

ROBARI INDABA

Contents

- What's Happening
- Chuckle
- Word Search
- Welcome & Birthdays
- Herb Corner
- Crossword
- Questions you just can't answer
- Getting to know you.

WHATS HAPPENING

Wed. 31/3 – Easter Hat Tea

Sun. 4/4 – Easter Special Meal

Wed. 14/4 – Residents Meeting

CHUCKLE

A scared little man had been seeing a psychiatrist for more than a year, convinced there were monsters under his bed. Nothing the psychiatrist did could convince the man otherwise, so eventually he stopped the sessions.

Sometime later he met the psychiatrist in a pub and the shrink asked "Do you still have monsters under your bed?"

"No doc," said the former patient, "I went to somebody else who cured me in one session."

"Really? That's amazing! What doctor did you see?"

"Actually, it wasn't a doctor. It was a carpenter."

"A carpenter? How did he cure you?"

"He sawed the legs off my bed."



On 11th of February Robari Lodge staff and residents along with a representative from the Emergency Services had an emergency evacuation practice.

There was an imaginary fire on the 1st floor in Dolphin wing and all the residents were evacuated to assembly points in the garden, a few were even seated on the pavement outside the Home.



The residents were co-operative and those who could walk were assisted and the immobile residents were carried down the stairs in wheelchairs. It didn't matter what one was doing at that particular time, it was down tools and evacuate, that is why we had one resident with curlers in her hair.

The staff have regular in-service training on Fire Drill and Evacuation but this is the first time that it has been put into practice. Mr van der Westhuizen from the Emergency Service was an observer and gave us feed back on where our shortcomings were. All in all it was a successful operation but one we hope never to use in reality.

WORDSEARCH

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

The aviators can all be found in the grid. Words can run forwards or backwards, in a horizontal, vertical or diagonal direction

- | | |
|-------------|-----------|
| BADER | HINKLER |
| BATTEN | HUGHES |
| BLANCHARD | JEFFERIES |
| EARHART | JOHNSON |
| FOSSETT | LINDBERGH |
| MONTGOLFIER | PICCARD |
| POST | WRIGHT |
| ZEPPELIN | |

BIRTHDAY

16^h March to 15th April 2010

- Mrs Trench - 19th March
 Mrs van Marke - 22nd March
 Mrs Betsie du Toit - 23rd March
 Mrs Genis - 24th March
 Mr Louw - 29th March
 Mrs van der Merwe - 30th March

Congratulations and have a lovely day!

WELCOME



Mrs Venter
Miss Keet

May your stay be a pleasant one

HERB CORNER

Basil (*Ocimum basilicum*)

Basil is originally native to Iran, India and other tropical regions of Asia, having been cultivated there for more than 5000 years. There are many rituals and beliefs associated with basil. Jewish folklore suggests it adds strength while fasting. It is a symbol of love in present-day Italy, but represented hatred in ancient Greece. African legend claims that basil protects against scorpions.

Holy Basil, also called 'Tulsi', is highly revered in Hinduism and also has religious significance in the Greek, Bulgarian, Serbian, Macedonian and Romanian Orthodox Church, where it is used to prepare holy water. It is said to have been found around Christ's tomb after his resurrection.

In Europe, basil is placed in the hands of the dead to ensure a safe journey. In India they place it in the mouth of the dying to ensure they reach God.

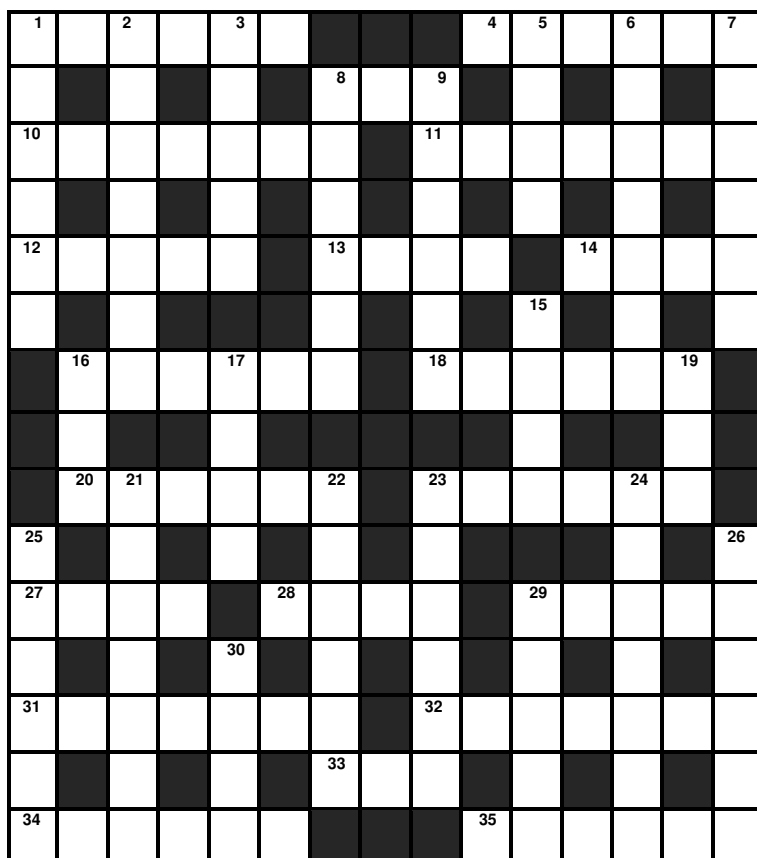
Basil, of which there are many varieties, is a member of the mint family. Sweet basil is used in Italian cooking as opposed to Thai basil, lemon basil and holy basil, which are used in Asia.

Basil is the main ingredient in pesto, is added to soups and is commonly steeped in cream or milk to create an interesting flavour in ice cream or chocolates (such as truffles). It is sometimes used with fresh fruit in jams and sauces.

Crossword

ACROSS

- 1 Colourless part of the blood (6)
 4 Edible marine creature with an elongated oval shell (6)
 8 Bes _____ and tucker, smartest clothes (3)
 10 Country whose capital is Abuja (7)
 11 Maintenance allowance to a Former spouse (7)
 12 Curved sword (5)
 13 Escape (of water or gas) (4)
 14 Scottish tribal group (4)
 16 Small plastic packet (6)
 18 Refer (to) (6)
 20 Rump (6)
 23 Anxiety, or civil disorder (6)
 27 Run in slow strides (4)
 28 Make proof amendments (4)
 29 Olympic stadium (5)
 31 Converse (7)
 32 Rotating with a buzzing sound (7)
 33 Treat (leather) (3)
 34 Something easily accomplished (6)
 35 Folder or file for documents (6)



DOWN

- 1 Inflict a penalty for an offence (6)
 2 Maths using letters and symbols (7)
 3 Join (two companies) (5)
 5 Single entity (4)
 6 Ruined) (7)
 7 Setting (a table) (6)
 8 Classical form of dance (6)
 9 Yellow coloured fruit (6)
 15 Speak indistinctly (4)
 16 Cry noisily (3)
 17 Intense ill-feeling (4)
 19 Take in food (3)
 21 Argued against (7)
 22 Self-effacing(6)
 23 _____ Girl, Billy Joel hit (6)
 24 Guided (a vehicle) (7)
 25 Shirked, dodged (6)
 26 _____ to, indulge, gratify (6)
 29 Defendant's whereabouts claim (5)
 30 Framework of a ship (4)

Questions You Just Can't Answer

Why doesn't Tarzan have a beard?

Why do we press harder on the remote when we know the batteries are flat?

Why do banks charge a fee on "insufficient fund" when they know there is not enough?

Why do kamikaze pilots wear helmets?

Why does someone believe you when you say there are 4 billion stars but check when you say the paint is wet?

Whose idea was it to put an 's' in the word 'lisp'?

What is the speed of darkness?

Why is it that people say they 'slept like a baby' when a baby wakes up every two hours?

