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**Herbert Edward St. Pierre**

**24.07.1927 – 18.05.2020**

aka Herb – RIP at 92

Herb was an old school gentleman with a wacky sense of humour and a deep abiding religious faith. Herb's kind heart meant he was very community minded and generous to one and all.

He seemed to live a wide and varied life in Australia and overseas.

However, never a meeting was had with Herb, without his mentioning his children or his grand and great-grandchildren, of whom he was very proud.

Herb's inspiring association with Kidney Disease/Rockhampton Dialysis Unit spanned numerous decades with his lovely wife Val, who developed renal failure in her 30's.

With Herb (and their 3 children- Simon, Philip, and Suzanne) by her side, Val was one of the first home dialysis persons way back in the 70's when our technology was very, very basic.

Val went on to receive a transplant which eventually failed, and Val returned first to Peritoneal Dialysis and then with aging and fragility, in-centre Haemodialysis, in all 30-35 years within the Rockhampton/CQ renal family.

Through this entire journey, there was Herb, always with a smile and/or a joke. Not only did Herb drive Val up to Dialysis, the round trip from Gladstone was approximately 220kms each time. I remember Saturday mornings were a treat, Herb and Val would arrive with the fresh baked raisin bread, which Herb would then make into tea and toast for all those on dialysis.

Herb and Val were active members of whichever local (CQ) kidney support group was operating at the time – stalwart fundraisers (Herb still sausage sizzling at age 91) and awareness campaigners for Kidney Disease. Actively campaigning on behalf of the Gladstone Community- assisting in bringing to fruition the first self-care facility in the Gladstone Hospital many years ago.

Herb continued this association even after Val passed away about 15 years ago. When the local CQ Kidney Support group evolved from Qld Renal to Kidney Support Network, Herb came along and was the Treasurer for the last 15 years of our small group. Herb was a part of the inaugural Service of Remembrance for Transplantation 23 years ago and has been the Master of Ceremonies for the last 15 years. This year the Service will regrettably not take place due to Covid-19, but when we resume, Herb will be sadly and greatly missed. It is the end of an ERA.

We look forward to the time when it is permissible to attend Herb's memorial at his beloved Church of England, so that we may further extend our condolences to Herb's family and his many friends and remember Herb (and Val's) time with the renal community of Central Queensland.



**KSN NEWSLETTER**

*In Memory of*

**Herbert Edward St. Pierre**

(Gladstone)

**Albert Vezzoli**

(Mackay)

**Grants and Donations**

KSN would like to acknowledge the following for their generous donations:

Queensland Community Foundation

# Reports From

## The President

Dear KSN member,

We have now passed the half way point of winter and can look forward to the start of spring, though we are all likely to be living with the additional threat from COVID-19 for months, if not years, to come. 2020 has so far been one of the most challenging years in living memory and managing the devastating impact of isolation and reduction in income has touched each and everyone of us to some extent. The impact has been felt particularly hard for the elderly and most vulnerable people in our communities and I have heard of many heart-warming stories where our volunteers have gone the extra mile to keep people, who otherwise would have felt isolated, feeling part of the community.

It is with these conditions in mind that I would like to send a special thank you to all of KSN's staff and volunteers who have been keeping our essential renal services operating and the Op Shops open to fund these services - I have been amazed at the ingenuity and drive of KSN volunteers to ensure our members continue to get to medical appointments and that Ops Shops remain open whilst keeping everyone as safe as can be from the virus. I visited the Redcliffe Op Shop in the past few days and I could not help but be impressed by the measures put in the place to protect customers and volunteers, the cleanliness and layout of the shop, the warm welcome and the obvious passion of the volunteers.

Though we have started to see some of the Op Shops open in June, the reduced footfall has required even more effort by KSN staff to raise funds through grants and other local/state schemes. Some great work in the past couple of months by many people have enabled us to keep our heads above the water, financially speaking. In addition, most of our landlords have been very understanding and have either waived or significantly reduced rents during periods of low or no Op Shop income.

As president, looking forward to our future, I am keen to understand what services or offerings you would like KSN to consider delivering. These ideas can be small ones such as the expansion or improvement of our current transport services through to big ideas such as collaborating with other organisations to bring a 'Big Red Kidney Bus' to Queensland through to growing our support for children impacted by renal failure. Please feel free to email me or any of the committee with your ideas.

Finally, I would like to finish with a call for support for the committee. If you have a small amount of time each month that you could give up and have a passion to make a difference to renal patients and their families then why not consider joining the KSN committee. We are looking to increase the diversity of the committee and would be keen to hear from anyone who may be interested in lending a hand.

Stay safe.

Andy Bull

## **The Operations Manager**

Operations Managers Report.

10 Years With KSN,

This year on the 2<sup>nd</sup> of August, I have been with this wonderful organisation for 10 Years! It is amazing to see how much change we have had with the organisation and success we have achieved to allow us to support our Kidney patients and families. We have seen some great times receiving kind donations, many volunteers giving up their time to help and wonderful companies coming on board to help us. We are also seeing some challenging times due to events beyond our control, without the support of our local op shops we would not have been able to support our services through these trying times. I cannot thank our amazing generous volunteers we have here at KSN, without them this would not be possible.

I would also like to take the opportunity to thank the Queensland Charitable Foundation, as we received \$2500.00 grant to allow purchasing of new uniforms for our volunteers.

Liza Williams

Operations Manager/ KSN Secretary

## **The Treasurer**

At the time of our last Newsletter our organisation, like many others, was in the grip of Covid-19 restrictions and business wise, things were looking pretty bleak at the time.

From early March through to May all of our Op Shops, which are our primary source of income, were closed. This obviously has had a significant effect on our organisation's financial standing.

On a more positive note, KSN members continued with their contributions and donations during this time. This money really helped, especially in keeping our essential transport services operating in the Sunshine Coast and Mackay areas. We really thank members for their support during this time.

As well, due to rent negotiations, Australian Tax Office grants and Job-Keeper payments, KSN has managed to keep operating effectively, including keeping our small number of staff. We thank the Operations Manager and Branch Coordinators for their considered approaches over the last few months.

Since the easing of Covid-19 restrictions, our Op Shops have re-opened and we can report these have been welcomed back by their communities. The shops have been busy, with trading and income steadily increasing over the last few weeks. Our financial position will continue to recover with ongoing support by the community.

We thank everyone for supporting the KSN organisation, especially the Op Shops during these times.

Geoff Gargett

KSN Treasurer

## From the Branches

### Mackay & Districts

#### Branch Coordinator

Pop up op shop!!!

Here in Mackay we have our 4 beautiful op shops spread around the Mackay region, but with all the generous donations we have been



receiving, found us with an abundance of stock. Not wanting to start a 5<sup>th</sup> op shop in the area we decided to come up with the idea of a "Pop Up store". This is where we would identify what area within our region was lacking our wonderful stores.



The wonderful generosity of a shop owner donated their vacant shop to let us utilize for 2 weeks and what a great success it has been. We set up shop on Central drive in Andergrove and the response has been fantastic. This is a wonderful idea that I hope we can make it an annual event. A very big thank you to all our volunteers who dedicated their time to help set up and run this little great idea.



### Sunshine Coast

#### Branch Coordinator

A big welcome back to one and all, was nice to see our Volunteers and regular customers again after our forced lock down. Was nice to hear how everyone fared while in lock down many funny and amazing stories.

Since opening the shop again, we have had so many new faces and a great many donations which we thank the community for all their support. Also have 5 new shop volunteers we are all becoming a big happy family so to speak. Our Clients had a surprise when one of our

cheerful drivers arrived to take them to dialysis in a chauffers hat, a good laugh was had by all.

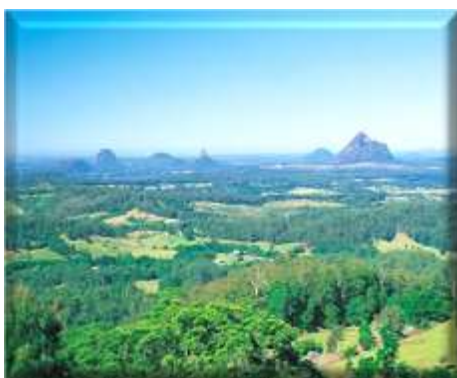
Although it is Winter you would not know it as we have had such lovely weather here on the Sunshine Coast.

Also want to thank our clients for supporting the Single Client Transport situation which we know had some effect on you all. We have resumed our normal transport service but still with some

ongoing COVID-19 procedures in place and hoping things will run a more smoothly. Clients, just a friendly reminder to bring your quilts along with you

when you are being transported that we supplied for you to keep you warm in our little chilly weather.

That is it from the Sunny Coast – hope you all take care.



## Sunshine Coast Transport Coordinator

With a coverage of approx. 850 sq. km from Beerwah to Mapleton and up to Coolumb, 5 Hospitals and 2 depots for transport, I would like to acknowledge the continuing support from KSN's Volunteer Drivers for without their support, the Hospitals in the Sunshine Coast area would be under a lot of pressure to treat a majority of Renal Patients for Dialysis.

Recently we have had some new trainee drivers join the Transport Team and are now out driving, which came in handy with the departure of some of our drivers I would like to thank Trevor Donald, Peter Canning, and Peter McKnight for their support in driving clients to and from hospitals for dialysis.

## From the OpShops

### Redcliffe

#### Happy Birthday to us, we are 2 years old this month (July).

What a year this one has been, December 13<sup>th</sup> we had a massive storm in Redcliffe & our shop was totally flooded out, the flat roof was full of leaves and filled up & filtered down through the lights & fans, luckily Sharon & Sally were still there & managed to remove all the lowdown stock to a dry area.



Three months later we now have new paint, new carpet, new lights & fans.

Our amazing volunteers & others did a fantastic job in getting all of the stock out of the shop & into storage while the work was going on & then setting the shop back up again.

Speaking of amazing volunteers, mother & daughter, Tammy & Lillian never stopped working & were very upset to be away from the shop for such a long time & then Covid-19 hit & we closed again. Tammy who is a Kidney dialysis patient at Northlakes hospital & who is top of the list for a Kidney transplant does 2 shifts in the shop a week in between 3 shifts on dialysis.

Tammy has recently been organizing some fund raising for "The Red Bus" in Queensland

(Mobile Dialysis Unit) with the Robina Rotary Club, she organized Raffles, Trivia Days & Cent Auctions. Tammy's spare time (ha ha) is spent creating a magnificent 8-page Newsletter for the Northlakes Dialysis Unit, with Recipes, Puzzles, Games, Jokes & General Information to try & cheers up those patients who have to Dialyze.



““ BREAKING NEWS””

As this was about to go to print our Tammy got the call from the Hospital & had just 4 hours to get there for her Kidney transplant to begin.



We wish Tammy & Lillian all the best on this journey.

**The Redcliffe Op Shop Team.**

**Support Groups**

**Mackay**



Jenny and her daughter Samantha who attended the Organ Donor Register Day

A regular at the Mackay Base Hospital Renal Unit spending her time while being active indoors during COVID1-19



**“Congratulations Volunteers”**

KSN would like to acknowledge the following volunteers for their hard work and efforts year after year. Thank you for all for your motivation and encouragement given throughout the years. May you continue to inspire us for many years to come!

Name	Years' Service	Name	Years' Service
Denis Phillips	9	Jennifer Ann Scott	9
Samantha Lee Scott	9	Elizabeth (Liza) Williams	8
Michael (Mick) Dawson	7	Patricia Legros	7
Trevor Waldron	7	Ray Bowers	5
Ray Bowers	5		



## AUSTRALIAN CHRONIC DISEASE PREVENTION ALLIANCE

### HEALTH GROUPS WELCOME ACTION ON FOOD LABELLING

20 August 2019

The Australian Chronic Disease Prevention Alliance welcomes the recent decisions to improve food labelling and provide clear and simple health information on food and drinks.

The Australia and New Zealand Ministerial Forum on Food Regulation announced yesterday it would progress added sugars labelling and further consider 10 recommendations to improve the Health Star Rating system. Decisions were also made to provide a nationally consistent approach to energy labelling on fast food menu boards and consider the contribution of alcohol to daily energy intake.

Chair of the Australian Chronic Disease Prevention Alliance Sharon McGowan said food labelling is an important part of understanding more about the products we consume every day.

"Industry spends vast amounts of money advertising unhealthy foods, so it is essential that nutrition information is readily available to help people understand what they are eating and drinking."

Two in three Australian adults are overweight or obese and unhealthy foods, including those high in added sugars, contribute greatly to excess energy intake and unhealthy weightgain.

Ms McGowan said overweight and obesity is a key risk factor for many chronic diseases.

"We welcome improvements to existing labelling systems to increase consumer understanding and provide an incentive for industry to create healthier products."

The Ministerial Forum also released the independent review of the Health Star Rating system with 10 recommendations for strengthening the system, including changes to how the ratings are calculated, and setting targets and timeframes for industry uptake.

The Australian Chronic Disease Prevention Alliance has been advocating to improve the Health Star Rating system for years. While the Alliance supports stronger changes to the ratings calculator, Ms McGowan said it was promising to see recommendations enhancing consistency of labels and proposing a mandatory response if voluntary targets are not met.

"Under the current voluntary system, only around 30 percent of eligible products display the health star rating on the label and some manufacturers are applying ratings to the highest scoring products only," Ms McGowan said.

"To truly achieve its purpose and help people compare products, the rating needs to be visible and consistently applied to all foods and drinks."

The recommendations to improve the Health Star Rating system will be considered by Ministers later this year.

Ms McGowan added "We know that unhealthy food and drinks are a major contributor to overweight and obesity, and that food labelling should be part of an overall approach to creating healthier food environments."



## Healthy Eating Tips

# Healthy eating for adults

EAT FOR HEALTH AND WELLBEING



### WHAT ARE THE DIETARY GUIDELINES?

The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. They are based on scientific evidence and research.

The *Australian Dietary Guidelines* of most relevance to adults are included below:

#### GUIDELINE 1:

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

#### GUIDELINE 2:

Enjoy a wide variety of nutritious foods from these five food groups every day:

- Plenty of vegetables of different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat

And drink plenty of water.

#### GUIDELINE 3:

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
  - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- Limit intake of foods and drinks containing added salt.
  - Read labels to choose lower sodium options among similar foods.
  - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionery, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.
- If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.

#### GUIDELINE 4:

Encourage, support and promote breastfeeding.

#### GUIDELINE 5:

Care for your food; prepare and store it safely.



[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

#### Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks, fruit drinks and sports drinks
- Alcoholic drinks



Want more information about healthy eating?

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### TIPS FOR CHOOSING NUTRITIOUS FOODS AND DRINKS

Eating for health and wellbeing is about choosing foods from the Five Food Groups every day, while limiting foods that are not essential to our health.

- Plan ahead and stock up on basic nutritious foods like wholegrain cereals and other grain foods, reduced fat milk, lentils or other legumes, eggs, and frozen or canned foods without added sugars or added salt – this way you can eat at home more often and cook meals yourself by adding fresh ingredients.
- Choose a variety of types and colours of fresh vegetables and fruits that are in season.
- Try new ways of cooking with vegetables like roasting, baking, barbecuing and stir-frying. Add extra vegetables and legumes to your recipes.
- Use fruit for snacks and desserts.
- Lean red meats are important, but a maximum of 455g a week is recommended.
- Include at least 1 or 2 meat-free meals each week – include eggs, legumes such as beans and tofu, and nuts and seeds.
- Choose reduced-fat varieties of milk, yoghurt and cheese.
- Include small amounts of foods rich in unsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- Drink plenty of water instead of drinks with added sugars or alcohol.
- Choose carefully when eating out: limit creamy, commercially baked or fried foods.
- Store unused cooked food in the fridge.
- Older people who have trouble with their teeth, may prefer softer textured or cooked vegetables and fruit, finely milled wholegrain cereal foods and dishes like soups, casseroles or stews.



The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing.

For more information visit:  
[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

#### or contact:

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## SERVE SIZES



### Vegetables and legumes/beans

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	5½	5
Women	5	5	5

A standard serve of vegetables is about 75g (100-350kJ) on:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
  - ½ cup cooked, dried or canned beans, peas or lentils\*
  - 1 cup green leafy or raw salad vegetables
  - ½ cup sweet corn
  - ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
  - 1 medium tomato
- \*preferably with no added salt



### Fruit

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2	2	2
Women	2	2	2

A standard serve of fruit is about 150g (350kJ) on:

- 1 medium apple, banana, orange or pear
  - 2 small apricots, kiwi fruits or plums
  - 1 cup sliced or canned fruit (with no added sugar)
- Or only occasionally:
- 125ml ½ cup fruit (juice with no added sugar)
  - 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultana)



### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	6	4½
Women	6	4	3

A standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ½ cup (30g) wheat cereal flakes
- ½ cup (30g) muesli
- 3 (25g) crispbread
- 1 (80g) crumpet
- 1 small (35g) English muffin or scone



### Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	3	2½	2½
Women	2½	2	2

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 50-100g raw)
  - 80g cooked lean poultry such as chicken or turkey (100g raw)
  - 100g cooked fish fillet (about 115g raw weight) or one small can of fish
  - 2 large (120g) eggs
  - 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
  - 170g tofu
  - 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)
- \*weekly limit of 45g



### Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT (long life, reconstituted powdered milk or buttermilk)
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¼ cup (50g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

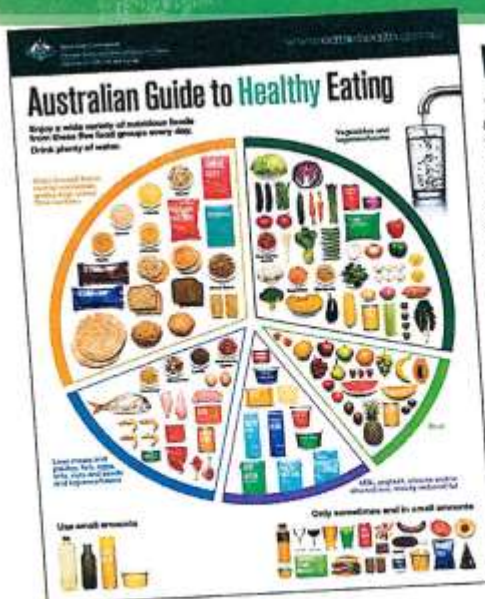
- To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed only by those adults who are taller or more active, but not overweight.

- An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 28-40g per day for men less than 70 years of age, and 14-20g per day for women and older men.

- For meal ideas and advice on how to apply the serve sizes go to:

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

FOR FURTHER INFORMATION GO TO [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)



## WHICH FOODS SHOULD I EAT AND HOW MUCH?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.

By eating the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, you get enough of the nutrients essential for good health. You may reduce your risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. You may also feel better, look better, enjoy life more and live longer!

The amount of food you will need from the Five Food Groups depends on your age, gender, height, weight and physical activity levels, and also whether you are pregnant or breastfeeding. For example, a 43-year-old man should aim for 6 serves of vegetables a day, whereas a 43-year-old woman should aim for 5 serves a day. A 61-year-old man should aim for 6 serves of grain (cereal) foods a day, and a 61-year-old woman should aim for 4 serves a day. Those who are taller or more physically active (and not overweight or obese) may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices.

For further information go to [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au).

### HOW MUCH IS A SERVE?

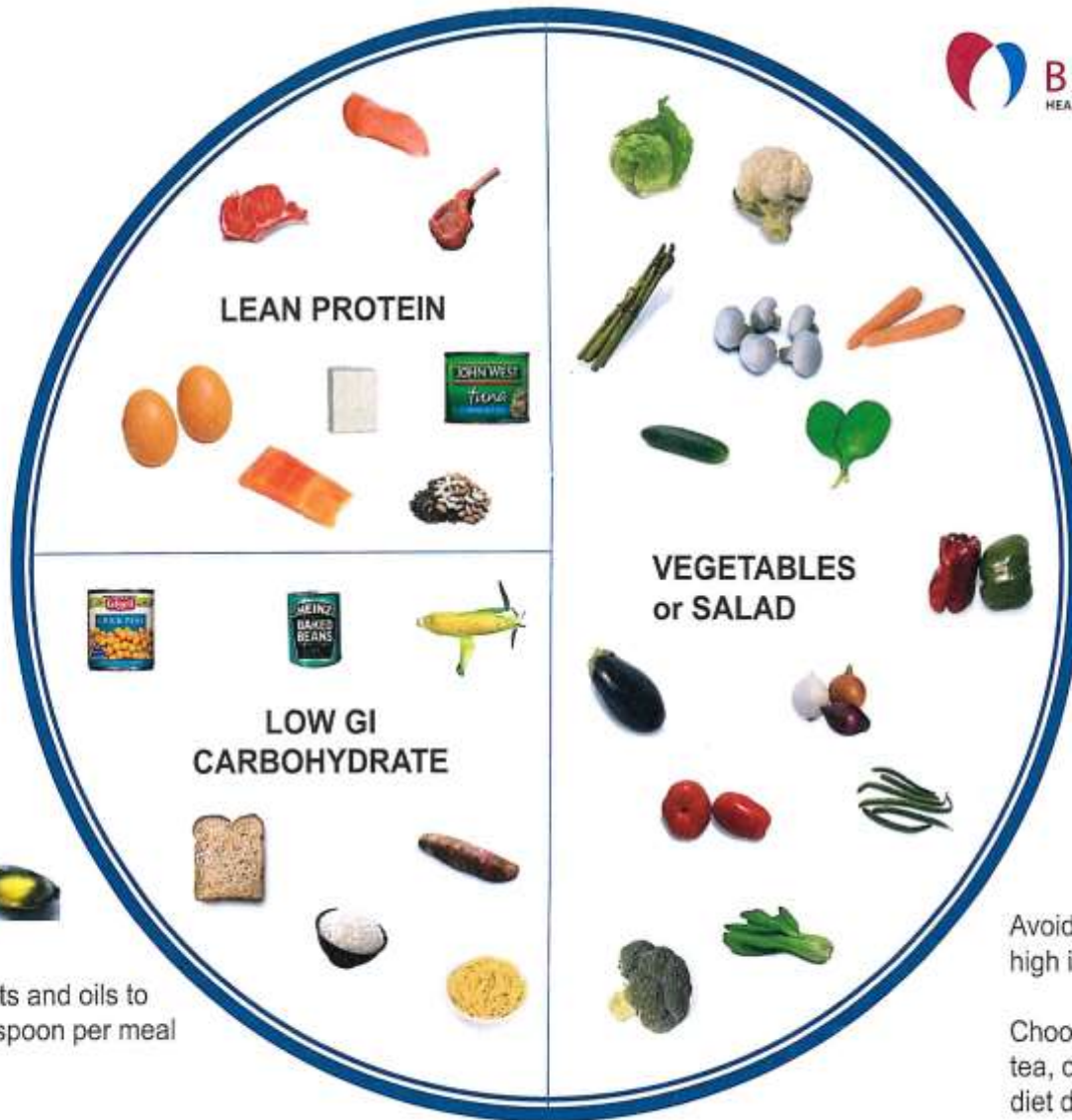
It's helpful to get to know the recommended serving sizes and serves per day so that you eat and drink the right amount of the nutritious foods you need for health – as shown in the tables above. We've given you the serve size in grams too, so you can weigh foods to get an idea of what a serve looks like.

The 'serve size' is a set amount that doesn't change. It is used along with the 'serves per day', to work out the total amount of food required from each of the Five Food Groups. 'Portion size' is the amount you actually eat and this will depend on what your energy needs are. Some people's portion sizes are smaller than the 'serve size' and some are larger. This means some people may need to eat from the Five Food Groups more often than others.

### HOW MANY SERVES A DAY?

Few people eat exactly the same way each day and it is common to have a little more on some days than others. However, on average, the total of your portion sizes should end up being similar to the number of serves you need each day.

If you eat portions that are smaller than the 'serve size' you will need to eat from the Food Groups more often. If your portion size is larger than the 'serve size', then you will need to eat from the Food Groups less often.



**LEAN PROTEIN**

**VEGETABLES  
or SALAD**

**LOW GI  
CARBOHYDRATE**

Limit fats and oils to  
1 tablespoon per meal

Avoid drinks  
high in sugar

Choose water,  
tea, coffee or  
diet drinks



## Puzzle Corner

### Numbers

Numbers Example	25	Solution	
	50		10
	2	X	6
	10	=	60
	10	+	50
	6	+	2
Target	<u>112</u>		<u>112</u>

Numbers	25	25
	75	
	6	
	10	
	10	
	7	
Target	<u>678</u>	<u>678</u>

### Find a word

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

- 1 Spearmint
- 2 Liquid
- 3 Equal
- 4 Xanadu
- 5 Packman
- 6 Complex
- 7 Smooth
- 8 Ask
- 9 Look
- 10 Cozy
- 11 Coriander
- 12 Age
- 13 And
- 14 Zonk
- 15 Ace
- 16 Soup
- 17 Assistance
- 18 Dog
- 19 Army
- 20 Care

### Word Scramble

A	E	I
S	E	V
C	C	N

See if you can unscramble this 9-letter word

