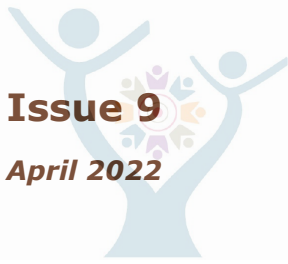


Issue 9

April 2022



# Neighbourhood News

## NC Roundup

It's been a huge year so far, with so much happening in the Centre and out in the community.

In this edition, read about some of the events we've been involved with. Learn about our new Basic IT for Beginners sessions. In our special feature section grab some handy tips on how you and your family can be COVID ready. Are you an administration guru looking for employment? We currently have a permanent part-time position available - you can find all the details on the back page. Plus all our usual extras - delicious recipes to try at home, puzzles to keep your brain active, jokes to make you laugh, and fun ANZAC Day and Easter crafts to keep the kids entertained.

If you would like to know more about any of 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](mailto:communitysupport@charlevillenc.org.au), search our website at [www.charlevillenc.org.au](http://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 supporting our community.

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## 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](mailto: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](mailto:communitysupport@charlevillenc.org.au).



### 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.

## *NC Activities*

### *Queensland Women's Week*

Charleville celebrated Queensland Women's Week this year with a jam-packed calendar of events. A delicious International Women's Day breakfast, informative Embrace Yourself movie night, fun Music Divas Trivia Night, Shine dance fitness class, painting workshop, Women in Health afternoon tea, and women's boxercise were just some of the events participants enjoyed over the week. It was a fabulous week, recognising the contributions women and girls make in our local communities.



### *Charleville Careers Expo*

Students from Quilpie, Tambo, Cunnamulla and Charleville descended on the Racecourse Complex recently for the annual Charleville Careers Expo. A multitude of businesses, service providers and even representatives from the Australian Defence Force were on hand to provide valuable advice and information on a variety of career options. There were various guest speakers delivering short presentations on a range of local careers and industries which were popular with attendees. A free sausage sizzle from RESQ rounded off a very successful day.



## *Welcome to Charleville Guide*

The latest edition of our Welcome to Charleville Guide was released just in time for the Welcome to Charleville Fete in March. The 2022 Guide is a handy reference for community, sporting and recreational groups in Charleville. It also has information on child care, kindergartens, playgroups and schools, religious centres, natural therapy practitioners, and regular annual events. The Guide is FREE and you can collect your copy from the Neighbourhood Centre on the corner of Alfred and Eyre Streets, or download directly from our website at [www.charlevillenc.org.au](http://www.charlevillenc.org.au). If you would like a Guide mailed or emailed please contact Angela Young on 4654 1411 or email [communitysupport@charlevillenc.org.au](mailto:communitysupport@charlevillenc.org.au).

The Neighbourhood Centre would like to thank all the clubs, groups and individuals for their continued assistance in keeping the Welcome to Charleville Guide up to date each year.

### Welcome to Charleville

# 2022



Your Guide to Community, Sport &  
Recreational Groups in Charleville

## BASIC I.T. FOR BEGINNERS



Are you curious / wondering what all the fuss is about?  
Too nervous or intimidated to give computing a go?  
Feel that you're not "smart" enough to learn computing?

**Good news!! These sessions are especially for you!**

Basic I.T. for Beginners is just that - the very basics for absolute beginners.

Our tutor, Ang, has over 30 years experience working with computers and can help you get started on your I.T. journey.

The weekly, 1 hour long sessions are designed to start with the very basics and gradually build your skills and confidence in a self-paced, flexible and supportive environment.

You don't need to attend every session if you don't want to - simply choose the ones that are most appropriate for you.

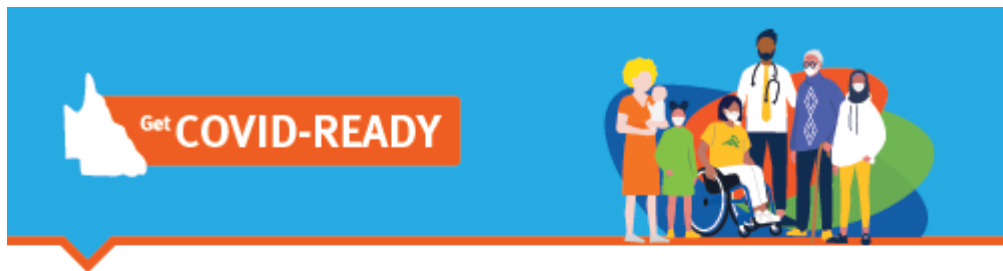
Reservations are essential as spaces and equipment are limited. Please contact Ang at the Neighbourhood Centre on 4654 1411 for more details and to reserve your spot.

## *Are You COVID Ready?*

### *How You Can Prepare for COVID*

Are you prepared if you or your loved ones contract COVID and need to isolate?

The Queensland Government has released a range of resources to help you prepare for COVID. We've included a selection over the following pages and you can find the complete range at [www.qld.gov.au/covid-ready](http://www.qld.gov.au/covid-ready).



### Prepare a Get COVID-Ready Kit

Most people who get COVID-19 will have minor symptoms just as you would for many other mild viruses, particularly if you are vaccinated and otherwise healthy. The majority of people will be able to manage their symptoms at home while isolating. You should seek medical advice if you:

- are not improving after 2 or 3 days
- have a chronic health condition
- are pregnant.

You should only go to hospital or call Triple Zero (000) if you have severe symptoms like:

- difficulty breathing even when walking around the house
- coughing up blood
- significant chest pain
- collapse or fainting.

#### Prepare a Get COVID-Ready Kit

If you test positive to COVID-19, you will need to isolate at home until you are told you can leave.

Check items off as you prepare...



You will need:

- A thermometer
- Pain relief
- Your regular medications
- A plan for who can look after your children, pets, or people in your care if you have to go to hospital
- Masks, hand sanitiser and gloves
- A plan for how you'll get food and essentials for two weeks such as frozen meals, pet food, nappies and baby formula
- Phone numbers for people outside your home you can call for help
- Stay-at-home activities



#### Where to get more help?

13 HEALTH - 13 43 25 84  
 134 COVID - 13 42 68  
 Community recovery hotline - 1800 173 349  
 Triple Zero - (000)  
 TTY Emergency Relay Service - 106  
 Lifeline - 13 11 14  
 Beyond Blue - 1300 22 4636  
 Mental Health Access Line - 1300 642 255  
 QLife - 1800 184 527

#### Further information

Visit [www.qld.gov.au/covid-ready](http://www.qld.gov.au/covid-ready) or call 13 HEALTH (13 43 25 84)



## 10 things you can do to get ready for COVID-19

- 

**1. Get vaccinated**  
If you are fully vaccinated (two doses), you are less likely to go to hospital, get seriously ill, or die from COVID-19.
- 

**2. Get a booster shot**  
Check with your health worker or doctor when you can get your booster shot.
- 

**3. Talk to your health worker or specialist**  
Make an appointment to see your health worker, doctor or specialist if you have any health concerns or conditions.
- 

**4. Use your Check In Qld app wherever you go**  
It's the quickest way to know if you've been exposed.
- 

**5. Link your proof of vaccination to your Check In Qld app, or print it out**  
You'll need this at cafes, pubs, sports venues and cinemas.
- 

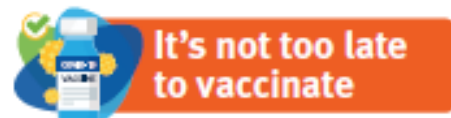
**6. Get tested - no matter how mild your symptoms are**  
You **MUST** stay home after your test until you get your result. Find your closest COVID-19 testing and fever clinics at [www.qld.gov.au/health/covid19/testing](http://www.qld.gov.au/health/covid19/testing)
- 

**7. Mask up**  
Carry a mask with you at all times, even if they aren't mandatory. Use it when you can't keep 1.5 metres away from others.
- 

**8. Sign up for health alerts**  
Visit <https://www.health.qld.gov.au/news-events/newsletter> to keep up to date with all COVID-19 information.
- 


**9. Complete a COVID Care Plan**  
Be prepared in case you need to go to hospital.
- 

**10. Prepare a Get COVID-Ready Kit**  
In case you need to isolate at home.



### Prepare a Get COVID-Ready Kit

If you get COVID-19, you will need to isolate at home until you are told you can leave.

 Check items off as you prepare...

You will need:

- A thermometer
- Pain relief
- Your regular medications
- A plan for who can look after your children, pets, or people in your care if you have to go to hospital
- Masks, hand sanitiser and gloves
- A plan for how you'll get food and essentials for two weeks such as frozen meals, pet food, nappies and baby formula
- Phone numbers for people outside your home you can call for help
- Stay-at-home activities

### Where to get more help?



Scan the code to see where else you can get help and more information

Get COVID-READY



## My COVID-19 symptoms diary

Each day, fill out the table. Write down which of these symptoms you have on Day 1 by writing yes or no, then from Day 2, if your symptom is the SAME (S), BETTER (B) or WORSE (W) than the day before.

Symptom	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:	Temp:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Fever - Temp and time														
Loss of smell														
Loss of taste														
Breathlessness														
Cough														
Muscle aches and pains														
Headache														
Fatigue														
Vomiting														
Diarrhoea														
Appetite														
Fluid intake														
Other:														

Notes:





## *Garden Gate*

### *Fabulous Fruit*



Choosing plants appropriate to our arid climate is the easiest way to grow healthy trees and vines which produce an abundance of delicious fruit. But did you know that it's also important to choose plants which are "low chill" varieties? "Chill" is a term used to describe the required amount of hours below 7 degrees C that a plant needs in order to set fruit. "Low chill" varieties are best suited for warmer climates, such as ours, as they will set fruit with as few as 150-200 hours a year below 7 degrees C.

Of course choosing the right plants is just the beginning to growing healthy, productive fruit. Soil preparation, including adequate drainage and lots of organic matter, are also vital to plant health and bumper crops.

Some popular fruits which are suited to our climate include citrus fruits, melons, passionfruit, mango (protect from frost), grapes, peaches, olives and figs. If you're looking for something more exotic try carob, feijoa, jujube, custard apple, pomegranate, pistachio, almond and quince. This list is just a guide - there will be many more fruit trees and vines suitable for an arid climate, including native Australian fruits. Check with your local nursery for more ideas on what grows best in your backyard.

Credit: <https://www.lovethegarden.com/au-en/article/choosing-right-fruit-your-climate>



## **DID YOU KNOW?**

**We currently have 9 Programs and Services operating from the Centre, and employ 12 local staff.**

**Many of our Programs and Services encompass multiple Shires within South West Queensland, with one busy Service covering an area roughly the size of New South Wales!**



# Perplexing Puzzles

Can you find all the different sports listed in the grid? Words run horizontally, vertically and diagonally. Good Luck!



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

- |                  |                               |                     |             |                     |                        |                     |                         |
|------------------|-------------------------------|---------------------|-------------|---------------------|------------------------|---------------------|-------------------------|
| Abseiling        | Basque Pelota                 | Demolition Derby    | Heptathlon  | Mountaineering      | Quits                  | Taekwondo           | Wheelchair Rugby League |
| Adventure Racing | Benchrest Shooting            | Dog Agility         | Hornussen   | Netball             | Racquetball            | Tamburello          | Xare                    |
| Aerobatics       | Bobsleigh                     | Dragon Boat Racing  | Hurdles     | Novuss              | Reining                | Tohoukball          | Yak Polo                |
| Aikido           | Bossaball                     | Eight Ball          | Ice Dancing | Open Water Swimming | Rugby Sevens           | Team Penning        | Yukigassen              |
| Archery          | Caber Toss                    | Endurance Racing    | Ice Hockey  | Outrigger Canoeing  | Schwingen              | Tug of War          | Zorb Football           |
| Arm Wrestling    | Campdrafting                  | Equestrian Vaulting | Loosathlon  | Over the Line       | Skeleton               | Ultralight Aviation | Zourkhaneh              |
| Axe Throwing     | Canicross                     | Field Target        | Jai Alai    | Paleta Fronton      | Ski Orienteering       | Unicycle Handball   |                         |
| Badminton        | Capture the Flag              | Freediving          | Judo        | Paratriathlon       | Skysurfing             | Varpa               |                         |
| Bandy            | Chess Boxing                  | Giant Slalom        | Kendo       | Pencak Silat        | Snowboarding           | Vigoro              |                         |
| Banzai Skydiving | Cross Country Mountain Biking | Gliding             | Kitesurfing | Pigeon Racing       | Standup Paddleboarding | Volleyball          |                         |
| Barrel Racing    | Dandi Biyo                    | Gorodki             | Laser Tag   | Polocrosse          | Streetluge             | Wakeboarding        |                         |
| Base Jumping     | Deadlifting                   | Gymnastics          | Lumberjack  | Qianball            | Synchronized Swimming  | Weightlifting       |                         |



How many European capital cities can you find in the grid below? Words run horizontally, vertically and diagonally. Good Luck!



Amsterdam	Berlin	Chisinau	Ljubljana	Moscow	Prague	Sarajevo	Tirana	Warsaw
Andorra la Vella	Bern	Copenhagen	London	Nicosia	Pristina	Skopje	Vaduz	Yerevan
Ankara	Bratislava	Dublin	Luxembourg City	Nur-Sultan	Reykjavik	Sofia	Valletta	Zagreb
Athens	Brussels	Helsinki	Madrid	Oslo	Riga	Stockholm	Vatican City	
Baku	Bucharest	Kiev	Minsk	Paris	Rome	Tallinn	Vienna	
Belgrade	Budapest	Lisbon	Monaco	Podgorica	San Marino	Tbilisi	Vilnius	

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

## *Kids Corner*



### **Method**

- Cut the centre out of one paper plate (ask an adult for help with this). This will leave a donut shaped template to stick your poppy hands and leaves onto.
- Paint the palm of one of your hands red and print it onto the middle of a paper plate. Repeat for as many poppies as you'd like to make for your wreath.
- Dot the centre of each of your palm-prints with black paint
- Allow the paint to dry completely and then cut out your hand prints (ask an adult for help).
- Draw and cut out some leaf shapes from the green card, or use the leaves and greenery you collected.
- Glue your hand print poppies and leaves around your donut template to create your wreath.

Credit: <https://kidsinadelaide.com.au/anzac-day-craft-ideas/>

### **Hand-Crafted ANZAC Wreaths**

#### ***You Will Need***

- Up to 20 paper plates
- Some green card (or a collection of real leaves or greenery that can be glued)
- Glue
- Scissors
- Red and black paint + paint brushes



### **ANZAC Rocks**

What a beautiful way to keep the ANZAC spirit alive.

First, give your rocks a black background and leave to dry completely.

Then paint a single poppy and some leaves on each rock.

You might also like to add the words "Thank You" to your rock.

Credit: <https://www.pinterest.com.au/pin/2392606042720076/>



LEST WE FORGET





With Easter just around the corner, keep the kids entertained with this easy-to-make, yummy Easter recipe and fun Mason Jar Bunnies.

### Method

- Grease and line the base and sides of a slice pan, allowing the sides to overhang.
- Combine the condensed milk, butter, chocolate and cocoa powder in a saucepan over medium-low heat. Cook, stirring for 2-3 mins or until the chocolate and butter both melt and the mixture is smooth. Set aside for 5 mins to cool slightly.
- Meanwhile, reserve 12 Tiny Teddy biscuits and 5 chocolate chip biscuits. Chop the remaining combined biscuits and place in a bowl with the marshmallows.
- Pour the chocolate mixture over the biscuit mixture and gently stir with a metal spoon until just combined. Spoon into the prepared pan and smooth the surface. Sprinkle with the reserved biscuits, easter eggs and 100's and 1000's. Cover with plastic wrap and refrigerate for 2 hours or until firm. Cut into squares and serve cold from the fridge.

**Note:** You can substitute or add any of your preferred sweets to this choc-filled yumminess!



### Easter Fridge Slice

#### Ingredients

- 395g can sweetened condensed milk
- 100g butter, chopped
- 150g dark chocolate, chopped
- 2 tablespoons cocoa powder
- 200g packet Arnott's Tiny Teddy biscuits
- 100g mini chocolate chip biscuits
- 1 cup coarsely chopped marshmallows
- 50g small Easter Eggs
- 1/4 cup M&M's speckled eggs
- 100's & 1000's to decorate

Source: <https://www.taste.com.au/recipes/easter-fridge-slice/>

### Method

- \* Apply the paint primer to the outside of the jar (ask an adult to help with this)
- \* Once the primer is dry paint the jar your chosen colour and allow to dry completely.
- \* Once your jar is dry, twist 3 pipe cleaners around each other to form whiskers and then glue to the jar.
- \* Glue on googly eyes and a pom pom for the nose.
- \* Cut out 2 ears and inner ear pieces from the stiff felt (the stiff felt will allow the ears to stand up on their own). Use different colours for the outer and inner ears. Then glue the ears to the back of the lid of the jar.
- \* Allow everything to dry completely.
- \* Your jar is now ready to fill!



### Bunny Mason Jars

#### You Will Need

- \* Small mason jars
- \* Paint primer
- \* Paint - a few different colours of your choice
- \* Googly eyes
- \* Pipe cleaners
- \* Large pom poms
- \* Stiff felt in white and other colours for the ears
- \* Glue dots or hot glue

Source: <https://www.thebestideasforkids.com/bunny-slime/>



## Delicious Dishes

### Slow Cooker Mexican Beef

#### Ingredients

- \* 1 sliced brown onion
- \* 1 teaspoon garlic powder
- \* 1 teaspoon ground cumin
- \* 2 teaspoons paprika
- \* 1/2 teaspoon cayenne pepper
- \* 1 teaspoon dried oregano
- \* 1 teaspoon salt
- \* 1.5kg beef brisket
- \* 1 tablespoon olive oil
- \* 2 tablespoons tomato paste
- \* 3 tablespoons brown sugar
- \* 2 tablespoons lime juice
- \* 1 cup beef stock
- \* 1 teaspoon smoked paprika



#### Method

1. Place the brown onion in the base of a slow cooker. In a small bowl combine the garlic powder, cumin, paprika, cayenne pepper, oregano and salt and mix thoroughly. Rub the mix liberally over the beef brisket.
2. Heat the oil in a large frypan and brown the brisket well on all sides. Transfer the brisket to the slow cooker.
3. Combine the tomato paste, brown sugar, lime juice, beef stock and smoked paprika in a jug, mix well and then pour over the beef in the slow cooker. Cover and cook on high for 8 hours.
4. Carefully remove the beef from the slow cooker and allow to cool enough to handle. Shred the meat using two forks, discarding any fatty pieces as you go. Return the meat to the slow cooker and stir through the cooking sauce (see note about sauce above).
5. Serve warm with rice and salad, in tacos or nachos, or on burgers.

Credit: <https://www.bestrecipes.com.au/recipes/slow-cooker-mexican-beef-recipe/e3q3cdep>

#### Method

- ◆ Grease a 3cm-deep, 20 x 30cm slice pan. Line the pan with baking paper, allowing the paper to overhang the long sides. Arrange half the biscuits over the base of the prepared pan, trimming to fit if necessary.
- ◆ Reserve 125g (1/2 cup) of mango. Place the remaining mango in a food processor and process until smooth. Finely chop the reserved mango.
- ◆ Place the blended mango, cream and dessert mix in a large bowl. Use electric beaters to beat the mixture until smooth and thickened. Stir in the reserved chopped mango.
- ◆ Spread the mixture evenly on the biscuit base and smooth the surface. Top with a layer of biscuits, trimming to fit if necessary. Cover and refrigerate for 2 hours or until set.
- ◆ Once set, dust with icing sugar. Slice into bars with a sharp knife and serve cold.

**Notes:** Keeping the cream and blended mango very cold before beating will help thicken the filling mixture and allow it to set faster, keeping the biscuits crisp.

The bars are best enjoyed within a day of making as the biscuit base will soften if kept longer.

Source: <https://www.taste.com.au/recipes/easy-mango-bars-recipe/>

**Notes:** Beef brisket is a fatty cut of meat and releases a lot of fat during cooking. After you've removed the meat from the slow cooker, pour the remaining sauce into a jug and allow to cool. The fat will set on top and you can spoon it into the bin. Then simply reheat the remaining sauce and stir through the meat.

If you don't want to make the spice mix, replace it with a sachet of store bought taco mix for a similar taste.

### Easy Mango Bars

#### Ingredients

- ◆ 2 packets of Arnott's Malt O'Milk biscuits
- ◆ 500g (2 cups) frozen mango, thawed slightly with excess liquid removed
- ◆ 600ml thickened cream
- ◆ 2 x 100g packet Aeroplane Dessert Mix Vanilla Flavoured
- ◆ Icing sugar to dust



## *Bellylaughs*

Q. What kind of tree can fit in one hand?

A. A palm tree!

Q. What do you get when you cross a rabbit with shellfish?

A. An oyster bunny!

Q. What kind of dog does a magician have?

A. A labracadabrador!



Q. Why are elevator jokes so good?

A. They work on many levels!

Q. Why do bicycles fall over?

A. Because they're two-tired!

Q. Why did the picture go to prison?

A. Because it was framed!

Q. What does a rain cloud wear under her dress?

A. Thunderwear!

Q. Why did the kid throw his clock out the window?

A. Because he wanted to see time fly!

Q. What did the duck say after she bought chap stick?

A. Put it on my bill!

Q. What do you call a line of rabbits jumping backwards?

A. A receding hare-line!



**CHARLEVILLE**  
NEIGHBOURHOOD.CENTRE

Phone (07) 4654 1307

**Community Support Service**  
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**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](mailto:reception@charvillenc.org.au) Web [www.charvillenc.org.au](http://www.charvillenc.org.au)



*You can also find us on Facebook*



## *Position Vacant*



### Administration Officer

Employer: Charleville Neighbourhood Centre  
Applications close: Friday 22<sup>nd</sup> April 2022

Location: Based in Charleville  
Work Type: Permanent Part Time – 25hrs pw

The Charleville Neighbourhood Centre is currently seeking an Administration Officer to assist with Centre administration with a focus on the Home Assist Secure, Home Maintenance, Home Modifications and Murweh Meals Programs.

The experienced applicant will be multi skilled with excellent administration, communication and organisational skills. Knowledge of Government Funded Community Based Programs, WHS and Data Entry will be favourably considered. The successful applicant will also possess the ability to liaise with Allied Health professionals to discuss referrals which facilitate safety in the home for persons who are aged, frail or disabled.

The position is based in Charleville and covers the shires of Murweh, Paroo, Bulloo, Quilpie, Balonne and Maranoa region.

Applicant must hold a Children's Commission Suitability Notice/ Blue Card.

For more information and a copy of the application pack please contact The Neighbourhood Centre Coordinator on - 07 4654 1307 [coordinator@charvillenc.org.au](mailto:coordinator@charvillenc.org.au)

**Applications Close Friday, 22 April 2022**