medical advice.

Myrtle cottage would like to thank the following for their generous support:

☺ Ingleburn RSL Club



☺ Ingleburn Rotary Club

☺ Ingleburn Bowling Club



☺ Ingleburn Quota Club

☺ Anchor Systems Pty Ltd

Notice

- ◆ \$5 membership due Thursday 30th June
- ◆ Nominations for achievement award presented at the AGM due Monday 26th September
- ◆ AGM Wednesday 26th October

LOST PROPERTY

If you have misplaced an item please see staff. The Lost Property Box will also be placed on the Trading table for people to identify their belongings.



#haircuts

Anyone wishing to get their haircut whilst at Myrtle Cottage can make an appointment with Merilyn.
Cost \$10.00

RECREATION PROGRAMME

NEWS FROM THE WANDERERS

Eileen

We have done a bit of wandering recently, heading down to Bulli for lunch with a view at the Panorama Hotel, we enjoyed a hot and cold buffet whilst looking out towards the beautiful coastline. Five Island Brewery was also a great spot at Wollongong.



Over at the Shire popping into Ron's old stomping ground the Cronulla Leagues club, we were treated well with good pub grub!

Bingo at Ingleburn bowling club wasn't really lucky for any of us that day, although we loved the Chinese lunch.

The movie fanatics enjoyed "The Fast and the Furious 5" and "Something Borrowed" this movie was a bit too slushy! for a chick flick.

The members enjoy the interaction and the social catch up we have outside of the cottage environment, it gives them a chance to spend more time with their friends.

Park Lea Markets are always a great trip out for our ladies who love to spend money We had a full bus with lots of happy faces, you cannot beat retail therapy. Helen bought a box load of oranges to make marmalade Yum Yum lets hope she gives us a sample!

Finally the Mystery tour lead us around the countryside, we devised a quiz regarding the areas we passed through and each correct answer was received with a chocolate, Rosemary was the winner with the most choccies! And we ended up at Ettamogah Pub our final destination of the tour.

I would also like to thank my stand in staff Liz and Connie for their great help till Natalie's position is filled.

Well that's all folks for now Happy wandering!!

Talk to you soon

Eileen Howie recreation program coordinator

HAPPY BIRTHDAY
MAY

No birthdays for
 May

JUNE
 Hani B.



Link up to Linkline



My goodness the weather is so changeable: one day we have our winter woollies the next day we are out playing in the sweet sunshine. The linkliners had some lovely outings with the members of the Diversional Therapy program visiting places like St Mary's Band club a couple of times, as the weather demanded we change our venue, Nepean Dam and, a couple of changes also had us visiting The Master Builders club at Wollongong. Easter break was wonderful and extra long as we celebrated Anzac Day on the Tuesday. We raised a good deal of money for the cottage thanks to all the donations of eggs for the raffles with a few of the members getting lucky and winning them back for the grandkids and family, yummmm.

We had lots of fun on the puzzles this month with the few members who really enjoy doing them. I don't know about the others, there is always some sort of disaster that happens to the sheets of activities that prevents the member from completing them or finding them when the calls are on. Curio user and curio user!

I was away for the first week in May I know you will all say (she's always away) however I went to Phuket, to play golf of course but also had a nice break in the sunshine and the chance to see new places and just relax. I would like to thank all my stand-in's Penny, Kellie, Connie and Eileen you did a great job. May again has been fun, unfortunately there have been a few members in hospital this month due to falls and other things so hope you are better soon and either back on the Linkline calls or at the cottage

we miss chatting with you.

HAPPY BIRTHDAY

May

Joan W.

Valerie C.

June

June L.

Christine G.

Edna T.

Remember to look after your selves this month particularly and keep warm and eat plenty of energy foods such as chicken soups, omelettes, hot milk drinks energy is where you get your body heat from . That's it for me enjoy.

Merilyn Gear (Granny)

LINKLINE Coordinator.

Wise Warren's Wisdom



Warren

EXIT THE BUS BACKWARDS

During the months of June- July we are going to encourage all members to exit the bus backwards or on the hoist.

Remember if you walk out forwards and you fall the only place for you to land is on the roadway or footpath and it is a very long way down and you will probably be seriously injured.

If you fall or loose your balance when you are coming down backwards you will have a chance to grab for the hand rail, the seat in front of you or the floor of the bus and you will only fall a short distance.

Coming out of the bus backwards or on the hoist is the safest way to exit the bus. The assistant, driver, or staff will help you and it is important to take as much time as you need.

If you use the hoist instead of the stairs the driver or assistant will provide support so that you feel comfortable and safe.

So how about having a go coming down backwards. Not only will you be safer but you will also be setting a good example for other members.

MEMBERS READY FOR PICKUP:

All members are asked to be ready for pickup from around 8.15 am on the day you attend the cottage. The reason for this is sometimes when some members are not attending due to illness or appointments this may shorten the bus run which you are on and may change the time of your pickup. Also please inform the cottage if you are not attending the cottage for any reason.

JOKE OF THE MONTH:

A Loving Grandpa.....

A woman in a supermarket is following a grandfather and his badly behaved 3 year-old grandson. It's obvious to her that he has his hands full with the child screaming for sweets in

the sweet aisle, biscuits in the biscuit aisle; and for fruit, cereal and pop on the other aisles.

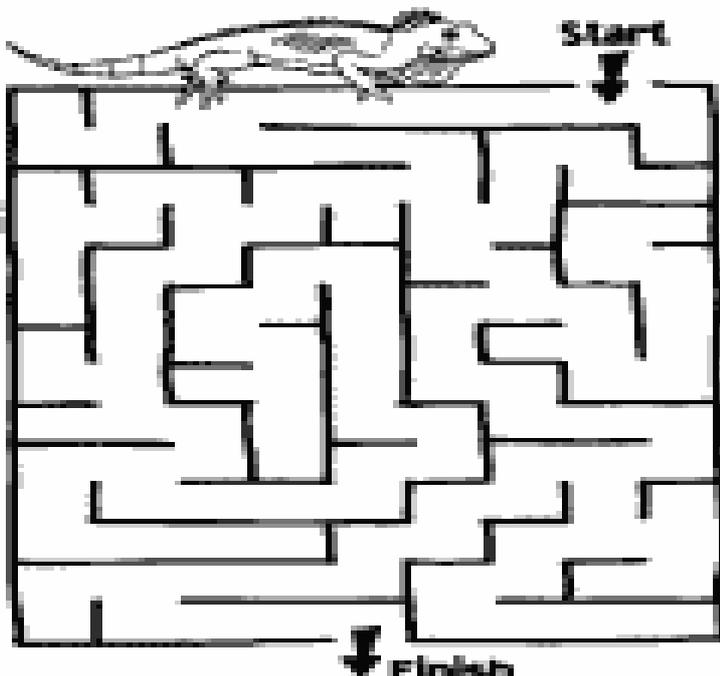
Meanwhile, Granddad is working his way around, saying in a controlled voice, "Easy, William, we won't be long, easy, boy." Another outburst, and she hears the granddad calmly say, "It's okay, William, just a couple more minutes and we'll be out of here. Hang in there, boy." At the checkout, the little terror is throwing items out of the cart, and Granddad says again in a controlled voice, "William, William, relax buddy, don't get upset. We'll be home in five minutes; stay cool, William." Very impressed, the woman goes outside where the grandfather is loading his groceries and the boy into the car. She said to the elderly gentleman, "It's none of my business, but you were amazing in there. I don't know how you did it. That whole time, you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things would be okay. William is very lucky to have you as his grandpa.

"Thanks," said the grandfather, "but I'm Williamthe little shit's name is Kevin."

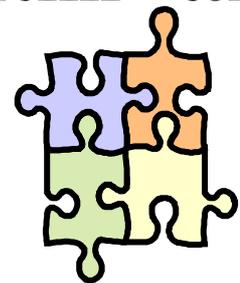
WARREN KEAN

TRANSPORT CO-ORDINATOR

Help Lizzy through the maze!



PUZZLE CORNER



ANSWER ON
PAGE:

16

CLIENT ADVISORY COMMITTEE MEETING MINUTES

OBJECTIVE 3: Efficient and Effective Management

Date: 5.4.11**Time:** 10am**Attendance:** Mario, John, Sarah W, Robyn O, Carmen, Lynette, Jerry, Bob, Gwen and Margaret

<u>Item</u>	<u>Discussion</u>	<u>Outcomes/solutions</u>	<u>Staff responsible</u>	<u>Date to be completed</u>
Business arising from previous meeting		Encourage each day to announce the amounts raised by the raffle when it is drawn	Sandra/ Heidi to remind volunteers	7th June
Training-attended or required	First aid training	Currently we do not have enough participants to run a course.	Margaret to follow up	On-going
	Hands on training– Red Cross no longer provides this service though it has provided all of the information to Myrtle Cottage to continue training volunteers	Sarah W is interested in doing the training. Carmen has started the hands on program and members are really enjoying this service. Eileen has adapted the training for Myrtle Cottage. Dot (Red Cross Volunteers) has assisted	Eileen will continue to provide the training for volunteers whilst evaluating the process.	Completed
OH&S	It has been noted that there are still a few volunteers that do not change their gloves or do not wear gloves when handling food utensils e.g. setting table	Volunteers are encouraged to remind other volunteers about the use of gloves. If the situation continues then report to staff.	All	Completed

<u>Item</u>	<u>Discussion</u>	<u>Outcomes/solutions</u>	<u>Staff responsible</u>	<u>Date to be completed</u>
New Business	It was noted that some members do not have their coding on their name tags.	Encourage members to inform staff of their medical condition to be recorded on their file.	Margaret to ask Coordinators to review members name tags.	7th June
	Rotating drivers and assistance to encourage more drivers to be familiar with runs and members needs	<input type="checkbox"/> Warren to be asked if this is a possibility . <input type="checkbox"/> Driver and assistants to be encouraged to report the slightest change to Warren. Warren can arrange an OHS assessment and put notes on members files to be printed on the transport run.	Margaret to follow up with Warren.	7th June
	Small interest groups run by volunteers, for members that attend for more than day.	Members that are attending more than one day are finding that they are repeating craft already completed and are interested in something else to do.	Margaret to discuss with Erin and Elizabeth.	7th June
	Members needing clamps to hold craft on the table, to be able to complete the activity independently.	<input type="checkbox"/> Volunteers have been providing equipment, to assist members to hold their craft still so they can complete their work independently . <input type="checkbox"/> Staff to notify volunteers assisting members with craft, what process will best encourage independence for the member.	Margaret to follow up with coordinators	Completed

Volunteers Voice



This column is for volunteers. It provides a summary of the volunteer meetings held, any notices or issues for volunteers & provides an opportunity for volunteers to have their say.

NEW VOLUNTEERS

- *Jason
- *Helen
- *Erin
- *Loren
- *Jersey
- *Kerry
- *Mika
- *Chloe
- *Ty
- *Mary
- *Joanne
- *Craig

Hello everyone, I hope you all had a good Easter break, enjoying all the chocolate eggs!

Thank you to the volunteers who donated the prizes for the Mothers Day raffle; Christina, Sharron and Carmel also congratulations to the winning members Andrew, Sophia and Sandra well done!

It has been brought to my attention regarding the toiletting of members. To clear up the confusion, the volunteers are only required to assist the member to the toilet not to enter. If a member needs help inside the toilet the volunteer must advise staff. Thank you.

The feedback I got from Volunteers Week was good, positive comments were made regarding the whole set up. The small groups worked well, this allowed volunteers to chat freely with Elizabeth and other volunteers.

All the staff appreciates the hard work that is put into the daily running of the cottage from all you dedicated people.

The Friday Golden Girls knitting bee have been very busy knitting teddies, good job Gerry and the girls! Keep them coming.

The recognition awards have been running for almost a year, well done to all who have received an award so far. Check the notice board to see all the photos.

Any questions or comments please feel free to pop them into the suggestion box or approach me personally in confidence.

Thanks again for your continuous support.

Eileen Howie
Volunteers support





Happy Birthday

MAY



This is a good time to demonstrate your skills and prove that you're capable and reliable. You'll be happy and focused on doing good work. Others will find your presence soothing and grounding. Pay attention to money matters and try to stick to a budget.

Members

- ◆ Jill S.
- ◆ Ray C.
- ◆ Valerie C.
- ◆ Norma E.
- ◆ Edith W.
- ◆ Eileen M.
- ◆ Robert D.
- ◆ Iris H.
- ◆ Sandra B.
- ◆ Rosina W.
- ◆ Ethel G.

Staff

Heidi F.



Happy Birthday

JUNE



There will be many chances to socialize and connect with friends. After that, things should go smoothly and you'll be well liked, attractive, and in tune with others.

Members

- ◆ Ron N.
- ◆ Hani B.
- ◆ Ronald B.
- ◆ Edna T.
- ◆ Agnes C.
- ◆ Marilyn S.
- ◆ June D.
- ◆ Dorothy B.
- ◆ Ian D.
- ◆ Ethel R.
- ◆ Safwat A.
- ◆ Maria H.

Volunteers

- ◆ Thomas A.
- ◆ Ty K.
- ◆ Sonya R.
- ◆ Shirley W.
- ◆ John G.

Staff

- ◆ Jane A.
- ◆ Renee D.
- ◆ Warren K.

Dob in Disabled Parking Cheats

The new hotline allows people to report anyone they believe is borrowing a disability permit from anyone else, is legally parking in a disabled space or has improperly obtained a pass from a doctor.

The hotline number is:
1300 884 899

Policy of the month

Personal Relationship Policy

Objective 5: privacy, confidentiality and access to personal information

Last Updated: 1/10/04

Continued from, February and march newsletter.

Staff and volunteers have a duty of care to declare personal relationships to Management with the aim to minimise or remove potential negative situations and for Management to make a decision on the possible positive solutions. Myrtle Cottage has a responsibility to provide information, training and support to staff and volunteers to enable them to understand the difference between advocacies, personal friendships, care relationships and professional services.

If a conflict of interest is discovered, Management will discuss this with the parties involved, and review the situation. All situations will be treated in confidence. Personal relationships that need to be declared are between:

- ◆ Staff
- ◆ Staff and volunteers
- ◆ Staff and members
- ◆ Staff and carers
- ◆ Volunteers and members
- ◆ Volunteers and carers

Relationships between volunteers, between carer or between members are excluded from this list.

Where a staff member is currently (or was recently) involved in a personal relationship with a member, carer, volunteer or another staff member, then that staff member will not take part in the following relating to that person:

- ◆ Assessments
- ◆ Decision making processes regarding the member or carers service provision
- ◆ Complaint procedures and disciplinary matters
- ◆ Employment process
- ◆ Supervision

It is important that staff and volunteers avoid situations where personal relationships could influence professional judgment.

Home and Community Care (HACC) Service of the month is..... Meals On Wheels

Target Group	Frail aged, people with a disability and their carers.
Funding	HACC.
Amount of Service	Varies according to need.
Type of Service	Food delivery, household library service, shopping service
Cost	\$6.50 full package, \$5.00 meal only Shopping service: \$5.00 per service Housebound library: no charge
Information	Area covered: Campbelltown LGA and Appin area. Food service: Delivery of meals 5 days per week. Frozen meals provided for weekends and public holidays. Shopping: Client gives shopping list and money, and goes to the nearest shopping centre to purchase groceries, pay bills and pick up prescriptions etc. Client does not go with shopper. Library service: volunteers deliver books, tapes, DVDs, etc once a fortnight to clients homes.

If you are interested please call on:

Ph: 4645 4523

Or

Ph: 4645 4406

If you have any inquiries or would like more information about this service or other HACC services in Macarthur Information and Referral service” on FREECALL:

1800 683 232



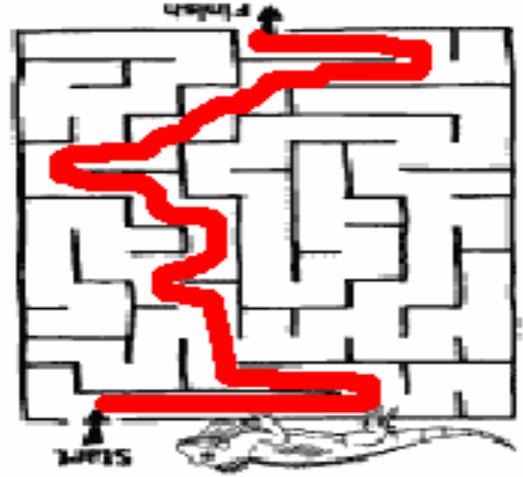


Take into account that great love and great achievements involve great risks.



Answer to the maze puzzle on page :

9



Help Lizzy through the maze!

Important Dates to put in your diary

- | | |
|--------------------------------------------------------|---------------------------------------------------------|
| <p>✎ Client Advisory Committee Meeting 10am 7.6.11</p> | <p>✎ Client advisory Committee Meeting 10am 4.10.11</p> |
| <p>✎ Cottage closed Queens Birthday 13.6.11</p> | <p>✎ Annual Meeting 26.10.11</p> |
| <p>✎ School holidays 4th to 15th July</p> | <p>✎ Volunteers Christmas Party 25.11.11</p> |
| <p>✎ Cottage closed bank holiday 1.8.11</p> | <p>✎ Combined Christmas Party 30.11.11</p> |
| <p>✎ Client advisory Committee Meeting 10am 2.8.11</p> | <p>✎ Bell Carers Christmas Party</p> |
| <p>✎ Cottage closed 25.8.11 for staff training</p> | <p>✎ Cottage closed from 21.12.11 to 3.1.12</p> |
| <p>✎ School holidays 26th September to 7th October</p> | <p>✎ Cottage closed Labour Day 3.10.11</p> |

Pastel Art Class

Materials

Pastel Chalks

1 Sheet of sandpaper

Square of silky material

Hand wipes

Method

Create your own design by using the chalks to mix the colours. Add the colours gradually starting from the top of the page and working to the bottom. Rub back the chalks to achieve different effects.

Have fun and let your creativity take over, there is no such thing as a mistake with this method as you just rub it out. 😊



From the Kitchen

Tomato relish

- 1 Kg, Diced Tomatoes
- 1 Kg sliced Onions
- 3 Cups sugar
- 470 Ml Vinegar
- 1 Tbs salt
- 3 Tbs mustard powder
- 3 Tbs curry powder

- * skin the tomatoes
- * Dice the tomatoes and onions.
- * Add the diced ingredients-

- 3 Cups of sugar
- 470Ml of vinegar
- 1 Tbs salt- Tbs mustard
- 3 Tbs curry powder

- * this will now be boiled for 1 hour.
- * Put into clean jars
- * This relish is quite nice served with cheese and crackers.



Trading Table

June
Friday 22nd

July
Monday 25th
Tuesday 26th
Thursday 28th

August
Wednesday 3rd

April Trading table
raised \$330.55

Larger items can be photographed and placed on the notice board until the next trading table.



Donation box



Thanks to members making use of the donations box for loose change etc... every little bit counts, the total received since the last newsletter is **\$146.90** which brings the total since 1.7.10 to:



**The donation box is located near the entrance to the activity room.
(It's the slot in the wall)**

<p>Crime Prevention Tips for Seniors.</p> <ul style="list-style-type: none"> * Never open your door straight away. Install and use a peephole. * Lock you doors and windows. * Vary you routine. 	<ul style="list-style-type: none"> * Never let a stranger into your house. * If you go home and you suspect that a stranger maybe in the house DO NOT GO IN. leave quietly and call 000 to report the crime.
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DONATIONS & BEQUESTS

<p>Please remember the following methods are available to support the Cottage and secure it's future.</p> <p>Donations:- These are fully tax deductible and can be made by cash or a cheque payable to Myrtle Cottage</p> <p>Bequests:- A bequest is a gift arranged during a persons lifetime but which does not pass to the beneficiary until the future.</p>	<p>We realise that most people have directed the proceeds of their estate in their wills to family/friends. There are however, people who decide to direct the proceeds of their estate to Charity, these people please consider a bequest to Myrtle Cottage. If you require further information on how to make a bequest please call us at Myrtle Cottage.</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Wishes



1. Items for raffle prizes
2. Gravel for our New fish tank
3. Manual wheelchairs in good condition

Welcome back

- ☺ Joan H. (Mon)
- ☺ Valmai F. (Tues)
- ☺ Charlie (Thurs)

..Great to see you again..

Unwell

- ☹ Dot P.
 - ☹ Lorraine H.
 - ☹ Josie H.
-hope you are feeling better soon...

Member Update

Welcome new members

- ☺ David K.
- ☺ Peter W.

Members in permanent care

- ☹ Helen A.
- ☹ Yvonne S.
- ☹ Ted A.

We will all miss you...

DONATIONS RECEIVED:

- *Sue: \$2
- *Helen: \$10
- *Coral: \$10
- *Cathy: \$13.30
- *Christine: \$50
- *Ingleburn bowlers: \$80

Remember all donations over \$2 are tax deductible.

Rooms offered for Rent at Myrtle Cottage

1. Room area 70 sq m 2 toilets, access to adjoining courtyard.
2. Room area 180 sq m audio visual facilities, room size can be adjusted to 90 sq m with access to large courtyard.
3. Room area 40 sq m full kitchen facilities, 2 toilets, ideal for group training, computer access.

For further details please call:
9426 3100