

Issue 7

July 2021



Neighbourhood News

NC Roundup

After a short hiatus we're back with the latest edition of our Newsletter, and since we've been super-busy here at the Neighbourhood Centre we've got plenty to share with you!

Read about some of the fantastic events we've been a part of so far this year. Find out who's left us and who's returned. Learn about our marvelous Murweh Meals service. Check out all the upcoming events in our Date Claimer. Plus all the usual extras - delicious recipes to try at home, puzzles to keep your brain active, handy advice to get the best out of your vegie patch, jokes to make you laugh, and fun crafts to keep the kids busy.

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, 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 and operating as usual, and we are fully committed to supporting our community.

Inside this Issue:

<i>NC Roundup</i>	1
<i>NC Activities</i>	2
<i>Upcoming Events</i>	6
<i>Date Claimer</i>	7
<i>Service in the Spotlight</i>	8
<i>Garden Gate</i>	8
<i>Perplexing Puzzles</i>	9
<i>Bonus Brainteasers</i>	11
<i>Kids Corner</i>	12
<i>Delicious Dishes</i>	14
<i>Bellylaughs</i>	15
<i>NC Information</i>	16

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.



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

Thanks Katie...& Welcome Back Bec!

A huge shout-out to Katie McLeod who took on our Youth Support Service role earlier this year while Bec Horton was on extended leave. Katie spent three months juggling busy schedules between the Neighbourhood Centre, the Charleville State High School, raising two young children at home, and even caring for a husband on crutches! Katie you are awesome and we were very fortunate to welcome you to the team. We loved having you on board and thanks for doing such a fabulous job!



Welcome back Bec Horton. Bec has returned to the Youth Support Service after she took a few months leave to complete university placement. Great to have you back Bec!

Congratulations & Welcome Back Kristie

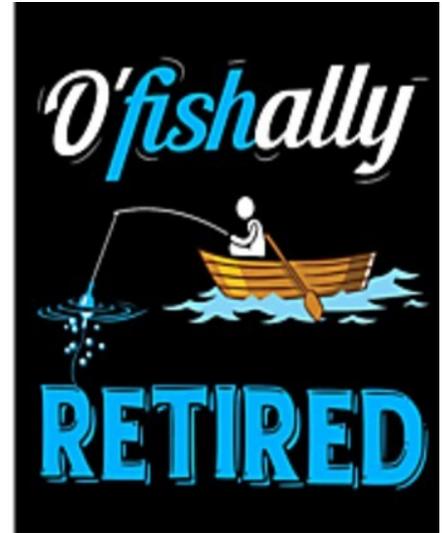


We welcomed Finance Officer Kristie Edwards back in January. Kristie returned from maternity leave after welcoming her gorgeous girl in 2020. A huge congratulations on your little bundle of joy, and great to have you on board again.

Happy Retirement Denny!



We said a fond farewell to Denny Bryan at the end of June. Denny has swapped the lawn mower and whipper snipper for a caravan and fishing rod as he embarks on a well-earned retirement. Thanks for everything Denny - we wish you all the very best and look forward to hearing about the ones that got away!



We extend a warm welcome to Ben Lucas who will take over the role of Home Maintenance Service Worker in early August.

High School Harmony Week Pitstops

In March the Neighbourhood Centre, together with several other service providers, participated in a week-long series of pitstops at the high school for Harmony Week. Harmony Week celebrates the cultural diversity within Australia, and highlights the benefits of inclusiveness, respect and a sense of belonging for everyone. Each day of the week highlighted a different culture, or cultures, relevant to the students attending Charleville High School. Aboriginal and Torres Strait Islands, Vietnam, the Philippines, South Sea Islands, New Zealand, Europe, and Australia were all celebrated over the course of the week. As an added bonus the school tuck shop got into the spirit by offering a dish culturally appropriate for each day. The pitstops were a lot of fun and served to enhance the cultural diversity not only within the school community, but also within the wider community.



Outback Senior's Games

After taking a break in 2020 due to COVID restrictions, the Outback Senior's Games returned for the event's 26th year. Although attendance was smaller than previous years, the Games were hotly contested, with the Sandhill 6 taking overall victory, narrowly defeating Yumba (second place) and Call of the Midwives (third place). The Quilpie Opals claimed the Best Themed Team award, the Best Presented Team went to the Cunnamulla Bushies, while Call of the Midwives took out both the Best Warm Up Team and Best Sun Safe Team titles. A great time was had by all and participants are already planning for next year's competition.



Shining a Light on DFV

A small but enthusiastic group gathered for our Shine a Light on Domestic and Family Violence Walk in early May. The event was held as part of Domestic Violence Prevention Month and aimed to literally bring this important issue "out of the darkness, into the light". The weather was perfect for a leisurely walk around the beautifully lit pathways in Graham Andrews Park. Glowsticks were provided to light up the dark, and participants were treated to a sausage sizzle afterwards cooked and served by our amazing volunteers John, Jenny, Jess and Shaun. Thanks to everyone who came along.



Domestic & Family Violence Helplines

DVConnect Womensline 1800 811 811

DVConnect Mensline 1800 600 636

1800 RESPECT 1800 737 732

Kids Helpline 1800 551 800

Sexual Assault Helpline 1800 010 120

Lifeline 13 11 14

In An Emergency Call the Police on 000

Smoko in the Park

The Centre was proud to host Smoko in the Park this year as part of Neighbourhood Centre Week celebrations in May. The whole community was invited to join Centre staff in the park for a free cuppa, special cupcake and a chat in a relaxed, welcoming atmosphere. Attendees were able to talk to Centre staff and learn more about the programs and services we provide, and, more importantly, catch up with old friends and new acquaintances.



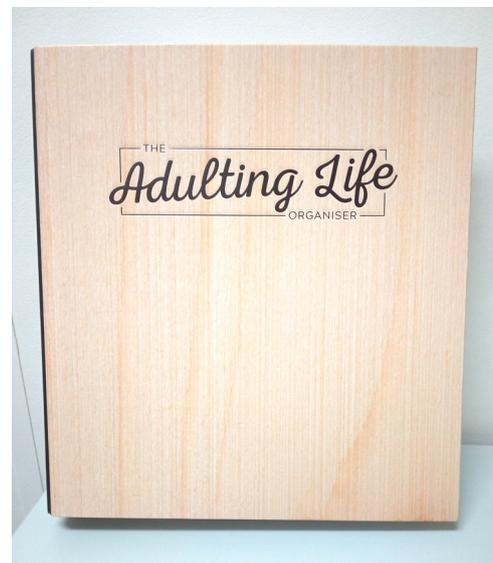
Grant Funding for Rural Families Secured



The Neighbourhood Centre has successfully secured rural grant funding through the Queensland State Government's Community Drought Support Program for 2020-21 to support Paroo and Quilpie shire landholders. The latest round of funding will be distributed through our Rural Support Service. For more information regarding the assistance available and eligibility criteria, please contact Jeff Russell at the Neighbourhood Centre on 4654 3935, or email ruralsupport@charlevillenc.org.au.

Valuable Adulthood Life Tips for Students

Senior students at Charleville State High School were the lucky recipients of some handy tips essential to negotiating adulthood. Delivered by various local service providers, the Adulthood Life sessions covered important topics including basic legal information, Wills and Power of Attorneys, banking, lending and insurance, resumes and interviews, enrolling to vote, Medicare cards, tax file numbers, and Justice of the Peace services. A joint initiative of the Neighbourhood Centre and the HOPE Program, each student received an Adulthood Life Organiser to keep all their important information organised and in one convenient location.



Upcoming Events



17-25 AUGUST
Seniors Week 2021



Date	Event	Time & Location	Cost	Registrations
Tuesday, 17 August	Mayor's Morning Tea	9.30am—12.00pm Evening Star Tourist Park	Gold Coin Donation (Raffle Tickets Extra)	REGISTRATIONS ARE REQUIRED FOR ALL EVENTS FOR CATERING & TRANSPORT PLEASE RSVP TO HEALTHY AGEING PHONE: 07 4654 7950
Wednesday, 18 August	Morven Fun Day	Depart from Healthy Ageing at 9am Arrive Destination 10am & Depart 2pm	\$10.00 (includes morning tea, lunch & transport) (Raffle Tickets Extra)	
Thursday, 19 August (am)	Waroona Fun Day	9.30am—1.00pm Waroona Multipurpose Centre	FREE (Raffle Tickets Extra)	
Thursday, 19 August (pm)	Canasta Challenge Men's Shed vs Healthy Ageing	1.00pm—4.30pm Healthy Ageing	FREE	
Monday, 23 August	Fishing at the Ward River	Depart from Healthy Ageing at 9am Return approx. 1pm	FREE (Raffle Tickets Extra)	
Tuesday, 24 August	Senior's Fun Day & Bakeoff <i>(Bakeoff recipes available at Healthy Ageing)</i> <i>(Register a Team of 4 for the Fun Day)</i>	8.30am (Bakeoff) 9.00am (Fun Day) Racecourse Complex	\$10.00 (includes morning tea & BBQ lunch) (Raffle Tickets Extra)	
Wednesday, 25 August	Luncheon	11.30am—2.30pm Charleville RSL	\$15.00 (includes lunch, entertainment & lucky door ticket) (Raffle Tickets Extra)	

Date Claimer

7 Aug	Double Feature Movie Night @ Town Hall
17-25 Aug	Senior's Week
21 Aug	Charleville Fishing Club Camp Oven Classic
26-28 Aug	Charleville Performing Arts Festival
28-29 Aug	Rumble at the Red Basketball Carnival
9-15 Sep	Disability Action Week
9 Sep	R U OK? Day
17-19 Sep	Charleville's Creative Lane Workshops
17-19 Sep	Charleville Fishing Club Carp Busters
24 Sep	Blue September BBQ @ Neighbourhood Centre
25 Sep	RFDS Hangar Ball
9-17 Oct	Mental Health Week
15-17 Oct	Channel Country Ladies Day—Quilpie
30 Oct-2 Nov	Charleville Cup Festival

Did You Know?



**The Neighbourhood Centre has qualified
Justices of the Peace on staff to assist
with all your document certification and
witnessing requirements.**

Service in the Spotlight

In this edition we're focussing on our **Murweh Meals Service**.

The Murweh Meals Service caters for people with a wide variety of support needs, not just meals for seniors. If you are unable to prepare a meal or shop for yourself with ease, we can provide a solution. You may be eligible if you are in your senior years or have a disability.

We have delicious meals to suit all dietary requirements, and meal options are rotated on a regular basis. And best of all, our meals are delivered with a friendly smile by our wonderful Sue Sullivan.

To be eligible for Murweh Meals you must be registered with My Aged Care. To register please call My Aged Care directly on 1800 200 422.



For more information about our Murweh Meals Service please contact Deanne Gleeson on (07) 4654 1307, email has@charlevillenc.org.au, or call into the Centre to find out more.



Garden Gate

Outstanding Veggies - It's All About The Soil



The key to growing outstanding vegetables is quality soil, so don't skip the all-important soil preparation before you plant. Here's some tips on how to properly prepare your soil for a bountiful harvest.

- * Test your soil first. Invest in a soil test kit to find out what pH level your soil is as this can be critical to your plant's ability to absorb the nutrients it needs. Most minerals and nutrients are best absorbed at a pH of between 6.5-6.8. If your soil is acidic (below 6.0 pH) or alkaline (above 7.0 pH) it won't matter how rich the soil is in nutrients because the plants simply won't be able to absorb them. For acidic soils add compost, manure, leaf litter, mulch or iron chelates. Improve alkaline soils by adding sphagnum peat, elemental sulfur, aluminium sulfate, iron sulfate, acidifying nitrogen, and organic mulches. Your local nursery will be able to provide you with additional advice and products to help improve your soil.
- * Adding organic matter such as compost and aged manure, or using mulch or growing cover crops (green manures) are the best ways to prepare soil for planting. Adding chemical fertilisers only replenishes certain nutrients, while organic matter will help supply everything your plants need.
- * A good organic mulch (such as straw, hay or shredded bark) covers the soil and insulates it from extreme heat and cold. Mulch will also reduce water loss through evaporation and deter weed growth. An added benefit is that mulch breaks down slowly and further enriches the soil with extra organic matter.



Perplexing Puzzles



Everybody knows Aloe Vera, but did you know there are over 250 different types of Aloes in the world? Can you find them all in the list below?
Words run horizontally, vertically and diagonally. Good Luck!

Aculeata	Caesia	Cryptopoda	Maculata	Sinkatana
Acutissima	Cameronii	Descoingsii	Malagasy Tree	Somalian
African	Candelabra	Dorotheae	Mountain	Spider
Albiflora	Cape Speckled	Ferox	Peglerae	Spiral
Arabian	Capitata var quartzitcola	Freckles	Petricola	Sunset
Arborescens	Carmine	Golden Toothed	Plicatilis	Tiger Tooth
Aristata	Chabaudii	Grandidentata	Pluridens	Tilt-Head
Barbados	Ciliaris	Guido	Polyphylla	Van Balen's
Barberae	Clanwilliam	Hereroensis	Principis	Variegata
Blue Elf	Climbing	Humilis	Rubble	Vera
Brevifolia	Coral	Koenenii	Saponaria	White
Broomii	Crosby's Prolific	Lineata	Short-Leafed	Zebrina

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



Put on your thinking cap and challenge yourself with these stimulating Sudoku puzzles.

3	1					6	8	
4	5			9		2		
7		9		6	3			
	4				9			6
	9	1	5		8	7	4	
2			1				3	
			3	8		1		5
		7		5			9	4
	6	8					2	7

EASY

	4				6			
1		2		5		9		8
9			1	7			5	3
		1	9			7	8	6
		5				3		
8	9	4			7	1		
6	1			8	4			2
2		7		3		8		4
			5				7	

5						4		1
9			5			7		8
		2	3	1				
		9			5			
	6	7				8	5	
			4			6		
				5	1	3		
7		1			4			6
6		3						5

MEDIUM

	9		2		7		1	
		6	8		3	5		
4				5				9
8	6						4	5
		2				6		
9	3						2	7
3				8				1
		5	1		2	9		
	7		9		5		6	

	5	2	9				3	
1		4	8					
				1		5		4
3						9	8	
	8	5						1
9		3		5				
					6	7		9
	4				7	3	2	

HARD

	9	2			3			4
		5			7	2		
	3		1					8
	6	9						
4								1
						3	7	
3					2		1	
		8	7			4		
2			4			5	8	

Bonus Brainteaser

Can you find the heart among the flowers?



Kids Corner



Homemade Microwave Puff Paint

Materials

- * 1 cup flour
- * 3 teaspoons baking powder
- * 1 teaspoon salt
- * Water
- * Assorted food colouring
- * Small Ziploc bags
- * Rubber bands
- * Scissors
- * Paper

Instructions

- * Mix the flour, baking powder and salt together.
- * Add enough water to make the mixture the consistency of pancake batter.
- * Divide the mix into four (or more) parts in Ziploc bags and add different food colouring to each bag. Gently squish the Ziploc bags to mix the food colouring through the paint mixture.
- * Tie off the top of the Ziploc bags with the rubber bands like you would if you were icing a cake. Then snip a tiny piece off the tip of each bag.
- * Paint away by gently squeezing the mixture through the tip of each bag.
- * When you're finished painting, pop your creation into the microwave for 30-45 seconds and watch the paint puff up and grow!

Credit: <https://www.happinessishomemade.net/>





Nature Art Bugs

Materials

- Recycled heavy cardboard cut into random sized squares
- Acrylic paint
- Heavy duty craft glue
- Mod podge
- Hole punch
- Paint brush
- Leaves, sticks and twigs from the garden in assorted shapes, sizes and colours

Instructions

- Paint your cardboard square with acrylic paint and allow to dry.
- Play around arranging some of the nature items you collected on your painted square to look like an insect. You can create eyes by using the hole punch to cut round shapes from a leaf (or find a naturally occurring round shape from nature to use instead).
- When you have your basic design, remove them carefully and then stick them back on your cardboard one at a time with heavy duty glue to hold them down. Allow the glue to dry completely.
- Carefully paint over your insect with mod podge to help preserve it.

Credit: <https://www.thecrafttrain.com/nature-art-bugs/>



Pigs in a Blanket

Ingredients (makes 24)

- ◇ 1kg puff pastry
- ◇ 1kg little cheerio sausages
- ◇ 500g grated cheese
- ◇ 1 beaten egg to brush the top of the pastry
- ◇ Sesame seeds to garnish (optional)

Method

- ◇ Cut each sheet of puff pastry into 4 squares.
- ◇ Place a cheerio sausage and some grated cheese into the middle of each pastry square..
- ◇ Roll up the sausage and cheese filling in the pastry, making sure to flatten out edges and top and bottom so the filling can't burst out when baking.
- ◇ Brush the top of each parcel with beaten egg and sprinkle with sesame seeds.
- ◇ Bake in a 180 degree oven until the pastry is golden.
- ◇ Allow to cool and serve with your favourite dipping sauces.

Credit: <https://mouthsofmums.com.au/recipe/pigs-in-blankets/>

Cheesy Vegie & Bacon Parcels

Ingredients

- * 1 tablespoon olive oil
- * 1 tablespoon plain flour
- * 1 cup diced bacon
- * 25g butter
- * 185ml (3/4 cup) milk
- * 25g (1/4 cup) grated cheddar cheese
- * 1 lightly beaten egg
- * 6 cups chopped mixed vegetables of your choice (this is a great way to use left-overs from the fridge)
- * 4 sheets puff pastry, thawed



Method

1. Preheat the oven to 200C (180C fan forced). Line 2 baking trays with baking paper.
2. Heat the olive oil in a large, non-stick frying pan over medium heat. Cook the bacon for 2 minutes or until golden. Transfer bacon to a bowl, then add the mixed vegetables to the pan and cook, stirring for 2-3 minutes or until tender crisp and then transfer to the bowl with the bacon.
3. Melt the butter in a small saucepan over a medium heat until butter is foaming. Add the flour and stir for 1 minute or until the mixture bubbles. Remove from the heat. Gradually stir in the milk until mixture is smooth. Then return to medium heat and stir for 5 minutes or until thick. Stir in the cheese until melted. Then add the cheese mixture to the vegetables and bacon, stir to combine, and set aside to cool.
4. Cut each puff pastry sheet into quarters. Place just under a 1/4 cup of cheese, bacon and vegetable mixture in the centre of each square. Fold the corners of the pastry towards the centre to enclose the filling and pinch to seal. Carefully place each parcel on the prepared trays and brush with the beaten egg. Bake for 25 minutes or until golden and cooked through.

Credit: <https://www.taste.com.au/recipes/cheesy-vegie-bacon-parcels/>



Banana & Rolo Condensed Milk Dump Cake

Ingredients

- ◆ 15 ginger snap biscuits
- ◆ 395g can sweetened condensed milk
- ◆ 2 bananas, thinly sliced
- ◆ 200g block Rolo chocolate, broken into pieces
- ◆ 600g packet caramel mud cake mix
- ◆ 150g unsalted butter, chilled and thinly sliced into 30 pieces
- ◆ 125ml (1/2 cup) milk
- ◆ Vanilla ice-cream, to serve (optional)

Method

- ◆ Preheat oven to 180C (160C fan-forced). Grease a 5cm deep, rectangle cake pan and line with baking paper, allowing paper to overhang the sides.
- ◆ Arrange biscuits in a single layer over the base of the cake pan. Pour over the condensed milk. Scatter over banana slices and chocolate. Sprinkle over the cake mix, spreading with a fork. Arrange butter in rows over the cake mix layer, and then gently pour the milk over the top.
- ◆ Bake for 35-40 minutes. Set aside in the cake pan and allow to cool completely. Use the overhanging baking paper to remove cake from the pan and transfer to a serving board. Serve with vanilla ice-cream and enjoy!

Credit: <https://www.taste.com.au/recipes/banoffee-dump-cake-recipe/>

Bellylaughs

Q. Why did the giraffe get such bad grades at school?

A. He always had his head stuck in the clouds.

I tried to win a suntanning competition.

But all I got was bronze.



Q. What do dentists call their x-rays?

A. Tooth pics!

Q. How do you measure a snake?

A. In inches—they don't have feet.

Q. Why are frogs always so happy?

A. They eat whatever bugs them!

Q. Why did the cowboy get a sausage dog?

A. He wanted to get a long little doggie.

Q. What do you call a cow with a twitch?

A. Beef Jerky

Q. Why didn't the skeleton go to the dance?

A. Because he had no body to go with.

Q. What washes up on very small beaches?

A. Micro-waves!

Q. Did you hear about the painter who was hospitalised?

A. The doctors say it was due to too many strokes.



CHARLEVILLE
NEIGHBOURHOOD.CENTRE

Phone (07) 4654 1307

Community Support Service
Family Support Service
Home Maintenance Service
Home Modifications
Home Assist Secure
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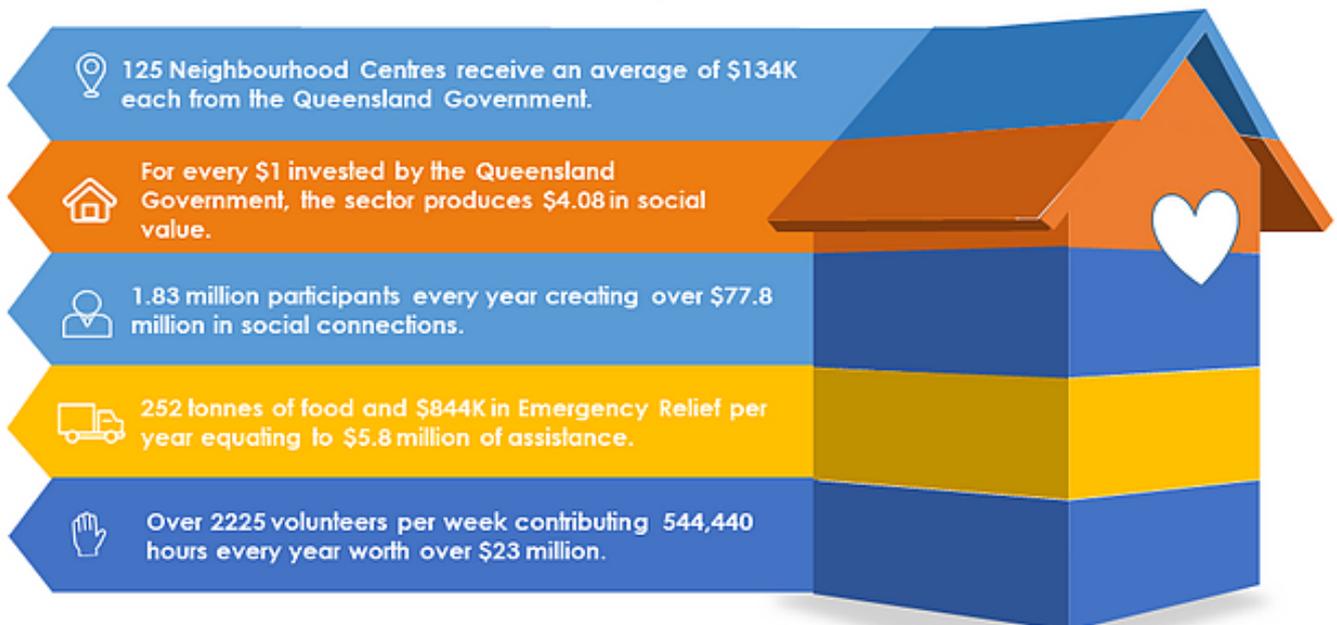
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Charleville Neighbourhood Centre
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Fax (07) 4654 3240 Email reception@charlevillenc.org.au Web www.charlevillenc.org.au



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Surprising Statistics



Sourced from the Queensland Families & Communities Association Neighbourhood Centre Survey Results 2020.

View the complete report online at: <https://www.qfca.org.au/survey-results>