

SANCTUARY



Staying Safe On A Night Out

Nights outs may be very thrilling and adventurous, but they also expose you to certain dangers. Reports prove that the majority of violent crimes are carried out at night. Being out at night exposes you to unnecessary risks, though this doesn't imply that you cannot enjoy night outs with your friends. All you need to do is take certain precautions and be alert, so that you don't come across as a sitting duck to the hoodlums and criminals out there at night. You need to take some important steps to ensure your safety, particularly during the night time, if you are not within the safe environs of your home. Read the article to know some tips on staying safe on a night out.

- Make a plan of where you are going and stick to it. Being organized and well prepared will be of great help, in case you court any trouble on your night out.
- Always let someone know where you are going and the approximate time you expect to be back.
- Instead of venturing in deserted parks and dark alleys, stick to well-lit and busy streets, even if it means you have to take the longer route. If the street is deserted, walk down the middle of the pavement.
- Always carry a cell phone with you at all times. You should be able to call someone in case you are in trouble or there is an emergency.
- Give a confident appearance. You should not come across as a vulnerable target to an assailant. If you can portray that you are not scared in any way, you are less likely to be attacked.
- Make sure that you are travelling with a friend. The bigger your group, the safer you will be. A large group of people intimidates stray criminal and deters them from attacking. Also, you have people around to help in case you are hurt.
- If you are travelling with valuable items, do not make it very evident to others. For instance, it is better to avoid a very expensive diamond necklace on a night out, especially if there are less people around. Women should take care not to carry a very heavy purse.
- Try to avoid alcohol on night outs. In case you are drinking, make sure you are not sloshed, as this will make you more vulnerable to attacks.
- You can consider carrying a personal safety alarm. You can ring the alarm to shock and disorient the attacker in the event of an attack.

In case you are confronted with hooligans or criminals, speak calmly but firmly. You become a natural target when you show that you are really scared. Attackers might leave you alone, if you come across as confident. Also, assure them that you will not cause them any harm after being released.



Are you living in Transitional Housing?

Do you think Women's Housing might be able to provide a better service to you?

Then, we need **YOU!**

Did you know that Women's Housing Ltd has a Tenant Council?

The purpose of this group is to provide advice to us, the workers on how we may be able to provide a better service to you our tenants.

Did you know that Women's Housing Ltd also has a Tenant Participation Working Group comprised of staff within the Women's Services area with the Operations Manager? The purpose of this group is to consider how:

we can engage better with tenants in our Transitional Housing Program and, what further resources we may be able to provide to tenants



Do you want to contribute to the Newsletter?

“Some people like my advice so much that they frame it and put it on the wall, instead of using it” Gordon Dickson

Previously the newsletter was written by tenants. Over time this has slowly changed to some tenants making a contribution by providing us with newsletter articles. We are now keen to establish a Newsletter Working Group so that the newsletter better reflects your needs.

So, basically, we need you! We welcome your input into how we can do our work better and how we might be able to better resource tenants of WHL.

Please give Veronica, Donna or Alison a call on 9412 6868 should you wish to take part in any of the tenant driven activities. They will be happy to have a chat with you about what we are trying to achieve.

Maintenance – Transitional Housing

Any advice outlining works required on the property should be called through to the office during business hours.

*All maintenance should be called through on **9412 6868**.*



THE LIONS CLUB of MELBOURNE MARKETS INC.
Presents the



WORLD FESTIVAL OF MAGIC

ATTENTION: WOMEN'S HOUSING Ltd

The 'World Festival of Magic' is a spectacular family entertainment starring the world-renowned Australian magician **Michael Boyd** whose mastery of 'Grand Illusion' will amaze and astound you!

The Lions Club of Melbourne Markets hosts this show to lift the spirits and bring well needed joy, laughter and amazement to the special needs and disadvantaged children from your local community. This show will captivate and mesmerise both adults and children for the full 90 minutes.

WHERE & WHEN

The New Melbourne Convention Centre
Plenary Hall – 1 Convention Centre Place, South Wharf

2 Show Times Available
Saturday 24th November 2012
11.00am & 2.00pm

Please enjoy the tickets, complimentary of the **Lions Club of Melbourne Markets** and the business community of Melbourne and Surrounding Areas.

PLEASE NOTE – Tickets with a business name attached to the back: shows the business that has sponsored the individual to the festival. Please ask your clients to make a **"THANK YOU"** call to the business that has enabled them to attend the festival – We could not hold the festival without the business community's support

Please Contact your housing worker on 9412 6868 to organise tickets

We need numbers By the 8th of October 2012.

When one door of happiness closes, another opens But
often we look so long at the closed door we do not see
The one that has been opened for us
Helen Keller

ENVIRONMENTAL AWARENESS



Garden Safety

Gardening can be a lot of fun, but remember safety should always come first.

When you head out into the garden make sure you're wearing sturdy, thick boots. These should help protect your feet from any unforeseen incident. Protective safety goggles might be needed too if you happen to be mowing or whipper-snipping around your vegetable garden. Protective gardening gloves are also very handy good for safety.

Don't forget about avoiding the sun's ultraviolet light. It can cause skin cancers, so slip on a long sleeve shirt, slap on some SPF 15+ sun screen and slap on a wide brimmed hat.

Of course don't go out into the garden during extreme temperatures and climate conditions. If you suffer from hay-fever or similar conditions you mightn't want to garden when there is a high pollen count in your area.

When opening any bagged fertilisers, compost or potting mix, make sure you're wearing a protective safety mask which surrounds your mouth and nose. People have died of legionnaires disease when small nasties get released from the bag when opened. This is very rare, but of course you should take action to preventatively protect yourself.

If you have breathing difficulties, you might like to wear a protective mask if you're spreading around fine powdery fertilisers like lime, dolomite or blood and bone (blood meal and bone meal).

Gardening is great exercise, but if at any stage you feel overly exerted, or feel tingling in your arm, stop gardening and rest. Some people have suffered heart attacks whilst gardening, so consult your doctor before starting any exercise regime or intense gardening activities.

Before digging check with your local authorities about the location of any possible underground utilities on your land (eg electricity, water, gas, sewage etc). The last thing you want to do is hit one of these.

It goes without saying, but make sure there's no-one standing behind you before you start swinging a pick or mattock.

Once you've harvested your fruits and vegetables, whilst you've grown them organically and chemical free, it's still a good idea to thoroughly wash them before cooking and eating. This helps get off any dirt or organic fertiliser that might still be there.

Take these simple steps and you can reduce your risk of injury or sickness as a result of gardening.

Hints and Tips to growing your own Veggie Garden

FIRST, TAKE A LOOK AT THE SOIL

Before you decide what to grow, you need to know a little bit about your patch of soil. Vegetables grow best in slightly acidic soil with a pH of 6.5 (neutral is pH 7). You can pick up a soil test kit from all good gardening stores - the testing solution will turn orangey-yellow if the soil is acid, green if it's neutral and dark green if it's alkaline. If the soil is too acidic, mix in garden lime (finely ground chalk or limestone you can pick up at most garden centres) to raise the pH. You also need to check that your soil is not too sandy or is too high in clay, and that your patch is well drained. To do so, fill your growing area with water, and if the water is still there the next day, the drainage is too poor. Line tubs with broken pots or bricks and add sand to high clay soil to improve drainage.

DECIDING WHAT TO GROW

It is easy to get carried away looking through seed and plant catalogues, but it is best to keep experiments to a minimum and grow only what you really like. Ignore anything too big for your space or anything that needs elaborate preparation such as cabbages, which are slow to mature and take up precious space all season. Consider dwarf varieties such as dwarf leeks and aubergines rather than rambling crops, and make the most of walls and fences for growing climbers such as beans and peas. Also, try growing vegetables and herbs that are ornamental as well as edible such as unusual lettuce and salad leaves in dark greens and purples, carrots with feathery tops or dark red basil - vegetables don't have to be dull.

PREPARING YOUR PLOT

If you want the maximum amount of fresh produce from a small garden, consider raised beds (a 4ft square wooden frame about 6in high and filled with soil on top of your existing soil patch). It is not only easier to tend, but the soil dries out and warms quicker and can produce better yields, plus, the increased growing depth is perfect for root vegetables. Ideally your plot should be next to a sunny wall or fence - perfect for climbing plants. Just remember that soil in the 'rain shadow' of a wall can be dry, so add manure or compost to help retain moisture every time you replant. Make sure your plot is weed-free to begin with by digging it over, and remove weeds by hand. Before you start growing, improve your soil with organic fertilisers if possible - as a rough guide, add one bucket full of well-rotted material to every square yard of your plot.

GET YOUR KIT TOGETHER

Having the right tools will make growing vegetables much easier and leave you with more time to enjoy the end results. Your ideal starter kit should include a spade, a fork, a pair of secateurs, a hoe, a trowel or hand fork, a rake, a watering can or hosepipe, some good boots and gardening gloves. Spend as much as you can afford on quality tools that will last.

GET READY TO GROW

When planting your crops, you need to decide whether you are going to grow from seed or from plug plants bought from your local nursery or garden centre. It is a lot less effort - and less risky - to buy young plants, but it can be fun to experiment with growing from seed inside your home or greenhouse (carrots, celeriac and lettuce are great ones to try) and transferring the seedling to your plot. Tend your patch well and in a matter of several weeks you will be eating your own freshly picked veg.

ENVIRONMENTAL AWARENESS

How to grow Pumpkins

GETTING STARTED

Pumpkin vines need fertile, compost-rich, well-drained soil in full sun and are most easily grown as ground-cover plants. Bushy varieties, like Golden Nugget, can be container-grown, but most are too vigorous for pots. Vines can be trained over frames provided they can support the weight of the heavy fruit.

In frost-free tropical and subtropical gardens, pumpkins can be grown all year round. In temperate Australia plant or sow outside after the last frost. In cold climates sow pumpkins indoors or in a glasshouse so they can be planted immediately after the last frost to gain the full benefit of short summers.

DIVERSE VARIETIES

The diversity of pumpkins equals that of tomatoes. Golden Nugget is best for small gardens. For gardeners who want record-breakers, Atlantic Giant produces massive fruit. Jap suits the tropical north, while Butternut crops reliably anywhere. Turk's Turban is an exotic-looking pumpkin (although its flavour is a little dry). There are Australian regional varieties, too. Beaudesert Blue and Queensland Blue come from Queensland and Jarrahdale is from Western Australia.

PLANTING AND GROWING

Pumpkin seed needs a soil temperature of 20°C for germination. Raise seedlings by sowing them individually in 10cm pots and plant when pots are filled with roots. Alternatively, sow seed or plant seedlings into mounds of rich compost formed over loosened soil. Plants take 70–120 days to mature. As pumpkins are shallow-rooted they need regular watering in dry or windy weather. Even moisture helps prevent fruit splitting.

Pumpkins produce short-lived male and female flowers that can close by mid-morning. Female flowers open above the swollen, distinctive embryo fruit and male flowers produce pollen. Native and honey bees are normally able to complete pollination, but sometimes ants harvest pollen before this occurs. High temperatures can affect fruit formation – over 30°C, hand pollination is useful for improving fruit set. To hand pollinate, pick male flowers, remove petals then dab pollen on the stigma of female flowers. Squeezing female flowers aids pollination in wet weather.

Adults and the larvae of leaf-eating ladybirds, which are also known as 28-spotted ladybirds, eat pumpkin leaves, so hand-pick them regularly. Watering in the morning and spraying fortnightly with a solution of one part cows milk to 10 parts water helps prevent mildew. Mildew-eating ladybirds, which are patterned with yellow and black bands, help control mildew naturally.

HARVESTING AND STORING

Pinch out growing tips of rambling stems to contain plants. When fruits are finished swelling, remove them with as much of the stalk as possible. Ripe fruits with unbroken skin store very well if kept in a cool, dry, well-ventilated space. Seed can be saved from fruit one month after harvesting them. Scoop seed from flesh, wash, dry and store in a cool, dry spot away from sunlight. To ensure seed-grown progeny comes true, save seed from one variety grown in isolation.



Free and Cheap Meals

Service	Where?	When?	Cost?
Baptist Church	Basement 174 Collins Street, Melbourne	Monday – Friday Noon – 1.00pm	Free
Outreach Mission	93 Geelong Road, Footscray	Wednesday 12.30 – 1.30 pm	Free
St Kilda Drop-in Centre	Cnr Carlisle & Chapel Sts. St Kilda	Breakfast daily 8.45 – 10.30 am Lunch <i>Mon & Wed. noon – 1.30</i> Friday 12.30 – 1.30	Free \$1.50 (2 course)
St Mary's House of Welcome	165 – 169 Brunswick Street, Fitzroy. Ph: 9417 6497. Fax: 9416 3263	Mon to Sat Breakfast - 9am Lunch – noon – 1.15 (2 sittings)	Free
Salvation Army	Cnr Lennox and Garfield Sts, Richmond	Lunch Wednesdays Noon – 1.15pm	Free
Ozanam House	268 Abbotsford St, (cnr of Arden), North Melbourne Ph: 9329 5100	Lunch - Noon – 1.00pm Dinner 5.00 – 6.00 (2 sittings)	Free Free
Sacred Heart Church	87 Grey Street, St. Kilda	Lunch noon – 1.00pm Dinner 5 – 6pm	Free Free
Prahran City Mission	211 Chapel St, Prahran	Breakfast Mon – Friday 8.00 – 9.30 am Lunch 11.30 – 1.00pm	\$1.00 \$150 to \$3.00 (concession card essential)
Church of all Nations	180 Palmerston St, Carlton. Salvation Army Hall, 324 Drummond St, Carlton. Ph: 9347 7943	Lunch 11.30 – 1.30 Monday (except public holidays) Friday	Free
St Vincents de Paul's mobile conference	176 Brunswick St, Fitzroy	Monday – Friday 10.00am – 1.30pm (except every 2 nd Wed.)	Free
Open Door	Seventh Day Adventist Church, 27 Alfred Crescent, Fitzroy	Dinner Sunday and Tuesday 6.30 – 8.00pm	Free
St Vincent de Paul's Soup Van	All Saints Church Fitzroy Police Station, Fitzroy. Vic Market (Queens St. end)	Nightly 8.15 – 9pm 11.00pm	Free
Soup Van	Flinders St. Steps, City Cnr Gordon and Barkly Sts, Footscray	Nightly, 11.00pm Nightly 8pm	Free Free
Rosie's Van	Flinders St. Steps, City	Wed & Fri 8.30 – 10pm	Hot drinks only
Open Family Bus	St. Pauls Cathedral, City Behind Luna Park, St Kilda Cnr Paisley & Leeds Sts, F'cray	Tues, Fri & Sat. 9pm Tues, Wed & Fri. 9pm Thurs. 9pm	Free Free Free
Missionaries Of Charities (Women only)	101 Gore Street, Fitzroy	Nightly 5.30pm (except Thurs.)	Free

Victoria in Bloom

garden competition 2012-13

Are you a keen gardener living in public or community-managed housing? Enter your garden now!

Victoria in Bloom has recognised and rewarded the green thumbs of public and community housing tenants across the state since 2004.

The award categories are:

1. Best balcony, small enclosed or container garden
2. Best household garden
3. Best edible garden
4. Best sustainable garden
5. Most creative garden
6. Best common area garden.

NEW for all participants this year:

- An entry pack containing useful gardening information, packets of seeds and other gardening goodies.
- Automatic entry into a special award category commemorating the 75th anniversary of public housing in Victoria – the 75th anniversary award for a significant contribution to gardening.

There are prizes for the regional and Statewide winners in each category. Regional winners will be invited to attend the Statewide award ceremony at the Royal Botanic Gardens in Melbourne.

To enter, simply call toll free 1800 663 662 by **31 December 2012**, to provide your name and address and the category you wish to enter.

Then a local staff member will set up a time to visit your garden to talk to you and take photographs.

For more information visit www.housing.vic.gov.au/vicinbloom or email vicbloom@dhs.vic.gov.au



Showcase your garden to be part of Victoria in Bloom and the 75th anniversary of public housing!

The annual Victoria in Bloom competition is organised by Housing and Community Building, Department of Human Services.

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DO YOU WANT TO MAKE A DIFFERENCE?

Homelessness services in the North/West region want to hear your ideas about how we can provide better services.

We are trialling a new database and hope you'll be involved!

The database will be a list of people who have accessed homelessness services and want to help to improve them.

Why Participate?

We need to hear from the experts (you) about how services should work!

Have a voice

Make real changes to the way services are delivered

Take part in discussions, surveys and projects which value your experience

What to do next



Call Cass at the Council to Homeless Persons (CHP) on:
1800 066 256 or 84156200

Or email: Cassandra@chp.org.au

Cass will answer any questions you have about the database and if keen to be involved will record some contact details for you. Once this is done you will receive a call every three months or so. You might be asked to do a quick survey (eg one or two q's) or to be involved in something like a focus group or a service improvement project or consultation. You will receive a reimbursement for your time in any focus groups or face to face interviews.

If you are interested, we'd love to hear from you now!

If you know anyone else who might be interested in participating, please pass on Cass' contact details. Thanks.

This is an initiative of the
**North & West Metro
Homelessness Network**



Cassandra@chp.org.au
or
Ph 03 8415 6210

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Complaints and Appeals

A complaint is when you wish to advise Women's Housing Ltd (WHL) that you are dissatisfied with our standard of service, practices or policies.

An appeal is when you wish to ask for a decision made by WHL to be reviewed.

This leaflet is designed for:

- Tenants and/or support agencies that may wish to make a formal complaint about WHL.
- Tenants and/or support agencies that may wish to appeal a decision made by WHL.

Neighbors' of a property managed by WHL.

How to lodge your complaint/appeal with WHL

The first step is to contact WHL and try to sort out the problem directly with staff.

WHL has a formal complaints process that documents procedures that staff must follow so if you are not satisfied with the information that the staff member is providing, you have the right to ask to speak to their Manager.

Some things that may need consideration when lodging a complaint include:

- You may choose to lodge your complaint in person, over the phone or in writing.

WHL welcome any criticisms of our service. It is only through receiving these, that we can remedy the problem and perhaps learn from our mistakes. We may not be aware of the problem unless you tell us.

Confidentiality of Information

Any information you provide will be stored in a confidential manner. No identifying information will be provided to other tenants, applicants or staff in the organisation that are not directly involved with the resolution of the matter.

Who do I contact if I have a complaint or wish to appeal a decision?

1. It is always best to contact the staff member that you have the most contact with in the first instance.

If you are not satisfied with the information provided, you can speak to their line manager:

Women's Services

Kayla Ta

or

Housing Services

Louise Daniel

and if you feel that you have exhausted all options, you may lodge a written complaint with:

The Operations Manager

Women's Housing Ltd
Suite 1, 21 Cremorne Street
Richmond 3121
Phone: (03)9412 6868
Fax: (03) 9415 6511

Your Name: _____

Your Address: _____

Complaint/Appeal

Please outline your complaint or appeal here. It is helpful if you can provide as much information as possible - You can attach additional paper if you need more space to outline your complaint.



Remember all hard plastic bottles and containers can be recycled.

Rinse containers to help prevent odours in your bin.
Use your leftover dishwashing water to save water.

These items must NOT go into your recycling bin



NO Plastic bags



NO Nappies



NO Polystyrene



NO Crockery



NO Batteries



NO Light bulbs



NO Car Batteries

BUDGET RECIPES

MUSHROOM, CORN & ZUCCHINI PIE

Ingredients (Serves 4) :

4 sheets frozen shortcrust pastry, thawed
30g butter
1 tablespoon olive oil
250g button mushrooms, trimmed, halved
2 small zucchini, halved, sliced
310g can creamed corn
½ cup grated tasty cheese
¼ cup chopped char-grilled capsicum
4 green onions, finely sliced
1 tablespoon milk
salad leaves, to serve

Method:

Preheat oven to hot, 200°C.

Line four 12cm pie pans with pastry, extending it over edge of pans. Cover with baking paper. Fill pans with dried beans, rice or pasta. Blind bake for 10 minutes. Remove paper and filling.

Meanwhile, heat butter and oil together in a large frying pan on high. Saute mushrooms and zucchini for 2-3 minutes until just tender. Cool slightly. Transfer to a bowl with corn, cheese, capsicum and onion. Season to taste.

Spoon vegetable mixture evenly into pastry shells. Cover each pie dish with remaining pastry. Press and pinch edges to seal pastry. Brush with milk. Make an air vent with the point of a knife. Bake for 20-25 minutes until pastry is golden. Serve with salad leaves.



Reference: www.womansday.ninemsn.com.au

CREAMED CAPSICUM SOUP

Ingredients (Serves 4) :

2 medium sized red capsicums (mild peppers) seeded and chopped roughly
2 teaspoons oil
1 large onion, chopped
1 clove garlic, chopped
2 tablespoons plain flour
600 ml (1 pint) chicken stock
1 teaspoon chopped fresh herbs or half a teaspoon dried mixed herbs
salt and pepper
1 teaspoon lemon juice

Method:

Place oil, capsicums, onion and garlic in saucepan and cook over low heat for about 10 minutes until tender but not brown. Stir frequently.

Sprinkle in the flour and cook for 2 minutes, stirring constantly.

Add stock, herbs, salt and pepper and gently return to the boil, stirring regularly. Cook gently for 20 minutes

Puree the soup in a blender or use your bamix. Really puree it well so that there are no lumps left at all. Add lemon juice and check seasonings.

Notes:

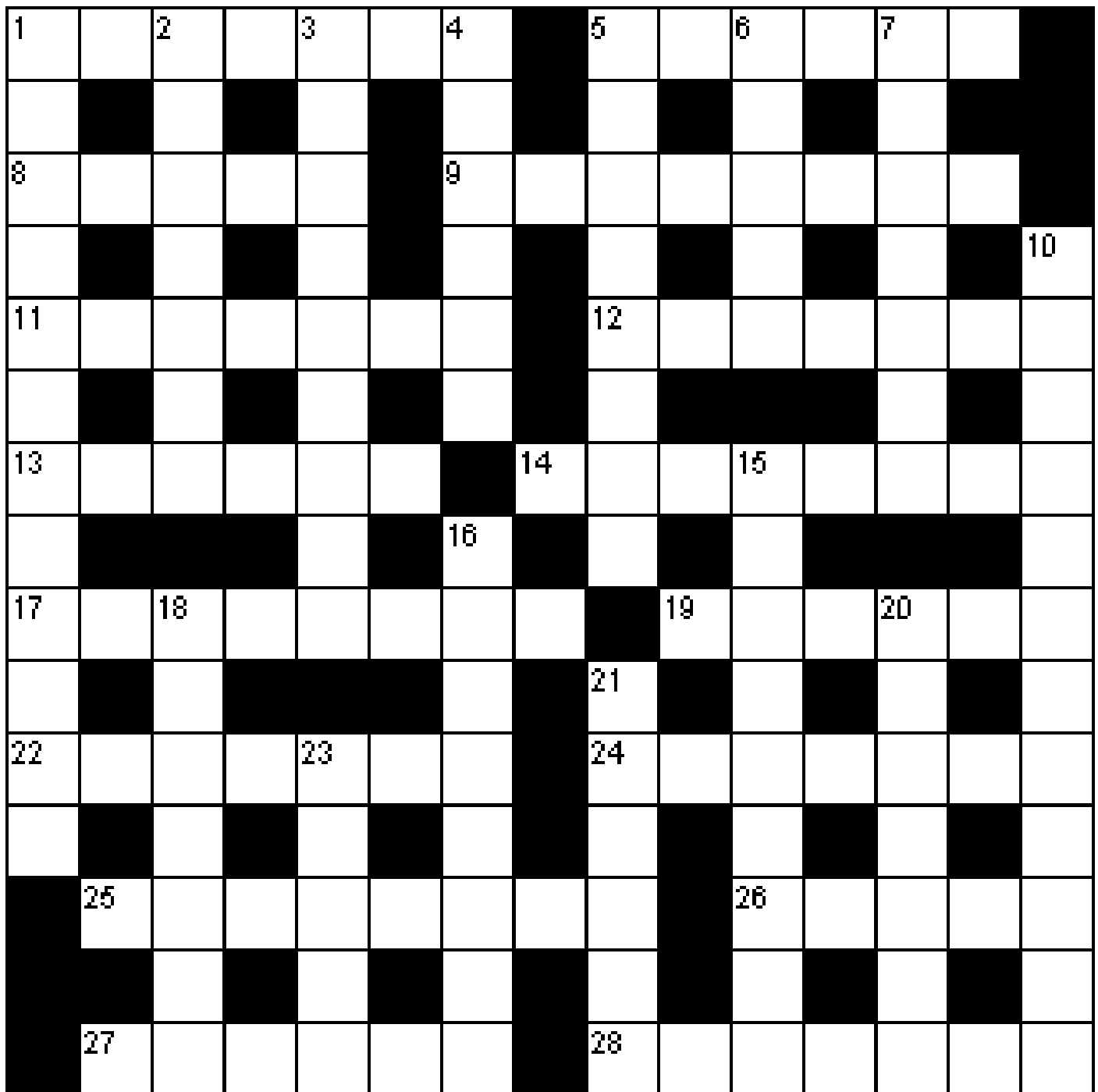
If soup is a little lumpy once the stock is added then don't worry. The blender will remove any remaining lumps.

Vary the colour of the soup by using green, yellow or orange capsicums.

Food Fact:

Capsicums are from the nightshade family. They originated in Central and South America. They come in an amazing array of colours from bright red, yellows, oranges, purples and greens. Capsicums can be eaten in their raw form or they can be cooked. They range from very mild spiciness to extremely hot! Most species of capsicums contain capsaicin which is the chemical that causes the hot burning sensation when they are eaten. they are good sources of vitamin C.

Reference : www.cheap-and-easy-recipes.com



Across

1. The Hunter's about at a ceremonial speech (7)
5. Pa hops around a gay poetess (6)
8. Fungus results when rough sea infiltrates yacht hull (5)
9. Hook headwear in cot, err badly (8)
11. Assistant to talk about a retroactive payment (7)
12. Frank is cheerful on the cover (7)
13. You have to be outside to do it (4,2)
14. Frolicsome school principal left flu outbreak (8)
17. Blatantly heathen, I anger a Greek, perhaps (8)
19. Correct commercial only (6)
22. Area is U-turn where east meets west (7)
24. Crack cocaine comes from the sea (7)
25. Hard to pin down if nauseous before intravenous is in use (8)
26. Sea snake (5)
27. Opener for a trunk (6)
28. It describes the middleman's booty at Sydney 2000? (7)

Down

1. Gimme calypso dancing for global get-togethers (7,5)
2. Rearrange couples for a close-up, perhaps (7)
3. Meaning not nine. It's not right (9)
4. Doer of deeds is no sailor at journey's end (6)
5. They make you leave the hill quickly (3,5)
6. DNA test frequently indicates the presence of alcohol (5)
7. It's often faked in football or casually reversed (7)
10. How they perform in the heat? They'll ail, act sick (12)
15. The less you use this marker, the better the mark (3,6)
16. There's a lot of rapping noise when negotiating whitewater (8)
18. Hear a crowd half holler for a racer who's overcome many obstacles (7)
20. Upset, even run away (7)
21. Slugger wants these belonging to Simpson (6)
23. Think tank announced a racing boat? (5)



Suite 1, 21 Cremorne Street
Cremorne Victoria 3121

Phone: 9412 6868

Fax: 9415 6511

E-mail: info@womenshousing.com.au

Womens Housing Ltd

All women will have
safe, secure,
affordable housing
choices

Helpful phone numbers

Child Protection Emergency Service -13 1278

Direct Line (24-hr drug and alcohol counselling) -1800 888 236

Kids Help line -1800 551 800

Lifeline (24 hr crisis counselling) - 13 1114

Maternal and Child Health Line -13 2229

Mensline Australia -1300 789 978

Narcotics Anonymous - Victorian Area Helpline - 9525 2833

Narcotics Anonymous - National Phone line -1300 652 820

Sexual Assault Crisis Line - 1800 806 292

Suicide Line -1300 651 251

Victims Support Agency -1800 819 817

Women's Information and Referral Exchange - 9921 0878
or 1300 134 130

Gamblers Help Line Victoria 1800 156 789

Cross word Solution

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