

# Cottage Courier

February to March 2016

## Letter from the Editor

Hello everyone!

My name is Azree Mohamed, one of the many volunteers here at the Cottage. I am elated for this opportunity to be the editor of Cottage Courier for the first time. So, please pardon me for my beginner's mistake. No pun intended.

I hope everyone had a great time over the Easter break. It all ended too soon for me. However, this newsletter will feature some interesting activities organised by Myrtle Cottage for our valued members in the past couple of months. You will find the program reports and our usual columns along with members' activities embedded in this edition. It will be an interesting read for everyone.

Enjoy!

Kind regards,

Azree



**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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[www.myrtlecottage.org.au](http://www.myrtlecottage.org.au)

# Elizabeth's Exciting Edit

## Manager's Report



Hi all,

As the year continues getting underway we can see the programs settling into an easy routine, while it is also good to see that the suggestions in the members' consultations get considered when introducing new activities.

What was interesting for me these last months? I believe it was participating in the working group involved with the development of our new website. The group had representation from a variety of people involved with the Cottage and by the end of the day we were very pleased to see all the ideas we came up with! It is hoped that the new website will go live very soon, so keep your ear to the ground and be one of the first to browse it!

On Friday 1<sup>st</sup> April we held an Open Day and welcomed members from the community for a visit, morning tea and a tour of the Cottage. Thanks to volunteers, members and staff who helped make this day a success as the feedback has been great.

Lastly I wanted to thank all staff and volunteers, but in particular drivers and bus assistants who made themselves available during Seniors' Week. They ensured our members attended many activities available in the area, from concerts to movies, doubling the number of outings and ensuring everyone had a great experience. We could not have done it without you! Thank you!!

Look after your selves and each other!

Kind regards,

Elizabeth Delcasse, Manager



Do you know a volunteer who deserves  
recognition for the work they do?  
Volunteer Nomination forms are in the  
foyer information carousel!

# Ageing & Disability



Anna,  
Julie and  
Connie

**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.

What a fun few months we've had in the DT program. We have again enjoyed some lovely outdoor outings, visiting places like Nepean Dam, Mount Annan Botanic Gardens, and the gorgeous Japanese Gardens in Auburn. We were lucky enough to get some fabulous pics with some of the wildlife at Central Gardens in Merrylands. The water features were wonderful too.



Friday Group at the Central Garden

Our Wednesday group have been busy learning more about NDIS. A small group of us attended a NDIS workshop at Campbelltown RSL in February and have started talking about goals and plans during our program time at the



Tuesday Cooking Group

Cottage. There's lots of mixed emotions with the up-coming changes. We're feeling scared, excited and nervous just to name a few, but be assured that the staff are right beside you all during this journey. There will be much more discussion about NDIS over the next few months.

All groups have completed some awesome craft over the last few months. We have continued with our Aquarium craft, decorating our room beautifully. We have also made Jewellery Holders, Hot Air Balloons, Wooden Key Holders and



Brittany learning to knit

Dinosaur money boxes for the grandkids. We'll be getting ready to start redecorating the room with our up-coming 'Autumn Crafts'.

I think most of us have enjoyed each other's company while participating in a variety of games and activities, including some of our favourites: Bingo, Movie mornings & Trivia. Monday, Tuesday, Thursday and Friday groups are looking forward to an extra outing next month for 'Seniors Week' and our Wednesday group are excited about our planned train & ferry trip to Madame Tussauds in April. Until next time,

Julie & the DT staff

# I am looking for a Ms Myrtle.

*Hair* Anyone wishing to get their haircut whilst at Myrtle  
*cuts* Cottage can make an appointment with the office.  
**Cost \$10.00** Phone the Cottage: **9426 3100**



## Confidentiality:

Due to privacy laws we are unable to give out personal information e.g. address and phone number.

It is very important to exchange contact details with people you would like to be in touch with outside of the Cottage.



# CRAFT IDEA

## Aquarium Craft

### Equipment needed:

Foam fish, paints, glitter, googly eyes, glue, blue & green cardboard, blue & green crepe paper, paper clips

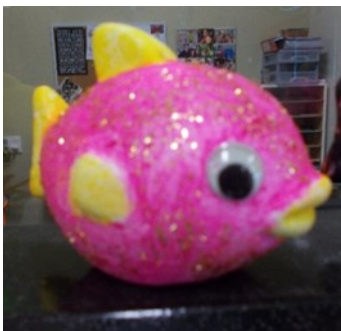
### Instructions:

Paint & decorate foam fish with glitter and googly eyes. Set to dry

Cut lengths of cardboard (6cms width & 10cms length) circle and staple, linking together alternate colours. Start from the centre of the room and stretch out to desired corner.

Cut lengths of crepe paper (3cms width & 10cms length) Twist lengths of crepe paper leaving a small space in between twists. Hang from the ceiling

Insert an untied paper clip to top fin of foam fish and hang with string from the ceiling. Walla! A beautiful Aquarium room!



# Bell Program



Sharny, Jordan, Diana, Christine, Sue and Penny

**Please Note:** The Bell Program operates Monday, Tuesday, Wednesday, Friday & Saturday for Campbelltown, Thursday for Wollondilly and Wednesday for Camden. This program is specifically designed for people with Dementia/ Alzheimers. The article below relates to this only

Hi everyone,

Please meet our new Bell/Outreach team, we said a sad good bye to Renee and everyone wishes her all the very best. We had staff moving around the programs and we have two new permanent staff. Jordan and Sharny have been with the cottage as casuals for some time now. I am happy to tell you all they are both now permanent staff. The outreach team will be Sue, Penny, and Jordan.



The Bell/Outreach program enjoyed a concert at West Leagues on the 30<sup>th</sup> of March, this was a dementia specific concert and organised for Seniors Week. The members and carers had a great time. There was lots of dancing. We had a raffle and one lucky member won three. It was great to see all the carers again.

We had a lovely student doing her placement

## HAPPY BIRTHDAY

**February:** James H, Gabriel C, Thomas S, Benny F, Mary T and Klaus H

**March:** Harry L and Victor A

at the cottage, her name was Shilpa. I am sure a lot of you got the chance to meet her while she was here, if not in person but maybe over the phone as she was calling some of you for your survey responses. The survey results are positive in most areas. Once again the newsletter, programs and dementia information is the one thing that some people are not receiving. The Bell/Outreach staff have a system to ensure all members are receiving this information. They are sent home with the members with the crafts. If you are not able to retrieve them or you seek information regarding dementia or services for people with dementia please call and let us know and we will put you on the mailing list or send out the information you require.

Until next time take care.

Christine Turner

Bell Program Coordinator.



# Dementia: Fact Sheet

## What is younger onset dementia?

Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person's mental functioning. It is a broad term which describes symptoms such as loss of memory, intellect, rationality, social skills and normal emotional reactions.

The term younger onset dementia is usually used to describe any form of dementia diagnosed in people under the age of 65.

## A correct diagnosis is important

Consulting a doctor to obtain a diagnosis early is critical.

An early diagnosis will allow for early planning, the early involvement of support services and perhaps medical treatment.

## Differing needs of people with younger onset dementia

A person with younger onset dementia may be unique because the dementia appears at an earlier stage in their life when they are likely to be more physically and socially active. When diagnosed they may be:

- In full-time employment
- Actively raising a young family
- Financially responsible for a family
- Physically strong and healthy

For the person with younger onset dementia and their family members there are a number of issues that may arise:

### Loss

The sense of loss for the person with younger onset dementia and their family can be enormous. Unplanned loss of income if the person with dementia was earning an income can be a major problem for the family.

### Changes

Adjusting to changes that come with a diagnosis of younger onset dementia may be difficult.

### Attitudes

An added difficulty can be the attitude of other people. It can be difficult to accept that a younger person can have dementia, particularly when no obvious physical changes can be seen

### Children

Children may have a number of reactions to the disease and these may be strong reactions. Children may become sad, angry or withdrawn. Further help

Alzheimer's Australia can put family and carers in touch with other family and carers of people with younger onset dementia, and provide links to support groups.

Alzheimer's Australia offers support, information and referral services and counselling. The National Dementia Helpline on **1800 100 500** can be contacted anywhere in Australia.

Alzheimer's Australia can put carers in touch with other carers of people with younger onset dementia or provide links to carer support groups.

# RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



**Please Note:** The Recreation Program operates Friday & second Saturday for people aged 18 to 60 years with a disability. The article below relates to this only

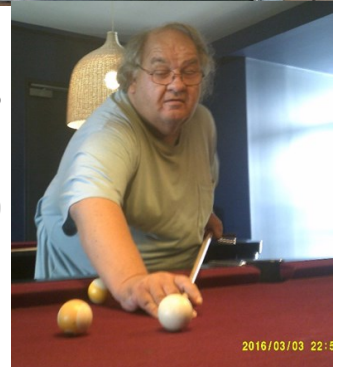
Hello to all the Whacky Wanderers

On our first outing, we were off to Picton Botanical Gardens for a BBQ lunch. A big thank you to the kitchen girls for preparing a great lunch. Darryl also helped cook the BBQ.

Swimming at Mt Annan pools was a positive experience for Margaret as she hasn't been in the pool for over 20 Years. It took some time to get her in the pool, but once Margaret was in it was another thing to get her out. Kathy also enjoyed getting in the pool. As soon as Jeanelle got in the water she was never seen. Jeanelle was in all three different pools having the time of her life.

Mega Mini Golf was great at Campbelltown we play indoors in the air conditioning as it was a scorcher on the day. Andrew was the winner on 71 points followed by Kathy O on 67 points & Marcella got 64 points.

Bingo at the Bowling Club is great for our members as they call the numbers at our pace. It's very exciting when one of us win. Marcella and Tracey won a \$10.00 voucher each, Well done girls.



The Boys Day Out at the Cross Roads was fun, and every now and then a little hilarious. Colin was the winner for the day. We finished the day off with a great lunch at the Cross Roads.

We also went to Penrith Panthers, Sizzlers, and a great Cambodian restaurant at Wollongong. These outings are always so popular with our foodie members.

Bye for now to all our Wanderers.

Penny and Connie.

**HAPPY BIRTHDAY**

**February:** Marcella M and Andrew M

**March:** Kathleen O

## 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.

Our AGM is on 19<sup>th</sup> October so start putting on your thinking caps: WHO WOULD YOU NOMINATE FOR THE 2016 ACHIEVEMENT AWARD?

Don't forget Membership is due 30th June

### *Wish list*

⌘ Raffles prizes needed especially for males

# Link up to Linkline



**Please Note:** The Linkline Program operates Monday to Friday at allocated times for an hour. The article below relates to this only

Hi everyone.

Linkline is finally settling down and I have been lucky enough to meet most of the members. It is a good feeling to get to know everyone, and it certainly helps our conversations along when you feel comfortable.

Our program has changed a little and you all seemed to enjoy the "What Am I?" activity, so I look forward to finding more for you all. It is great to see that you are all switched on with the trivia, and having a great time doing so.

We have really begun to enjoy each other's company on the calls, and there have been many laughs, a few serious conversations and enjoyable times. Some of the conversations we have had on our Linkline calls are Weddings, Childhood, Dancing, and Easter Traditions when we were Children to name a few. It is great to hear your stories and learn more about you all.

A standout for me so far with Linkline, was indeed the day out to the Premier's Gala Concert at Allphones Arena. It was a very busy day, once again full of laughs and fun times. The wonderful volunteers and bus driver were so helpful (and funny), and it was great to share the experience of my first Linkline outing with the members who could make it on the day. New friends were made, old friends caught up and overall it was an amazing day. A big thank you to you all, for being a part of the day. It would not have been the same without you.



I guess I should finish up now, as I could go on and on about how much I am enjoying my time with you all.  
Looking forward to speaking to you soon.

Lisa



### **HAPPY BIRTHDAY**

February: Marie C, Merle S and Therese G

March: Beryl B, Debbie M and Sharrynan C

## ***FROM THE KITCHEN***

We have had positive comments about the new Scone recipe we are using in the kitchen, so I thought I would share it with you all.

### **Lemonade Scones**

Ingredients: 3 cups of self-raising flour  
1 cup thickened cream  
1 cup lemonade (cold from fridge)

Method:

1. Preheat oven to 200°C.
2. Grease baking tray.
3. Combine ingredients into large mixing bowl
4. Mix lightly until combined. Don't overmix otherwise they will not rise.
5. Lay dough out on floured surface.
6. Using scone cutter or a glass, cut scones to desired size and place on tray. If you put them close together, they will rise higher.
7. Bake for 15 minutes or until cooked.
8. Serve with Jam and Cream.

**NOTE:** If you don't want to use Lemonade, you can replace with Soda Water. These freeze well so make a batch and freeze them for later.

# Warren's Wisdom

## Transport Report



Warren

### **HEALTH AND SAFTY CORNER**

Myrtle cottage is committed to providing a safe environment for our staff, volunteers and members.

In achieving this aim we need the support of our volunteers and members. It is important that you are aware of safety issues which may impact on the service we provide.

The type of issues we would ask you to consider are:

- When being transported or while at the cottage please wear sensible, supportive footwear with non-slip sole/low heel shoes (not slippers)
- Minimize the risks around the cottage which may impact on providing a safe service such as faulty equipment, item's placed on the floor that may cause someone to trip, etc.
- Let the staff, driver and helper know about your special needs eg: you may use the hoist to access the bus, you may need to use a wheel chair to and from the bus.
- If you need physical assistance please let the staff know. It is important for us to understand the level of assistance you may require as your circumstances change.

All of the cottage buses are fitted with seat belts, it is a legal requirement for all passengers to wear a seat belt unless you have a doctors certificate to exclude you from wearing one.

When exiting the bus it is always advisable to do so backwards, this may seem silly but the reason for going backwards is that you have more control if you start to loose your balance. When backing out of the bus you always have the opportunity to reach out and gain your balance by grabbing a rail in front of you, if you do fall you only have a short dis-

tance to either the step or floor of the bus. If you are walking out of the bus forward and you start to fall all you have to look forward to is meeting the road or gutter.

GO ON HAVE A GO AT BACKING OUT.

## COLDS AND FLU

Coming into cold and flu season when infections/viruses are more prevalent, it is a good time to remind everyone about the importance of hand washing and cough etiquette.

It is expected that ill members, volunteers and staff will take a responsible and common sense course of action and not attend or remain at the cottage whilst they are unwell. Members who appear unwell should be encouraged to seek medical assessment if appropriate.



In addition, tips for protecting yourself and others from respiratory illness during winter may include:

- Stay home if you are ill.
- Cover your nose and mouth when coughing or sneezing.
- Use a tissue and dispose of it in the waste.
- Always wash your hands after coughing and sneezing or disposing of tissues.
- Hand washing is the single most important measure to reduce the risks of transmitting infection from one person to another.
- **Vaccination with the seasonal influenza vaccine is available from your local doctor.**

## JOKE OF THE MONTH

A man walks into a bar, drinks a couple of beers, and prepares to leave. The bartender tells him he owes \$10. "But I already paid you. Don't you remember?" says the customer. "OK," says the bartender, "if you say you paid, then I suppose you did." The man goes outside and tells the first person he sees that the bartender can't keep track of whether his customers have paid or not. The second man rushes in, orders a couple beers, and later pulls the same stunt. The bartender replies, "OK, if you

say you paid, then I suppose you did." The customer goes outside and tells a friend how to get free drinks. The third man hurries into the bar and begins to drink highballs. The bartender leans over and says, "You know, a funny thing happened tonight. Two men were drinking beer, neither paid, and both claimed they had. The next guy who tries that stunt is going to get punched in the -- " The man interrupts, "Don't bother me with your troubles, bartender. Just give me my change and I'll be on my way."



WARREN KEAN

**Donations:** Mary \$20, Bob \$10 and Anna \$20

**Donations  
Received**

**Remember all donation over \$2 are tax deductible.**



## **DONATIONS & BEQUESTS**

Please remember the following methods are available to support the Cottage and secure it's future.

**Donations:-** These are fully tax deductible and can be made by cash or a cheque payable to Myrtle Cottage

**Bequests:-** A bequest is a gift arranged during a persons lifetime but which does not pass to the beneficiary until the future.

We realise that most people involved with the cottage have directed the proceeds of their estate in their wills to family/friends etc. There are however, people who decide to direct the proceeds of their estate, either in full or part to Charity. We would like these people to consider a bequest to Myrtle Cottage. If you require further information on how to make a bequest please call us at Myrtle Cottage.

# Client Advisory Committee

N.B: Next Client Advisory Committee meeting will be held on 19th April 2016

## Donations Box

Thanks to members making use of the donation box for loose change etc. Every *little bit counts*. The total received since the last newsletter is \$44.45 which brings the total since July 2015 to;

The Donation box is located near the entrance to the activity room. (it's the slot in the wall)

\$185.30

The Trading table has raised \$360 since the last newsletter.

Larger items can be photographed and placed on the notice board.



The changes to the trading table have been well accepted by all.

### Solutions for Sudoku on page 24:

(a)

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

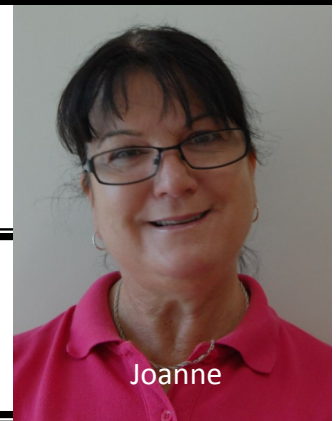
(b)

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

Thought: Fear kills more dreams than failure ever will

# The 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



Joanne



Welcome Everybody.

Hope you are all keeping well and kept cool with this very hot weather. I cannot believe we are approaching autumn how nice after the heat we have had. Hope you all had a wonderful Easter. I know I did. A few extra days off are great to spend with family or friends not to mention indulging in chocolate is always a good excuse.

Thank you to all the volunteers for your support in the kitchen. It has its challenges but it is also great fun .Welcome to our new volunteers who have started in the last few months. Hope you are settling in well.

If you know of anybody that would like to volunteer, our next induction is on Tuesday 12/04/2016 10.30-12.00. I would like to congratulate Kerrin for being nominated for recognition of contribution award. Kerrin, a volunteer in the DT room, is well liked and very helpful with our members and volunteers, so well done Kerrin!

Joanne Greenwood



## New Volunteers:

Garry C, Robert S, Edward M, Ana S,  
Wayne P, Philip C, Sasha R, Azree M

# HAPPY BIRTHDAY!

## February

**Members:** Michael C, Valda O, Therese G, Marie C, Benny F, Valerie P, Sheila J, Janet G, Merle S, Shirley B, Thomas S, James H, Gabriel C, Mary T, Klaus H, Marcela M and Andrew M



**Volunteers:** Karen S, Sharon M, Dave H, Debbie W, Kerrin B, Colin S, Denise M, Susan H, Jeraldine B, Dorothy B, Rhonda M, Olga P and Roslyne S

**Staff:** Sharny J, Sarah C, Swaran S and Josip P

## March



**Members:** Pat W, Janet A, Chizuko T, Beryl B, Pamela P, Raymond H, Anton B, Jo'anne T, Charlie D, Harry L, Victor A, Debbie M, Kathleen O and Sharrynan C

**Volunteers:** Therese K, Philip C, Azree M, Lorraine H, Sarah W, Robyn C, Mary C, Sachidana R and Michelle M

# Policy of the month

Continued from last edition:

## **Access to Confidential Information Policy**

### **Board of Management**

Board of Management minutes will be available to Members of the organisation upon request as set out in the Constitution of Myrtle Cottage Group Inc section 33, except where the Board of Management passes a motion to make any specific content confidential.

### **Myrtle Cottage Group Membership records**

A list of current Myrtle Cottage Group Members (of the Association) will be available as set out in the Constitution of Myrtle Cottage, section 6 and 6.3 (where a request that any information be removed has been received).

### **Personnel files**

A personnel file is held for each **staff** member and contains:

- contact details and next of kin contact details in case of an emergency
- a copy of the employee's contract
- All correspondence relating to job description changes, salary changes, leave entitlements, such as long service leave, continuous service leave, unpaid and parental leave.

Access to staff personnel file is restricted to:

- the individual staff member accessing their own file upon request
- the staff member's direct supervisor and/ or the Manager

A personnel file is held for each **volunteer** and contains:

- contact details and next of kin contact details in case of an emergency
- a photo and application form for volunteer position
- all correspondence relating to job description, orientation, recognition and awards given

Access to volunteer personnel file is restricted to:

- the individual volunteer accessing their own file upon request
- the volunteer support co-ordinator or other appropriate staff and the Manager

## Service of the month

### THE COFFEE ROOM

A social group for people living with, and caring for those,  
with mental health conditions.....



Join us for:

- \* Information and support to help improve your health & wellbeing
- \* Social/Recreational activities & outings
- \* Opportunities to learn new skills and strengthen your support network

DAY: Every Monday  
TIME: 10:00am to 12:00pm  
WHERE: MDSI Activity Centre  
127 Dumaresq Street, Campbelltown

For further information please contact Renica on  
M. 0413 536 800 P. 4627 1188  
E. [renica@mdsi.org.au](mailto:renica@mdsi.org.au)



diversity community strength

Level 3, 171-179 Queen Street (PO Box 525) Campbelltown NSW 2560  
t (02) 4627 1188 f (02) 4628 6068 e [info@mdsi.org.au](mailto:info@mdsi.org.au) w [www.mdsi.org.au](http://www.mdsi.org.au)

**macarthur**  
**diversity services initiative**  
diversity • community • strength



Quality  
ISO 9001  
BSI CERTIFIED

# Member Update



***We hope you will enjoy your time*** Guenther B  
***with us at Myrtle Cottage & make*** June M  
***new friends:***

Barry K

Helen M

Stephen D

Isolde V

Rose W

Audrey W

Eliesa C

Lucy G

Elle D

Joan L

James L

Valerie B

## Welcome to all our new Members:

**Members that have left** Saras R

**the Cottage:**

Robert B

Suzanne T

Terezija V

Heather C

Keith S

Yvonne K

Shirley G

Edie J

Eileen C

**Members that are in**  
**permanent care:**

Trevor W

Norman C

Margaret G

Robyn W

Doreen Olsen

Narelle I

**Members who are sick:**

Bev J

Sylvia J

Michael T

Fred C

**Welcome back:**

Val C

**Members who have**  
**passed away:**

Hazel A

## Important Dates to Put In Your Diary



**25/4/16** – ANZAC Day Holiday Cottage Closed

**9-15/5/16** – National Volunteers Week

**10/5/16** – Volunteer Induction

**26/5/16** – Happy Feet Project Day – Podiatrist

**6-12/6/16** – Carers Week

**7/6/16** – Client Advisory Committee Meeting 10am

**13/6/16** – Queens Birthday Holiday

**14/6/16** Volunteers Induction

**4-15/7/16**– School Holidays

**7/7/16**– Happy Feet Project Day– Podiatrist

**1/8/16**– Bank Holiday Cottage Closed

**2/8/16**– Client Advisory Committee Meeting 10am

**9/8/16**– Volunteer Induction

**18/8/16**-Happy Feet Project Day– Podiatrist

**25/8/16**– Staff Training Day– Cottage Closed

**13/9/16** Volunteers Induction

**26/9 –7/10/16**– School Holidays

**29/9/16**– Happy Feet Project Day–Podiatrist

**3/10/16**– Labour Day Holiday Cottage Closed

**4/10/16** CAC

**11/10/16** Volunteers Induction

**19/10/16** AGM

**8/11/16**– Volunteer Induction

**10/11/16**– Happy Feet Project Day– Podiatrist

**23/11/16**– Combined Christmas Party

**2/12/16**- Volunteer Christmas Party

**6/12/16**– Client Advisory Committee Meeting 10am

**10/12/16**– Bell Carers' Christmas Party

**17/12/16 (Sat)**- Recreation Program Last Day for the year

**21/12/16 (Wed)**- DT, Bell, & LL last day for the year

**22-23/12/16**– Clean up and staff last day

**Return\* \*Tuesday 3/1/17)**

# From the Improvement box

<u>Date</u>	<u>Raised by:</u>	<u>Issue or compliment</u>	<u>Action/ Response</u>
11/01/2016	Monday Group	The lunch pasta was not nice, the presentation (salad, vegies and pasta) and members don't like all the different types of lettuce (iceberg would be better). Also it appears that we don't get baked meals anymore.	The DT RSL roster to be reviewed and updated to have a complete week of roasts then the following week variety. Julie (Aged and Disability Coordinator) to discuss concerns with RSL identifying the generation being served.
22/02/2016	Member	Please could we have a jug of cold water on our table (3) as 4 of us drink water only. Maybe this could be done for all tables.	Kitchen staff to investigate the number of jugs available to offer a jug of water and cordial on all table. Cold water dispenser is available in each room for anyone to access.
29/03/2016	Volunteer	Volunteer would like a badge with name and years of service with the Myrtle Cottage Logo. Would also like one for another volunteer who has been at the Cottage for 35 years.	Recognition of volunteers is every 5, 10, 15 and 20 years with a badge. 25 years is a key ring, 30 is a clock and 35 is flowers.

## Easy Sudoku

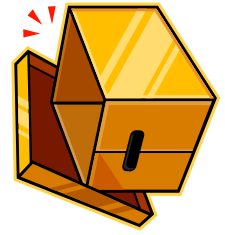
(a)

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

(b)

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

Solutions on page 16



**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.



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

- ☺ Ingleburn RSL Club
- ☺ Ingleburn Rotary Club
- ☺ Ingleburn Lions Club
- ☺ Ingleburn Quota Club