

Issue 12

June 2023



Neighbourhood News

NC Roundup

Wow! Can you believe we're half-way through 2023 already? The year seems to be flying by and only getting busier as we head towards July and beyond. The onset of the cooler weather means the community's social calendar heats up, with something for everyone on offer. Check out all the Upcoming Events on the back page to find something just for you.

Unfortunately the cool weather also brings on flu season. We've included some handy tips from Qld Health to help you dodge the dreaded flu this year.

Are you a community-minded individual with an Open Class licence, a good driving record and a passion for helping others? Why not consider becoming a volunteer driver for the Charleville Blue Light Learner Driver Program? Find out how on page 2.

If you would like to know more about our programs and services, or enquire about how we may be able to assist you, please contact us on 4654 1307, email your enquiry to communitysupport@charlevillenc.org.au, search our website at www.charlevillenc.org.au, or check out our Facebook Page - search for Charleville Neighbourhood Centre. Alternatively, why not pop in and say hello to our friendly staff - you can find us on the corner of Alfred and Eyre Streets.

The Neighbourhood Centre is open Monday to Friday, 8.30am to 5.00pm proudly supporting our community.

Tell Us What You Think

We love feedback from our community, so please let us know what's on your mind.

Email your feedback to communitysupport@charlevillenc.org.au, or post a comment on our Facebook page.

If you have something you'd like to include in our Newsletter please contact Angela Young at the Neighbourhood Centre on 4654 1411 or email communitysupport@charlevillenc.org.au.

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Disclaimer

All articles in this newsletter are reproduced in good faith for the community's benefit and do not necessarily represent the views of the Charleville Neighbourhood Centre. The Charleville Neighbourhood Centre accepts no responsibility for these articles.

Charleville Blue Light Learner Driver Program

The Charleville Blue Light Learner Driver Program is a joint community initiative to assist learner drivers of any age and driving ability to build their driving skills in a safe and supportive environment. Learners can book hour-long sessions with one of our friendly volunteers and practice their driving in our fully insured, well-maintained manual vehicle. If you're a new learner driver, or you want to upgrade your auto licence to a manual, contact us today for more information on how to register and book sessions.

ATTENTION! Calling All Volunteers!!

The Learner Driver Program relies solely on volunteer drivers to deliver sessions in the community. Do you hold an open C class licence, have a good driving record, and hold a current Working With Children (Blue) Card (or have the ability to obtain one)? If you answered yes and you are interested in helping our learners please consider becoming a volunteer driver. You are free to offer sessions at times which are convenient to you, are fully insured under the Qld Blue Light Association, and best of all it's a wonderful feeling to watch a learner's progression and confidence grow.

Think you don't have what it takes to teach a learner driver? Think again! It's easier than you might realise, lots of fun, and very rewarding. Our current volunteers are more than happy to discuss the program and address any concerns you may have. Give us a call today!

For more information please contact Jenny Peacock (HOPE Program) on 4621 2601, Ang Young (Neighbourhood Centre) on 4654 1411, or via email at info@charlevillebluelight.com.au.

CHARLEVILLE BLUE LIGHT LEARNER DRIVER PROGRAM

Go to - charlevillebluelight.com.au and book a session
or email info@charlevillebluelight.com.au



Thank you to our valued sponsors



Outback Senior's Games Wrap Up

After a year-long hiatus, 10 teams bravely battled for Outback Senior's Games supremacy in early June. And while the Games were hotly contested, the day was all about good fun, companionship and comradery. Congratulations to all the participants and everyone involved on a highly enjoyable day.



Overall Winner - Charleville Goolburri
Overall Runner Up - Sandhill 6
Best Theme Team - Warrego Sparkles
Best Presented Team - Waroona Warriors
Best Warm Up Team - Warrego Wanderers
Best Sun Safe Team - Warrego Wanderers
Highest Scoring Individual - Pep Suhan
Highest Scoring Individual Using a Mobility Aid - John Lesley

Ten Pin Bowling

1st - Pep Suhan
2nd - Ron Murphy
3rd - Red Alexander



Mystery Game

1st - Sandhill 6
2nd - Charleville Yumba
3rd - Oldies But Goodies



Quoits

1st - Carol Lawton
2nd - Pep Suhan
3rd - Ted Burns



Kolap

1st - Pep Suhan
2nd - Ellen Suhan
3rd - Vicki Bailey



Beanbag Toss

1st - Barbara Olsen
2nd - Sandra Leonard
3rd - Lenore Mailman



Quiz

1st - Warrego Wanderers
2nd - Waroona Warriors
3rd - Oldies But Goodies



Darts

1st - Ray Robinson
2nd - Keith McGlashan
3rd - Pep Suhan

NC Activities

Welcome To Charleville

Are you new to Charleville? Wondering what sporting and community clubs are in town? Are you a parent looking for kindy or school information? Or want to know about some of the regular events happening in our community? Our handy Welcome to Charleville Guide provides basic information on all of the above plus so much more!

The 2023 edition is out now. To request your FREE copy call the Neighbourhood Centre on 4654 1307, pop in to the Centre on the corner of Alfred and Eyre Streets, or download a copy from our website at www.charlevillenc.org.au.

Welcome to Charleville 2023



Your Guide to Community, Sport & Recreational Groups in Charleville



Celebrating NC Week

We celebrated Neighbourhood Centre Week in May this year with a free morning tea and recipe swap in the beautiful little park next door! Although the weather was a bit cool and breezy, we still enjoyed a lovely morning catching up with our wonderful community members. Thank you to everyone who came along and helped us celebrate our special week.

National Families Week

National Families Week provided a great opportunity to reflect on the different things that make our families great. We shared some fantastic tips on how to better connect with your loved ones.



- 1 Have fun with your family and create time to play.
- 2 Take time out from technology and enjoy family time together.
- 3 Appreciate your family, friends and community – everyone matters!
- 4 Regularly check in with each other “how was your day?”
- 5 Do an exercise or relaxation class as a family group, or play a team sport.
- 6 Celebrate your family’s achievements, large and small.
- 7 Have confidence in your abilities and celebrate the positive aspects of family life.
- 8 Ask others for support to navigate the challenges.
- 9 Help and support others whenever you can.
- 10 Build connections and learn from others.

Service in the Spotlight

Home Assist Secure

Are you 60 years of age or over and require safety-related information, referrals and assistance? If you answered yes, then you may be eligible for our Home Assist Secure Program.

This program aims to provide practical assistance with the everyday issues of safety, security and maintenance. We can:

- * **Do safety checks on your home.**
- * **Fix leaking taps and change light bulbs.**
- * **Fix broken steps, doors, windows and locks.**
- * **Install new smoke alarms & smoke alarm batteries.**
- * **Install chair & bed raisers and rails.**
- * **Cut back branches over paths.**
- * **Clean gutters and downpipes, and more.**

Generally there is no charge for labour, you only pay for the materials.

The benefits of the Home Assist Secure Program to you include:

- * The ability to make more informed decisions about home maintenance, repairs and minor modifications.
- * Easier access to, and within, your home.
- * Feeling safer living in your home.
- * Increased confidence about employing tradespeople.

To be **eligible** you must:

- * Have reached the age of 60 years; or any age with a disability;
- * Hold an Australian concession card of some description;
- * Be unable to complete the work yourself because of technical expertise required, or your health and safety would be at risk; and
- * Be unable to make use of alternative forms of assistance, such as the Commonwealth Home Support Program (CHSP), Queensland Community Care Services, or the Department of Veterans' Affairs.

Please note Home Assist Secure does not undertake maintenance or repairs that are considered to be the responsibility of another party; eg a landlord under Residential Tenancies legislation or tenancy agreement.

For more information about the Home Assist Secure Program please contact Jessica Heinemann at the Neighbourhood Centre on 4654 1307.



CHARLEVILLE
NEIGHBOURHOOD CENTRE

DID YOU KNOW?

We can provide assistance and training for a wide range of technological issues. Training sessions can be tailored to suit individual or group requirements.

For more information please contact our Community Support Service Worker, Angela Young, on 4654 1411.



CHARLEVILLE
NEIGHBOURHOOD CENTRE

DID YOU KNOW?

We can help you create a MyGov account and connect services such as Centrelink and Medicare.

If you'd like to know more, or to book an appointment to set up your account, please contact our Community Support Service Worker, Angela Young, on 4654 1411.

Influenza - Tips to Stay Healthy During Flu Season

Winter, the season of snuggling up in front of a fire, delicious comfort food, and relief from 40 degree summer heat. Unfortunately, the colder weather also signals the start of the dreaded flu season. But there are steps you can take to help prevent the spread of the influenza virus and stay healthy this winter. Check out the handy information from Queensland Health below. For more information visit <https://www.vaccinate.initiatives.qld.gov.au/what-to-vaccinate-against/influenza>.



Get Vaccinated

Winter is peak influenza (flu) season, so it's a good idea to get your flu vaccine now. You can get vaccinated at your local GP, community health clinic or pharmacy. The vaccine is recommended for anyone over the age of 6 months.

Why is Vaccination Important?

Influenza is a very contagious infection. It makes many people sick and causes deaths every year.

Influenza causes many hospitalisations for children and older people. It can have dangerous complications. So it's very important to prevent influenza by ensuring that children aged 6 months to 5 years and adults over 65 years and others at risk to get the flu vaccine.

Getting children vaccinated also helps to stop the infection spread to other people.

What About the COVID-19 Vaccine?

The COVID-19 vaccine does not protect you against the flu!

If you are due for your COVID-19 vaccine or booster, you can get it on the same day as the flu vaccine. Speak to your GP if you have any questions about getting both vaccines.

When Can You Get the Flu Vaccine After Recovering from COVID-19?

You can get the flu vaccination once you have recovered from COVID-19. This means that you're better and you are out of isolation.

You should not get the flu vaccination if you still have signs or symptoms of COVID-19, or if you are sick (like with a fever).

Need More Information?

Talk to your GP if you have any questions about getting the flu vaccine. You can also call 13 HEALTH on 13 43 25 84 and speak to a nurse.

Ask for an interpreter if you need one. You can find out more about the flu vaccine, and resources in your language by visiting <https://www.health.gov.au/resources/collections/getting-vaccinated-against-influenza-resource-collection?language=und#influenza>



Garden Gate

Companion Planting



Companion planting is the practice of growing certain types of plants together so that they help each other to grow better. They can keep pests and insects away, improve a plant's growth, attract beneficial insects that help with pollination, and fix nitrogen in the soil. Companion planting can also significantly decrease the need for chemicals and insecticides.

Pest Controlling Plants - these fall under two categories; those that repel or confuse insects with strong scent, and those that attract beneficial insects.

Pest Repellant Plants - these plants work in three different ways. The first are masking plants, including thyme, lavender and scented geranium. These plants work by producing strong, volatile oils and scent that masks the plants the pests might be looking for. The second way pest repellant plants, such as cotton lavender, tansy and wormwood work is to produce a scent or taste that is so bitter or putrid it drives insects away. Finally, there are plants which contain natural toxins or poisons which can be used to make sprays or washes to combat pests. These plants include fennel or tansy as a flea repellant for animals, feverfew or chamomile as an anti-fungal agent, and the dried flower of pyrethrum or chopped chilli which can both be used as insect sprays. Planting lavender near your roses will protect against aphids, and a pot of basil in your outdoor area will deter flies and mosquitoes.

Insect Attracting Plants - planting certain flowers and herbs around your fruit and vegies will attract insects into your garden that will help pollinate your plants. Herbs such as thyme, sage, coriander, chives, and mint, and flowers like cosmos, calendula, lavender, echinacea and marigold will all attract beneficial insects to your garden.

Nurturing Plants - some plants create better growing conditions for other plants around them. Peas and other legumes, for example, take nitrogen from the air and release it into the soil, which then helps neighbouring plants to grow. Tall flowers, such as sunflowers, can provide shade to protect smaller plants from the sun.

Below are just a few examples of popular plants that make the perfect growing companions.

- * **Roses & Chives** - chives help repel pests that eat roses.
- * **Tomatoes & Cabbage** - tomatoes repel diamondback moth larvae, caterpillars which chew through cabbage leaves.
- * **Cucumbers & Nasturtiums**—nasturtiums keep cucumber beetles away by attracting spiders which eat the beetles.
- * **Cabbage & Dill** - dill attracts wasps that keep cabbage worms away from cabbage, broccoli and brussel sprouts.
- * **Carrots & Onions** - the smell of onions keeps a number of pests away from carrots.
- * **Corn & Beans** - beans attract beneficial insects that prey on pests which each corn.
- * **Lettuce & Tall Flowers** - planting tall flowers gives lettuce the shade it needs to grow.
- * **Radishes & Spinach** - radish leaves draw leaf miners away from your spinach but doesn't damage your radishes.
- * **Potatoes & Sweet Alyssum** - sweet alyssum has small, sweet-smelling flowers that attract predatory wasps to keep pests away from potatoes and broccoli.
- * **Cauliflower & Dwarf Zinnias** - dwarf zinnias have sweet nectar that lures ladybugs to protect your cauliflower from pests.
- * **Broccoli & Catnip** - planting catnip alongside broccoli keeps hungry flea beetles away.
- * **Marigolds & Melons** - marigolds help control worms that eat the roots of melons.
- * **Asparagus & Parsley** - naturally improve the flavour of asparagus and tomatoes by growing them together with parsley.
- * **Peas & Sweet Corn** - sweet corn is traditionally used as "living stakes" for your peas.
- * **Tomatoes & Basil** - basil helps protect your tomatoes by repelling flies and mosquitoes.
- * **Apricots & Basil** - the odour of basil can help keep insects away from apricots.
- * **Cabbage & Chamomile** - chamomile deters flies and mosquitoes and strengthens neighbouring cabbage.
- * **Cherries & Garlic** - garlic keeps aphids away from cherries and also repels cabbage butterflies.

Perplexing Puzzles

Colour your world with these happy hues - can you find them all? Words run horizontally, vertically and diagonally. Good Luck!



| | | | | | | | |
|------------|---------------|------------|---------------|------------|-------------|----------------|----------------|
| Almond | Banana Yellow | Cerise | Cyan | Ivory | Mulberry | Periwinkle | Terracotta |
| Amaranth | Beige | Cerulean | Ecu | Khaki | Mustard | Raspberry Rose | Turquoise Blue |
| Amber | Black | Charcoal | Eggshell | Lavender | Navy Blue | Russet | Ultramarine |
| Apricot | Blush | Chocolate | Flamingo Pink | Lemon Lime | Ochre | Saffron | Vermilion |
| Aquamarine | Bottle Green | Cobalt | Fuchsia | Mahogany | Olive | Scarlet | Violet |
| Auburn | Bronze | Copper | Gold | Maroon | Orange | Silver | Wheat |
| Azure | Burgundy | Cornflower | Hot Magenta | Mauve | Pastel Pink | Slate Grey | Wisteria |
| Baby Blue | Carmine | Cream | Indigo | Mint Green | Peridot | Tangerine | Yellow |

A large grid of letters for a word search puzzle. The grid is 20 rows by 20 columns. The letters are arranged in a way that various color names from the list above can be found horizontally, vertically, and diagonally.

How many common community work job titles can you find in the grid below? Words run horizontally, vertically and diagonally. Good Luck!



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

- | | | | |
|-------------------------------|----------------------------|--------------------------------|---------------------------------|
| Aged Care Worker | Counsellor | Intake and Assessments Officer | NDIS Support Coordinator |
| Case Manager | Crisis Intervention Worker | Juvenile Justice Officer | Neighbourhood House Coordinator |
| Case worker | Disability Services Worker | Manager of Volunteers | Outreach Worker |
| Child Protection Practitioner | Drug and Alcohol Worker | Men's Health Officer | Social Worker |
| Community Development Officer | Emergency Relief Worker | Mental Health Support Worker | Welfare Officer |
| Community Educator | Housing Officer | Multicultural Support Officer | Youth Worker |

Popsicle Stick Kitties

You Will Need

- 4 popsicle sticks
- Googly eyes
- Markers
- Scissors
- Glue

Kids Corner



Method

- Cut all 4 popsicle sticks in half (you might want to ask an adult for help with the scissors).
- Put 3 together then take the middle stick and cut the top off.
- Cut the top off another half-stick and glue across the back to hold everything together.
- Glue 2 of the half-sticks on the bottom for legs.
- Cut a stick to size for a tail and glue on the back diagonally.
- Finally, glue on eyes and draw the face and ears.
- Let everything dry completely.

Credit: <https://www.craftymorning.com/popsicle-stick-kitty-craft/> & <https://www.katedecorates.co/mom-hacks/easy-craft-ideas-for-kids/>



Method

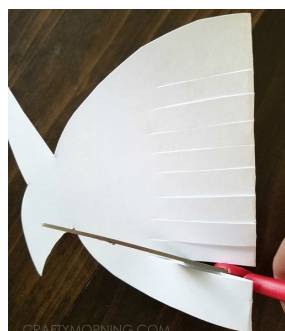
- Begin by cutting strips of the coloured paper (using the long side). You might like to ask an adult for help with the cutting tasks in this craft activity.
- Cut out the shape of a fish from the white or black card stock.
- Fold the fish in half and, using scissors, cut some slits close together (not going too close to the bottom and mouth).
- Unfold your fish and then begin weaving your coloured strips of paper through the body.
- When you've finished weaving the coloured strips, trim the top and bottom of the strips to make them look like fish fins.
- Glue some extra paper scraps around the body and along the tail.
- Glue on the eye and your rainbow fish is done!!

Credit: <https://www.craftymorning.com/weaving-rainbow-fish-kids-craft/>

Rainbow Weaving Fish

You Will Need

- Different coloured paper
- Googly eye
- White or black card stock
- Scissors
- Glue





Milo Balls

Ingredients

- 250g Scotch Finger biscuits, crushed finely
- 1 tin sweetened condensed milk
- 3 tablespoons Milo
- Sprinkles / coconut to decorate

Yum!

Method

- In a bowl thoroughly combine the crushed biscuits, Milo and condensed milk.
- Using wet hands, roll the mixture into bite-size balls.
- Then roll the balls in the sprinkles or coconut to coat.
- Refrigerate until ready to serve.
- ENJOY!!

Source: <https://www.bestrecipes.com.au/recipes/easy-milo-balls-recipe/>



Straw Blowing Rainbow Art

You Will Need

- * Red, orange, yellow, green, blue and purple paint
- * 6 squeeze bottles - one for each paint colour
- * Straws
- * Thick, heavy-weight paper or card



Method

- * Squeeze an arc of each coloured paint onto your paper to create a rainbow shape.
- * Take a straw and with a big puff, start blowing the first arch of the rainbow.
- * Repeat for each colour arch.
- * Once you have completed all the arches, take an extra big puff and blow over the entire painting in random directions. The paint will splatter, spread and merge into each other to create fun patterns and texture.

Source: <https://www.artycraftykids.com/art/straw-blowing-rainbow-art/>



Delicious Dishes



Butterscotch Self-Saucing Pudding

Ingredients

- ◆ 1 cup self-raising flour
- ◆ 3/4 cup sugar
- ◆ 1 pinch salt
- ◆ 2 tablespoons butter
- ◆ 1/2 cup milk

Sauce

- ◆ 2 tablespoons golden syrup
- ◆ 2 tablespoons butter
- ◆ 1 & 1/2 cups boiling water
- ◆ 1 tablespoon brown sugar

Method

- ◆ Preheat oven to 180C degrees.
- ◆ In a saucepan on low-medium heat melt the butter then add the milk.
- ◆ In a bowl mix the flour, sugar and salt well. Then add the milk and butter mixture. Beat until well combined.
- ◆ Transfer the pudding mixture into an oven-proof dish.
- ◆ Make the sauce by mixing all the ingredients together until the butter and sugar are dissolved and combined well.
- ◆ Pour the sauce over the pudding mixture and cover securely with aluminium foil. Cook in the preheated oven for 35 minutes.
- ◆ Serve warm with cream, ice-cream or custard.

Source: <https://www.bestrecipes.com.au/recipes/easy-butterscotch-self-saucing-pudding-recipe-2/un8rzyz7>

Garlic Butter Herb Steak Bites With Potatoes

Ingredients

- * 1 tablespoon olive oil
- * 2 tablespoons butter
- * 1/2 kilogram potatoes cut about 1cm in thickness
- * 3 minced garlic cloves
- * 1 teaspoon chopped thyme
- * 1 teaspoon chopped rosemary
- * 1 teaspoon chopped oregano
- * 500g sirloin steak cut into 2cm cubes
- * Salt and pepper

Method

1. Boil the potatoes until they are just tender but not falling apart, then drain completely and allow to air dry.
2. Heat a large cast iron skillet over medium-high heat and add the olive oil and half the butter.
3. Combine the potatoes, garlic, thyme, rosemary and oregano in the skillet and cook until the potatoes are sealed (approximately 3-5 minutes). Remove and set aside in a bowl.
4. Turn the skillet to high heat, add the remaining butter and steak cubes and cook until they are golden brown.
5. Combine the steak and potatoes and top with fresh herbs.
6. Serve with a simple side salad and dinner rolls or garlic bread.

Credit: <https://therecipecritic.com/garlic-butter-herb-steak-bites/>

Comfort
Food



Bellylaughs

Q. Why don't teddy bears ever want to eat anything?

A. Because they're always stuffed!

Want to know why nurses like red crayons?

Because sometimes they have to draw blood!

Q. What do dentists call their x-rays?

A. Tooth pics!

Q: What do you call a musician with problems?

A: A trebled man!

As a scarecrow, people say I'm outstanding in my field.
But hay, it's in my jeans!

My wife just found out I replaced our bed with a trampoline.
She hit the ceiling!

Q. Why did the American football coach go to the bank?

A. To get his quarterback!

Q, Want to hear a joke about a roof?

A. The first one's on the house!

Q. What do you call a pudgy psychic?

A. A four-chin teller!

Q. Do mascara and lipstick ever argue?

A. Sure, but then they make up!





CHARLEVILLE
NEIGHBOURHOOD.CENTRE

Phone (07) 4654 1307

Community Support Service
Family Support Service
Home Maintenance Service
Home Modifications
Home Assist Secure
Supported Accommodation
Rural Support Service
Youth Support Service
Murweh Meals

Charleville and District Community Support Association Inc.
ABN 34 022 593 124
Charleville Neighbourhood Centre
Address Corner Alfred and Eyre Streets (PO Box 327) Charleville Q.4470
Fax (07) 4654 3240 Email reception@charvillenc.org.au Web www.charvillenc.org.au



You can also find us on Facebook



Upcoming Events

| | |
|-----------|--|
| 1 Jul | Charleville Halfway There Shindig |
| 1-4 Jul | Charleville Zone 4 Football Carnival |
| 4-6 Jul | Birdsville Big Red Bash |
| 8-9 Jul | Charleville Gun Club Annual Shoot |
| 10-16 Jul | Charleville NAIDOC Week |
| 15 Jul | Charleville Fishing Club Quick Shears |
| 8-17 Aug | Senior's Week Activities |
| 19 Aug | Charleville Fishing Club Camp Oven Classic |
| 23-27 Aug | Charleville Performing Arts Festival |
| 1-2 Sep | Birdsville Races |
| 10 Sep | Charleville Bilby Festival |
| 14 Sep | RU OK? Day |
| 15-17 Sep | Charleville Fishing Club Carp Busters |
| 22 Sep | Blue September Big BBQ Breakfast |
| 7 Oct | Self-Care, We Care Multicultural Festival |
| 4 Nov | Augathella Hospital Auxiliary Fete |
| 4-7 Nov | Charleville Cup Festival |
| 11 Nov | Remembrance Day |