

**HAPPY  
EASTER**



**VOLUME 32**

**ISSUE 3**

**APRIL 2026**

Garden City News is a free newsletter produced by Barcaldine 60 & Better Program (which supports older people to stay safe and maintain and strengthen connections to the community and reduce risk of harm and social isolation) with contributions from others, for participants and older people in the community. Please share this newsletter. In Barcaldine, volunteers deliver newsletters, or you can collect one from The Willows. The newsletter can be emailed to you, or you can find it on Barcaldine Regional Council website.

**Barcaldine 60 & Better Program  
Auspicee of**



Funded by Queensland Department  
of Families, Seniors, Disability Services and  
Child Safety

**Contact Information**

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Hours of Operation:

Mon -Thu 8:00am - 1:00pm

Fri 8:00am - 12:00pm

Coordinator: Jean Williams

**Committee Executive**

President: P. Miller

Vice President: J. E. Williams

Secretary: C. Balderson

Treasurer: S. Jackson

**Activity Times and Dates April 2026**

**Tai Chi:** Tuesdays 9:00am

Thursdays 9:00am

**Exercises:** Thursdays 8:30am

**Indoor Bowls:** Thursdays 10:00am

**Croquet:** Fridays 8:30am

**Line Dancing:** Fridays 9:30am

**April**

**Talk:** 10:00am 1<sup>st</sup> Tuesday **7<sup>th</sup> April**

**Girl Guides visit** Friday **10<sup>th</sup> April** Line  
Dancing & Lunch

**Hoy:** 10:00am 2<sup>nd</sup> Tuesday **14<sup>th</sup> April**

**Meeting:** 10:00am 3<sup>rd</sup> Tuesday **21<sup>st</sup> April**

**Bingo:** 10:00am 4<sup>th</sup> Tuesday **28<sup>th</sup> April**

**Other events during the year.**

**Cent Sale 13<sup>th</sup> June**

Elder Olympics

Senior's Month October

**Census.** The Australian Government has  
announced that the Census will take place on  
Tuesday 11<sup>th</sup> August 2026.

**MISSION STATEMENT** To enable older people at a community level to participate in decisions and activities which affect their health and wellbeing.

**VISION STATEMENT** Sustaining a strong age friendly community where older people are respected, valued and empowered.

**DISCLAIMER** The Barcaldine 60 & Better Program reserves the right to edit all articles as necessary. Opinions expressed in this newsletter do not necessarily reflect those of the 60 & Better Program. Information is of a general nature and not meant to be specific advice.

Coordinator's Notes

This month we celebrate Easter and commemorate ANZAC Day. The week after ANZAC Day will be Tree of Knowledge Festival. School holidays start at Easter so there may be some extra people making their way to town in the next couple of weeks.



We invited BRC Director of Corporate and Community Services, Bianca Acimovic to be our guest for the March talk. She spoke about her journey and past ventures and her visions while encouraging people to stay connected.



The next talk is on 7<sup>th</sup> April and Queensland Police Service, Sergeant Selina Arthur has been invited to be our guest.

Please come and enjoy a cuppa with us.

Croquet will be starting at 8:30 am from Friday 10<sup>th</sup> April.

Hoy will be on 14<sup>th</sup> April after tai chi. Come and join the banter and enjoy the company of others.

The next meeting is Tuesday 21<sup>st</sup> April at 10:00am. Please come with your suggestions to keep the group vibrant and relevant in advocating for older people and sustaining a strong older community.

ANZAC Day is Saturday 25<sup>th</sup> April. Please join in commemorating the day.

We'll play bingo on Tuesday 28<sup>th</sup> April. The cost of morning tea and games remains at \$7 for morning tea and one card or \$11 for morning tea and two cards.

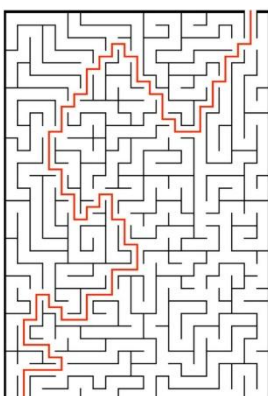
I'll be attending a Tai Chi workshop in Toowoomba on Saturday 18<sup>th</sup> April and updating my skills and qualifications. At this time, I'll also take personal leave. I'll start leave on 16<sup>th</sup> April and return to work on 23<sup>rd</sup> April. During this time, please contact Barcaldine Regional Council office or a 60 & Better committee member with any enquiries.

"To plant a garden is to believe in tomorrow." — Audrey Hepburn

"We are told to let our light shine, and if it does, we won't need to tell anybody it does. Lighthouses don't fire cannons to call attention to their shining - they just shine." Dwight L. Moody

Take Care. Enjoy and share the bounteous gifts you have. Till next Time. *Jean*

Maze Solution



1	O	I	L	Y	3	S	H	O	U	L	D	E	R
2	U	A	6	F	O	10	N	E	E				
9	T	U	M	B	L	E	R	10	D	E	L	V	E
	W	B	E	12	S	U	I	L					
11	E	N	S	U	E	12	E	N	E	R	G	Y	
	I				C	C				H	13	B	
14	G	O	L	D	E	N	H	A	M	S	T	E	R
	H	A					E	I					U
17	N	Y	L	O	N	S	19	G	I	F	T	S	
21	U	E	18	Y	18	T	19	H	A	S			
22	N	O	T	C	H	23	N	O	T	A	B	L	E
	D	T											L
24	O	M	E	L	E	T	E	25	L	E	S	S	

Birthdays for April

Happy Birthday Colleen Somerville and Marie Hall

Barcaldine Radio Picture Theatre first screened a film on 10<sup>th</sup> April 1926. The film was "The Man on the Box". This will be screened at 100 years celebrations on 10<sup>th</sup> April 2026.

## Understanding the differences between angina and a heart attack

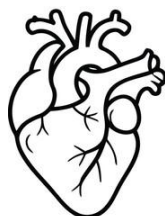
Angina and heart attacks can often present with similar symptoms, but they differ significantly in their causes and implications. Understanding these differences is crucial for timely and appropriate medical intervention.

Angina is a condition that causes chest pain or discomfort and when the heart muscle does not get enough oxygen-rich blood. This can happen because of narrowed or blocked coronary arteries, which can restrict blood flow to the heart. At rest, there is sufficient blood flow to the heart through these narrowed arteries, however, when the demand on the heart increases, there is insufficient supply due to the diseased coronary arteries.

Angina is often triggered by physical exertion, stress, or strong emotions, and typically lasts for a few minutes before subsiding with rest or medication. While angina itself is not a heart attack, it can be a warning sign of an increased risk of one.

A heart attack occurs when the narrowing of the artery becomes completely blocked, causing the heart muscle beyond the blockage to become oxygen starved. This can result in permanent damage to the heart muscle if not treated promptly.

Each year, around 54,000 Australians suffer a heart attack – that's one every 10 minutes.<sup>1</sup>



### What are the similarities between a heart attack and angina?

Both angina and heart attacks can present with similar symptoms. Each person may experience different sensations, so it is important that you know and recognise your symptoms. These could include:

- Pain or discomfort in the chest
- Sensation of pressure or squeezing
- Discomfort that may extend to the back, shoulders, arms, neck, or jaw
- Nausea or a feeling of sickness in the stomach
- Shortness of breath

- Sudden, overwhelming fatigue or weakness
- Sweating

For angina, if symptoms do not stop after 15 minutes, treat it as a heart attack and ring for an ambulance (000 in Australia). They will decide whether you should go to hospital.

### Heart attack symptoms

It is crucial to act quickly if you suspect a heart attack, as delay can lead to severe consequences. If you or someone else experiences any combination of the following symptoms for more than a few minutes, immediately call emergency services (000 in Australia) for an ambulance:

- Sudden overwhelming fatigue or weakness
- Sudden difficulty breathing
- Similar sensations to heartburn
- Pain from the chest to the back
- Pain in the shoulder and/or arms
- Severe pain often described as 'crushing'
- Jaw and neck pain
- Fainting
- A squeezing or choking sensation

In summary, while angina is a warning sign that the heart is not getting enough blood, a heart attack is a medical emergency that requires immediate action. Recognising the symptoms and knowing when to seek help can save a life.

If you think someone may be having a heart attack, regard this as an emergency. Do not waste vital moments. Rather than going to a doctor's clinic, take these steps:

- **Dial triple zero (000)** in Australia.
- Ask for ambulance service.
- Report a possible heart attack.
- Follow the instructions of the medical emergency dispatcher

Source <https://heartresearch.com.au/angina-vs-heart-attack/>

Did you know that **cruciverbalists** are people who love crosswords?

Somebody who builds jigsaws is a **dissectologist**

**Here's why you might want to clean your headphones** Rina Wong (Fu)  
<https://theconversation.com/heres-why-you-might-want-to-clean-your-headphones>

Over-ear headphones cover the entire external ear – the elastic cartilage covered by skin that's shaped to trap soundwaves. In-ear headphones (as well as hearing aids) are shaped to fit and cover the entrance to the external ear canal, which is called the concha.

Sound vibrations travel through the ear canal – which is S-shaped and a few centimetres long – to reach your ear drum. Deeper parts of the ear canal produce earwax and oils. These help keep your skin healthy, hydrated and less vulnerable to infection. Tiny hairs in the ear canal also help regulate temperature and keep foreign debris out. These hairs and earwax help trap and move small particles, shed skin and bacteria out of the ear canal.

Earwax is the ear's self-cleaning method and we only tend to notice it when there's too much. Excessive buildup can block your hearing or even clog the mesh of your earpods. But don't try to dig earwax out of your ears yourself. If you're concerned, speak to a pharmacist or GP for advice.

Healthy ear canals host a range of non-harmful microbes – mainly bacteria, but fungi and viruses too. They compete for space and nutrients, and this diversity makes it trickier for any potential pathogens (disease-causing microorganisms) to take hold. But wearing headphones (and other in-ear devices such as hearing aids or ear plugs) may upset the balance between “good” and “bad” bacteria.

One 2024 study compared bacteria in the external ear canals of 50 people who used hearing aids and 80 who didn't. The researchers found hearing-aid users – whose external ear canals are blocked for extended periods – had fewer types of bacteria than those who didn't. Another 2025 study looked at how using headphones (including over-ear, in-ear and on-ear) affected fungi and bacteria in the ear canal. It found using headphones was linked to a greater risk of ear infections, especially if people shared them.

This may be because wearing headphones – especially in-ear devices – makes the external ear

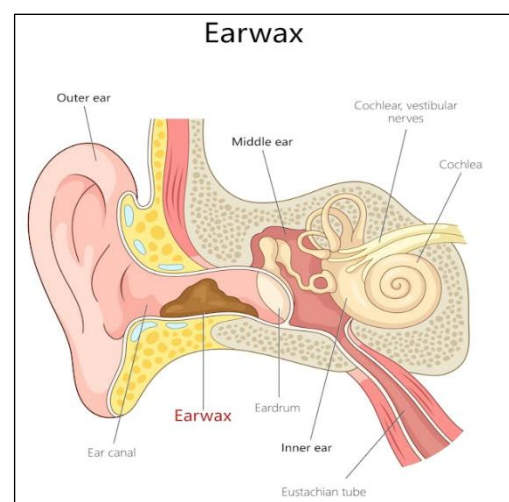
canal hotter and more humid. Trapped moisture is especially likely if you exercise and sweat while wearing headphones. Higher humidity increases your risk of ear infection and discharge, including pus. Wearing in-ear devices such as hearing aids or headphones for extended periods can also interfere with the ear's natural “self-cleaning” function, aided by earwax.

Most of us need – or like – to wear headphones in our day-to-day routines. But for good ear health, it's important to give your ears a break. Allow your ear canals to “breathe” at different points throughout the day so they're not constantly blocked and growing humid and hot.

You could also try bone conduction headphones. These don't block the ear canal, because they transmit sound through your skull directly into the inner ear, without needing to block the ear canal. These can be expensive though. And while they allow our ears to breathe, high-intensity vibrations (high volume) can still damage hearing, so as with all headphones caution is required.

**Clean your devices regularly.** Recommendations range from once a week to daily to after a physical workout. For example, you can wipe them with a cloth or use a soft-bristled children's toothbrush dampened with mildly soapy water. Blot dry with a paper towel and allow a few hours of drying before recharging or reuse. But it's best to follow your manufacturer's guidelines. And don't forget to clean the case and the body of your earbuds too.

**Don't use headphones when sick.** If you have an ear infection, avoid using earphones as they may increase the temperature and humidity in your ear and slow recovery. **Watch for symptoms** If your ears become itchy, red or have discharge, stop using in-ear devices and seek medical advice.



## 5 top tips for the perfect compost – according to science

Author Gregory Moore

<https://theconversation.com/5-top-tips-for-the-perfect-compost-according-to-science->

Making compost is a cornerstone of sustainable gardening, yet few of us understand the great science behind it. For the most part, plant material is broken down by bacteria and fungi, aided by worms, other soil organisms and microbiota.

However, there are different types of bacteria and fungi, and the rates they break down organic matter vary enormously. Some will completely break down plant material into clean, high-grade compost in just six to eight weeks. Others could not complete the job in a year or more. That's in large part due to the big differences



between anaerobic and aerobic respiration.

Respiration doesn't just mean breathing.

Biologically, it is the metabolic process by which cells break down the energy stored in organic molecules (such as sugar and fats) to release energy.

There are two types of respiration:

aerobic respiration, which occurs when oxygen is available, and anaerobic respiration, which occurs when there is little or no oxygen available.

In our cells and those of larger plants and animals, both forms of respiration can take place. But in some micro-organisms, only anaerobic respiration is possible. The processes involved in anaerobic respiration are relatively inefficient. Its chemical reactions result in the incomplete breakdown of the food and plant waste; very little energy and heat are produced along the way.

For composting, that's a problem. It means the plant material breaks down very slowly. Worse, the temperature is so low that weedy contaminants can survive and germinate.

Aerobic respiration, which evolved when oxygen was more readily available on Earth, consists of many linked chemical reactions that cause plant material to completely break down. It produces almost 20 times more energy than anaerobic respiration and generates much more heat.

This high level efficiency produces a more rapid metabolism, which quickly breaks down plant material and the heat generated kills most of the weedy contaminants in the plant litter.

This results in lovely, clean compost. So, the key to good composting is to ensure conditions are right for aerobic respiration and for crucial aerobic bacteria and fungi. It's vital to provide oxygen.

My top tips are:

1. if you have a compost heap, ensure it is wide, long and low (which ensures a high surface area to volume ratio), and introduce air by dragging a hoe or rake through it
2. if you use a compost tumbler or container, then rotate or stir it often
3. keep the compost moist (but not wet) over the dry summer months
4. keep your compost warm over colder months by ensuring it gets some winter sunlight
5. add some "browns", such as dry leaves, or shredded cardboard or paper; the carbon-rich browns, added to the high-nitrogen green waste, gives a better carbon to nitrogen ratio and results in better compost.

If your compost is happy, the heat will be high enough to kill most pest eggs and parasites and may even kill worms. Don't add worms to aerobic compost unless you have a worm-friendly composting system; you may end up committing wormicide. Let worms enter the compost naturally.

Rarely, heat from aerobic compost can damage thin-barked trees. So if you're spreading it around the garden, keep it 20-50mm from the trunks of your trees. Compost systems and heaps need not be unsightly if you follow the rules for clean and rapid composting.

Aerobic composting is rapid and is neither smelly nor slimy. The bacteria and fungi that generate your compost efficiently need air, moisture and warmth to be their best selves.

If you resolve to provide the right conditions, you are not only recycling efficiently but getting a product every good gardener wants and needs.

## Signs of emotional abuse in older people

<https://raq.org.au/blog/signs-of-emotional-abuse-in-elderly-people/>

Everyone, regardless of age, deserves to feel safe and respected in their relationships.

*Emotional abuse* against elderly people is a type of *elder abuse*. Emotional abuse, also called psychological abuse, can happen in any relationship where there is an expectation of trust. In the case of older people, the abuser may be a spouse, adult child, grandchild, carer, family friend, or neighbour.

When someone is experiencing emotional abuse, they may become socially withdrawn from their family, friends, and community. Often, an abuser will aim to socially isolate their victim to remove outside influences and make them more dependent on the abuser. Older people who rely on someone else for care and support are especially vulnerable.

The older person may also withdraw from their family and friends due to the shame, fear, or low self-esteem that the abuse is causing them. Social isolation is dangerous for older people. It's linked with increased risks of serious conditions such as dementia, premature death, and depression.

Emotional abuse can take a huge toll on someone's mental health. Abuse in older people is highly associated with depression. Signs of depression caused by emotional abuse may include not leaving the house; not eating or decreased appetite; not engaging in hobbies or activities; seeming uninterested or unbothered; drinking increased amounts of alcohol; not sleeping or sleeping more than usual.

Signs of anxiety caused by emotional abuse may include unusual lack of excitement or enthusiasm; checking in for permission from someone else; constantly cancelling or not showing up to plans; walking on eggshells, especially around a certain person; nervous behaviours like nail-biting, skin-picking, or fidgeting.

Outbursts of anger can be a sign of being abused. A person experiencing abuse may bottle up their emotions due to fear of expressing or communicating them. Bottling up can make a person easily irritated. Seemingly "normal" or "small" things may elicit an unbalanced response of anger. These emotional outbursts should be responded to with gentle understanding. It may be a helpful approach to ask if there's anything else going on that they want to speak about.

Emotional abuse can cause someone's self-esteem to plummet, especially in the case of older people who often depend on their abuser or who may not have many other people in their life. Signs of low self-esteem can include self-deprecating talk, poor self-care, and not accepting or asking for help.

Sometimes emotional abuse can wear someone down to seem like a "shell" of their normal self. They may seem uninvolved, uninterested, and unfazed. Emotional abuse is damaging for anyone's mental health, no matter how old they are. It's important to be supportive and to continue reaching out to someone who you're worried about.

If the older person seems to get worried or anxious before, during, or after being around a certain person, it may indicate that they feel unsafe around them. They may behave like they're walking on eggshells. If you're worried that someone is perpetrating elder abuse, here are some actions you can take if it's safe to do so:

1. Help your older loved one develop a safety plan
2. Call 000 if there is an immediate threat to anyone's safety
3. Contact the Queensland Elder Abuse Helpline at 1300 651 192
4. Help your older loved one access resources that can help, like the Elder Abuse Prevention and Support Service.
5. Offer to drive them to appointments.

## Roast Pork with Maple Apple Sauce

2 kg Pork Boneless Leg Roast

2 tbsp olive oil

1 tbsp sea salt flakes

500g washed potatoes, cut into 3cm pieces

1 gold sweet potato, cut into 3cm pieces

1 carrot, peeled, diagonally sliced crossways

1 large zucchini, thickly sliced

1 brown onion, coarsely chopped

4 Granny Smith apples, peeled, cored, coarsely chopped

2 tbsp maple syrup

1 tbsp white wine vinegar

**Step 1** Preheat oven to 230°C. Place pork in a large roasting pan. Rub the oil and salt over pork rind and into the cuts. Roast for 30 mins or until the rind crackles. Reduce oven to 180°C. Roast for a further 1 hour 40 mins or until pork is cooked through, adding the potato, sweet potato, carrot, zucchini and brown onion to the pan for the last hour of cooking. Cover the pork with foil and set aside for 20 mins to rest.

**Step 2** Meanwhile, combine the apple, 1/4 cup (60ml) water, maple syrup and vinegar in a saucepan over medium heat. Bring to a simmer. Cook, covered, for 8-10 mins or until apple is tender. Use a fork to roughly mash. Transfer to a serving bowl.

**Step 3** Serve the pork and vegetables with the apple sauce.

## Caramelised muffin pan potato gratins

40g butter, melted, plus extra for greasing

125ml (1/2 cup) thickened cream

1 garlic clove, peeled, slightly flattened

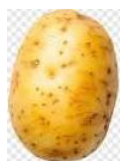
4 (200g each) washed potatoes

1 tbsp golden syrup

1 tbsp chopped chives, to serve (optional)

**Step 1** Preheat oven to 190C/170C fan forced. Lightly brush twelve 80ml (1/3 cup) muffin pans with some of the melted butter.

**Step 2** Combine the cream and garlic in a small saucepan. Season. Bring just to a simmer. Remove



from heat and set aside to allow the flavour to develop.

**Step 3** Use a sharp knife to slice the ends off the potatoes and discard. Cut the potato into very thin slices, about 2-3mm (see note). Divide potato slices into 12 stacks. Place a stack into each muffin hole. If some are too large to fit in, trim off excess. The stacks should come just under the rim of the pan (they will shrink down when cooked).

**Step 4** Remove the garlic from the cream and discard. Pour the garlic cream into each hole. Lift the potato slices slightly with the tip of a knife to allow the cream to run through. Cover with foil and bake for 30 minutes.

**Step 5** Add the golden syrup to the melted butter (reheating if necessary), stirring to combine. Remove foil from pan and brush mixture over tops of potato stacks. Bake for a further 30 minutes or until golden brown.

**Step 6** Set aside in the pan for 10 minutes, then use a small knife to lift the stacks from the pan. Serve sprinkled with chives, if using.

## Hot Cross Chocolate Mug Cake

1 small stale hot cross bun

80ml (1/3 cup) milk

1 egg

1 tbsp caster sugar

3 tsp dark chocolate chips

Icing sugar, to serve



**Step 1** Cut a slice about 1cm thick from the top of 1 small stale hot cross bun. Cut remainder of bun into 1.5cm cubes.

**Step 2** Whisk together 1/3 cup milk, 1 egg and 1 tbs caster sugar in a jug. Place a third of the cubes into a 1 cup heatproof mug and sprinkle with 1 tsp dark choc chips. Pour over a third of the milk mixture. Continue layering with remaining bun cubes, 2 tsp dark choc chips and remaining milk mixture.

**Step 3** Place bun lid on top and press down slightly so it absorbs some of the milk mixture.

**Step 4** Stand mug on a heatproof plate (it may overflow a little depending on the size of your bun). Microwave on High for 2½ minutes. Dust with icing sugar.



364 days of the year: Do NOT eat anything you find on the ground. Easter: Go and search in the dirt for sweets a strange giant bunny left for you, kids.

For his church's Easter program, five-year-old Billy was asked to recite Luke 24:6: "He is not here, he is risen." Despite practicing it several times, when he stood in front of the church, he froze and couldn't remember what to say.

The director leaned over and whispered the verse in the little boy's ear. Billy smiled, grabbed the microphone, and confidently proclaimed, "He's not here. He's in prison!"

What's the best way to make Easter easier?  
Put an "i" where the "t" is.

Christmas does come before Easter in one place - but where?  
The dictionary!

**April No Falls.** April No Falls is a national and international campaign to educate and raise awareness of falls prevention and help those at risk of falling to stay on their feet. The overall campaign aims to reduce falls and harm from falls.

Every day, 133 Queenslanders have a fall requiring medical attention, even though falls are mostly preventable. Falls have a big impact on mobility and independence, but there are steps that can be taken to reduce risks. *Staying Safe Starts with a Chat* campaign aims to break the stigma around talking about falls

Talking about falls isn't about taking away independence; it's about protecting it. Falls don't just happen. When you notice signs that an older person may be at risk, such as holding onto furniture when walking or showing possible indicators of a recent fall like bruising, start the conversation.




A simple chat can help people make small, practical changes or receive the support needed to keep them independent, safe and steady on their feet.

## Falls don't just happen

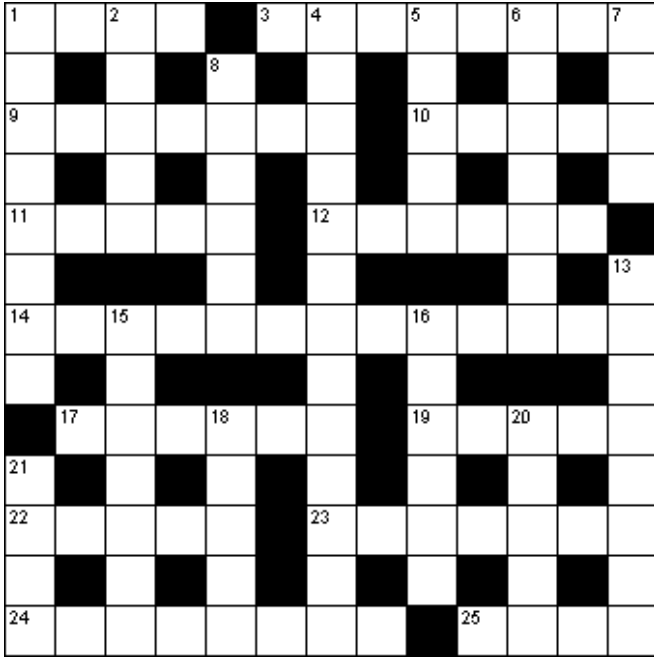
Watch for these signs that increase the risk of falling:

			
Unsteady on your feet	Feeling unwell or signs of injury	Using furniture to walk	Often confused

# APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Men's Shed Cultural Assn CHSP April Fool / Easter Lunch  Smoke Alarm check reminder	2 60+ Exercises Tai Chi Indoor Bowls	3 <b>GOOD FRIDAY</b>  	4 Easter Saturday  Races	5 <b>EASTER SUNDAY</b>    Min Trains at Museum
6 Easter Monday Public Holiday	7 60+ Tai Chi Talk	8 Men's Shed Cultural Assn CHSP Outing	9 60+ Exercises Tai Chi Indoor Bowls	10 Croquet 8:30am Line Dancing  100 years of Barcaldine Radio Theatre	11	12
13 Men's Shed	14 60+ Tai Chi Hoy	15 Men's Shed Cultural Assn CHSP Craft	16 60+ Exercises Tai Chi Indoor Bowls	17 Croquet Oak St Park 8:30am Line Dancing	18	19
20 Men's Shed	21 60+ Tai Chi Meeting	22 Men's Shed Cultural Assn CHSP ANZAC Lunch	23 60+ Exercises Tai Chi Indoor Bowls	24 Croquet Oak St Park 8:30am Line Dancing	25 ANZAC Day    <i>Lest We Forget</i>	26
27 Men's Shed	28 60 + Tai Chi Bingo Qld Music Trails Outback Exchange	29 Men's Shed Cultural Assn CHSP Outing	30 60+ Exercises Tai Chi Indoor Bowls	<p><i>Tree of Knowledge Festival</i></p> <p><i>1<sup>st</sup> - 4<sup>th</sup> May 2026</i></p>		

World War I Quiz Answers  
 1. Albert Jacka, 2. Charles Bean, 3. John Monash, 4. Aegean Sea, 5. It was growing wild at Gallipoli



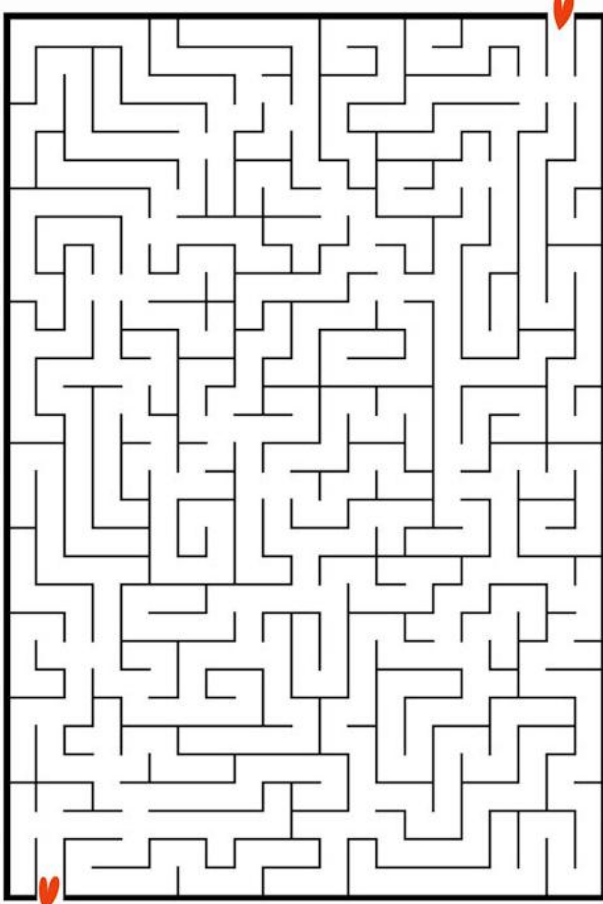
**Across**

- 1 Greasy (4)
- 3 Meat joint (8)
- 9 Acrobat (7)
- 10 Search for information (5)
- 11 Follow as a result (5)
- 12 Vigour (6)
- 14 Rodent kept as a pet (6,7)
- 17 Stockings (6)
- 19 Presents (5)
- 22 Nick, incision (5)
- 23 Eminent (7)
- 24 Cooked egg dish (8)
- 25 Minus (4)

**Down**

- 1 Exceed in importance (8)
- 2 Young sheep (5)
- 4 Conker tree (5,8)
- 5 Excessive (5)
- 6 Delectation (7)
- 7 Scottish dance (4)
- 8 Sheep's coat of wool (6)
- 13 Belgian capital (8)
- 15 Baby's complete outfit (7)
- 16 Powerful (6)
- 18 Pale brownish yellow colour (5)
- 20 Moral tale (5)
- 21 Unfasten (4)

**Find Your Way Through the Maze**



**THE ANZAC MEMORIAL**

by Mustafa Kemal Atatürk

Those heroes that shed their blood and lost their lives...  
You are now lying in the soil of a friendly country.  
Therefore, rest in peace.

There is no difference between the Johnnies and the  
Mehmetes

To us where they lie side by side,  
Here in this country of ours.

You, the mothers, who sent their sons from far away  
countries...

Wipe away your tears.

Your sons are now lying in our bosom and are in peace.  
After having lost their lives on this land, They have  
become our sons as well.

*Mustafa Kemal Atatürk was a Turkish army officer,  
reformist statesman, and the first President of Turkey.*

*In 1934 Atatürk wrote this tribute to the ANZACs killed  
at Gallipoli.*

**World War 1 Quiz**

- 1. Who was the first Australian awarded a Victoria Cross in World War 1? \_\_\_\_\_
- 2. Who was appointed Australian war correspondent in 1914? \_\_\_\_\_
- 3. Which Australian took over command of the Australians in 1918? \_\_\_\_\_
- 4. What is the name of the sea closest to the beach at Gallipoli? \_\_\_\_\_
- 5. As well as the poppy, rosemary holds a significance for ANZAC Day. Why?  
\_\_\_\_\_