



Kaloma Chronicle

September 2022

Spring Edition

Director of Nursing / Facility Manager Report

Hi Everyone,

How great it is to say welcome to Spring! With the weather warming up the residents of Kaloma are keen to start enjoying more outdoor activities and social events, including tending to the veggie garden and watching the outdoor musical performances under the shade of our giant fig tree. With any luck this year the mosquitoes won't be too bad for us, we were fortunate enough last year to have Rentokil come to our aid and spray them for us outside before our big events such as our Christmas Party.

Speaking of Christmas, it is just around the corner. We are currently in discussions regarding what event we can hold for the residents this year. Weather permitting, it will likely be enjoyed outside again in the cool shade of the fig tree along with some entertainment yet to be decided. We will have more information in the next newsletter anyway but are open to ideas in the meantime.

The last 3 months have seen us endure 2 x Covid Outbreaks and what seems to be a never-ending cycle of RAT testing. While the testing may seem tedious and time consuming, in the past we have had no indication regarding where Covid-19 has entered the building leading to an outbreak. By the time a resident test's positive with symptoms we already can expect a cascade of staff to follow, on average 10 over the coming 5 days. This poses a great risk to the organisation and often leaves us with minimal staff to care for the residents. The help from a surge workforce simply isn't there and often comes towards the end as many agencies have their nurses already in homes across the country dealing with outbreaks. The best we can do is try and prevent it coming in, even though we may still get an outbreak we also may prevent one too.



Unfortunately, I won't be here to write the next newsletter, I'll be off on maternity leave from mid November to late January. We are currently in the process of sourcing a suitable replacement while I am on leave and we will inform the residents and their families once we have been able to find one.

Staffing the past few months has been difficult for Kaloma and made increasingly worse with the entire country fighting over staff with offer of higher pay, incentives and flexible work hours. Not only do you need to be a special type of person to care for others, you also need to be available 24 hours per day, 7 days a week as caring for people doesn't take a holiday - so to speak.

Kaloma has introduced several programs and incentives to attract and retain staff for our wonderful facility. We offer relocation bonuses, probationary bonuses, above award wages, and for those moving from out of town we have furnished accommodation in order to help them make the move to Gundy.

More excitingly, Kaloma has been able to offer for the first time a Nursing Scholarship for eligible staff to help with the clinical placement costs associated with the Diploma in Nursing up to the value of \$15,000. This was made possible by a generous donation from the Vern Kleinschmidt Foundation and was approved by the Board of Directors to provide a career pathway for our deserving staff.

With the end of the financial year Kaloma has been able to welcome Sue Gunn and David Elder to The Board of Directors, taking our total Board members to 9 people. For those who are unaware, Kaloma is a not-for-profit organisation and is run by a volunteer Board of Directors. We are also a registered charity and rely on donations and grants received from the generous people in the Goondiwindi Region to purchase equipment and other large expenses. What happens to the money we get from the government you ask? This goes into paying the wages of our staff and clinical care costs. Once these are paid we often break even. Money paid by the residents who live here go towards our running costs such as food, power, water and general maintenance, which we also break even with each month. Hence why as above, we are so very grateful for any donations we are lucky enough to receive.



In the last 3 months a Goondiwindi Tri-Club donation allowed us to buy a trike for the residents to exercise with outside. Given the warming up of the weather, you can imagine the amount of people battling over who gets to use it next!

Coulton Farming were generous enough to donate money for us to buy mobile observation equipment and specialised machines to test urine. This machine will allow us to help detect a range of measures that can indicate urine infections, ketoacidosis, dehydration, kidney problems and liver problems. Given the high-risk population we work with, these machines have been invaluable!

Until next time, I will hand you over to the rest of the people in the Chronicle who make up Kaloma!

Happy reading!

Tenneille





Welcome

RESIDENTS

Catherine Penrose

Leigh Spencer

Tom O'Toole

Geoff Fennell

NEW STAFF

Tammy Strong - PCA

Sonja Koremans - EN

Melissa Rice - PCA

Myrna Candido - Kitchen

Luke Haggerty - PCA

Beth Barker - Housekeeping

Gracie Fairbanks - PCA

Sue Stahlhut - Lifestyle





family

A decorative floral arrangement in the bottom left corner, similar to the one in the top right, featuring large pink peonies and smaller pink blossoms.



Archer Lukas Mayne
Born on 1st July
Weighing 3.8kg

Son of Sophie and Broadie

Grandson of Mick and Bec



Lifestyle News

Good morning All,

Newsletter time again and I think we are late?

Where is the time going 2022 is nearly done....

What we've been up to since last newsletter??? Which was June

Finally, the weather is warming up what a freezing winter it has been. Leanne from Catering was so excited when September came, she said "I just love even saying the word September" Leanne is an avid gardener. I think we all love

September. Our gardens do that's for sure the gardens at Kaloma look amazing thanks to Butch and the garden club. While we are talking about the garden Paddy Brennan (our resident) has taken on the task of the Veggie Garden, pretty much all the gardens! I think we will be self-sufficient. A huge thankyou to Tash and Dave Marchant for all the support they've given Paddy and the lifestyle team.

With the warmer weather we will be able to go outside more we've missed that big tree!

We did go to the Vicarage Café at North Star for Lunch it was a little cool and a tad windy, but as always, we loved it, the service was nothing short of amazing as was the food. I think some of us will join Care Goondiwindi for their senior's trip to the Vicarage in October. October is senior's month.

We were invited to St Marys final dress rehearsal of "Peter Pan" oh my it was fabulous we loved it. One of the comments on the way home "Well it must have been good I didn't even go to sleep"

We did "Where the Crawdads Sing" at the Cinema

Tia in July made Apple Turnovers with the residents they were the absolute best!! It was national Apple Turnover day.... Can you believe that?

We had Indonesian Coconut Cake for Indonesian Day in August.

Father's Day has been and gone we made Savoury Nuts and Bolts for the Men of the house they were yummy but spicy hot...

Brigalow had a BBQ for Father's Day as always it was a huge success.



Now an update on our chickens we won't be going into breeding chickens. We did a few batches, with maybe a 10 percent success rate... Sandra Spicer donated a fish tank so that when the chickens hatched, we could put them in there where they could be seen and not touched, they looked beautiful in their new home. However, for whatever reason we only ended up with one surviving chicken not sure what went wrong! It is happily living with Tash Marchants Mum. Also, the incubator gave up the ghost. I think we brought it for Emily when she was 8 for her birthday and she's now 27 it hatched a lot of chickens in that time. We will look for another one though, its such a great thing to do, that everyone can be part of.

We had a visit from the Toobeah Kindy recently as part of Book Week they were just gorgeous dressed up as their favourite book characters, such as the Hungry Caterpillar. Marilyn then read a book of their choice to them. Lead Childcare have been coming at least once a month and they are coming again tomorrow....

This weekend gone we went to "Wind in the Willows" a live production at the community centre and then had Chinese Lunch at New Dynasty on the way home.....Life is good..

We've just purchased another Trike for the residents with Money that was kindly donated by the Tri Club... We thought it fitting to get something that related to exercise. It's gorgeous HOT PINK so far only the staff have had a ride.

Pikelets on Tuesdays for morning tea for the whole house. Last week John Guyer brought in puff pastry and cocktail Frankfurt's and we made puff dogs which were fun to make and were yummy.....There's lots of pastry left over and I think I might have said that we would make match sticks today but of course I didn't do it. Thanks Rob Bate for saving me!!!

Yet again.



Bingo is still a huge hit toss up which is the most popular Allan Fairbanks or Bingo?

We have our residents meeting with Tenneille and usually at least one member of the Board the second Thursday at 10.30am of each month.

Anyone is welcome to attend.

Tia took the residents to Italy yesterday for Armchair Travel they had their passports and were ready to Board the plane by 10.30am from gate 1 in Coolabah lounge.

We had a little girl here with us for a couple of days she said to one of the Resies "you need to hurry you will miss the plane"

Allan and Sue Fairbanks have been away for three monthsthey are back today...of course the loungeroom is full. Sue has just been showing us a massive Barramundi that Allan caught while they were on their trip very impressive.....

This Friday we are off to the Queenslander for Lunch, A massive thankyou to Vicky and Tony for lending us their Booze Bus to get us there and back we are very grateful.

One day we will have our own little bus.....

Gus is growing before our eyes; he still comes occasionally, and we love him more each time.

Talking of Brigalow Astrid is on Leave for a month, we are missing her madly....I hope she is enjoying a well earned break.... I think she was hoping to do her bathroom up with her time off maybe she will have some before and after photos for us.





Don't forget our coffee machine \$2 Merlo coffees! Tokens available to purchase for your family members they love a real coffee/Hot chocolate for a change.

Now the weather is warming up... make good use of our Vending machine in the outdoor area.

We are also about to have a Tupperware online party as a fundraiser.... Its nearly time to get our annual Wheelbarrow Christmas raffle started

Don't forget to follow our Kaloma Page on Facebook..... that's where it all happens....

From us to you people! Until next time
Sending big love
Bec, Tia, Gus, Kylee, Di, Astrid, Sue and Lindy







Upcoming Staff Birthdays

September

5th Rizza Hipolito
6th Malachi Harrison
6th Megan Sempf
6th Tori Stewart
8th Sonja Koremans
11th Gabby Phillips
13th Ben Cilento
15th Crystal Wilson
16th Michael Obrist
16th Sue O'Keefe
21st Danielle McElheran
22nd Nourienne Rapacon
23rd Storm Knight
25th Tilly Ratukalou

October

27th Tenneille Aguilar
28th Laddi Singh
30th Gab Canalita

November

5th Melanie Brownlee
9th Lindy Ellis
9th Sofie Turvey
10th Nicola Marchant
16th Sharni Smith
24th Natasha Newman



September

5th Joy Jarrett

17th Shirley Roberts

25th Elsie O'Shaughnessy

26th Mel Cairns

28th Carolyn Farrell

29th Leon Teitzel

October

1st Marg Prior

4th Mary Grant

8th Robin McIntyre

11th Shirley Brook

12th Rhonda Chapman

18th Rusty Potter

23rd Harrij Van Kuijk

23rd Greg Dean

31st Merle Dalby

Upcoming Resident Birthdays

Novemeber

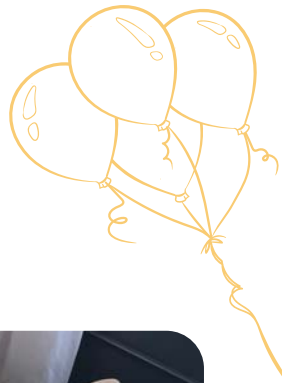
4th Dawn Manton

9th Bev Parsons

17th Dulcie Jones

28th Edi Beasley

28th Delphine Pitt



Happy
Birthday







Happy 1st Birthday
Eden



Grateful!



Smile
more!



*They whom we love and lose are no
longer where they were before.*

They are now wherever we are



A Letter from Heaven

When tomorrow starts without me and I'm not there
to see;
If the sun should rise and find your eyes all filled with
tears for me.

I wish so much you wouldn't cry the way you did
today;
While thinking of the many things we didn't get to
say.

I know how much you love me as much as I love you;
and each time that you think of me, I know you'll miss
me too.

When tomorrow starts without me, don't think we're
far apart
For every time you think of me, I'm right here in your
heart.



Gordon Cross

Everyone loved Gordon
Gordon loved a punt, scratchies, ice
cream, the sun and his blue terry-towling
hat.
Such an easy, delightful, character and
kind soul.

We will miss you Gordy
Rest in Peace



Linda White

We knew her as Joyce
Joyce came into Kaloma to be with her
husband Roley - they loved each other so
much. I fondly remember Joyce saying "I
love him so much I would do it all over again
with him".

We along with Roley miss you Joyce,
Rest Easy and Pain free



Doreen Ireland



Doreen was only with us a short time.

After a stay in Pittsworth, Doreen moved to Kaloma with the love and support of her wonderful family. Doreen passed peacefully surrounded by her loved ones in her home town.

A kind gentle soul.
Rest easily Doreen

Beryl Reid

Beautiful, positive, life loving, hard working
Beryl Reid.

Beryl was able to pull a positive out of everyday. She would always say we had to be grateful.

She loved her family and was one of the most thankful humans ever.

We will miss you madly Beryl.
Take a rest up there you deserve it!



Dawn Adams



Dawn was a happy soul who always greeted people with a "Hello Sweet-Heart"
Dawny loved and was loved by all.

We will miss seeing her daughter Lorelle each day as she would deliver chocolates and there would be plenty left over for all of us.

Rest in Peace sweet heart

Poppy Pickering

Poppy first lived in the Kaloma units (up the top) as we say, until she decided to join us here.

She moved into the Brolga Wing where she quickly made friends with her Kaloma Family.

Poppy loved clothes, her beautiful cat, her family, craft and most of all helping others. She however was terrified of storms! Luckily they are hard to hear in Kaloma.



Rest easy beautiful soul Poppy

Ewan Carrigan



Anyone that knew Ewan would know that he was a lover of the land but particularly horses, cutting horses!!

He bred some of the best in the business.

Even to the very end we would say to him "How's those cutting horses Ewan? Have they been worked today?" He would always smile

Our thoughts are with you Carleen and Susan
Rest Easy Ewan

Brian Smith

Brian managed at home at Oaktree with the wonderful support of his wife Geraldine until he moved into Brigalow wing.

Brian was a lover of his family and farming. He loved nothing more than to be out with his boys while they farmed their land.

Our thoughts are with Geraldine and Family.
Rest Easy Brian



May Picking



Our beautiful May was almost 101 years old.
An absolute lady right until her very last days.
Immaculately dressed, kind, petite and always
smiling.

Her beautiful smile and kindness was seen by
everyone that crossed her path. May was
always surrounded by her loving family.

We will miss you all.
Don't forget your lipstick Miss May

Margaret Webber

Marg came to Kaloma from Toowoomba to
be closer to her loving family.

Marg enjoyed her short time with us
especially the time spent with her family and
dear friend Hilda. Hilda and Marg lived at
separate ends of the building - however
would meet in the middle lounge room each
week for church and a chat.

Sending love to the family.
Be pain free and rest easy Marg





Remember Me

Remember me with smiles not tears,
For all the joy through all the years.
Recall the closeness that was ours,
A love as "sweet" as fragrant flowers.

Don't dwell on thoughts that cause you pain,
We'll see each other once again.
I am at peace...try to believe,
It was my time...I had to leave.

But "what a view" I have from here,
I see your face, I feel you near,
I follow you throughout the day,
You're not alone along the way.

And when God calls you... you will be,
Right by my side...right here with me.
Till then, I'll wait by Heaven's door,
We'll be united... evermore!

Fun Flower Facts

Marigold

Can treat skin diseases
Made into garlands
for festivals in India
Smell keeps bugs away



Orchid

25,000 kinds/grow everywhere
Flowers can live for 6 months
Been around for millions of years
Vanilla is a kind of orchid.



Rose

A girl's name
100 kinds
Symbol of love
Official flower of the US
Most popular flower



Sunflower

Can grow 3 meters/10 feet tall
2 kinds of seeds-one
for oil/one to eat
Can remove toxins from the soil-like
lead/arsenic



Daffodil

Grows from a bulb
means coming of spring
a bunch brings good luck



Daisy

Found everywhere except Antarctica
Opens at dawn-closes at night
Girl's name
Flowers are edible



Carnation

Been around 2000 years
Most come from Columbia
You can eat them
Official flower for
Mother's Day in US



Bird of paradise

Tropical plant
Birds pollinate the plant/
not bees
Looks like a tropical bird



Azalea

Bush with flowers
Beautiful/leaves are poisonous
Azalea festivals held in USA/Korea



Anemone

or wind flower
Can be used for aches and pains
Sea anemone is an animal
poisonous



Lavender

Used 2500 years ago for Egyptian
mummies
Used in perfumes and oils
Keeps away mice and moths
Oil can soothe pain



Violet

Heart shaped leaves
Can eat the flowers
Grows only 5 inches tall
Symbol of love in Ancient Greece
Girl's name



Lily

Some grow to be 6 feet/1.8 meters tall
Grow from a bulb
Symbol of good luck in Japan
Poisonous for cats
Girl's name



Tulip

Only 1/2 flowers on each stem
Most grown in Holland
One most popular flowers
Live for 3-7 days
Came from Turkey



Pansy

Can eat it
Flower looks like a face
One of oldest plants in gardens



Chrysanthemum

Came from China
Flower can be made
into a healthy tea
Symbolizes happiness



Bougainvillea

Beautiful vine
Thorns and sap cause itching
Came from Brazil
Can grow 3 to 39 feet/1-12 meters



Iris

Symbol of power since ancient times
Named for Greek goodness
of the rainbow
Name for the colored part of your eye
Girl's name



Holly

Girl's name
Winter decoration
Only girl plants have berries
A bush or a tree



Lilac

Spring plant
Beautiful smell
Used in soaps and perfumes
You can eat them



Jasmine

Girls name
Grows in tropics
Used to make perfume



FLOWER QUIZ

CAN YOU GUESS THE FLOWER?

1. 🌞 🌸
2. ✌️ 💋
3. 🍬 🅑
4. 🛶 (+SE)
5. 🌅 zzz
6. 🅓 🤝 😱 🦁
7. 🍒 🍷 +
8. 🚗 🏆 (+ION)
9. 🧑 🏆
10. (+DA) 🍜 😊
11. 🔍 🌊
12. 🦊 🥊

countrylife.ie

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

News from the Community

Hello and welcome to our September edition of the Kaloma chronicle. I hope everyone has their gumboots and raincoats ready as BOM is predicting a wet spring\summer.

I know I am starting to sound like a broken record BUT it is still very important that if you are feeling unwell or anyone in your household living with you, is unwell that you phone coordinator Jo 0411031136 to notify before staff enter your home. This is so we can wear correct PPE to help stop the spread of germs.

The aim of Kaloma's home care program is to assist clients to remain in their own home while enabling and encouraging them to do as much as they are safely able to do for themselves. We are here to offer any help you may need to assist you to remain at home for as long as you can. By excepting a little bit of help when you first need it, will help promote your confidence, conserving your precious energy for the tasks you can perform independently.

Thank you all again for your patience whilst we transitioned from a paper recording system to a digital one on our mobile phones, Staff will be able to click commence\start once they are your place and tick off pre agreed care assistance like showering, make bed etc and this will then transfer straight across to your home care budget. You may have noticed I have a few extra grey hairs however this is now up and running, time effective and so much easier to use. I am very lucky I have a good hairdresser.

Just a reminder that budgets are now done in arrears at the beginning of the following month and we must wait for the Department to send out the subsidy amount each client is eligible for before we can finalise\ complete your budget and get copy to you. For example, January budget should be ready to deliver to you by mid-February. I would like to again thank all our clients for their patience whilst we were adjusting and working out the new systems and the wait times whilst we got statements out to you all. I am very happy to say that all the home care budgets\statements are now all up to date.

Thank you all for been so welcoming to our staff old and new. We are lucky to have a new staff member coming on board in October which will allow us some more flexibility to assist our current clients and new clients. Bec has previously worked at Kaloma before having some time off and coming back. We have been getting a lot of enquiries for home care from people in the community. If you know anyone who is needing assistance advise them to speak to their doctor and have a MAC referral. Future planning is a wonderful thing and due to demand, there is a nationwide waitlist for package to be allocated so tell them to not leave it to the last minute.

I will be away for the first 10 days in December as I shouted my little family to an island holiday on Hamilton Island as a way to celebrate my 40th birthday back in January and I am really looking forward to it. A letter will be going out next month enquiring what service clients are wanting over the xmas public holidays as the cost of service is higher (there is also 4 public holidays for xmas and 2 for new year this year) and to assist with staffing as we have a few staff members away.

Some Reminders:

Money- Staff are not allowed to take money off you to pay bill however if you speak to Jo a time and date can be arranged for a staff member to take you up town to pay the bill.

If you are requiring additional assistance to remain in your home, could you please contact me so we can discuss and see what availability we can assist you at this time, and revise your home care budget to see if it fits within your funding or if there will be a consumer top up. Please note there may be a wait of up to a month until we can commence the extra service due to staffing. We now have 25 clients, and our days are pretty full however we will endeavour to help as much as we can. If you are wanting to be taken up town on a regular basis then a weekly time slot works better for our rostering etc.

Any excess in your home care budget is carried over each month and the budget can only be used for services we can provide to assist the client to remain in their own homes for example: Personal hygiene, meals, house keeping, laundry, mowing lawns, gardening, ironing services, physio (as long as the provider has an abn) etc a piece of equipment ie: wheelie walker, pressure cushions as long as it is an assessed need . Larger items like mobility scooters, electric beds etc will need to be on a hired basis. You cannot be used to pay bills, medication, rents/mortgage, cashed out or used for a holiday. The same going if you exceed your budget, you will be charged a consumer top up (fee for service) for that month.

To avoid been charged the agreed scheduled time for a service we require 24hr notice unless a medical emergency. If you are not home when we call or decline to utilise the service, you agreed on for example shopping then unfortunately you will still be charged for that service as a staff member has already been rostered to assist you. The same goes for if you go away, please allow 24hrs before services maybe able to recommence especially as I need to update and load onto the electronic system for staff and I can only do this during my working hours.

Our operating hours are from 6.30am until 2/2.30pm Monday to Friday with 2 to 3 staff members on any given day and only one staff member on weekends 6.30-1pm. However, our hours are always changing to assist our current clients and our new ones. Please note that outside these hours if you have an emergency call 000, Peta- Sue or myself are on call after hours however I ask that you leave a message if we don't answer and we will get back to you as soon as we can or the next working day as we both have families and other commitments.

Take care and until next time:

Jo (coordinator) Jesfer (RN) Peta-sue (2ic) Molly, Angie, Ben, Sharon and Bec



Safety and
Maintenance



Personal Carer

Who is Who at Kaloma



Housekeeping and Catering



Lifestyle



Homecare



Nursing and Supervisors

Meet the Team



Jessica Whitby - Care Supervisor and Personal Carer

How long have you worked at Kaloma? I first started working at Kaloma (my first-ever Employer) in August 2017, went on Maternity Leave in 2019, had to resign due to the Covid-pandemic and back to work doing night shift in October 2021. To sum it up, I've been here in Australia for five years so I would say close to 5.

Favourite thing about working at Kaloma? I look forward to coming to work every day, pretty much. Just the joy you can put on someone's face, just by being yourself.

It's nice to be surrounded by people at Kaloma. From our lovely residents, supportive Management and lovely workmates. At Kaloma, we are people-centred care in a true way. We're not getting more staff but we're being listened to. Our Employer heard us and that we have a voice. Our needs as employees, mattered.

Where did you grow up?

I was born and raised in the Philippines.

What is your favourite food/colour/animal?

Hmmmm, depends if its for brekky, lunch or dinner?

I am a big foodie. But my favourite food is SEAFOOD. I love seafood. Cooked or Raw, either way.

I am also an Aussie's Cob loaf lover. And if am being lazy cooking my own food, I just order Chinese-food takeaway especially the noodles.



What do you do in your free time?

Free time is important to help shield our minds from the negative effects of overworking and to make us truly productive.

But tbh, As a mom of three, it is challenging to get a free time but when am not working I spend most of my time with the kids. (Yes, because I love them but there are days I want to flush them in the toilet or when we are out and they misbehave in public, I just pretend they're not my children)

Kidding aside, I also run a small online clothing boutique for women which is my ultimate stress reliever apart from going to the beach which I wish my home was close to the beach so whenever I feel sad or overwhelmed I just go out for a walk and hear the waves. So yeah, definitely if am free, I'm doing some silly TikTok videos, waste my time on Facebook, Binge-watch on Netflix, and of course, dressing up and taking selfies. Just writing all these make me feel a lot better.

Meet the Team



Chantelle Padwick - Personal Carer

How long have you worked at Kaloma? Since March this year

Favourite thing about working at Kaloma? Helping look after the residents and making them smile!

Where did you grow up? Illawarra NSW

What is your favourite food/colour/animal? Chocolate cheesecake, Red and Chickens

What do you do in your free time? Look after my children and ride motorbikes



Diane Steers - Personal Carer

How long have you worked at Kaloma? Around 9 years

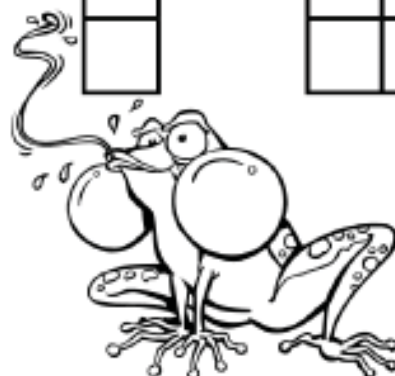
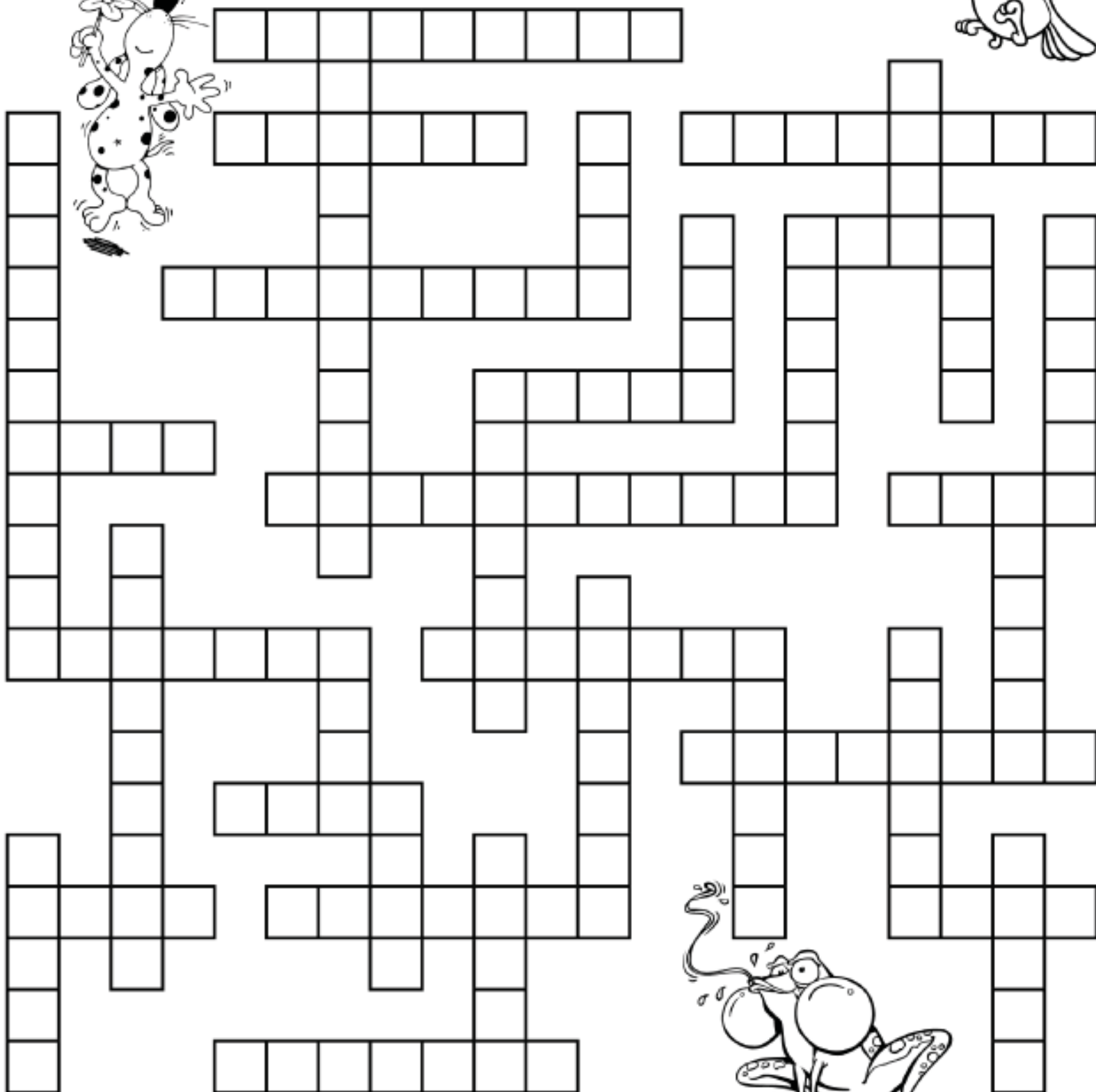
Favourite thing about working at Kaloma? Making people smile and making the residents smile. I also enjoy the friendly atmosphere

Where did you grow up? Darling Down - mainly Oakey and Tara

What is your favourite food/colour/animal? I love food my favourite is passionfruit cheesecake. Purple, Panda and Fish

What do you do in your free time? Fish!!! I am an avid fisherwoman. I also enjoy visiting my family and spending time with my grandchildren

SPRING ANIMALS



4 letter words

bees
bugs
calf
eggs
fawn
foal

frog
lamb
nest
owls
worm
swan

5 letter words

birds
foxes
geese
hatch

6 letter words

chicks
kitten
rabbit
robins
snails
Spring

7 letter words

bear cub
bunnies
insects
piglets
puppies
sparrow

8 letter words

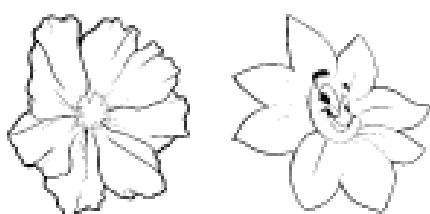
ladybugs
raccoons

9 letter words

chipmunks
dragonfly
ducklings

11 letter words

baby animals
butterflies
caterpillar



Spring



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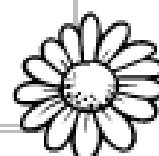
BIRDS
 BLOSSOM
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 BUNNY
 BUTTERFLY

CALF
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GARDEN
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 HATCH
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LAMB
 NATURE
 NEST
 RABBIT
 ROBIN

SNAIL
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 SPROUT
 TULIP
 WORM

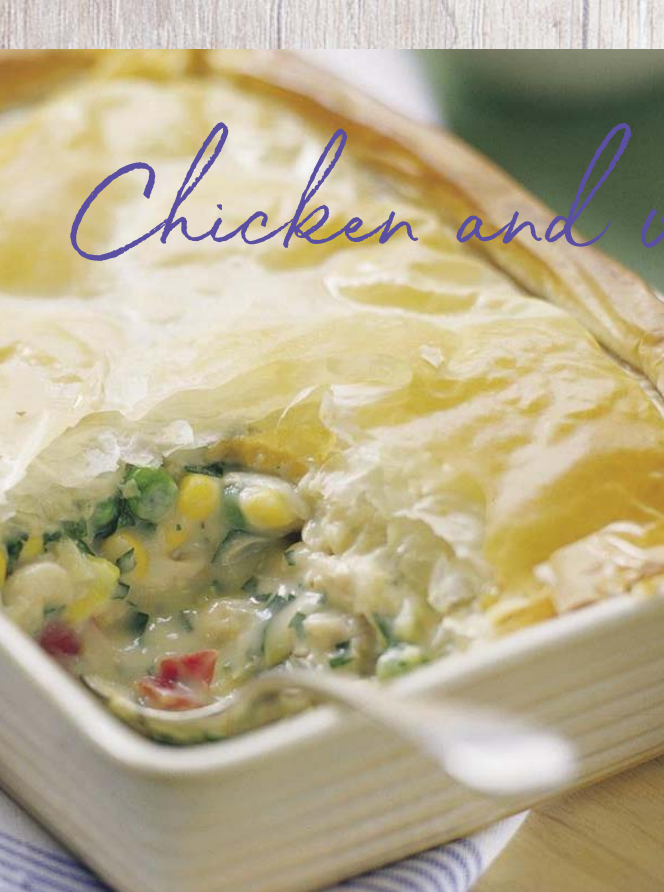


Pumpkin Spaghetti with creamy bacon sauce

1.5 kg butternut pumpkin, peeled
2 tablespoons extra virgin olive oil
1/2 cup (55g) coarsely chopped walnuts
2 tablespoons pepitas (pumpkin seed kernels)
4 rashers (260g) bacon, trimmed, chopped
2/3 cup (160ml) pouring cream
2/3 cup (160ml) milk
3/4 cup (60g) grated pecorino cheese
1 tablespoon chopped fresh chives

1. Preheat oven to 200°C (180°C fan-forced). Line three oven trays with baking paper.
2. Using a spiraliser or julienne attachment on a mandoline or V-slicer, cut pumpkin into long thin strips (see tips). Combine pumpkin and oil in a large bowl; season.
3. Spread pumpkin strips in a single layer between two trays. Roast for 12 minutes or until just tender; cover to keep warm. If using thinner noodles, you will need to reduce the cooking time. Meanwhile, place walnuts and pepitas on the third tray; roast for 5 minutes or until fragrant.
4. Cook bacon in a medium frying pan over medium heat, stirring occasionally, for 5 minutes or until browned. Add cream, milk and 1/2 cup of the pecorino; bring to the boil. Simmer for 5 minutes or until sauce thickens. Season to taste.
5. Carefully transfer pumpkin to a large shallow bowl. Pour sauce over pumpkin; top with roasted nut mixture, remaining pecorino and chives. Season with freshly ground black pepper. Serve immediately.





Chicken and vegetable filo pie

60 grams butter
1 medium (350g) leek, sliced thinly
1/3 cup (50g) plain flour
3/4 cup (180ml) milk
1 cup (250ml) chicken stock
4 cup (400g) shredded cooked chicken
2 1/2 cup (350g) frozen peas, corn and capsicum mix
1/4 cup coarsely chopped fresh flat-leaf parsley
4 sheets filo pastry
cooking oil spray

1. Preheat oven to hot, 220 degrees
2. Melt butter in a large saucepan; cook leek, stirring, until softened. Add flour; cook, stirring, until mixture bubbles and thickens. Gradually stir in milk and stock; cook, stirring, until mixture boils and thickens. Add chicken, vegetables and parsley; stir until heated through.
3. Spoon chicken pie filling into a shallow 1.5-litre (six-cup) ovenproof dish. Place one sheet of pastry over filling; spray with cooking oil spray. Repeat process with remaining pastry, overlapping pastry around dish. Roll and fold pastry around edge of dish. Spray the top of pastry with cooking oil spray. Bake, uncovered, in a hot oven for about 10 minutes or until browned.



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for the wonderful donation
of a beautiful pink bike





Nail Care





be happy



Creamy no-bake passionfruit tart

600ml cream

1/3 cup condensed milk

180ml can passionfruit, separated from seeds

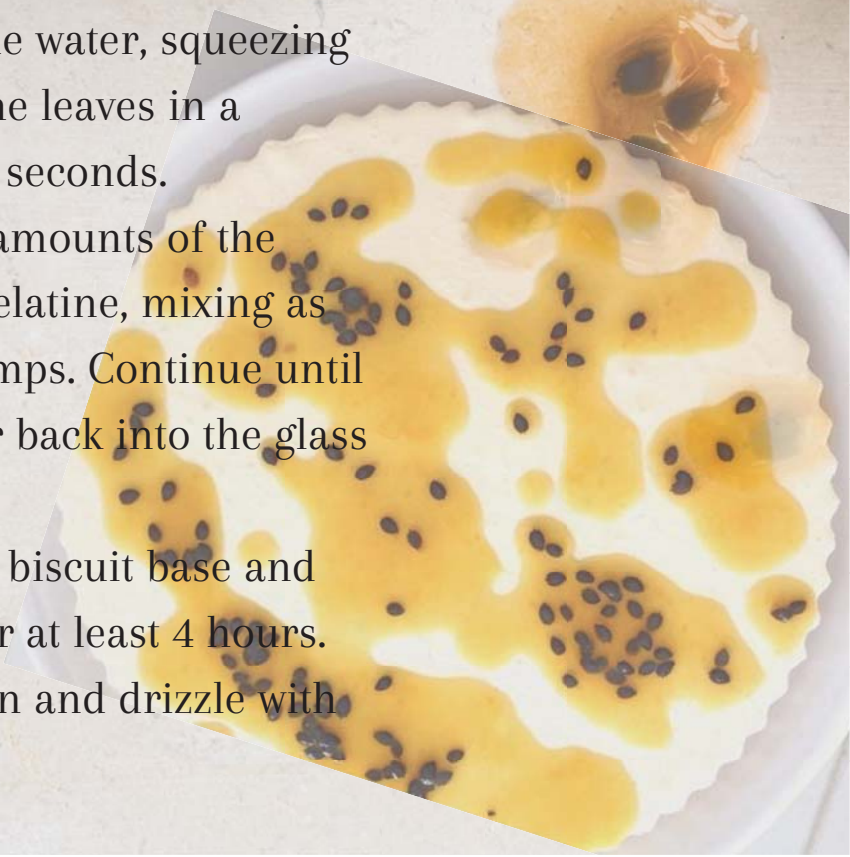
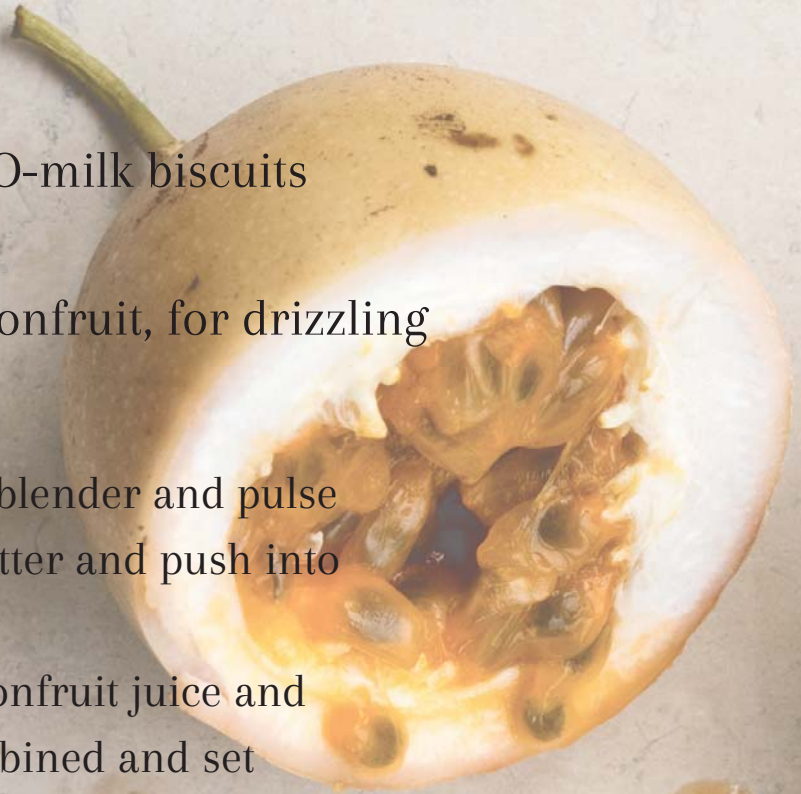
5 gelatine leaves


Arnotts 250g malt-O-milk biscuits

100g butter, melted

Extra canned passionfruit, for drizzling

1. Melt butter in a saucepan.
2. Add entire packet of biscuits to a blender and pulse until crushed. Mix with melted butter and push into a tart tin with a removable base.
3. In a clean bowl, add cream, passionfruit juice and condensed milk. Whisk until combined and set aside.
4. Soak gelatine sheets in cold water for 5-7 minutes, until soft. Remove sheets from the water, squeezing out excess liquid. Melt the gelatine leaves in a saucepan over gentle heat for 30 seconds.
5. Using a soup ladle, spoon small amounts of the cream mixture into the melted gelatine, mixing as you go to ensure there are no lumps. Continue until all the mixture is in the pot. Pour back into the glass bowl and whisk for 5 seconds.
6. Pour the cream mixture over the biscuit base and place in the refrigerator to set for at least 4 hours.
7. Once set, remove from the tart tin and drizzle with passionfruit juice.



The background of the entire page is a photograph of two tall, elegant glasses filled with a creamy, light-colored Pina Colada. Each glass is garnished with a large wedge of pineapple, a green lime wedge, and a red cherry. The glasses are set against a textured, light blue background. The title 'Pina Colada' is written in a gold, cursive font across the top of the glasses.

Pina Colada

120ml pineapple juice
60ml white rum
60ml coconut cream
pineapple to garnish

Pulse all the ingredients along with a handful of ice in a blender until smooth. Pour into a tall glass and garnish as you like.

For a frozen blended version
Mix the juice, rum and coconut cream together and freeze in ice cube trays. Then whiz the frozen cubes (with a couple of ice cubes if you like) to a slushy consistency.



KALOMA



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& PAY BEFORE 10AM
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are kept up to date

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This includes the application of
labels by Laundry Staff

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Spring

a lovely reminder
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