



City of Perth

April 2020

# Citiplace Community Centre

## Phew !

Finally a minute to stop and write a few lines to you all. The Centre has been closed since last week. Which means that there are no groups or activities being held. All room hires have ceased for the foreseeable future. Our goal is to keep all our people safe and out of harms way as much as possible. Hopefully by taking these measures, the virus will pass us as unscathed as possible and hopefully return to normal sooner rather than later.

I am working from home and have access to my computer. Also, the Centre phone has been directed to me so all calls made to the Centre will come to my phone.

The Centre number is 9461 3550.

As some of you already know we have been collecting as many phone numbers as possible from our customers so that we can keep in touch and make regular calls to you to make sure you are okay or even if you just want a chat. If you would like to be added to that list, please send an email to [bonny.litchfield@cityofperth.wa.gov.au](mailto:bonny.litchfield@cityofperth.wa.gov.au). Let me know where you live and what you normally come into the Centre for and what days. Can you also let me know what suburb you live in. If you need services there may be something available in your Shire.

We don't want anyone to feel alone out there. The City is trying to put some plans in place to assist people living in isolation and I will let you know as they unfold.

Take care and stay safe.

## Bonny



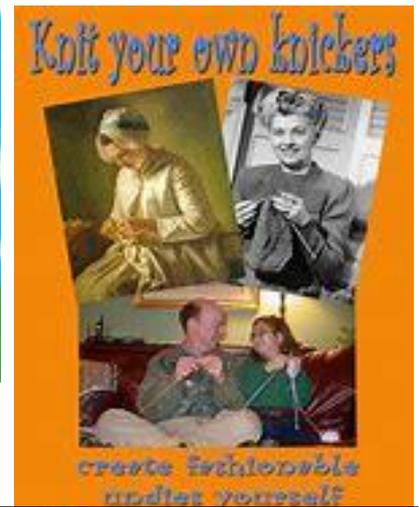
# Simple things to do at home to keep healthy



DO SOME YOGA



DANCE TO MUSIC



KNITTING OR CROCHET



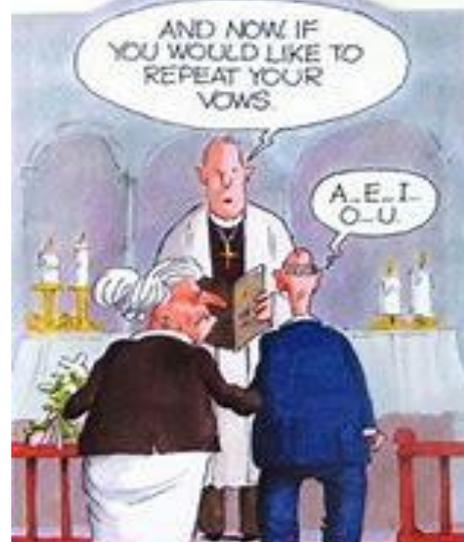
WALK AROUND THE BLOCK



WRITE A BOOK



GET A RESCUE PET



WRITE A POEM TO A FRIEND



HAVE A BATH



WATCH A MOVIE



"Does he bite?"

PHONE A FRIEND



BAKE A CAKE



"I know it's a nuisance, but they came as part of the home cinema package."



DYE YOUR HAIR

**Citiplace Community Centre | Closed**  
**Dining Room | Closed**

Upper Level City Station Complex, CNR  
Barrack and Wellington, Perth 6000

Phone: 9461 3550

## What is Corona Virus?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Symptoms of coronavirus (COVID-19) are a cough, a high temperature and shortness of breath.

Simple measures like washing your hands often with soap and water can help stop viruses like coronavirus (COVID-19) spreading.

It's not known exactly how coronavirus (COVID-19) spreads from person to person, but similar viruses are spread in cough droplets.

There's no specific treatment for coronavirus (COVID-19). Treatment aims to relieve the symptoms until you recover.

## What can you do?

Help us stop the spread of the virus by:

- staying informed through our [COVID-19 health alert](#), which is updated every day
- keeping in touch with friends and family to make sure they're well
- taking steps to [protect yourself and others](#), such as practicing good hygiene and quarantining yourself if you're sick

## National Coronavirus Helpline

Call this line if you are seeking information on coronavirus. The line operates 24 hours a day, seven days a week.

[1800 020 080](tel:1800020080)

# Practice Good Hygiene

When you practise good hygiene you:

- cover your coughs and sneezes with your elbow or a tissue
- put used tissues straight into the bin
- wash your hands often with soap and water, including before and after eating and after going to the toilet
- use alcohol-based hand sanitisers
- avoid touching your eyes, nose and mouth
- clean and disinfect frequently used surfaces such as benchtops, desks and doorknobs
- clean and disinfect frequently used objects such as mobile phones, keys, wallets and work passes
- increase the amount of fresh air available by opening windows or adjusting air conditioning

## Riddles

1. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?
2. A boy was at a carnival and went to a booth where a man said to the boy, "If I write your exact weight on this piece of paper then you have to give me \$50, but if I cannot, I will pay you \$50." The boy looked around and saw no scale, so he agrees, thinking no matter what the carny writes he'll just say he weighs more or less. In the end the boy ended up paying the man \$50. How did the man win the bet?
3. Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?
4. Samuel was out for a walk when it started to rain. He did not have an umbrella and he wasn't wearing a hat. His clothes were soaked, yet not a single hair on his head got wet. How could this happen?
5. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
6. You have me today, tomorrow you'll have more;  
As your time passes, I'm not easy to store;  
I don't take up space, But I'm only in one place;  
I am what you saw, but not what you see. What am I?

# Word Search

## General Animals 1

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

MOLE  
BAT  
FISH  
CROCODILE  
CROW  
BEAR  
HAMSTER  
RABBIT  
AARDVARK  
DINOSAUR  
ZEBRA  
PONY  
ANT  
HEDGEHOG  
CHEETAH  
EEL  
OSTRICH  
DOLPHIN  
RAVEN  
BADGER

## Did You Know?

Did you know that grapes light on fire in the microwave?

Back in 2011, a physicist at the University of Sydney went viral after he placed a grape in the microwave and filmed the fiery aftermath. And oddly enough, scientists couldn't explain the phenomenon until quite recently. A March 2019 study published in Proceedings of the National Academy of Sciences reported that the fruity fireball occurs as a result of the loose electrons and ions that cluster to form plasma when grapes get hot.

Did you know McDonald's once created bubblegum-flavored broccoli?

McDonald's is always introducing new items for their loyal customers. And obviously, some are more successful than others. But their bubblegum-flavored broccoli, which the fast-food chain developed in 2014 as a tastier version of the leafy green for children, was a complete failure. McDonald's CEO Don Thompson admitted that kids were confused by the taste.

## Answers to Riddles

1. An apple a day keeps the doctor away.
2. The man did exactly as he said he would and wrote “your exact weight” on a piece of paper.
3. There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy and Mr. and Mrs. Mustard.
4. This man is bald!
5. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.
6. Memories.

## Easter Raffle Winners



The Easter Raffle was drawn on Wednesday 25<sup>th</sup> March as we were leaving the building.

1<sup>st</sup> prize

2<sup>nd</sup> prize

3<sup>rd</sup> prize

4<sup>th</sup> prize

Unfortunately, I was unable to collect the winning tickets. As soon as I'm able to enter the building I will collect and let you all know.

## Beautiful Story



The black cat in the photo is named Rademenes. In 2014, he arrived at an animal shelter in Poland with a severe disease of the upper respiratory tract, which caused him excruciating pain. His owners brought him in to be euthanized, but the doctors decided to give him a second chance. To everyone's surprise, the cheerful cat made a quick recovery. Moreover, after overcoming the disease, the cat started to take care of other animals at the rehabilitation Centre and earned the nickname 'nurse'. Rademenes gives hugs to the other fluffy patients, warming them up as they rest and recover, and sometimes he even licks their ears. Today, the cat-nurse is almost a full-time employee of the shelter. It is said that those animals which Rademenes looks after recover much faster. Now doesn't that just show what miracles are possible

# Meals on Wheels Services

Armadale	Rise network	6274 3700	contact@risenetwork.com.au
Bassendean	Bassendean seniors and Disability Services	9279 6588	sdaadmin@bassendean.wa.gov.au
Bayswater	Bassendean seniors and Disability Services	9279 6588	sdaadmin@bassendean.wa.gov.au
Belmont	Belmont Meals on Wheels	9477 7142	belmont@belmont.wa.gov
Canning	City of Canning	6350 7222	customer@canning.wa.gov
Claremont	City of Stirling Meals Service	9205 7113	mow@stirling.wa.gov.au
Cockburn	Chorus	9435 1379	meals@chorus.org.au
Cottesloe	City of Stirling Meals service	9205 7113	mow@stirling.wa.gov.au
Fremantle	Chorus	9435 1379	
Gosnells	Addie Mills Senior Citizens Centre	9391 6030	amc@gosnells.wa.gov.au
Kwinana	Chorus	9435 1379	meals@chorus.org.au
Mandurah	Peel Community Care	9531 2076	meals@peelcommunitycare.org.au
Mosman Park	Chorus	9435 1379	meals@chorus.org.au
Murray	Peel Community Care	9531 2076	referrals@peelcommunitycare.org.au
Nedlands	City of Stirling Meals service	9205 7113	mow@stirling.wa.gov.au
Perth	Harold Hawthorne Centre	9470 1155	reception@hhcentre.org
Ravensthorpe	Ravensthorpe Health services MPS	9838 3144	louise.evans@health.wa.gov.au
Rockingham	Chorus	9435 1379	meals@chorus.org.au
Serpentine/Jarrahdale	Rise network	6274 3700	contact@risenetwork.com.au
South Perth	South Perth Senior Citizens Centre	9367 9880	spsc@bigpond.com
Stirling	City of Stirling Meals Services	9205 7113	mow@stirling.wa.gov.au
Subiaco	City of Stirling Meals Services	9205 7113	mow@stirling.wa.gov.au
Swan	Bassendean Senior and Disability Services	9279 6588	sdsadmin@bassendean.wa.gov.au
Victoria Park	Harold Hawthorne Senior Citizens Centre	9470 1155	reception@hhcentre.org
Vincent	City of Stirling Meals Services	9205 7113	mow@stirling.wa.gov.au
Wanneroo	City of Stirling Meals Services	9205 7113	mow@stirling.wa.gov.au
Waroona	Waroona, Yarloop,	9733 7800	records@waroona.wa.gov.au

## Our Town - Agnew

**Agnew** is a ghost town in the Goldfields-Esperance region of Western Australia 982 kilometres (610 mi) north-east of Perth, the closest populated town is Leinster. The town is named after a miner, John Alexander Agnew, who worked for a local mining firm, Bewick, Moreing & Co. The townsite was declared in 1936. It had no official post office in 1936, an unofficial one operated two days per week offering limited service. The town's post office was robbed in 1937, with over £250 being stolen during the night. The post office was part of the Emu mine premises and it was noted that the safe from which the money was stolen was found locked afterward.

At one point the town had a population of 500. The Agnew Hotel, which had new owners in 2003, was built in 1945 amongst a row of shops on the main street and is all that is left of the town today. An old head frame of a stamp mill and the large tailing dumps of the East Murchison United gold mine also remain just outside the town.

In 1947 two prospectors, Charles Farranda and Alberto Bernardi, discovered a new gold find north of the Emu mine. The quartz reef containing coarse gold returned about 10oz per ton and was described as the best find in the district for years.

The town water supply failed in the same year when, following six days of calm weather, the windmill was unable to pump water from the town bore and most of the town's tanks had run dry. The town's population at the time was about 200 including 33 children. Water had been pumped by windmill from a well about 90 feet (27 m) deep and then pumped to a raised 5,000 imperial gallons (22,730 L) tank, then gravity fed back down to the town. Following the failure, the residents refused to pay their rates to the Goldfields Water Supply Department.

The Emu mine closed in 1948; ore breaking stopped late in January and employees received a one-month notice of dismissal. The mine closed as a result of the high cost of production and the inability to secure capital for development work. Over 80 men were employed at the mine at the time.

