



Issue 2

February 2020



# Neighbourhood News

## NC Roundup

Welcome to 2020!! The Neighbourhood Centre has kicked off the new year in a big way. We've been busy preparing for the amazing events planned in our wonderful community this year. From the Adrian Vowles Cup, to the Charleville Strongman Challenge, and the Welcome to Charleville Party, our community has something for everyone over the next couple of months. You can find a full list of all upcoming events for February, March and April in our Date Claimer on page 3.

As always, our staff have been out and about, helping the community and surrounding districts through our various programs and services. Did you know the Charleville Neighbourhood Centre currently have nine different programs operating? We can assist with:

- ◆ Rural Support
- ◆ Family Support
- ◆ Youth Support
- ◆ Community Support
- ◆ Supported Accommodation Assistance
- ◆ Home Modifications
- ◆ Home Maintenance
- ◆ Home Assist Secure
- ◆ Murweh Meals

Inside this edition you'll find more information on our Home Assist Secure and Murweh Meals Programs.

If you'd like to know how we may be able to assist you, please call 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, pop in and speak to one of our friendly support workers in the Centre on the corner of Alfred and Eyre Streets.

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## *Introducing Our Management Committee*

The Charleville Neighbourhood Centre is a not-for-profit organisation which is overseen by a Management Committee who are dedicated volunteers from the local community. The Management Committee is re-elected every 12 months through our Annual General Meeting in November. Meet our current Committee!

### **President: Michael Moore**

Michael returns as President and will continue his guidance of the Committee and Centre for another term. Michael is a valued and long-serving member of the Committee, having originally joined in 2013, before taking on the President's role in 2015.

### **Vice-President: Dana Lawton**

Dana was re-elected to the Vice-President position for another year. Dana joined our committee in 2017 and became Vice-President in 2018. Dana brings a wealth of experience, and plays an active role both within the Committee and the local community.

### **Secretary: Mark Coleman**

The Centre welcomed Mark Coleman to the Committee this year as Secretary. Mark brings extensive management experience to this role. Welcome on board, Mark!

### **Treasurer: John Nicholson**

John was returned again as our dedicated Treasurer. John joined the Committee in 2007 and has filled the Treasurer's role since that time. It must be noted that John knows the Centre's workings very well as he is a former staff member, being his first job after relocating to Charleville.

### **Committee Member: Colleen Rigby**

Colleen joined our Committee in 2017 and is a valuable addition to the Committee and the Centre. As a local business owner Colleen brings a unique and different perspective to the Committee.

### **Committee Member: Lawrie Usher**

We also welcomed new committee member Lawrie this year. Lawrie has a broad range of experience and knowledge regarding our local community through his involvement with different clubs and events.

### **Members of the Association**

Twelve current Members of the Association were welcomed back, along with two new Members. Members of the Association are kept fully informed of Centre management and operations.

### **Thank You!**

The Neighbourhood Centre and Committee would like to extend their deepest gratitude to outgoing Secretary, Deb Alick, and Committee Member, Judy Connolly, for their service on the Management Committee. We thank them both for their unwavering dedication and hard work over the previous years.

## *NC Activities*

We've been busy over the past couple of months. Here's a snapshot of a couple of the activities we've been involved in.

### *Hams for Christmas*

During December Jeff Russell, our Rural Support Worker, helped to deliver 50 hams to landholders in the region to help make their Christmas a little more special.

The deliveries were just the final link in an incredible collaborative effort which included Dunne's Butchery and an amazing man who goes by the Facebook tag of Mr Buckaroonie.

Mr Buckaroonie describes himself as an ex-serviceman who likes taking the easy life in the great outdoors. This incredible man and his very generous supporters spend their downtime fundraising for different causes and their attention fell on our Aussie farmers over Christmas. Along with areas such as Roma and St George, Charleville was identified as a likely distribution centre. Mr Buckaroonie provided Zoro with the funds to purchase hams, Zoro contacted Jeff for assistance, and the rest, as they say, is history.

If you'd like to know more about Mr Buckaroonie and the truly wonderful things he's doing you can find his Facebook page at <https://www.youtube.com/user/MrBuckaroonie/feed>.



### *Hand-Made Donated Toys*

Late last year we were fortunate enough to be one of the recipients of some beautiful hand-made wooden toys donated by a wonderful retired gentleman called John from Mt Tambourine. This generous benefactor, along with his local Men's Shed, make all the toys themselves from donated wooden packaging which would otherwise have gone into landfill. The toys were painted by the Charleville Work Camp and some were distributed to disadvantaged children over the Christmas period. The remainder of the toys will be handed out as the need arises. A heartfelt thanks goes out to John and all the Mt Tambourine Men's Shed members for putting smiles on little faces.



### *Christmas Hampers*

In the weeks leading up to Christmas the Neighbourhood Centre assisted the St Vincent de Paul Society and Lifeline to distribute 43 Christmas Hampers within the Charleville community to families most in need. The Christmas Hamper distribution is an annual occurrence and we are proud to be able to continue helping spread some Christmas cheer.



## *Good Luck, Kerry*

Everyone here at the Neighbourhood Centre wishes Kerry Landsberg all the very best in her new position at the Court House. Kerry provided administrative support for the Centre and the Home Modifications, Home Assist Secure and Home Maintenance Programs for many years. She tirelessly unraveled complicated OT referrals, RAS assessments, and ramp, hand rail and lawn enquiries. Kerry is incredibly artistic and often amazed us with her stunning drawings and paintings around the smoko table. Good luck, Kerry, the Court House are lucky to have you on their team.



**Welcome**

*Hi Deanne*

A very warm welcome to our newest team member, Deanne Gleeson, who has taken on the role of Administration Officer.

Deanne is a retired hairdresser, having previously operated two hair salons in Charleville. In addition, Deanne has gained a wealth of experience in office administration. She enjoys reading and art, and spending quality time with her lovely labradoodle. Deanne continues to serve as a long-standing Miss Showgirl judge, an experience she finds especially rewarding.

Congratulations and Welcome Deanne!



*Thanks Kaye*



A big shout out to Kaye Young, who took on our Administration position during the recruitment period. Kaye brings her years of knowledge and experience to the role and we are extremely fortunate to have her as a member of our team through this busy time. Kaye will continue on in the role for a little longer while Deanne finds her feet. Thanks Kaye!

## *Date Claimer*

- 28-29 Feb Adrian Vowles Cup
- 9-15 Mar Queensland Women's Week
- 14 Mar Charleville Races
- 14 Mar 100 Year Smith Bros Flight Re-Enactment
- 21 Mar Welcome to Charleville Party
- 21 Mar Charleville Strongman Challenge
- 22 Mar Charleville Triathlon
- 1-7 Apr Veteran 1 & 2 Cylinder Cars & Motorbikes
- 1-9 Apr Youth Week
- 9-12 Apr Charleville Smith Family Cod Classic
- 11 Apr Augathella Diggers Easter Rodeo
- 13 Apr Augathella Easter Races
- 19-25 Apr 30 Year Commemoration of the 1990 Flood & Charleville Work Camp Establishment
- 25 Apr ANZAC Day

## *Hello Sue*



The Murweh Meals program and clients warmly welcomed Sue Sullivan in January as our new delivery driver. With her positive attitude and unique character, Sue brings her own style of fun, compassion and care to the job, and is the highlight of the day for many of our meal clients. In her spare time Sue creates exquisite crocheted pieces and spends quality time with her grandchildren.

Best of luck in your new role, Sue, and welcome to the team!



### 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.

## Kids Corner

Create endless fun with  
colourful Rainbow Rice.

### What You'll Need:

- \* White Rice
- \* Different Food Colouring
- \* Zip-Lock Bags



### Instructions:

- \* Place a small amount of white rice in a zip-lock bag.
- \* Add a few drops of food colouring (more colouring leads to darker colours).
- \* Get creative and have fun mixing the food colouring through the rice. You can shake it, roll it, toss it, spin it, or bounce with it on a trampoline! Just make sure the bag is securely closed first.
- \* Repeat the process creating lots of different colours.
- \* Use your rainbow rice for all sorts of fun. Some suggestions:
  1. Make some presents - add layers of different colours into pretty jars and give them as gifts or party favours.
  2. Make a treasure hunt - bury "treasures" in the container and play a game of finding them again.
  3. Fill a clear plastic bottle with Rainbow Rice, seal the top securely and you've made a shaker toy to add to your musical instrument collection.
  4. Use the Rainbow Rice for art projects. Squirt some glue and sprinkle the Rainbow Rice on top.

<http://www.littlebluebirds.org.au/home/2019/10/14/rainbow-rice>



## Garden Gate

### Waterwise Garden Tips



Follow the below practical steps around the garden to help plants survive on minimal water.

**Drip irrigation** - install drip irrigation to help conserve water by reducing evaporation.

**When to water** - Water your garden before 10 am or after 4 pm to reduce water loss through evaporation. Water your garden in the cool of the early morning to reduce water loss through evaporation. When you water, give your garden and lawn a good soaking, but water less frequently. This will help your plants and grass send their roots deeper into the soil in search of water, building resistance to hot and dry weather.

**What to water** - water each plant's roots, not the leaves. Apply water around the base of plants, rather than over the leaves, to help reduce evaporation.

**Lawn** - lift the blades on your mower to a higher setting to allow your lawn to grow a little longer. This will also help reduce heat stress through the hotter months.

**Mulch** - apply a generous layer of mulch to retain the moisture in your garden beds, veggie patches and pots to save even more water. It's also a great way to stop weeds.

**Soil wetting agents** - use a soil wetting agent to help to break down the waxy, water repellent layer that can develop on soil and potting mix. This helps make the most of any rain or irrigation by enabling water to penetrate the soil evenly and effectively.

**Increase organic matter** - soil that contains a lot of organic matter such as compost and organic soil improvers can hold more moisture.

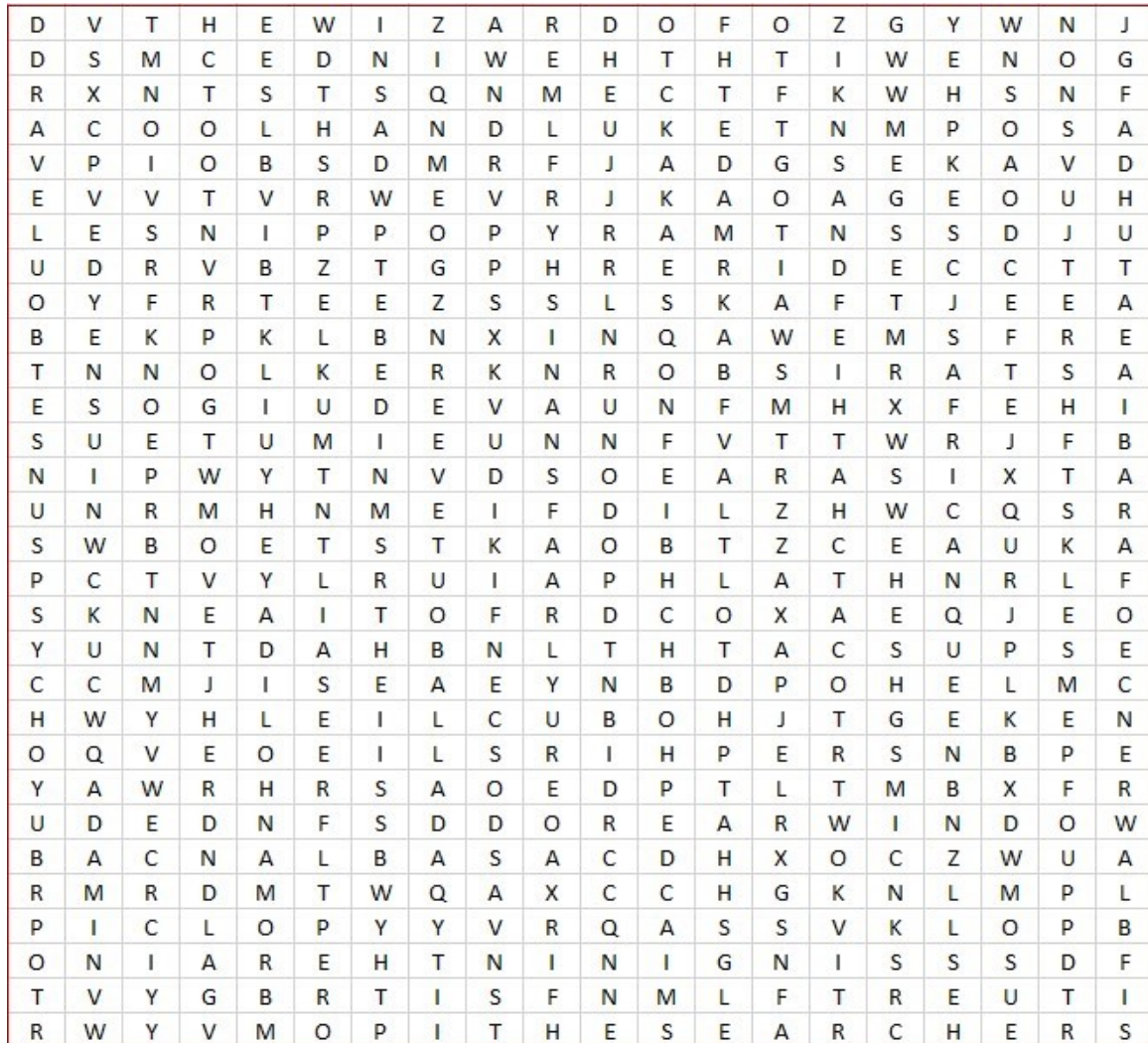
**Drought tolerant plants** - choosing drought tolerant plants is the most successful way to ensure your garden survives when water is scarce and there are plenty of beautiful varieties to choose from.

**Weeds** - remove weeds as this reduces the competition with your wanted plants.

<https://www.yates.com.au/ideas-plans/project-guides-articles/all/waterwise-garden-tips>

## Perplexing Puzzle

How many of these classic movie titles can you find? Words can run horizontally, vertically or diagonally. Good luck!



A Star Is Born  
African Queen  
All About Eve  
Casablanca

Citizen Kane  
Cool Hand Luke  
Gone With The Wind  
King Kong

Lawrence of Arabia  
Mary Poppins  
North By Northwest  
Psycho

Rear Window  
Roman Holiday  
Singin' In The Rain  
Some Like It Hot

Sunset Boulevard  
The Searchers  
The Wizard Of Oz  
To Catch A Thief

## Bellylaughs

- Q: Why did the can crusher quit his job?  
A: Because it was soda pressing!
- Q: How much room is needed for fungi to grow?  
A: As mushroom as possible!
- Q: What's the difference between a guitar and a fish?  
A: You can tune a guitar, but you can't tuna fish!



## 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 this Program please contact the Neighbourhood Centre.

## Delicious Dishes

### Cheesy Pull-Apart 'Cob' Loaf

#### Ingredients

- 1 Vienna loaf
- 250g frozen chopped spinach, thawed
- 50g butter
- 3 green shallots, sliced
- 2 crushed garlic cloves
- 1/2 cup sour cream
- 1 & 1/2 cups grated Colby cheese
- 1/4 cup finely grated parmesan

#### Instructions

- Preheat the oven to 190C/170C fan forced. Line a baking tray with baking paper.
- Squeeze excess moisture from the spinach. Melt the butter in a small saucepan over medium heat. Add the shallots and garlic. Cook, stirring, for 2 minutes.
- Stir in spinach, sour cream, Colby cheese and parmesan. Cook, stirring, until melted.
- Diagonally score the bread loaf using a sharp bread knife, about 4cm apart. Spread spinach mixture between cuts. Place on the prepared tray.
- Bake for 10 minutes or until crispy and oozy. Cool slightly before serving.

*Bon Appetite!*



<https://www.taste.com.au/recipes/cheesy-pull-apart-cob-loaf/>



## *Charleville Blue Tree Project*

Have you visited our community's Blue Tree along the River Walk yet?

On Thursday, 13 February a group of community service organisations and citizens joined together to spread the paint and spread the word.



**"It's Ok To  
Not Be Ok"**



For more information on the story behind the Blue Trees popping up around the country, go to the Blue Tree Project page on Facebook.



**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@charlevillenc.org.au](mailto:reception@charlevillenc.org.au) Web [www.charlevillenc.org.au](http://www.charlevillenc.org.au)



*You can also find us on Facebook*

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## *Murweh Meals*

Our Murweh Meals Service caters for people with a wide variety of support needs, not just meals for seniors. In a nutshell, if you are unable to prepare a meal or shop for yourself with ease, then we can provide a solution.

You may be eligible if you are in your senior years, recovering after hospitalisation, a major illness or surgery, have a disability, be a carer, or need assistance due to a special circumstance.

We can provide a lunch time meal of soup, mains and dessert to suit your personal requirements and can accommodate most dietary needs and taste preferences. Our meals are prepared fresh every day, Monday to Friday, and delivered with a smile from the lovely Sue.

If you are over 65 years of age you will need to be registered with My Aged Care to qualify for Murweh Meals. Please call 1800 200 422 to register with My Aged Care. Or, if you are Under 65 years of age please call the Community Access Point on 1800 600 300 to register.

For further information please contact the Neighbourhood Centre on 4654 1307.

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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 contribute to our next Newsletter (April 2020) please contact the Neighbourhood Centre on 4654 1307 or email [communitysupport@charlevillenc.org.au](mailto:communitysupport@charlevillenc.org.au).

