



THE THINKING CAP

An exercise to help you tune out distracting noises and to tune into meaningful rhythms and sounds, such as those of music or spoken language.

This movement increases listening ability, short-term memory and abstract thinking skills.

Try it before you attempt the puzzles on page 3!

Method:

With one hand at the top of each ear, gently 'unroll' the curved parts at the outer edges of each ear at the same time.

Continue all the way to the bottom of the ears.

Repeat three or more times.

BIRD HOUSE GARDEN FEATURE

With some paint, creativity and time, you could turn

THIS or **THIS** into **THIS**



Bunnings \$12.86
(includes 6 tubs of paint & 1 paint brush)

Width 13 cm
Height 18 cm
Depth 10 cm



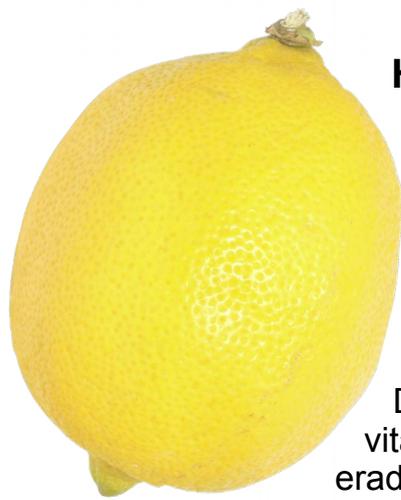
K-Mart \$6.00
Width 19 cm
Height 22.1 cm
Depth 14 cm



Use your imagination to create a unique style. Tudor? Beach shack? Farm house? Gothic?

A web search for images of painted bird houses will give you lots of ideas!

Share your new house with the birds in your backyard and, if you send us a photo of your completed project, you can share it with us too.



HOW CAN YOU USE A WHOLE LEMON WITHOUT WASTE?

All you have to do is ... freeze it. It's that simple!

Just wash your lemons and place them in your freezer.

When frozen, grate a whole lemon (don't peel it) and sprinkle it over your food. Try it sprinkled over salads, ice cream, soup, cereals, rice, two minute noodles, spaghetti sauce, fish ... the list is endless.

You'll experience a new and different taste sensation and be consuming all of the nutrients that lemons provide.

Did you know that lemon peel contains between 5 and 10 times more vitamins than lemon juice? Lemon peel can also rejuvenate your health by eradicating toxic elements in the body. No waste and a wonderful taste!

After you've watched these nifty kitchen hints, you'll be asking "Why didn't I think of that?"

<https://www.youtube.com/watch?v=cbxe1ANrfDo>



Before you click on this weblink, make yourself comfortable and set aside 8 ½ minutes to relax and unwind to the music of Peder B. Helland's *Our Future*, featuring a piano, guitar, cello and violin. The accompanying video will transport you around the world and through the seasons. Treat yourself to a memorable and completely enjoyable experience.

<https://youtu.be/D4BZshNWJMc>

**Had enough of feeling locked in?
Do you need a great escape?
Learn from some experts
by watching this video....**

<https://www.youtube.com/watch?v=d2jPd-JPg6g>

Have you ever wondered why it takes a home handyman so long to do a simple repair job?
Watch and learn....

<https://www.youtube.com/watch?v=ZmoHlzyOB30>

EASY ENGLISH?

Homographs are words of like spelling but with more than one meaning. A homograph that is also pronounced differently is a heteronym. Here are some examples:

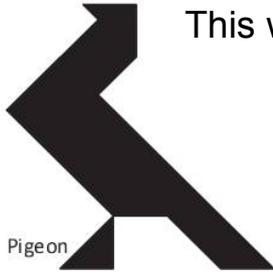
- The bandage was *wound* around the *wound*.
- The farm was used to *produce produce*.
- The dump was so full that it had to *refuse* more *refuse*.
- We must *polish* the *Polish* furniture.
- He could *lead* if he would get the *lead* out.
- The soldier decided to *desert* his dessert in the *desert*.
- Since there is no time like the *present*, he thought it was time to *present* the *present*.
- A *bass* was painted on the head of the *bass* drum.
- When shot at, the *dove dove* into the bushes.
- I did not *object* to the *object*.
- The insurance was *invalid* for the *invalid*.
- There was a *row* among the oarsmen about how to *row*.
- They were too *close* to the door to *close* it.
- The buck *does* funny things when the *does* are present.
- A seamstress and a *sewer* fell down into a *sewer* line.
- To help with planting, the farmer taught his *sow* to *sow*.
- The *wind* was too strong to *wind* the sail.
- Upon seeing the *tear* in the painting I shed a *tear*.
- I had to *subject* the *subject* to a series of tests.
- How can I *intimate* this to my most *intimate* friend?

The Tangram Challenge

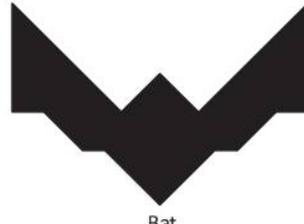
This week, try to recreate these shapes:



Chicken



Pigeon



Bat

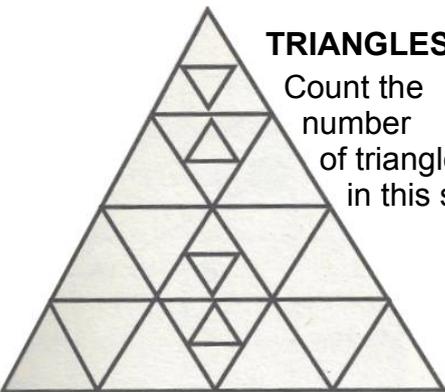


Duck

You must use all 7 tans, they must touch and they may not overlap. Note that the parallelogram may have to be flipped over  to create some of the shapes in the various challenges. If you need the template to make the 7 tans (pieces), please contact Cheryl via email (contact details on last page). Solutions in the next issue of KIT.

MATCHSTICKS

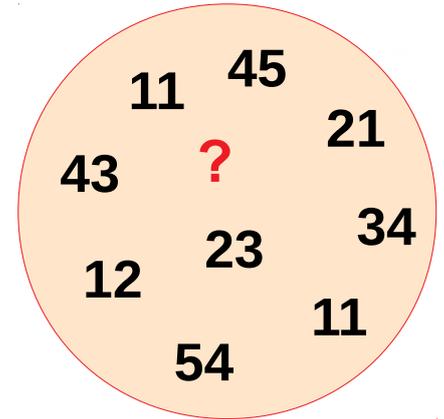
Can you correct this sum by moving 4 matches?



TRIANGLES
Count the number of triangles in this shape.

PUZZLES

(solutions on last page)



What is the **MISSING NUMBER**?

WHAT A GOOD IDEA!

The pétanque group thought it would be a good idea to have a sign installed at the pitch to inform everyone about what the facility should and should not be used for. As soon as Constance took this suggestion to the City of Wanneroo on behalf of the group, it was supported.

Last Thursday, Constance and Cheryl (co-coordinators of the pétanque group) had the pleasure of unwrapping the new sign. It advises the pitch is for playing pétanque and bocce only and that the use of bicycles, scooters, skateboards & rollerblades is prohibited.

We hope that it results in more appropriate use, less damage and players spending less time on maintenance!



CHOCOLATE SAUCE PUDDING

1 cup SR Flour 55 g butter or substitute
1 tbsp cocoa ½ cup milk
¾ cup castor sugar 1 tsp vanilla

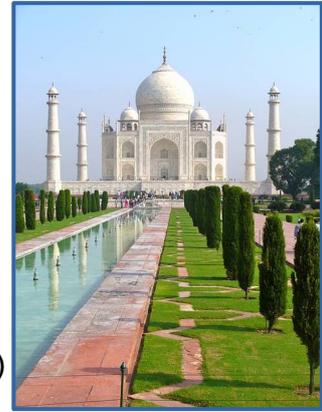
TOPPING:

¾ cup brown sugar 2 cups hot water
1 tbsp cocoa

Sift together flour and cocoa, then add castor sugar. Heat butter and milk in a saucepan until butter dissolves. Add vanilla and stir into the flour mixture until smooth. Pour into a greased, deep, ovenproof dish. Combine topping ingredients and sprinkle over top of mixture. Gently pour hot water over. Bake in moderate oven 40 to 45 minutes. Can be microwaved - Medium heat 8 ½ to nine minutes, depending on microwave power setting. Pudding will make its own chocolate sauce. Delicious with a generous spoonful of cream or ice cream.

QUIZ – PARTNERS

1. What are the full names of the American criminal couple, Bonnie and Clyde?
2. What are the names of the horses ridden by the Lone Ranger and Tonto?
3. What are the first names of the comedy duo, Laurel and Hardy?
4. True or false? The Kray twins, English criminals Ronald "Ronnie" Kray and Reginald "Reggie" Kray, were imprisoned at the Tower of London.
5. Of her 8 marriages, it is well-known that Elizabeth Taylor married Richard Burton twice but do you know how many times Richard Burton was married?
6. How many children did Mumtaz Mahal (for whom the Taj Mahal was constructed) bear for her husband, Shah Jahan?
7. True or false? When King Louis XV of France first met Jeanne Antoinette Poisson (who became his mistress and known as Madame de Pompadour) at a masked ball, he was disguised as a horse and she as a fish.
8. When Olive Oyl first appeared with Popeye in cartoons, she co-starred with her brother. Was his name a) Peanut Oyl b) Crude Oyl c) Castor Oyl ?
9. When S. Duncan Black and Alonzo G. Decker established The Black & Decker Manufacturing Company, one of their first jobs was designing machinery for manufacturing a) drill bits b) milk bottle caps c) metal zippers
10. What are the 2 main ingredients of bubble and squeak?



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aunty acid

When Angela Merkel arrived at a French airport, the Immigration Officer asked her a few questions.

Immigration Officer: "Occupation?"

Angela Merkel: "No. just on holiday."

Solutions to last week's Tangram Challenge



Bird



Crow



Crow



Rooster

We welcome U3A Wanneroo members' contributions to KIT

Please email your submission/s to one of the editors:

Cheryl: [email address redacted] or Constance: [email address redacted]

PUZZLE SOLUTIONS MATCHSTICKS: see below TRIANGLES: 39 MISSING NUMBER: 32 (all the others have a partner, with the digits being reversed) **QUIZ ANSWERS** 1. Bonnie Elizabeth Parker and Clyde Chestnut Barrow 2. Silver and Scout 3. Stan and Oliver 4. True. They were among the last prisoners to be held at the Tower, whilst they were awaiting court-martial for being absent without leave from the British Army. 5. 5 times 6. 14 children 7. False. He was disguised as a tree and she as a domino. 8. c) Castor Oyl 9. b) milk bottle caps 10. Potatoes and cabbage

WHERE DOES THE Z GO? (From KIT 11) On the top line. All of those letters are formed with straight lines. Nobody replied with a correct answer so it seems Enid has stumped you all and retained the prize.

$XX + XX = XLV$