

engaged.



FEBRUARY 2022

From Chelsea

Welcome to the first edition of *Engaged* for 2022! We hope you had a lovely summer break. Both New Zealand and Victoria have had amazing weather, and it is nice to have the sun on our skin (don't forget the sunscreen!). I was lucky enough to spend my summer holidays between Twizel and Akaroa, two special locations in the South Island of New Zealand.

For *Engaged* in 2022 you might notice a few changes. We have decided to do a monthly newsletter that is longer and includes more word games and articles. Each edition will match the special event themes that our villages will be celebrating. The February event theme is cooking and baking, a much-loved activity for many of us! Using my nana's trusted handwritten recipe book to create a lolly cake or chocolate brownie slice not only creates a tasty treat but also brings a smile to my face remembering all the past memories with her in the kitchen. This month, why not think about, talk about and even recreate a much-loved recipe with friends or family.



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



Looking for a new cookbook to add to the collection? Here are some best-sellers:

- Supergood by Chelsea Winter
- Edmonds Cookery Book by Goodman Fielder
- At My Table by Chelsea Winter
- Nadia's Kitchen by Nadia Lim
- Two Raw Sisters by Rosa Flanagan and Margo Flanagan
- Essential: Volume One: Best Ever Meals for Busy Lives by Annabelle Langbein
- The Great New Zealand Cookbook

Send us your content!

We would love to hear from you!

Email us at
engaged@rymanhealthcare.com

Have you missed an edition of Engaged?

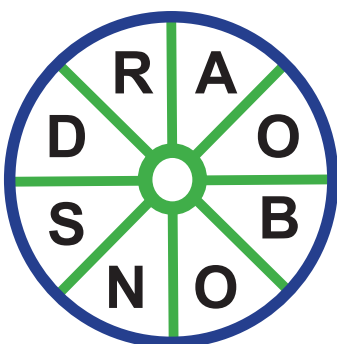
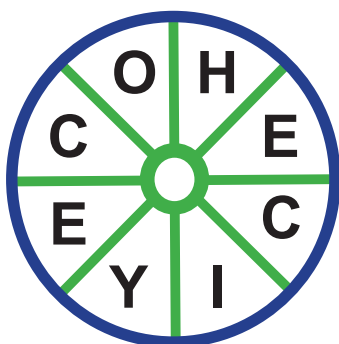
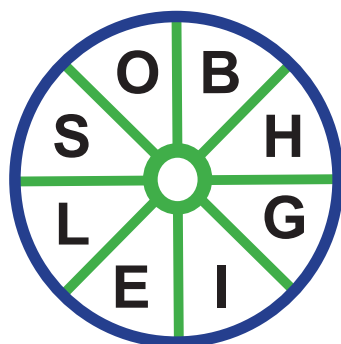
Why not head over to our resident wellness page and make sure you are up to date on all our Engaged newsletters ?

www.rymanhealthcare.co.nz/engaged-newsletter



WORDWHEEL

Insert one letter reading clockwise or anti-clockwise to complete the name of these sports at the Beijing Winter Olympics.



WORDSEARCH – BAKING

Find the words in the grid – backwards, forwards, up, down, or diagonally.

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

BAKING POWDER
BAKING SODA
BATTER
BEATER
BOWL
BUTTER
CINNAMON
COCOA
CORNFLOUR
CUSTARD
DATES
EGGS
ESSENCE
FLOUR

FRUIT
GINGER
GOLDEN SYRUP
HONEY
ICING
KNIFE
LEMON
MEASURE
MILK
MIXER
OIL
OVEN
PAN
PASTRY

RECIPE
ROLLING PIN
SALT
SPICE
SPOON
SUGAR
VANILLA
VINEGAR
WALNUTS
WATER
WHISK
ZEST

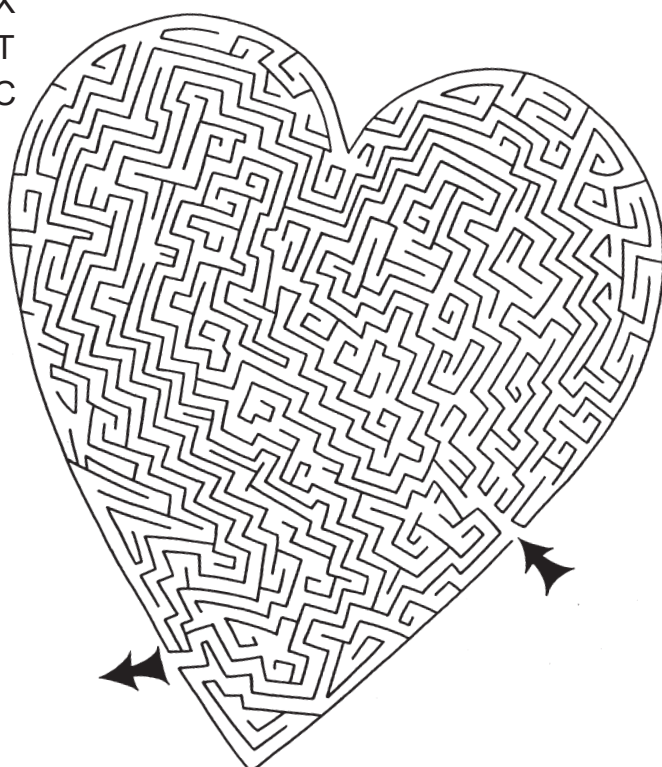
TRIO

The four words in each of the puzzles below can be completed using a three-letter sequence. Find the 3-letters for each puzzle.

1. F _ _ _
D _ _ _ R
M _ _ _ OR
D _ _ _ CT

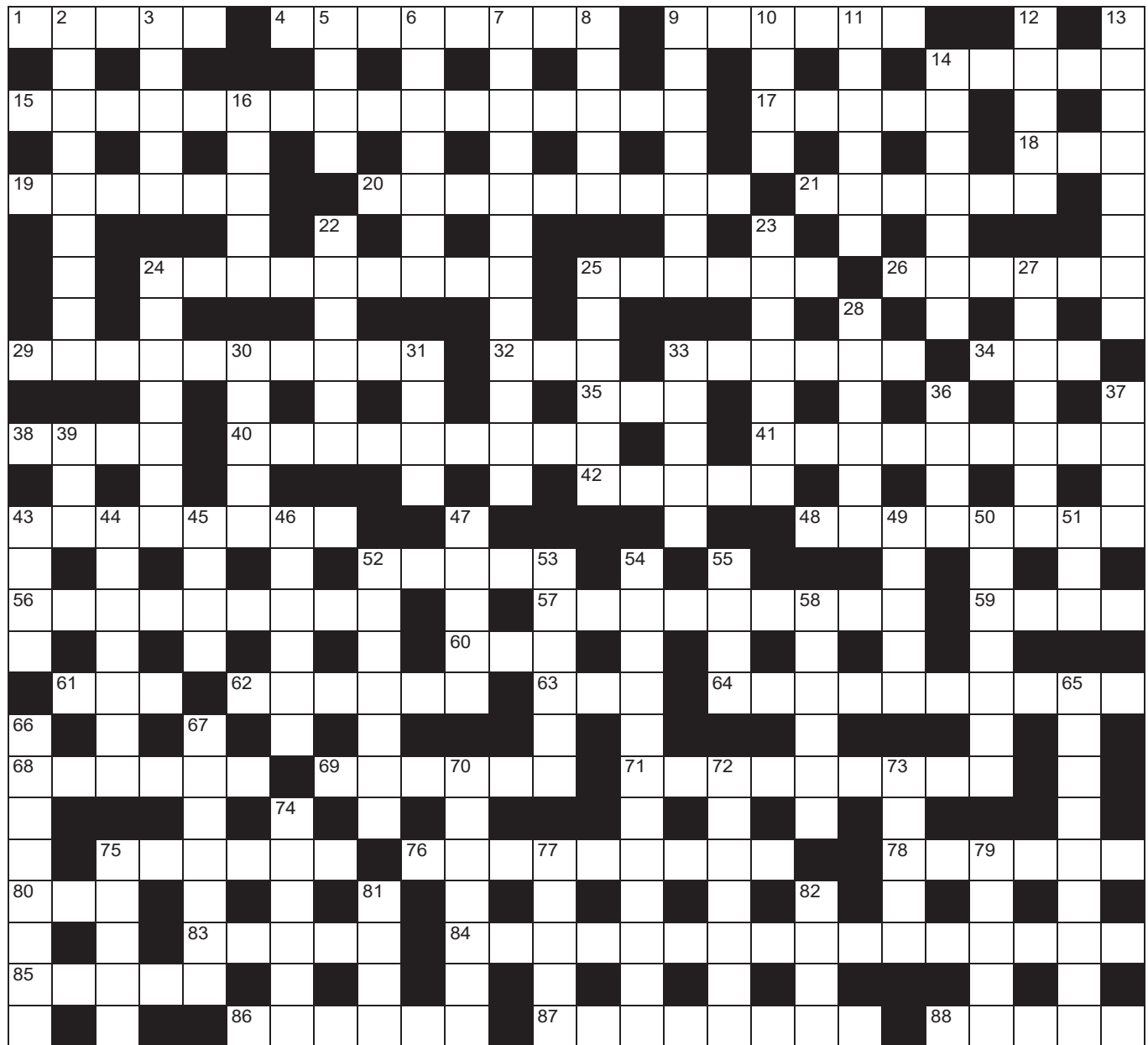
2. W _ _ _
L _ _ _ E
SM _ _ _
WRA _ _ _

VALENTINE'S MAZE



Colour me!





Across

1. Muscular contraction (5)
4. Ghastly (8)
9. Relations by marriage (2-4)
14. Wall painting (5)
15. Inexperienced (inf) (3,6,3,4)
17. Cash (5)
18. Belly (inf) (3)
19. Become visible (6)
20. Pouched animal (9)
21. Sofa (6)
24. Daily TV drama series (4,5)
25. Horse's top speed (6)
26. Cancer or Capricorn (6)
- 29/32. February occasion (10,3)
33. Reinforced part of boot (6)
34. Mist (3)
35. Travel over snow (3)
38. Minor quarrel (4)
40. Change order (9)
41. Look at again (2-7)
42. Nasal drip (5)
43. Good-looking (8)
48. Nosey parker (8)
52. Disorder (5)
56. Male head of a family (9)

57. Plastic-like sheeting (9)
59. Tiny amount (4)
60. Be mistaken (3)
61. Assist (3)
62. Spoiled (6)
63. Sphere (3)
64. Venomous spider (5,5)
68. Rue (6)
69. Climb (6)
71. Signature tune (5,4)
75. One level of a building (6)
76. Deserted (9)
78. Country (6)
80. See 52 Down
83. Hopping mad (5)
84. Myopia (5-11)
85. Portly (5)
86. Indistinct (6)
87. Flavour of tea (4,4)
88. Woodland god (5)
- Down**
2. Lung infection (9)
3. Teetotal (5)
5. Pig noise (4)
6. Hectic, competitive way of life (3,4)

7. Not attached to or supported by anything (12)
8. Fastener (5)
9. Put in place (7)
10. Hobble (4)
- 11/13. International sporting event in February 2022 (6,8)
12. Wooden box (5)
13. See 11
14. Enigma (7)
16. Doglike scavenger (5)
22. Part of the eye (6)
23. Area between elbow and wrist (7)
24. Perfumed (7)
25. Thermal spurt (6)
27. Condition (7)
28. Fancy cake (6)
30. The trunk of the body (5)
31. Painful (4)
33. Animal representing 2022 in the Chinese zodiac (5)
36. Infant (4)
37. Tax (4)
39. Small wooden ball inside a whistle (3)

43. Optimism (4)
44. Zero (7)
45. Put into words (4)
46. Speak softly (6)
47. Renowned (5)
49. Utter (5)
50. 2022 Olympics city (7)
51. Spot (3)
- 52/80 across/81. Asian lunar festival from February 1 (7,3,4)
53. Produce shoots (6)
54. World traveller (12)
55. Butt (4)
58. Rubber (6)
65. Evidently (9)
66. Church musician (8)
67. Down payment (7)
70. Building for diplomats (7)
72. Around dusk (7)
73. Imperial unit of weight (5)
74. Remember (6)
75. Faint (5)
77. Hangman's loop (5)
79. Pacific island group (5)
81. See 52
82. Footwear (4)

Chinese New Year

Chinese New Year, also known as Lunar New Year or Spring Festival, is the most important festival in China. In 2022 it falls on February 1st, beginning the year of the Tiger.

The holiday celebrates looking to the future for new beginnings, with themes of happiness, health, and good fortune. Traditionally, it was a time to honor deities as well as ancestors, and it has also become a time to feast and to visit family members.

The celebrations last about two weeks in total, from Chinese New Year's Eve to the Lantern Festival, which is held on the 15th day of the lunar year. Here are some ideas for celebrating Chinese New Year!

Sweep out bad luck

Traditionally, for a fresh start to Chinese New Year, houses are cleaned to symbolise sweeping away the bad luck of the previous year and welcome in good luck for this year.

Decorate with red and gold

After cleaning, houses decorated with lanterns and banners red and gold, which are considered lucky colours. In addition, the lanterns and banners contain messages of fortune, happiness, wealth, and longevity.

A Reunion Dinner

Chinese New Year starts with a Reunion Dinner among family members and this dinner is one of the most important meals of the year. Enjoy a Reunion Dinner with your loved ones to eat some traditional Chinese New Year cuisine. Some traditional dishes are chicken, dumplings, spring rolls, fish for prosperity, longevity noodles for happiness, and tangerines for good luck.

Wear Red

In Chinese culture, red symbolises good energy, wealth, happiness, and protection. During Chinese New Year, try to wear as much red as possible.

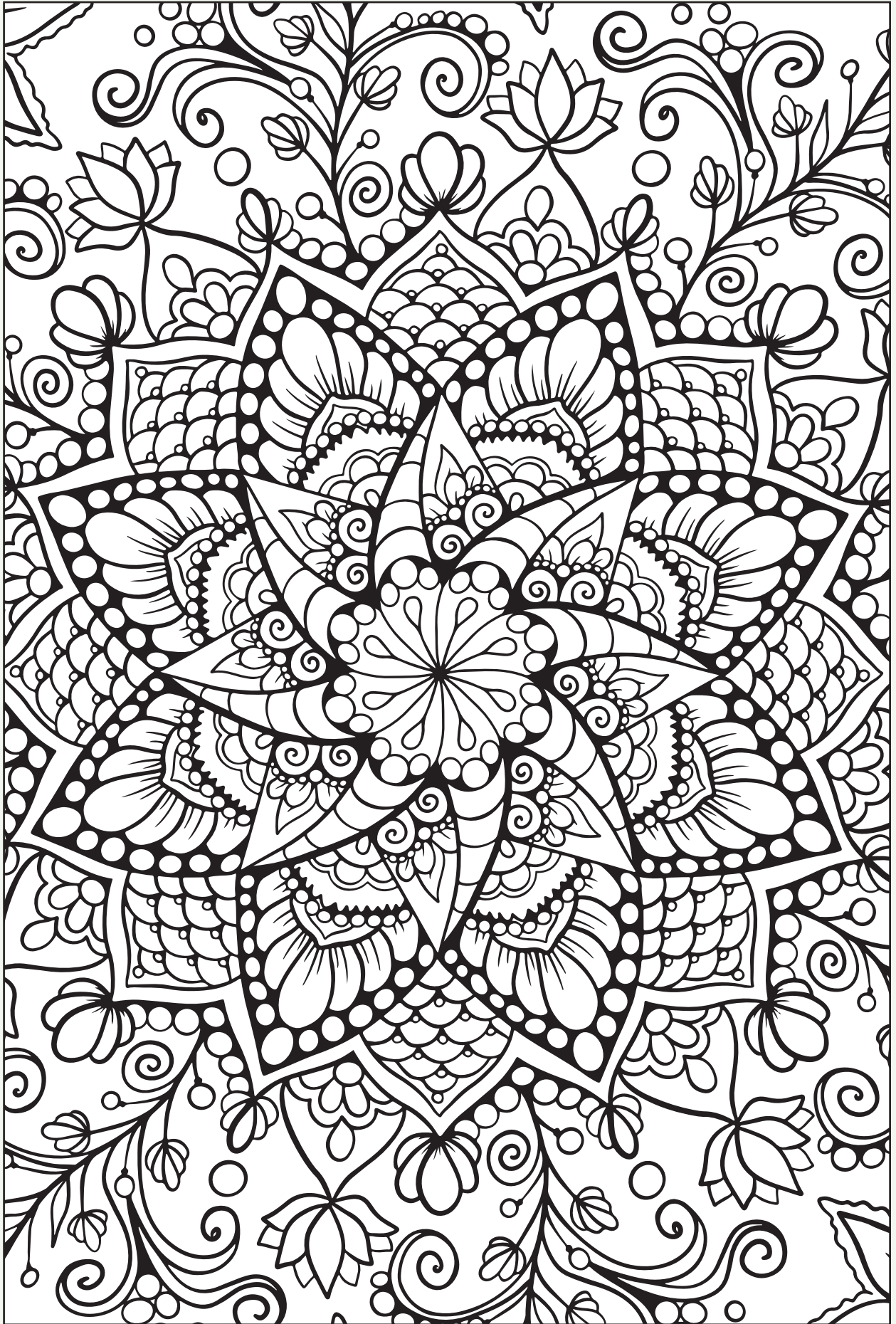
Red Envelopes

Red envelopes with money are traditionally handed to the younger members of the family by the senior members of the family. This is sure to be popular with the grandchildren!

Fireworks salt painting

Fireworks are often set off to celebrate Chinese New Year. Try making temporary firework salt paintings by drawing glue on black paper, sprinkling salt over the glue, then dabbing on some watercolour paints with a brush. The colours will blend and swirl together to create a beautiful effect.

Colour me!





Homemade Flatbread

Running low on bread but don't want to go to the supermarket? Want to make a pizza and need a base? Feel like wraps for lunch?

If you know how to make homemade flatbread, you'll never buy supermarket tortilla wraps again as these versatile flatbreads taste so much better, especially when they are freshly made. Plus, they are much cheaper and so easy to make with basic ingredients found in most kitchens. They are delicious plain, and you can also add optional flavourings such as garlic or herbs by mixing into the dough.

Ingredients

- 3 cups plain flour or self-raising flour
- 1 teaspoon salt
- 1/4 teaspoon baking powder (omit if using self-raising flour)
- 1/3 cup canola oil
- 1 cup warm water

Method

Mix the dry ingredients together then add the oil and mix until it looks like fine breadcrumbs. Add the warm water a bit at a time until you can make a soft dough. Add a bit more flour if it is too sticky. Knead for a few minutes, then leave it to rest for half an hour or so in a covered bowl.

Break into sections (this amount of dough would make about 8 tortillas or 2-3 pizzas), and roll out on benchtop as flat as you can.

To make Tortillas or Naan: Heat a non-stick pan on the stovetop to a bit under $\frac{3}{4}$ heat (will depend on your stove) and cook without any oil for about 30 seconds or so, then flip over and do the other side for 15-30 seconds or so. It will puff up while it's cooking. These cook very fast, so keep a close eye on them.

To use as pizza base: put toppings on the uncooked base and bake in the oven, switching to the grill for the last couple of minutes or so.

You can also use this recipe with sweet toppings in place of pancakes.

SUDOKU

Fill in the grid so that every row, column and 3x3 box contains the digits 1 to 9

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

Easy

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

Medium

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

Hard

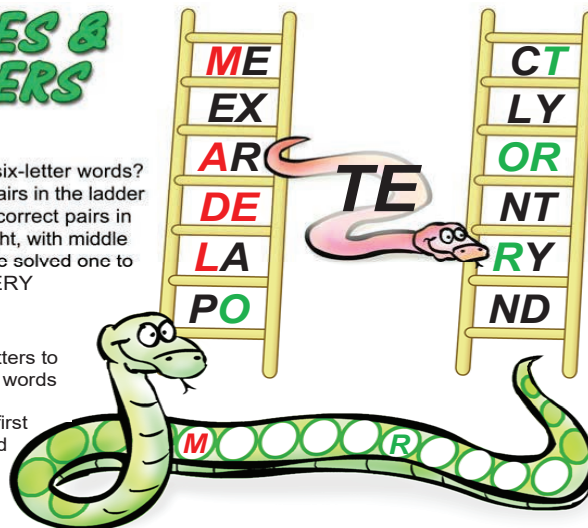
SNAKES & LADDERS

Puzzle One

Can you solve the six-letter words? Connect the letter pairs in the ladder on the left with the correct pairs in the ladder on the right, with middle letters **TE**. We have solved one to start you off: **ARTERY**

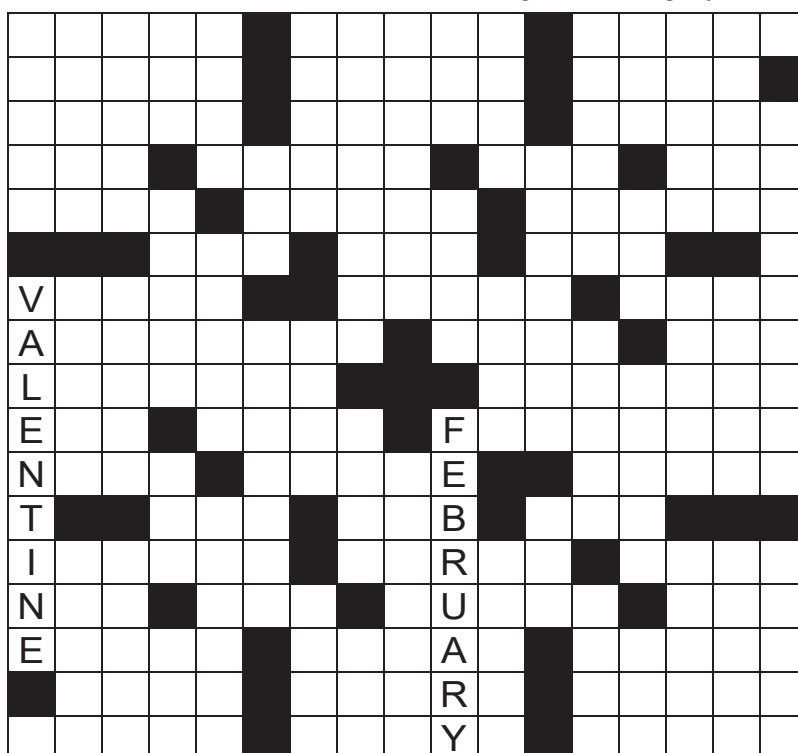
Puzzle Two

Use the coloured letters to make two five-letter words on the snake's back. We have given the first letter of the red word and the green word.



WORDFIT

Fit the words into the grid to create a finished crossword. We have given two to get you started.



3 LETTERS

ACT
ALP

TON
WEB

5 LETTERS

ABATE
ALIKE
ALOES
AMINE
ASIAN
BULGE
CONES
DODGE
DRIER
EDITS
EMOTE
GENRE
HAPPY
INDIA
INNER
KNELL
LINER
LOANS
OBOES
OGIVE
OKAPI
PARES

PLIED
PLUME
RASPS
RUMBA
RUNGS
SATYR
SCARP
SPRIG
STAFF
STALL
STARE
STERN
STOMP
STRUM
TABOO
TAKER
TIGER
TONAL
URBAN
VOCAL
YEARN
YELPS

6 LETTERS

BERETS
HOSTEL
IRONED
LEASES

7 LETTERS

ANISEED
CLASSES
LINSEED
REPRINT
SEASIDE
TENABLE

8 LETTERS

AGONISED
COMPOSED
FEBRUARY
FUSELAGE

9 LETTERS

MUSKETEER
VALENTINE

4 LETTERS

BEAT
DAGS
DAIS
EDDY
EDIT
FOIL
MUSK
NEST
ORAL
PLEA
PREY
SAWS
SITS
SWIM
TUBE
TUTU

Quirky Valentine's Day facts

Valentine's Day is often associated with love poems, flowers, and chocolates, but here are some quirky and interesting facts about the day that are not so well known.

People love to treat their pets on Valentine's Day

At least one in four pet owners give their pets a Valentine's Day treat, and the amount spent adds up to over a billion dollars each year! Now, that's puppy love!

Single? Celebrate International Quirkyalone Day instead

International Quirkyalone Day is a holiday for single people on February 14 and was first celebrated in 2003. The idea is to celebrate self-love, romantic, platonic, and familial love. The creator of International Quirkyalone Day says, "Quirkyalone is ultimately a philosophy about finding happiness within yourself whether you're single or in a relationship."

King Henry VIII made Valentine's Day an official holiday

In 1537, King Henry VIII officially declared February 14 the holiday of St. Valentine's Day by royal charter. This is ironic, considering the fates of his six wives: one died, one survived, two he divorced, and two he beheaded.

Be my Vinegar Valentine?

During the Victorian Era and into the 20th century, those who did not want the attention of certain suitors would anonymously send 'vinegar valentines' featuring caricatures and insulting poems. To add insult to injury, up until the 1840s the recipient was expected to pay the postage!

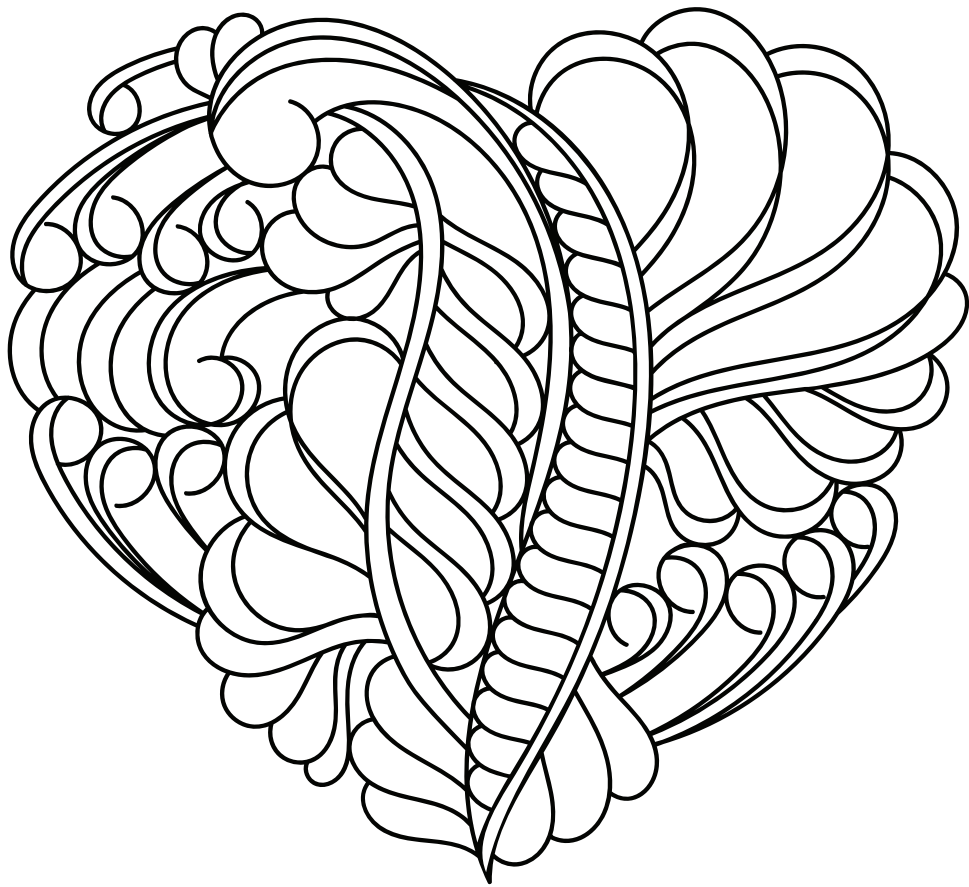
Mass Valentine's Day weddings

In the Philippines, February 14 is the most common wedding anniversary. Over the past decade, mass Valentine's Day marriages have become increasingly popular there, where hundreds of couples say "I do" at the same time.

Love letters to Juliet

Every year, over 10,000 letters addressed to Juliet Capulet arrive in Verona, Italy, the hometown of Shakespeare's Romeo & Juliet. These letters are sent from people all over the world, seeking Juliet's guidance. In Verona, a group of women called "il Club di Giulietta" (Juliet's Club) send replies to everyone. Each year, in honor of Valentine's Day, the Secretaries of Juliet award one letter the "Cara Giulietta" (Dear Juliet) prize for the most beautiful letter.

Colour me!





Valentine's Cupcakes

Why not treat yourself or your loved one to these lovely strawberry cupcakes on Valentine's Day? This recipe makes 12 cupcakes that are sure to please!

Cupcake ingredients

175g self-raising flour
115g caster sugar
2 eggs
100g Greek yogurt
115g butter, melted and cooled slightly
100g strawberries, hulled and finely chopped

Icing ingredients

300g icing sugar, sifted
150g butter, softened
2tbsp milk
1tsp vanilla extract
6 large strawberries, halved, or 12 small whole strawberries
Heart-shaped sprinkles (optional)

Method

Heat the oven to 180C/160C fan and line a 12-hole muffin tin with cupcake cases.

Mix the flour and sugar together in a large bowl. Whisk together the eggs, yogurt and melted butter in another bowl. Gradually mix the wet ingredients into the dry ingredients until you have a smooth batter, then fold in the strawberries.

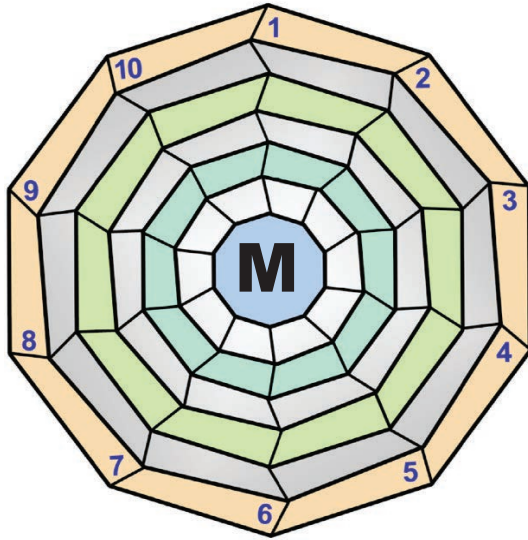
Fill the prepared cases with batter so they are about three-fourths full. Bake for 25-30 mins, or until golden and a skewer inserted into the middle of each cupcake comes out clean. Leave to cool.

While the cupcakes are cooking, make the icing. Beat the sugar and butter together until smooth and pale, then add the milk and vanilla and beat until the icing is evenly mixed.

Spoon the icing into a piping bag fitted with a star nozzle, then pipe in swirls onto the cupcakes when they are cooled. Decorate each with a strawberry half or small strawberry. If you want to go further with the Valentine's Day theme, you can also add heart-shaped sprinkles to the icing.

WebWORD

The answers from 1 to 10 are all seven-letter words ending with D. If your answers are correct, the letters in the outer band moving clockwise from 1 will reveal an Australian who became a Hollywood star in the 1930s (5,5)



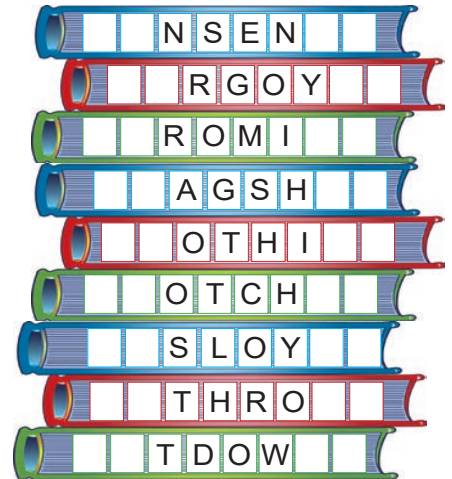
CLUES

- | | |
|---------------------------------------|-------------------------------------|
| 1. Hearing organ | 5. Space to stretch out |
| 2. Take back | 6. Pistol or rifle |
| 3. Speaker's platform | 7. Chemical element, symbol Li |
| 4. Best or most favourable conditions | 8. Part of a spar on a sailing ship |
| | 9. Hitler's political movement |
| | 10. An ineffective medicine |

BOOKends

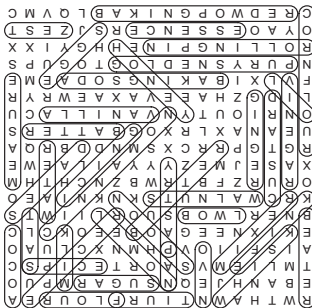
Split each four-letter word in half. Place the first half in front and the second half at the end of the letters in the grid to form eight-letter words and work out which four-letter word is not used.

BABE	GALE
bled	JEST
CHUM	LENS
DIAL	NOSE
FLIP	SONG



solutions

wordsearch



wordfit



sudoku

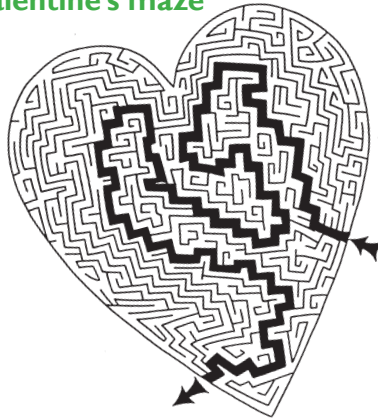
9 5 3 1 8 7 6 4 2	3 2 5 9 7 4 8 1 6	2 1 6 5 7 3 8 4 9
6 1 7 4 9 2 3 8 5	8 9 1 2 6 3 4 5 7	4 3 8 9 5 1 6 7 2
2 4 8 6 3 5 1 7 9	7 6 4 8 5 1 9 2 3	5 2 1 6 3 7 9 8 4
4 8 9 5 2 6 7 3 1	8 9 1 2 6 3 4 5 7	1 6 4 2 9 5 7 3 8
1 3 2 7 4 9 5 6 8	3 2 5 9 7 4 8 1 6	9 8 3 7 1 4 5 2 6
5 7 6 3 1 8 2 9 4	6 1 7 4 9 2 3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

EASY

MEDIUM

HARD

Valentine's maze



bookends

Not used: Jest.
Disloyal, Bathrobe, Letdowns.
Flagship, Soothing, Blotched,
Nonsense, Gargoyle, Chromium,

wordwheel

BOBSLEIGH ICE HOCKEY SNOWBOARD ALPINE SKI

village jumbo

Across: 1. Spasm, 4. Horrific, 9. In-laws, 14. Mural, 15. Wet behind the ears, 17. Money, 18. Tum, 19. Emerge, 20. Marsupial, 21. Settee, 24. Soap opera, 25. Gallop, 26. Tropic, 29/32. Valentines Day, 33. Toecap, 34. Fog, 35. Ski, 38. Spat, 40. Rearrange, 41. Re-examine, 42. Rheum, 43. Handsome, 48. Busbody, 52. Chaos, 56. Patriarch, 57. Polythene, 59. Iota, 60. Err, 61. Aid, 62. Ruined, 63. Orb, 64. Black widow, 68. Regret, 69. Ascent, 71. Theme song, 75. Storey, 76. Abandoned, 78. Nation, 83. Irate, 84. Short-sightedness, 85. Stout, 86. Blurry, 87. Earl Grey, 88. Satyr.
Down: 2. Pneumonia, 3. Sober, 5. Oink, 6. Rat Race, 7. Freestanding, 8. Clasp, 9. Install, 10. Limp, 11/13. Winter Olympics, 12. Crate, 14. Mystery, 16. Hyena, 22. Cornea, 23. Forearm, 24. Scented, 25. Geyser, 27. Provisto, 28. Gateau, 30. Torso, 31. Sore, 33. Tiger, 36. Baby, 37. Levy, 39. PEA, 43. Hope, 44. Nothing, 45. Said, 46. Murmur, 47. Famed, 49. Speak, 50. Beijing, 51. Dot, 52/80/81. Chinese New Year, 53. Sprout, 54. Globetrotter, 55. Stub, 58. Eraser, 65. Obviously, 66. Organist, 67. Deposit, 70. Embassy, 72. Evening, 73. Ounce, 74. Recall, 75. Swoon, 77. Noose, 79. Tonga, 82. Shoe.

trio

1. ETE
2. ITH

snakes & ladders

MEDAL, ROTOR.
DETECT, LATELY, POTENT,
METEOR, EXTEND, ARTERY,

webword

1. Eardrum, 2. Reclaim, 3. Rostum, 4. Optimum, 5. Legroom, 6. Firearm, 7. Lithium, 8. Yardarm, 9. Nazism, 10. Nostrum. ERROL FLYNN