

HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

Newsletter

Enabling people *OVER 50* to participate in decisions &
activities which improve their health & well-being.

Newsletter 85

November / December 2020

Supported by



Hervey Bay Sixty & Better
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Email: herveybay60@bigpond.com
Website: www.60andbetterherveybay.com.au
Open: Monday & Wednesday 7:30am - 4:00pm
Tuesday & Thursday 8:00am - 4:00pm
Friday 8:00am - 12:30pm

LAST DAY 2020

**Friday 18th
December**

RECOMMENCE

**Monday 4th
January 2021**

From the President

Hervey Bay Sixty & Better AGM for 2020 was held on 20th October with 45 members in attendance. The election of the management committee was accepted. There was an introduction of three new members to extend the number to twelve members on the committee. The position of President has now changed with myself being the new President and Mark Westbrook being the Vice President. I want to thank Mark for his excellent work as President over the last five years. It will be a hard job filling his shoes.

Activities and Groups:

We now have 21 of our 24 activities operating with numbers of each group increasing each week. HBS&B will be holding a Christmas Raffle with ticket sales from Monday 2nd November and to be drawn Wednesday 2nd December (see page 5 for more details. We will be closing over Christmas. The last date of activities will be Friday 18th December and then reopening on Monday 4th January 2021.

Finally I look forward to carrying out my duties as President at Hervey Bay Sixty & Better.

I know I have a great team to work with on the committee and also Kate as the Coordinator.

Merry Christmas to you all.

Peter Bourgaize



KATE'S COLUMN



Hi Everyone

Welcome to the last Newsletter for 2020.

Thank you to those members who attended the AGM on Tuesday 20th October. The meeting was followed by a light snack of scones with jam and cream and a cuppa. Thank you also to all volunteers for assisting with the preparing of the food.

Page 7 shows details of the "Mary River Cruise" scheduled for Saturday 5th December. Seats are limited so if you are interested, booking sheet is in Reception. You will be required to pay at time of booking to reserve your seat.

Details for our Christmas Raffle are on page 5. Tickets are available for sale in Reception - \$1.00 per ticket.

If you are unable to attend the Raffle Draw on Wednesday 2nd December and you win a prize, we will contact you by phone.

On a sad note, most of you will know by now that Kendall has left us. She will be missed and we wish her well for her future.

Hope you all have a very merry Christmas and I look forward to catching up with you in 2021 for a better year and back to a new normal.

Kate

**"A single real friend is a treasure worth
more than gold or precious stones"**



To all our members for
November & December



New Members

"UNISEX DISABILITY TOILET"

You will notice that there are signs placed in both the ladies and gents toilets advising the location of this toilet.

As there is no ramp to the gents toilets it was necessary to make the use of the disability toilet in the ladies also available for gents.

Those men who wish to use this disability toilet are to request a lady accompany them to the toilet area.

We apologise for any inconvenience this may cause.

CLEANER REQUIRED

Hervey Bay Sixty & Better are looking for a "Cleaner".

Required for Wednesdays 8:00 am - 10:30 am for
General Office Cleaning.

For more details contact Kate (Coordinator)

LOST PROPERTY

If you have lost items while at our premises,
please ask Reception.

Lost Property will only be kept for approximately
4 weeks before being thrown out or recycled.



CHRISTMAS RAFFLE

Unfortunately, we will not be hosting our Annual Christmas Party due to the restrictions imposed on us all due to the Covid19 Pandemic.

We have decided to still have our fabulous
"CHRISTMAS RAFFLE"

We are looking to you, our Members for DONATIONS for this raffle.

If you are having a clean up or looking to re-gift items that might be suitable for this raffle, we would appreciate the donation.

A collection basket is in Reception.

**RAFFLE TICKETS WILL GO ON SALE
FROM**

MONDAY 2ND NOVEMBER 2020

\$1.00 PER TICKET

**RAFFLE TO BE DRAWN ON
WEDNESDAY 2ND DECEMBER 2020**

AT 12 NOON

**PLEASE JOIN US FOR THE DRAW IN AND
AROUND THE GAZEBO**

**IF YOU ARE UNABLE TO ATTEND AND IF YOU
WIN A PRIZE WE WILL CONTACT YOU BY PHONE**

CHAIR COMBO

Unfortunately we have had to cancel both the “Core” and “Band & Movement” classes on Fridays. Good news is we have introduced a new activity called “CHAIR COMBO” and holding 2 classes.

Times: 8:00 am - 8:50 am
9:00 am - 9:50 am

The aim of Chair Combo Fitness Classes is to have fun and keep moving. It's about making small progressions each time while enjoying it. It is a full body workout, working at your own pace and fitness level.

Weights Work - It is proven that weight bearing exercise is actually one of the most effective remedies against osteoporosis, because as you put more tension on your muscles it puts more pressure on your bones, which then respond by continuously creating fresh new bone.

Core Work - Give those Abs, Hips, Bums and Thighs a blast, working at your own pace, working at your own level but really concentrating on having great core strength. Suitable for all levels. All core work done while standing and sitting.

Bands - A good mix of lower level cardio work, strength and core stability work using resistance bands. Good for balance and core, you work at your own level of fitness with the use of resistance bands to work on muscle development and strength.

- * Chair exercises offer all the benefit of standing exercises
- * Suitable for all levels of fitness and age
- * Exercises with or without weights standing and sitting
- * Exercise with weights improves muscle strength and balance
- * Combo Exercise includes:

Bands, Movement, Balance, Cardio and Core

Come along and give it a go.
This class may be just made for you.

MARY RIVER CRUISE



**SPIRIT
OF
HERVEY
BAY**

Saturday 5th December 2020

10:30 am - 4:00 pm

\$80.00 per person (all welcome)

To be paid at time of booking

Booking sheet in Reception

Includes buffet lunch & afternoon tea

Cruise from Whale Bay Marina, Urangan up the mighty Mary River to Maryborough and return to the Marina. Enjoy buffet lunch, afternoon tea & expert commentary and raffles on this unique & picturesque cruise!

Cruise past Big Woody Island, the Picnic Islands & Kingfisher Bay Resort as you head down the Great Sandy Straits towards River Heads.

Once we pass through “the heads” where the mouth of the Mary River & Susan River meet, we begin our journey down the mighty Mary River. Keep an eye on our GPS/depth sounder in the upstairs lounge as our skipper follows the twists & turns in the river and tries to avoid any low spots as we traverse right through to Maryborough township.

Enjoy expert commentary on the history of Maryborough and the Mary River as historic homes & landmarks are pointed out along the way. Capture unique photos along the way: What about a sailing yacht still sat high & dry in a cane field, where it was washed up in last year’s floods?

Or maybe even an elusive Mary River Croc?

See Maryborough & the Mary River from another angle. This allows the “locals” to see what is in their own backyard. Have a look at some of the backyards of those beautiful old homes situated right on the river.

The Spirit of Hervey Bay is licensed, so why not enjoy a nice drink from our well-stocked bar while enjoying the scenery from one of our upper decks?

PARTICIPATE AT YOUR OWN RISK

You are encouraged to consult with your doctor before beginning any physical activity, if you have questions or concerns regarding your health condition.

This is especially important if your family has a history of heart disease, high blood pressure, high cholesterol, diabetes, arthritis, obesity, cigarette smoking or other health conditions.

You should understand that when participating in any physical activity, there could be a possibility of injury.

If you engage in any physical activity you are voluntarily participating at your own risk.

**YOU ARE RESPONSIBLE FOR
YOUR OWN HEALTH AND SAFETY**

Some of you may use weights during the exercise classes. If you are not sure if you should be using weights - check with your instructor

TAI CHI has returned

**Currently we are using DVD's for this activity.
We would like this activity to be led by an Instructor.
If you know of anyone who might be interested
Please ask them to call Kate (Coordinator)**

LIFE MEMBERSHIP PRESENTATION

**AT THE AGM
TUESDAY 20TH OCTOBER**

Presented by President - Peter Bourgaize



Dorothy Ross



Lesley Williams

CLOSING & RECOMMENCEMENT

DATES FOR ACTIVITIES

Early December there will be a list advising closing/recommencement dates for activities.

Check noticeboards for details or ask your activity leader or Reception for Details.

This list is too extensive to publish in the newsletter.

<u>Art Classes</u>	Thursday 1:00 pm - 4:00 pm	\$5.00
<u>Audio & Visual - Suspended</u>	Thursday 8:00 am - 12:00 noon	\$4.00
<u>Board Games</u> Mah Jong Scrabble	Friday 9:00 am - 12:00 noon Tuesday 9:00 am - 12:00 noon	\$4.00
<u>Ballet for Seniors</u>	Thursday 11:00 am - 12:00 noon	\$4.00
<u>Cards</u> 500 Hand & Foot Texas Hold'em Poker	Monday & Wednesday 12:30 pm - 3:30 pm (3rd Monday of the month in the Gazebo) Thursday 10:00 am - 3:45 pm Monday 12:30 pm - 3:00 pm	\$4.00
<u>Chair Pilates</u> Please wear appropriate clothing & footwear	Thursday 8:45 am - 9:45 am	\$4.00
<u>Craft</u>	Monday 9:00 am - 12:00 noon	\$4.00
<u>Cumbia</u> "Dance Fitness Exercise"	Thursday 10:00 am - 10:45 am	\$4.00
<u>Exercise for Seniors</u> (self paced) Please wear appropriate clothing & footwear Coordinator Kate Burke	Monday - Konga Low 8:00 am - 8:50 am 9:00 am - 9:50 am Wednesday - Circuit 8:00 am - 8:50 am 9:00 am - 9:50 am Friday - Chair Combo 8:00 am - 8:50 am 9:00 am - 9:50 am	\$4.00
<u>Guitar Group</u>	Tuesday 9:00 am - 12:30 pm Thursday 12:30 pm - 3:30 pm	\$4.00
<u>Indoor Bowls</u>	Tuesday 9:00 am - 11:30 am	\$4.00
<u>Library</u> Books/CDs/DVDS, Jigsaws & Games	Monday & Thursday 8:00 am - 3:45 pm Friday 8:00 am - 12 noon (MEMBERS ONLY)	FREE

<u>Line Dancing</u>		
Monday - Beginners, Improvers & Early Intermediate	Monday 12 noon - 3:00 pm	\$4.00
Tuesday - <u>New Beginners /Beginners</u>	Tuesday 11:30 am - 2:30 pm 1st Tuesday of the month - <u>New Beginners</u> : Level 1 & Level 2 2nd, 3rd, 4th & 5th Tuesday of the month - <u>Beginners</u> : Level 1 & Level 2	\$4.00
<u>Meditation & Relaxation</u> -Suspended	Wednesday 10:30 am - 11:30 am	\$4.00
<u>Patchwork / Quilting</u>	Thursday 9:00 am - 11:30 am	\$4.00
<u>Reiki Healing</u>	Tuesday 9:30 am - 12:15 pm	\$4.00
<u>Sixty & Better Social Dance Group</u>	Wednesday 12:30 pm - 4:00 pm 12:30 pm - Doors Open 1:00 pm to 4:00 pm - Dancing 3rd Saturday of the month 6:30 pm - 10:00 pm	\$4.00
<u>Special Events</u> - Suspended	AS ADVERTISED “Seminars, Bus Trips, Fund-raising, Movie Sessions”	T.B.A
<u>Tai Chi</u>	Monday 10:30 am - 11:30 am	\$4.00
<u>Weight Management Support & Friendship Group</u> - Suspended	2nd & 4th Tuesday of the month 9:00 am - 11:00 am	\$4.00
<u>Yoga</u>	Wednesday 10:15 am - 11:30 am	\$4.00

YOUR COMMITTEE

<i>President</i>	Peter Bourgaize	<i>Secretary</i>	Merilyne Keyworth
<i>Vice President</i>	Mark Westbrook	<i>Treasurer</i>	Lesley Williams

Committee Members

Errol Best	Gillian Brain	Rod Lonsdale	Ron Cook
Ronnie Scott	Ron Sharpe	Sandra Murray	Viv Sharpe

<i>Coordinator</i>	Kate Burke
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HERBED RICOTTA & FRESH TOMATO TART

Ingredients:

1 sheet of frozen pastry, thawed	1 egg beaten
1 cup of ricotta cheese	salt & pepper to taste
1 lemon	2 spring onions finely chopped
$\frac{1}{2}$ cup fresh parsley chopped	$\frac{1}{4}$ cup of fresh mint leaves
2 tbsp olive oil	
$\frac{1}{2}$ kilo tomatoes (various colour and sizes sliced or halved)	

Method:

Heat oven 220° and place oven rack in the lower third of the oven. Unfold pastry onto baking paper and roll 1.5cm bigger on all sides. Slide baking paper and pastry onto baking tray. Using a small knife score 1.5 cm boarder all the way around pastry. Lightly brush boarder with egg. Using fork, poke middle of pastry all over , then bake untill golden brown, 20 to 25 mintues. Meanwhile, combine ricotta and salt and pepper. Finely grate zest of lemon into bowl and squeeze 2 teaspoon of juice; mix to combine. Fold in spring onions and parsley. Spread onto middle of pasrty. Arrange tomatoes on tart, drizzle with olive oil, sprinkle with mint, sea salt and pepper.

BOOK REVIEW

The Giver of Stars by Jojo Moyes



'Alice had come halfway across the world to find that, yet again, she was considered wanting. Well, she thought, if that was what everyone thought, she might as well live up to it.' England, late 1930s, and Alice Wright - restless, stifled - makes an impulsive decision to marry wealthy American Bennett Van Cleve and leave her home and family behind. But stuffy, disapproving Baileyville, Kentucky, where her husband favours work over his wife and is dominated by his overbearing father, is not the adventure - or the escape - that she hoped for. That is, until she meets Margery O'Hare, a troublesome woman - and daughter of a notorious felon - the town wishes to forget. Margery's on a mission to spread the wonder of books and reading to the poor and lost - and she needs Alice's help. Trekking alone under big open skies, through wild mountain forests, Alice, Margery and their fellow sisters of the trail discover freedom, friendship - and a life to call their own. But when Baileyville turns against them, will their belief in one another - and the power of the written word - be enough to save them?



WHAT HAPPENED TO ME?

I open my wardrobe doors and gaze inside

Covid 19 has taken me for a ride

My jeans have shrunk, my skirts too tight

My body has changed, my hair is a fright

Gyms have closed, toilet rolls have gone

Children are being schooled from home

Flour, rice and pasta have wandered off the shelf

The only way through this is to help myself

Seal the lid on the cookie and lolly jar

Walk each day – leave the car

Pour a wine, pop a beer

Who knows, maybe my jeans

will fit next year



DEFIBRILLATOR REMINDER

**Do you remember the location of the
Defibrillator?**

**This is your reminder - through the double doors
of the hall on the eastern side of the building
behind the small wall partition to your left above
the fire extinguisher. Please review information
online for its use by searching for **SAM 500 P****

KITCHEN FACILITIES

With a few restrictions and procedures we have been able to reopen the Kitchen for you, our members to enjoy a cuppa.

The Dining Room is still unavailable to use.

No biscuits will be available - we encourage you to bring your own to enjoy with your cuppa.

Please read the notices placed on the doors and on the wall.

At all times you must obey the 1.5 m distancing regulation.

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& Mobility



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New & Used Scooters***

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Independent Living Aids

Bathroom Aids

2/42 Torquay Road Pialba

(Opposite Woolworths)

Phone 4124 6433

Hervey Bay Prostate Cancer Support Group

Meetings are held at the
Hervey Bay RSL

on the 2nd Tuesday
of the month at 2pm.

All members of the public
are invited to come along.

Our meetings are very informal,
and we particularly welcome partners
and family members.

Our principal aim is to promote an
awareness of the Prostate.

A problem shared is a worry eased.

That is our goal, and that is our reward

Contact can be made by phone to:

Ros at 0457 285 554

HANDMADE CARDS

Handmade cards are still available in Reception for you to purchase - still at only \$1.00

Alison would be most appreciative if you can provide her with your old cards for recycling.

THANK YOU

LIBRARY

We hope you are enjoying the new Library.

You will notice the shelves directly opposite the entrance on the western side of the building is now featuring

"New Donated Books" for you to borrow.

As the Library keeps growing with donations the idea is to show you what has been recently donated. These books will remain on these shelves for one month before being placed on the regular shelves.

Don't forget there are DVD's, CD's, Jigsaws and games for you to borrow.

You will also find 'LARGE PRINT' books in Reception.

Please take the time to read the notice board for important information.

BUSH TELEGRAPH – SNOWY TRIP PART 6

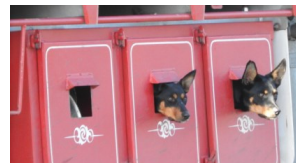
Even colder today at 2 degrees and feels like minus 8 and my Visa card is all good. We checked out the old Yass Town railway station before driving down to Burrinjuck



Dam to have lunch overlooking the dam. Again it was a dashboard lunch and cup of soup, too cold outside the confines of the Pajero. I must mention our last night in Yass. On dark the Polar Blast struck Yass in a big way the temperature had dropped to a very chilly 2 degrees, with a wind chill factor or feels like minus 13.5 degrees, I couldn't

believe it minus 13.5 it was bitterly cold outside the cabin, inside we had the air conditioner cranked up to 28 degrees and it was still cool inside so we also wore heavy coats to keep warm. For the first time in many years I even had the electric blanket on the bed on high to warm it up. While we were watching television I thought that the air conditioner had started to malfunction and roar then I realised that it was the Polar wind outside roaring past the cabin, and it was frightening as it sounded like an express train roaring by, it was so loud. By morning everything was back to normal after a very wild night.

Then it was onto Young via Boorowa and Harden. At a rest area along the way we saw a B-Double semi with a load of sheep and three Kelpie sheep dogs in special kennels slung under the semi-trailer.

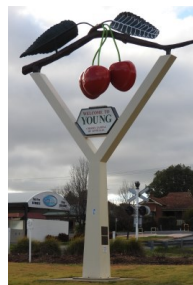


At Boorowa we had a brief look around the town and received a personal tour of the old Court House. Then onto Harden where we came across an old Theatre which was closed and in a very dilapidated condition. Arriving in Young which is a very large country town we had a look over the Lambing Flat Chinese Gardens Tribute which was impressive. We went to have a look at the Lambing Flat Folk Museum, and you guessed it, the place had closed early. To finish of the day we checked out the Visitor Centre which was located in the old Young railway Station.



Our destination being Cowra we decided to travel by Grenfell and what a great little town it turned out to be with umpteen pubs, and heaps of old buildings. I also had time to sit on a

bench with a well-known Australian poet, Henry Lawson. We had a look at O'Brien's Lookout where gold was first discovered in Grenfell. Left is a footpath drawing of Henry Lawson as a melting snowman. Then we checked out the painted silos, which are always good to see, plus the old Railway Station (of course), even Mazz is picking out the old stations before me so her indoctrination is almost complete.



We also had a look at the Grenfell Men's Shed which was the first such shed in Australia. As we continued our journey we diverted into the small village of Greenethorpe and had a look at landra Castle where building was commenced in 1887, albeit was from the roadside because it was closed and is only open to the public over long weekends. It was a bit hard to get a good shot because of all of the trees. We then completed our journey to Cowra and found that our accommodation had been upgraded to a deluxe cabin which was great because it gave us a lot of extra room for our three night stay in Cowra.



We commenced the day with a visit to the Cowra Japanese Gardens which were quite impressive and covers 5 hectares of manicured gardens, lakes and cascading streams then followed a drive up to Bellevue Lookout which overlooks the town. We then headed out to the site of the Cowra WW2 POW site and there is not much left except a replica Guard Tower with a detailed audio presentation and the foundations of a fair few camp buildings, it is the site where over 1000 Japanese POWs staged a mass breakout on the 5 August 1944. It was the largest POW



breakout in modern military history. 234 Japanese prisoners and 5 Australian soldiers lost their lives. All escaped prisoners were rounded up in eight days. Then it was to the Visitor Information Centre to the famous POW Hologram Theatre where there is a 9 minute presentation of the Cowra Breakout. We paid our respects at the War Cemeteries where the Australian Soldiers and Japanese Prisoners were interred. Next on the agenda was the Peace Bell which is made from melted down coins donated by 106 member countries of the United Nations. At last count there are 22 Peace Bells around the world and yes I did ring the bell and nearly deafened myself, it was louder than I expected.

We couldn't miss the chance to have a look at, you guessed it, the old Railway Station. The Lachlan Valley Railway Museum was our destination today where we spent a good hour or so checking out their displays and broadening Mazz's Railway

knowledge. Then we travelled out to Darby Falls, and found out that Darby Falls was only the name of a small village, no waterfalls in sight. Next up was Wyangala Dam which was constructed in 1928 to 1935. The hardest part was finding the correct road to take us to the top of the dam, but after an inquiry we found the top. Wyangala is a small village located just below the dam wall. Then it was back into Cowra to have a look at "Finds on Fitzroy" who specialised in retro and antique goods and is well advertised on the internet. Yep, you guessed it the place had closed, shut up shop and gone, so no Finds on Fitzroy. Our last activity for the day was to inspect the "Price of Peace" memorial.

Man and a Fork

There was a young man who had been diagnosed with a terminal illness and been given three months to live. So, as he was getting his things 'in order,' he contacted his Priest and had him come to his house to discuss certain aspects of his final wishes. He told him which songs he wanted sung at the service, what scriptures he would like read and what outfit he wanted to be buried in.

Everything was in order and the Priest was preparing to leave when the young man suddenly remembered something very important to him. 'There's one more thing,' he said excitedly.. 'What's that?' came the Priest's reply. 'This is very important,' the young man continued. 'I want to be buried with a fork in my right hand.' The Priest stood looking at the young man, not knowing quite what to say. That surprises you, doesn't it?' the young man asked. 'Well, to be honest, I'm puzzled by the request,' said the Priest.

The young man explained. 'My grandmother once told me this story and from that time on, I have always tried to pass along its message to those I love and those who are in need of encouragement. In all my years of attending socials and dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork'. It was my favourite part because I knew that something better was coming.... like velvety chocolate cake or deep-dish apple pie. Something wonderful and with substance!' So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder 'What's with the fork?' Then I want you to tell them: 'Keep your fork ... the best is yet to come.'

The Priest's eyes welled up with tears of joy as he hugged the young man good-bye. He knew this would be one of the last times he would see him before his death. But he also knew that the young man had a better grasp of heaven than he did. He had a better grasp of what heaven would be like than many people twice his age, with twice as much experience and knowledge. He KNEW that something better was coming.

At the funeral people were walking by the young man's casket and they saw the suit he was wearing and the fork placed in his right hand. Over and over, the Priest heard the question, 'What's with the fork?' And over and over he smiled.

During his message, the Priest told the people of the conversation he had with the young man shortly before he died. He also told them about the fork and about what it symbolized to him.

He told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it either.

He was right. So the next time you reach down for your fork let it remind you, ever so gently, that the best is yet to come.

**PLEASE CHECK NOTICE
BOARDS REGULARLY FOR
IMPORTANT INFORMATION**

COMING EVENTS

MARK ON YOUR CALENDAR

02/12/20	(Wednesday)	“Christmas Raffle Draw”
05/12/20	(Saturday)	Mary River Cruise (see page 7 for details)
18/12/20	(Friday)	Last day for 2019
04/01/21	(Monday)	Recommence for 2020

Due to the distancing regulations we are
unable to provide any in-house events or
bus trips until further notice

HINT Remove this page and put on
your fridge as a reminder of these events

BRAIN BUSTERS PAGE !!!!

I recently gave a new carriage clock to my friend for their birthday. However, as usual with my presents, it was quite useless as it loses 6 minutes every hour. I set it using my own accurate clock at midnight and the clock now show 10.12am. I know that it stopped 2 hours ago, so what is the correct time now?

At the recent BrainBashers code breaking convention, Batty Billie won the speed contest. The following sentence was deciphered in a record time of 123 seconds. What was the well know saying and how has it been encrypted?

MOOT CYNA SKOO IOPS EHTL TORB YCBH

The month of March in the year 1980 contain 5 Saturdays and 5 Mondays. What day of the week was the 15th of March?

What is missing from this sequence: Greenland, New Guinea, Borneo, Madagascar, ?????????, Sumatra, Honshu.

What word is the same backwards and upside down?

As my birthday approaches I start to collect leaves - a little bizarre perhaps, but I enjoy it! On the first day of the month I collect 1 leaf, on the second day I collect 2 leaves, and the third day I collect 3 leaves, and so on. By my birthday I will have collected 276 leaves altogether. On which day of the month is my birthday?

Can you find a word starting with BR..... that with the addition of the letter E becomes another word that sounds the same as the first?

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

Answers for Newsletter 85

What are the safari animals Answer:
 18891415 - Rhino
 31815314925—
 Crocodile
 79181665 - Giraffe
 38552018 - Cheetah
 12515161184 -
 Leopard
 89161615 - Hippo
 512516811420—
 Elephant
 2216611215 - Buffalo
 1291514 - Lion

Who is standing where Answer:
 They are standing back to back

Race Answer: Second Place.
 If you overtake the second-place person and take this place. You are now in second place

River Crossing Answer: there is no such route, This is a very famous mathematical problem which was first posted by Euler (pronounce "Oiler")

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