



Neighbourhood News

NC Roundup

What a difference a couple of months can make. Our February edition was packed with events and plans for the coming year, all of which have now been placed on the backburner.

Instead our focus has firmly turned to assisting our community to prepare for, survive, and recover from the COVID 19 (Coronavirus) pandemic currently sweeping the planet. And while there is absolutely no doubt that this virus is having a tragic and profound effect, there are ways that we can all help to prevent the spread of COVID 19. We can all be lifesavers.

Inside we've included practical, easy to understand information on COVID 19 and the simple things everybody can do to help stop this virus.

There's also information on the different types of assistance available to individuals, families, businesses and the community.

Self-isolation isn't always easy, and it can sometimes be hard to find different things to do. You'll find some extra puzzles, activities and ideas inside guaranteed to keep everybody entertained. We've included more recipes for you to try too!

The Neighbourhood Centre is still open and operating and we're here to help. Read more about our Pharmacy Collection Service on page 14, developed especially to assist during this difficult time.

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, search our website at 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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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 contribute to our next Newsletter (June 2020) please contact the Neighbourhood Centre on 4654 1307 or email communitysupport@charlevillenc.org.au.

NC Activities

Young Minds Kept Active

Our Youth Support Worker, Rebecca Horton, created these fantastic free Activity Packs to help keep children entertained while they've been at home in isolation.

Rebecca has also started posting weekly short videos to the Centre's Facebook page to keep young minds engaged with our local community. The light-hearted videos will feature different local Charleville identities as guests. The first instalment of "Outback With Bec" was a huge success, so search for Charleville Neighbourhood Centre on Facebook if you haven't watched it yet.



Queensland Women's Week Wrap-Up

QUEENSLAND Women's Week
Celebrating our diverse community of strong women
6-15 March 2020

Sat Mar 7
GRAHAM ANDREWS PARKRUN | 7AM
BRING ALONG A FEMALE FRIEND AND RUN, WALK OR JOG

Mon Mar 9
TAI CHI @ THE POOL | 9AM
FAMILY FUN COLOUR RUN | 5-8PM
CHARLEVILLE SHOWGROUNDS
FREE FAMILY EVENT AND SAUSAGE SIZZLE

Wed Mar 11
HOY | 10.30AM
JOIN IN THE FUN AT HEALTHY AGEING
112 ALFRED ST

Thurs Mar 12
SISTERS EMPOWERMENT
PIT STOP & PAMPER | 10AM-2PM
CHARLEVILLE TOWN HALL - FREE EVENT FOR WOMEN
INFORMATION STANDS/STALLS/PAMPERING/FOOD

Fri Mar 13
BREAKFAST | 7AM - 9AM
FREE EVENT - CHARLEVILLE NEIGHBOURHOOD CENTRE
GUEST SPEAKERS

Made with PosterMyWall.com

In March the Neighbourhood Centre partnered with several other community service providers to celebrate Queensland Women's Week. We participated in three successful events over the week which were enjoyed by all who attended.

We kicked the week off at the Sisters Empowerment Pitstop and Pamper Day where ladies were treated to free haircuts, manicures, make-up and hand massages, morning tea and lunch, and lots of useful information on different services available within the community.

Our next stop was Breakfast with Guest Speakers, where attendees were treated to a delicious breakfast while listening to guest speakers drawn from local ladies discuss their experiences growing up and living in our wonderful community.

The final event was the Family Fun Colour Run, and while we had a smaller crowd, the fun was contagious and the coloured chalk was EVERYWHERE!

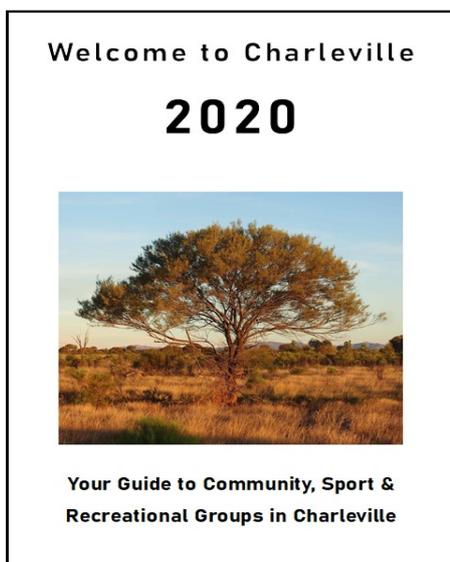
Thanks to all the service providers who participated, and a big thanks to everyone who attended, celebrated and supported Queensland Women's Week 2020.

Early Rain Leads to Lots of Luscious Lawns

We were fortunate to receive some excellent (and much needed) rainfall at the beginning of the year, and our lawns took full advantage of the optimum growing conditions. Denny Bryan has been stretched to the limit to accommodate the rapid increase in demand for his Home Maintenance Service. Between January and April Denny received over 220 requests for lawn mowing, which made him the most in-demand worker at the Centre!



Welcome to Charleville Guide 2020



The 2020 version of the Welcome to Charleville Guide is available now! The Guide contains all the up-to-date information on community, sport and recreational clubs and organisations in Charleville, as well as child care facilities and schools. There are also some brand new sections this year, including Churches & Religious Centres, Natural Therapy Practitioners, and Regular Annual Events.

Get your Guide now from the Neighbourhood Centre premises on the corner of Alfred and Eyre streets, view a copy on our website, or request an electronic copy by phoning the Centre on 4654 1307 or via email to communitysupport@charlevillenc.org.au.

If you know of a club or organisation that isn't in the Guide please contact the Neighbourhood Centre to arrange inclusion in the 2021 version.

Clever Vehicle Modifications

The phrase 'necessity is the mother of invention' rang true when the COVID-19 crisis led to changes in operations and new challenges. One issue we faced was the ability of our Support Workers to continually sanitise their hands while out and about. Many solutions were raised and dismissed, but the enterprising trio of Paul Taylor, Brendan Albury and Denny Bryan would not be defeated. They put on their collective thinking caps, drew up plans and got to work. Within a short period the Centre's vehicles had been fitted with custom-made tanks, giving our Workers access to plenty of running water. Great job guys.



Keeping Safe During COVID-19

There's no doubt that COVID-19 (Coronavirus) has radically changed the way we currently go about our daily lives. With so much upheaval, confusion and misinformation in the public arena, it can be difficult to know what to do or where to turn. The good news is there's help, support and correct information available. Over the following pages we've compiled a list of where you can find good advice, help and support within our local community and beyond.

Stay safe, everyone. And remember....we're all in this together, and together we will get through it.

Murweh Shire Support Services

<u>"Support Services for Murweh Shire"</u>		
<u>In an emergency call Triple Zero (000) to be directed to Police, Ambulance or Fire Brigade</u>		
Charleville Hospital – 46 212 200	DV Connect – 1800 811 811	1800Respect – 1800 737 732
Far West Indigenous Family Service 0428 600 677	CWAATSICH 46 543 277	Beyond Blue 1300 224 636
Goolburri Family Wellbeing Cliff 0448 291 932 Deb 0476 603 004	Murweh Shire Council 46 568 355	Relationships Australia 1300 364 277
Lifeline – Safe Connections 1800 951 052 FAMILY Counselling & Support 1800 951 052	Lifeline 13 11 14	Mensline 1800 600 636
Neighbourhood Centre 46 541 307	Drug Arm – Darlene 0437 783 432 / Karen 0436 913 602 St Vinnies De Paul – 46 543 340 Mon/Wed/Fri	
Aboriginal Family Legal Service – 1800 185 950	Rural Women's Legal Service 1800 457 117	Sexual Assault Helpline 1800 010 120
Centrelink – 132 850	ATSILS - 46 541 721	Parent Helpline 1300 364 100

Handy Websites

Darling Downs Health

<https://www.health.qld.gov.au/darlingdowns>

Queensland Government

<https://www.covid19.qld.gov.au/>

Queensland Department of Health

<https://www.qld.gov.au/health>

Australian Government

<https://www.australia.gov.au/>

Australian Department of Health

<https://www.health.gov.au/>

World Health Organisation

<https://www.who.int/>

Need
COVID-19
information?



COVID-19 Hotline
1800 490 468
8am - 5pm | Monday to Friday

Information for Individuals

ACCC

<https://www.accc.gov.au/consumers/consumer-rights-guarantees/covid-19-coronavirus-information-for-consumers>

ATO

<https://www.ato.gov.au/General/COVID-19/Support-for-individuals-and-employees/>

Centrelink

<https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19>

Information for Small Businesses

ACCC

<https://www.accc.gov.au/business/covid-19-coronavirus-information-for-small-business>

ATO

<https://www.ato.gov.au/General/COVID-19/Support-for-businesses-and-employers/>

Centrelink

<https://www.servicesaustralia.gov.au/organisations/business/subjects/coronavirus-information-businesses>

Taking care of your mental health during a crisis is just as important as caring for yourself physically. It's natural to feel overwhelmed and confused at times, but there is support available to help you find your balance again.

Lifeline 24 Hour Crisis Line
13 11 14

Beyond Blue 24 Hour Line
1300 224 636

Kids Helpline
1800 55 1800

Headspace Toowoomba
4639 9000

Has COVID-19 got you feeling anxious?



MY CONNECTIONS MY WAY
Lifeline Darling Downs & South West Qld Ltd

You're not alone - the My Connections My Way team are ready to help.

Many people struggle and need support.

From time to time, most adults feel stressed, worried or sad. When these feelings last for long periods of time, such as days, weeks or months, it can stop you from living your life to the fullest potential.



You can find free help.

This service is provided FREE and has been developed specifically to equip people with tools and techniques to cope with anxiety, stress and other significant life events.



FREE CALL 1800 951 052

Up to 12 Sessions - no referral necessary.



My Connections My Way is designed to make it easy to connect when you need it most. With no referral needed, you can access up to 12 sessions of free, professional support.

Available in four country locations.

This service is available in four country locations across south west Queensland:

- Charleville
- Cunnamulla
- St George
- Roma



Connect remotely.

The service is delivered using popular online platforms and modern remote communication technologies. The delivery platforms include Skype, Messenger and phone calls.



We're here for everyone.

My Connections My Way is available to people from 12 years of age and older, with diagnosed mental health illness or at risk of developing low to moderate mental health issues. The program is developed specifically for people who may be struggling with grief, loss, stress, anxiety or other significant life events.

MY CONNECTIONS MY WAY FREE CALL 1800 951 052

This program is funded by the Western Queensland PHN.

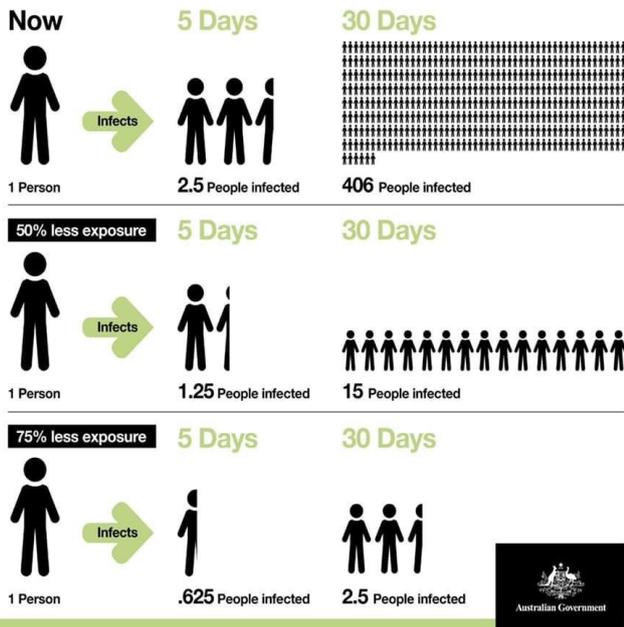
This program is proudly run by Lifeline Darling Downs & South West Qld Ltd.



If you or someone you care for is in need of support you can contact call Lifeline on 13 11 14, or chat to a crisis supporter and text Lifeline on 0477 13 11 14 (8pm - midnight AEST) or online at lifeline.org.au (7pm - midnight AEST).

Why social distancing matters

Social distancing of 1.5 metres decreases the exposure of coronavirus (COVID-19).



Did You Know?

As at 11 May 2020, the country with the highest number of reported deaths from COVID-19 was the United States of America, with 79,916 deaths; followed by The United Kingdom with 31,855 deaths; and Italy with 31,855. By comparison, Australia had reported 97 deaths.

Did You Know?

According to the World Health Organisation, as at 11 May 2020 there had been **4,013,728** confirmed cases of COVID-19 reported world-wide, including **278,993** deaths.

Darling Downs Health

Wash your hands

Cover coughs and sneezes

Work from home where possible

Stay 1.5m away from others

Stay home and save lives

HOW TO STOP THE SPREAD

Service in the Spotlight

In this edition we're spotlighting our Family Support Service.

The Family Support Service provides assistance and information to families on a range of issues, including parenting, healthy relationships, stress management, time management, household budgeting, motivation, goal setting, and personal development.

The Service also provides:

- Emotional support to families and individuals with children 18 years or under, in rural country towns and communities.
- Home visits, regardless of your location, within the shires of Murweh, Paroo, Bulloo and Quilpie.
- Support for rural and remote families dealing with isolation.
- Information on, and referral to, any relevant community or government services.
- Promotion of opportunities for families through networking with other community groups and organisations.

Melissa Vaggs is our Family Support Service Worker and she is available for confidential consultations with families and individuals struggling with relationships, stress, isolation or parenting.

To contact Melissa, please call the Centre on 4654 1307, or email her directly at familysupport@charlevillenc.org.au.

Family Support Service

Melissa: 46543324

How Can I Help You?

I can visit your home and help with:

Daily Routines – Household/Children

Budgeting – Weekly/Monthly Budgets/
Prioritizing bills/Planning

Meal Planning – Budget recipes/
Nutritious Meals/Lunchbox Ideas

Organization/Declutter

Health and Hygiene

Parenting – Feeling overwhelmed? Is your child's behaviour at home or school worrying you? Want to build a better relationship with your children?

Looking after yourself? Taking care of you so you can take care of everyone else/managing stress to cope with daily pressure

Anything else that may worry you 😊



Garden Gate

6 Tips for Autumn Gardens



Prepare your garden for winter with these handy tips.

1. Mulch your garden - mulch is your garden's best friend. It helps soil hold in moisture and also keeps weeds down. Over time, mulch will break down and improve your soil by adding nutrients.
2. Fertilise your lawn - fertilising your lawn will ensure that it stays green and healthy throughout the year. Autumn is a great time to fertilise because it protects your lawn through the winter months.
3. Prune trees - there are many reasons why you should prune your trees. It helps improve their health, removes dead branches, and can promote crop growth in fruit trees.

4. Plant bulbs - planting bulbs is a great way to add a splash of colour to your garden. Autumn is the perfect time of year to plant them so they'll grow and flourish in spring.
5. Plant fruit trees - Australia's climate and conditions are ideal for growing fruit trees. All they need is full sun, good drainage and room to grow.
6. Make your own compost - compost is a natural fertiliser that is great for your garden, good for the environment, and a fantastic way to use kitchen and garden waste.

<https://www.bunnings.com.au/diy-advice/garden/planting-and-growing/seven-autumn-gardening-tips>

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

Scavenger Hunt

Keep your kids entertained with a scavenger hunt. The rules are simple:

1. Create a list of items to find - these can be anything you like. There's a few suggestions below to get you started.
2. Put a time limit in place - a scavenger hunt can go for as long as you want it to, but there must be a set start and finish time.
3. Set location parameters - for example, objects can only be gathered from inside your home.
4. Have some prizes on hand to encourage participation. These can be anything, such as some extra pocket money or a favourite treat.
5. That's it - now get scavenging!!

Scavenger Hunt Suggestions

- ⇒ List some letters of the alphabet and ask your hunters to find an object beginning with each letter.
- ⇒ List different colours and ask your hunters to gather objects of each colour.
- ⇒ Make a list of everyday words and give your hunters some old magazines to hunt for those words in.
- ⇒ Bury small objects in a sandpit for hunters to dig up.
- ⇒ Go on a shapes scavenger hunt in your yard - ask your hunters to find different shapes in everyday objects and take a photo.



The Jelly Bean Game

A fun game for the whole family and all you need are some jelly beans (or any soft lollies you prefer) and a dice.

How To Play

1. Each player receives an equal amount of jelly beans to start (usually between 6 & 10 each).
2. Each player takes it in turns to roll the dice.
3. If you roll a 1 - you eat one jelly bean from your pile.
4. If you roll a 2 - you pass one jelly bean to the player on your left.
5. If you roll a 3 - you pass one jelly bean to the player on your right.
6. If you roll a 4 - you skip your next turn.
7. If you roll a 5 - you place a jelly bean in the centre of the table.
8. If you roll a 6 - you win any jelly beans from the pile in the centre of the table.
9. Keep playing until all the jelly beans are gone!

Delicious Dishes

Sticky Marmalade & Apricot Chicken

Ingredients

- 8 small chicken thigh cutlets with skin on
- 1/4 cup orange marmalade
- 1/2 cup apricot nectar
- 2 garlic cloves, crushed
- 2 small oranges, thinly sliced
- 4 sprigs fresh thyme
- 500g pumpkin, cut into wedges
- 1 tablespoon olive oil
- 150g green beans, trimmed and halved
- Fresh parsley, to serve



Method

Step 1 Preheat oven to 220C or 200C fan-forced.

Step 2 Place chicken, skin-side up, in a large baking tray with sides. Place marmalade, apricot nectar and garlic in a jug and stir to combine. Spoon the mixture over the chicken. Season with salt and pepper, then add orange slices and thyme to the tray. Roast for 20 minutes.

Step 3 Add pumpkin, drizzle with oil and season with salt and pepper. Roast for a further 25 minutes or until chicken is cooked through.

Step 4 Add green beans to tray and cook for further 5 minutes. Serve sprinkled with fresh parsley.

<https://www.taste.com.au/recipes/sticky-marmalade-apricot-chicken>



Golden Syrup Microwave Mug Cake

Ingredients

- 30g butter
- 1 egg
- 1/4 cup golden syrup, plus extra to drizzle
- 1 tablespoon milk
- 1 teaspoon vanilla extract
- 1/2 cup self-raising flour
- Vanilla ice-cream, to serve

Method

- Lightly grease two 375ml (1 & 1/2 cups) microwave-safe mugs. Place the butter in a small microwave-safe bowl and heat on high for 10 seconds or until melted.
- Use a fork to lightly whisk the egg in a bowl. Whisk in the golden syrup, milk and vanilla extract until combined. Add the flour and whisk until smooth. Add the melted butter and whisk until combined.
- Divide mixture equally between the prepared mugs. Microwave on high for 1 minute and 20 seconds or until cake is puffed and just firm when lightly touched.
- Drizzle extra golden syrup over each cake and top with ice-cream. Then drizzle over a little extra golden syrup to serve.

<https://www.taste.com.au/recipes/golden-syrup-microwave-mug-cake>

Perplexing Puzzles

Can you find all the beautiful flowers listed in the grid?
Words can run horizontally, vertically or diagonally.

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

Alstroemeria
Amaryllis
Asiatic Lily
Azalea
Baby's Breath
Bird of Paradise
Calla Lily
Campanula
Cherry Blossom
Chrysanthemum
Cyclamen
Cymbidium Orchid

Delphinium
Dendrobium Orchid
Freesia
Gladiolus
Hibiscus
Hypericum
Iris
Jasmine
Jonquil
Kalanchoe
Larkspur
Lavender

Limonium
Lisianthus
Magnolia
Marigold
Narcissus
Oriental Lily
Petite Rose
Phalaenopsis Orchid
Poinsettia
Pompom
Poppy
Protea

Ranunculus
Snapdragon
Solidago
Spray Rose
Stagazer Lily
Star of Bethlehem
Sunflower
Tea Rose
Trachelium
Tuberose
Tulip
Violet

Waxflower
Zinnia

Take an island tour around the Pacific. Words can run horizontally, vertically or diagonally.

- | | | | | |
|------------------|-------------------|--------------------------|-----------------|-------------------|
| American Samoa | French Polynesia | Micronesia | Pitcairn | Wake Island |
| Auckland Islands | Gambier Islands | Midway Islands | Saipan | Wallis and Futuna |
| Austral Islands | Gilbert Islands | Nauru | Samoa | |
| Australia | Guam | New Caledonia | Society islands | |
| Baker Island | Hawaii | New Zealand | Solomon Islands | |
| Bora Bora | Jarvis Island | Niue | Stewart Island | |
| Caroline Islands | Johnston Atoll | Norfolk Island | Tahiti | |
| Chatham Island | Kangaroo Island | Northern Mariana Islands | Tokelau | |
| Christmas Island | Kiribati | Palau | Tonga | |
| Cocos Islands | Line Islands | Palmyra Atoll | Tuamotu Islands | |
| Cook Islands | Marquesas Islands | Papua New Guinea | Tuvalu | |
| Fiji | Marshall Islands | Phoenix Island | Vanuatu | |

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

Can you break the codes to unscramble the quotes from these famous people?

Benjamin Franklin Quote

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

L N ND N
 C J S X X A W O V S S V H I U B E D S D O K V
 S I U U S X O J L A I S A M U H S V H V U R U I
 L L ND D
 F U J J N U V H U H

Oscar Wilde Quote

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
22							17						11			5							4		

N X AR
 15 1 18 24 1 23 11 13 10 20 13 25 26 15 24 4 16 24 22 5 24
 X AN
 20 13 25 26 15 24 4 15 1 18 24 1 23 23 1 25 26 15 24 22 11 14
 H H N H R H
 10 17 24 23 1 25 26 15 24 10 17 1 11 19 1 23 10 17 24 5 1 19 17 10
 H N
 10 17 1 11 19

Bruce Lee Quote

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

O L I O LW E
 P Y Γ P E O ϕ ϖ Γ Π P E K P N ϕ T I P ϖ Π
 O E E E I O E E E
 Π Γ B I Z I P ⊕ A I M O Π Γ Σ Π I ϖ ϕ I Z Ω I ϕ
 I L O E I O I
 ϕ O T Ψ E N P ϕ ϕ Γ T I Π A O ϖ Y Π Γ P O T
 P Π

Bellylaughs

- Q. Why aren't koalas actually bears?
A. They don't meet the koalafications.

- Q. How does NASA organise a party?
A. They planet.

- Q. Have you heard about corduroy pillows?
A. They're making headlines.

- Q. Why were they called the Dark Ages?
A. Because there were lots of knights.



- Q. What do you call a pile of kittens?
A. A meowntain.

- Q. What is worse than raining cats and dogs?
A. Hailing taxis.

- Q. What do you get when you cross a snowman with a vampire?
A. Frostbite.

- Q. What's the best thing about Switzerland?
A. I don't know, but the flag is a big plus.

- Q. What did the left eye say to the right eye?
A. Between you and me, something smells.

- Q. How many tickles does it take to get an octopus to laugh?
A. Ten tickles.



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@charlevillenc.org.au Web www.charlevillenc.org.au



You can also find us on Facebook



CHARLEVILLE NEIGHBOURHOOD CENTRE

PHARMACY COLLECTION SERVICE

If you're self-isolating **and don't have family or friends to assist**, the Charleville Neighbourhood Centre is offering a pharmacy collection service for essential medications. Our service can collect your order from the Charleville Pharmacy and deliver it to your doorstep. In order to minimise risks to our staff, the service will collect orders twice a day only, at 11am and 2pm. If you wish to use this service please ensure you have placed your order with the Pharmacy before 10am or 1pm to give staff enough time to fill it.

For more information, or to request a collection, please phone the Neighbourhood Centre on **4654 1307**.

