



South West
DO CARE

Volume 19 Issue 6
July '18

Do Care News



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Newsletter of South West Do Care Inc.
Serving the communities of Colac and
Apollo Bay since 1983.

From the Office...

Three cheers for South West Community Foundation !!!

SWDC has been generously awarded a \$2000 grant from the Foundation's Colac sub-fund. This money is going to be used to increase aged care information and community awareness of SWDC through upgrading our website.

It was such a pleasure to attend the grant presentation evening with our Board President, Tony Mahoney at the Red Rock Regional Theatre & Art Gallery. There were six other lucky local community recipients attending. It was an added bonus to hear what these other fabulous organisations are quietly doing, predominantly with volunteers, to assist, improve and promote our Colac/Otway Community.

If you are interested in finding out more about the South West Community

Foundation and what they do, go to:

www.southwestcommunityfoundation.org

I always like to note at this time of the year that we are officially past the shortest day—it's all up from here!

Don't forget our Shared Learning Afternoon.

Details inside.

Cheerio, *Madeleine*



Robyn Alexander, Chairwoman of SWCF Colac Sub-Branch, presenting us with the grant

SWDC Inc Board of Governance 2017-2018

Tony Mahoney-**Pres.** Frank De Lorenzo-**Vice Pres.** Jim Ryan-**Sec.** Scott Johnstone -**Treas.**
Ken White Pauline Robertson Bev Smith Brian Crook

OFFICE HOURS

Monday to Friday 9.00am-4.00pm.

Phone: 5231 1747

Madeleine—Tues, Wed, Thurs, Fri-admin@southwestdocare.org.au

Susan—Tues, Thurs—liaison@southwestdocare.org.au

Heather—Mon, Tues, Wed, Thurs, lifestyle@southwestdocare.org.au

Maurie—Mon, cvs@southwestdocare.org.au

Postal Address: **PO Box 338, Colac Vic 3250**

Street Address: **26 Murray Street, Colac** (side entrance)

A BIG "THANK YOU"
TO OUR DISPLAY
BOARD SPONSOR
FOR THIS MONTH:
**COMMONWEALTH
BANK**

Social Support—Group Activities

Ramblers—Tues weekly (P/u start at 9.30am) (**Note— Except 10th & 31st July**)

Book worms— Wed 4th July 10am @ Library (P/u start 9.30am)

Games Afternoon—Wed 4th July - 1pm start @ Lions Comm. (P/u 12.30pm)

Keeping Active—Thurs 5, 19 & 26 July @ 10am (P/Ups start at 9:30am)

Mystery Bus Trips—Wed 11th & Mon 23rd July (P/u start at 12.30pm)

Ladies Lunch— Thurs 12th July 12noon @ RSL. (P/u start 11.15am)

Living & Learning—Mon 16th July 1pm start @ Lions Comm (P/u 12:30pm)

Men's Group: Cooking & Lunch at Colac Neighbourhood House, Miller St—
Friday 6th July P/ups from 9:30am Cooking starts at 10am
Cost: Activity \$8 + Lunch \$10

Italian Women



Monday, 9th July

Taking a little trip to Forrest to the talked about Platypi Chocolates.

Some are sure to try their AMAZING hot chocolate *with a little theatre*.

P/Ups from 12:30pm

Activity Cost: \$8 + \$5 Bus + cuppa

The Clogs—26th July 1:30pm

An afternoon cuppa at Future Café,
60 Murray Street, Colac

Activity cost: \$8 + cuppa

Let's Go Trip

Wed 18th July



**We will be travelling to
Port Campbell and a little of
the Great Ocean Road.**

Along the way we will visit the brand new Dairylicious Farm Fudge along with the GORGE Chocolates & Apostle Whey Cheese. We will be tourists for the day that is for sure.

Activity cost: \$8 + \$10 Bus + Lunch (P/ups from 9am)

Living & Learning at Mercy/Lions

Mon 16th July 1pm start

Meet at the Mercy / Lions Room at 1pm—Pick-ups start at 12:30pm

Activity Cost: \$8 (please bring a small plate)

PLEASE NOTE

- **Keeping Active** is on each Thurs morning except on Ladies Lunch day.
- Activity Voucher books are available at the Office.
- Activity cost is \$8, but if you pre-purchase vouchers, it works out cheaper.
- Let us know if you need to be picked up via the bus for the activities.

Heather's happenings

Gee, don't the frosty mornings put an extra level of alertness into your day. The extra chill of last weekend was certainly felt by all. I was pleased to be back cooking pots of soup though. I do love soup and Sue has put an interesting recipe in this month's newsletter which I must give a try.

Our eldest daughter Bonnie turned 30 in June. She wasn't too sure about this turning 30 bit, but we know she'll get used to it & there'll be no worries in a few months. I said to her that the weather was equally as chilly 30 years ago, I remember they were doing renovations in mid-block at the Colac Hospital when she was born. What a time of year to do that!

Talking about the cold, I do keep extra rugs and a couple of rain jackets in the bus for our outings. I hope everyone already knows that you can just ask for a rug over your knees or an extra coat if needed.

Last week we got to hold and smell a truffle. Our Mystery Bus group decided that the new-age culinary delight may be an acquired taste, it didn't really smell like mushrooms or anything that we could pinpoint. I'd love to hear from anyone who has tried some.

Thank you for letting us know when you're away, or taking time-out, it really helps with all the arranging.

We have a big bus trip coming up mid-October. Keep your calendar free for that.



Regards, Heather

Cauliflower & Apple Soup

- 1 tsp olive oil
- 1 medium brown onion; finely chopped
- 1 clove of garlic; crushed
- 1 head of raw cauliflower; cut into florets
- 2 fresh Granny Smith apples; coarsely cut (don't peel)
- 4 cups Vegetable stock
- 60ml light thickened cream.
- Fresh chives to garnish



1. Heat oil in large saucepan over medium heat. Cook onion, stirring for about 5 minutes or until softened. Add garlic, stirring, for 1 minute or until fragrant.
2. Add cauliflower, apple and stock and bring to the boil. Reduce heat and simmer, covered, for 20 minutes or until cauliflower and apple are tender.
3. Blend soup. Stir in cream, season with salt & pepper.
4. Serve sprinkled with chives.

(I have made this and I can vouch for it. Sounds a little different, but



FREE: Over-the-toilet seat is available, for free. If you would like this, please ring the Office.

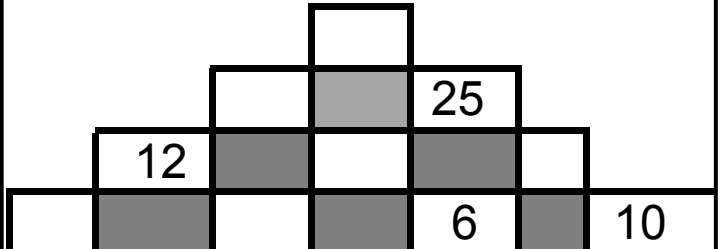
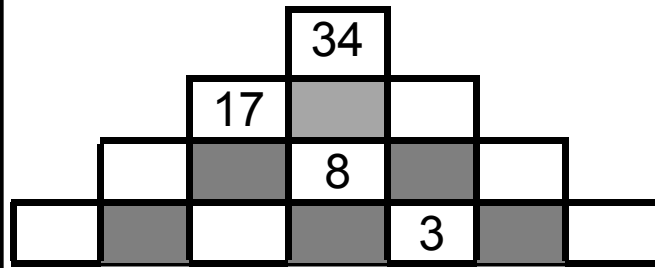
5231 1747

Puzzle page

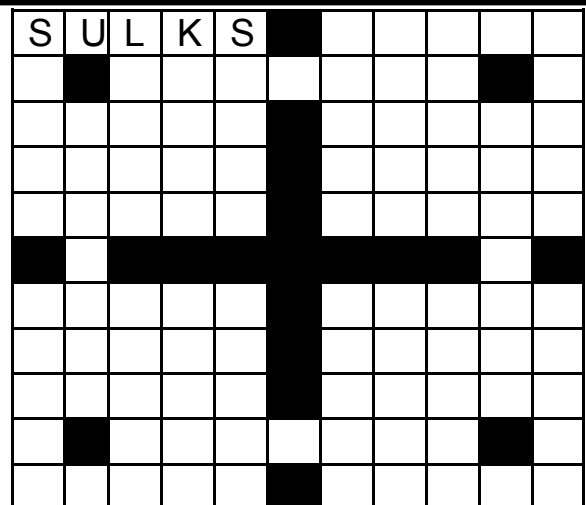
Do Care Trivia

1. Who purchased the land on the western shore of Port Philip, Melbourne, from the local aborigines?
2. What is the aboriginal name for the Olgas?
3. Which famous novel opens with the line "Call me Ishmael?"
4. Who was the first non-royal to appear on a postage stamp?
5. What is the official language of Nigeria?
6. What is the traditional name for the best shearer in the shed?
7. What animal was the Canary Islands named after?
8. Which country has the world's longest coastline?
9. What is a baby echidna called?
10. How many bones are there in an elephant's trunk?

1. Can you name 3 consecutive days without using the names of the days?
2. There's a one-story house where everything inside is pink: pink walls, pink doors, pink floors, pink ceilings, pink windows, pink everything. What colour are the stairs?
3. Why did the woman go outside with her purse open?
4. When do you go at red, and stop at green?



Add Up: Fill in the blank squares to complete the pyramid. The number in each square is the sum of the two numbers immediately below it. You cannot use zeros in this puzzle.



5 Letters:

agent	alley	annul
aorta	arise	cafes
elegy	frisk	horse
knead	laugh	lured
mules	paddy	plait
rarer	seedy	seeks
snore	stone	strip
surly	tasks	taste
tuned		testy

7 Letters:

adamant	enlists	regress	unusual
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South West
DO CARE



Australian Government
Aged Care Complaints Commissioner
Resolve. Protect. Improve.

Shared Learning **Afternoon**

For all Do Care Members

Aged Care Complaints Commissioner

Presenter: Andy Price

Come along to hear about who they are, what they do, how they can help to raise your concerns and about Victoria-specific complaints.

Tuesday 10th July
at

Colac Community Library & Learning Centre
Queen St, Colac.

1.30pm – 3.30pm including afternoon tea

RVSP: Wednesday 4th July.

Phone: **52311 747** or Email: **Admin@southwestdocare.org.au**

Bus pick up: Please ring the Office

There is no cost for this event

Do Care in Photo



Keeping Active members keeping active, and enjoying it too. Joyce, Doris, Joan, Joy, Pauline & Beryl.



Men's Group have a fun time together.

Above: Peter, Keith, Max & Kevin

Left: Rex, Kevin & Keith

Below: Ian, Sid, Craig, Geoff & Leo.

Fun and games was had at the Games afternoon. Norm, Eric, Phyllis, Pauline & Beryl.



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

				34			
			17		17		
		9			8		9
4			5		3		6
			46				
		21			25		
	12			9		16	
9			3		6		10

Trivia.

- | | |
|------------------------|---|
| 1. John Batman | 1. Yesterday, today & tomorrow. |
| 2. Kata Tjuta | 2. There were no stairs, it's a one-storey house. |
| 3. Moby Dick | 3. She expected some change in the weather. |
| 4. William Shakespeare | 4. When eating a watermelon |
| 5. English | |
| 6. Ringer | |
| 7. Dogs | |
| 8. Canada | |
| 9. A puggle | |
| 10. 0 | |



South West Do Care —July—Phone 5231 1747

Mon	Tue	Wed	Thu	Fri
2. Refer to 6th.	3. RAMBLERS P/ups from 9.30am Starts at 10am Cost: \$8 Activity	4. BOOK WORMS P/ups from 9:30am Starts at 10 am Cost: \$8 Activity CARDS/GAMES P/ups from 12.30 Starts at 1.00pm Cost: \$8 Activity	5. Keeping Active P/ups from 9.30am Starts at 10am Cost: \$8 Activity	6. MEN'S COOKING P/U from 9:30am Starts at 10am Lunch at 12pm Cost: \$8 Activity + \$10 Lunch
9. Italian Women Afternoon to Forrest P/Ups from 12:30pm Cost: \$8 Activity + \$5 Bus + cuppa	10. No Walking SHARED LEARNING at Colac Library	11. Mystery Bus Trip P/ups from 12:30 Cost: \$8 Activity + \$6 Bus	12. LADIES LUNCH P/Ups from 11:15am Start at 12pm @ RSL Cost: \$8 Activity + lunch	13.
16. LIVING & LEARNING P/ups at 12.30pm Starts at 1.00pm Cost: \$8 Activity	17. RAMBLERS P/ups from 9.30am Starts at 10am Cost: \$8 Activity	18. LET'S GO Bus Trip P/ups 9am - Port Campbell Cost: \$8 Activity + \$10 Bus + lunch	19. Keeping Active P/ups from 9.30am Starts at 10am Cost: \$8 Activity	20.
23. Mystery Bus Trip P/ups from 12:30pm Cost: \$8 Activity + \$6 Bus	24. RAMBLERS P/ups from 9.30am Starts at 10am Cost: \$8 Activity	25.	26. Keeping Active P/ups from 9.30am Starts at 10am Cost: \$8 Activity CHAT & CHEW Gp 2	27.
30.	31. NO Ramblers			Please phone the Office to let us know which activities you would like to do.

BLANE'S Colac Office and School Supplies
 AUTHORIZED NEWSAGENTS

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 Colac, 3250

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