

Issue 8

November 2021



Neighbourhood News

NC Roundup

Can you believe it's almost the end of another year? 2021 seems to have flown by!

It's been business as usual at the Centre, with so much happening in the community in the lead-up to Christmas. In this edition, find out who's left us and who's new to the team. Learn about dementia awareness and the little things we can all do to become Dementia Friends. Check out our Community Support Service and how it may be able to assist you. Plus all the usual extras - delicious recipes to try at home, puzzles to keep your brain active, handy advice to attract birds to your garden, 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, and we remain fully committed to supporting our community.

Inside this Issue:

<i>NC Roundup</i>	1
<i>NC Activities</i>	2
<i>Community Capers</i>	3
<i>Dementia Awareness</i>	4
<i>Marvelous Markets</i>	7
<i>Service in the Spotlight</i>	8
<i>Garden Gate</i>	8
<i>Perplexing Puzzles</i>	9
<i>Code Breaker</i>	11
<i>Kids Corner</i>	12
<i>Delicious Dishes</i>	14
<i>Bellylaughs</i>	15
<i>NC Information</i>	16
<i>Bonus Brainteaser</i>	16

CHRISTMAS CLOSURE

We'd like to advise that the Neighbourhood Centre will close at 12pm on Friday, 24 December 2021 & Re-Open at 8.30am on Tuesday, 4 January 2022

MERRY CHRISTMAS!!

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

Welcome Ben!

A hearty welcome to Ben Lucas, who has taken on the role of Home Maintenance Worker after Denny Bryan retired earlier this year. Ben has been with the Centre since August and, with all the recent rain and lawn growth, it's fair to say he's hit the ground running!

Ben holds a Certificate 3 in Conservation, Land Management and Horticulture. For fun he enjoys a round or two of golf, camping and adventure motorbiking. Ben's lived and worked all over Queensland, but he's new to town so be sure to welcome him to Charleville when you see him out and about.



Farewell Rebecca

We bid a fond farewell to Youth Support Worker Rebecca Horton recently as she moves on to her next chapter.

Best of luck Bec, we wish you every success and happiness for your future.



Conversation Starters

Have you noticed something different on Fridays at the Centre recently? Maybe something a little more colourful than usual?

Our fabulous fellas from Home Assist Secure, Home Modifications and Home Maintenance have become Conversation Starters for mental health awareness by wearing their special Friday shirts. Their shirts, developed by company Trademutt, are designed to be noticed and to start conversations, all for a good cause. So if you see our guys out and about, why not stop to say hello and admire their striking attire.

If you'd like to know more about the initiative, or are interested in becoming a conversation starter yourself, check out the Trademutt Workwear website at www.trademutt.com.



Community Capers

Have you attended a community event (or two) recently?

Fun photos from the recent Blue September BBQ Breakfast, Senior's Week events, and RU OK? Day Pancake Breakfast.



Dementia Awareness

How You Can Become a Dementia Friend

In this edition we are raising awareness of dementia and how everyone can become a Dementia Friend.

According to Dementia Australia:

- * Dementia is the **second leading cause of death** of Australians.
- * Dementia is the **leading cause of death for women**.
- * In 2021, there are an estimated **472,000 Australians living with dementia**. Without a medical breakthrough, the number of people with dementia is expected to increase to almost **1.1 million by 2058**.
- * In 2021, there were an estimated **28,300 people with younger onset dementia**, expected to rise to 29,350 people by 2028 and 41,250 people by 2058. **This can include people in their 30s, 40s and 50s**.
- * In 2021, it is estimated that almost **1.6 million people** in Australia are involved in the care of someone living with dementia.
- * **Approximately 70%** of people with dementia live within the community.
- * **More than two-thirds (68.1%)** of aged care residents have moderate to severe cognitive impairment.

Closer to home:

- * In 2021, there are an estimated **90,000** people living with dementia in Queensland.
- * In 2021, there are **90** people living with dementia in the Murweh Shire.

These are sobering statistics. However there are simple things we can all do to help people living with dementia navigate the everyday. But what exactly is dementia?

Dementia is the term used to describe a collection of symptoms that are caused by disorders affecting the brain. **Dementia is not one specific disease**. Rather, it is an “umbrella” term for a large group of illnesses which cause a progressive decline in a person’s mental functioning. There are many types of dementia including Alzheimer’s disease, vascular dementia, frontotemporal dementia, and Lewy body disease. Dementia can happen to anybody, but it is more common after the age of 65.

It is important to remember that not all older people have dementia.

DEMENTIA IS NOT A NORMAL PART OF AGEING

Dementia Friends

People with dementia can get by with a little help from their friends. A dementia friend does a lot, through their actions, to dispel damaging myths about dementia and to significantly reduce stigma.

A dementia friend learns some simple, straightforward things about what it's like to live with dementia, and turns that understanding into practical actions.

Dementia friends assist with ordinary things like:

- Shopping, banking, filling in forms, using public transport, wayfinding, social engagement, and participation in clubs and community events.
- Visiting someone you know living with dementia.
- Being patient in a queue if someone with dementia is taking longer to pay.
- Using social media to spread the word.

Without practical assistance, a person affected by dementia and their family member/s could become increasingly socially isolated and lonely.

People with dementia retain many of their strengths and abilities.

They can still contribute and dementia friends provide opportunities for them to do so.

Practical Steps to Assist a Person with Dementia

People affected by dementia often, but not always, do not remember what happened yesterday, last week, or even earlier today. For them there is only the here and now, this moment. Dementia friends learn to be in the moment with them. Some simple steps to follow when assisting a person suffering from dementia are:

- Slow down and remain calm - let them know you are there to help and have plenty of time.
- Introduce yourself and call them by their first name if you know it - this will help establish a "friend" relationship with them.
- Respond to their feelings and reassure them.
- Listen attentively to communicate that what they have to say is important to you (don't cut them off).
- Meet the person's eyes and place yourself on the same level with them (ie sit down if they are sitting). This will also assist them to connect with you as a friend and someone who can be trusted to help.
- Wait until you have captured their attention and they are focused on you (often it will take a little longer for the person to do this).
- Use short, simple sentences, one topic at a time.
- Repeat slowly, and rephrase if necessary, to ensure you understand the issue.
- Reply empathetically and improvise where possible to alleviate or resolve the situation.
- Give choices if necessary, but ONLY between two things.
- Learn to be with the person where they are, right now.

For more information and assistance visit the Dementia Helpline - www.dementia.org.au/helpline

Easy Environment Adjustments that Matter

The below are some simple adjustments that can be implemented anywhere to make a space more dementia-friendly.

- As we age, our colour perception changes and lighter colours become difficult to see. Try replacing pastels with brighter colours to highlight places a person may need to find in a hurry. A great example of this is changing public toilet seats from white to black.
- If necessary, adjust lighting to ensure clear, bright, even light with no glare.
- Use unambiguous signage and wayfinding devices such as arrows that can be read without glasses.
- Remove obstacles from clearly defined pathways.
- Reduce noise and unwelcome distractions.
- Consider whether the space appears welcoming, eg bright lighting, comfortable quiet places to sit, easily negotiable.

The mind grows stronger from use and challenge, in the same way muscles grow stronger from exercise.

Dementia Risk Reduction

Being brain healthy is relevant at any age, whether you are young, old or in between. However, it is particularly important once you reach middle age as this is when changes start to occur in the brain.

While we cannot change getting older, genetics or family history, scientific research suggests that changing certain health and lifestyle habits may make a big difference to reducing or delaying your risk of developing dementia.

There are 12 recommendations for reducing risk for cognitive decline released by the World Health Organisation:

- | | |
|--|---|
| ◇ Be physically active | ◇ Look after your weight |
| ◇ Stop smoking | ◇ Manage any hypertension |
| ◇ Eat a balanced diet, like the Mediterranean diet | ◇ Manage any diabetes |
| ◇ Drink alcohol in moderation | ◇ Manage any cholesterol |
| ◇ Undertake frequent cognitive training | ◇ Manage depression |
| ◇ Be socially active | ◇ Look after your hearing and manage hearing loss |

Look Beyond The Mask, I Am Still Here

*Do not leave me or love me less,
I am still here, trapped beneath this tangled web,
This wretched brain through which faint wisps of thought,
ideas and dreams, struggle to break through,
While still they defy and defeat my frantic will.
If you leave me, or love me less,
I am forever lost.*

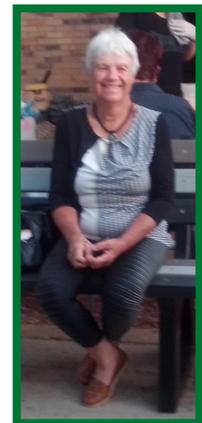
Eileen Jackson, who lived with Alzheimer's disease

A huge thanks and credit to Beverley Giles for her information and insights into dementia which have been extensively used in this article.

Credit: Dementia Australia - www.dementia.org.au

Marvelous Markets

Happy snaps from the recent Charleville Cup Festival Sunset Picnic Markets.



Service in the Spotlight

In this edition we're focussing on our **Community Support Service**.

The Community Support Service assists community groups and individuals in Charleville to identify local needs and then works within the community to meet those needs.

The Community Support Service can assist with:

- ◆ Planning and promotion of community events, projects, workshops and interest groups
- ◆ Individual support and assistance
- ◆ No Interest Loan (NILS) applications
- ◆ Assistance to complete other applications, ie Housing, Grant and Bond Loans, etc
- ◆ Grant applications
- ◆ Community networking and collaboration
- ◆ Referrals to other appropriate services
- ◆ Justice of the Peace services

For more information about our Community Support Service please contact Angela Young on (07) 4654 1411, email communitysupport@charlevillenc.org.au, or call into the Centre to find out more.



Garden Gate

Attracting Birds Using Native Plants



Want to attract more birds to your garden? Native bird-attracting plants are a great way to welcome feathered friends to your green spaces. Below are some basic tips on how to make your garden more bird-friendly.

- * In a nutshell, birds need food, water, shelter and protection. One of the easiest and best ways to provide food is to plant native trees and shrubs in your garden. A selection of natives which provide an assortment of nectar, seeds and fruit are ideal, as well as plants to attract insects that are essential to the diet of most birds.
- * Birds require lots of shelter and protection. Native plants left in a natural state, without harsh pruning, will provide protection, roosting places and nesting material.
- * Provide permanent water near shrubs where small birds are able to shelter, but not where cats and other predators can watch and wait. The water needs to be shallow - some birdbaths are too deep for the needs of smaller birds.
- * So, what to plant? Differing levels of plants are ideal as they offer shelter and protection for all sizes. Some native, bird-attracting suggestions include Melaleucas (Bottlebrushes, Paperbarks, Tea Trees and Honey Myrtles), Acacias (Wattles), Banksias, Grevilleas, Casuarinas (She Oaks), Eucalypts (Eucalyptus, Corymbia), and Lilly Pillys. All the listed plants are hardy and easy-care once established, and will not only provide birds with all they need, but will also look great in your garden.

Perplexing Puzzles



There are dozens of different types of sheep around the world. Can you find all the breeds listed below in the grid? Words run horizontally, vertically and diagonally. Good Luck!

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

- | | | | | | |
|----------------------------|-------------------|---------------------------------|-----------------------------|-----------------|-------------------|
| Algarve Churro | Drenth Heath | Karagouniko | Oxford | Ryeland | Wensleydale |
| Alpines Steinschaf | Drysdale | Lacuane | Pelibuey | Santa Ines | Wiltshire Horn |
| American Blackbelly | East Friesian | Lithuanian Black-Headed | Perendale | Shropshire | Xaida |
| Awassi | Estonian Ruhnu | Manchega | Poll Dorset | Skudde | Xaxi Ardia |
| Badger Face Mountain Sheep | Faroese | Merino | Pomeranian Coarsewool Sheep | Sopravissana | Xinjiang Finewool |
| Border Leicester | Greyface Dartmoor | Montadale | Qinghai Black Tibetan | Suffolk | Yankasa |
| Campanian Barbary | Gute | Morada Nova | Quadrella | Swaledale | Yorook |
| Canadian Arcott | Hebridean | Namaqua-Afrikaner | Quessant | Targhee | Zaire Long-Legged |
| Corriedale | Hill Radnor | Newfoundland | Rabo Largo | Texel | Zakynthos |
| Cotswold | Istrian Milk | Norfolk Horn | Rasa Aragonesa | Uda | Zeeland Milk |
| Danish Landrace | Jacob | Norwegian Fur | Romanov | Valachian Sheep | Zeta Yellow |
| Devon Longwoolled | Juraschaf | Olde English Babydoll Southdown | Royal White | Van Rooy | Zwartbles |



Weather phenomenon are amazing, terrifying, and beautiful. All the listed weather terms can be found in the grid - can you find them all? Words run horizontally, vertically and diagonally. Good Luck!

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

- | | | | | | | | |
|--------------|--------------|-------------|--------------|---------------|-------------|--------------|------------|
| Air Pressure | Climate | Drizzle | Heat Index | Muggy | Rainbow | Sunrise | Whirlwind |
| Atmosphere | Cloudy | Easterlies | Humidity | Outlook | Shower | Sunset | Whiteout |
| Avalanche | Cold Front | Flash Flood | Hurricane | Overcast | Sleet | Temperature | Wind Chill |
| Balmy | Condensation | Freeze | Isobar | Ozone | Slush | Thunderstorm | Wind Shear |
| Barometric | Cumulonimbus | Frost | Lightning | Permafrost | Smog | Tornado | |
| Blizzard | Cyclone | Gale | Low Pressure | Precipitation | Snowfall | Tropical | |
| Blustery | Dew | Gust | Mist | Pressure | Storm Surge | Vapour Trail | |
| Breeze | Downpour | Hail | Monsoon | Rain Gauge | Summer | Westerlies | |

Code Breaker

Can you crack the Christmas quotes?

Winston Churchill

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
U														Y			V	P	I						

R S T A S S A S A S O O T O
 H Z V D P I K U P D P U P F U P Y B B Y I Y B A T
 O R O T O
 Y M V F C Y D H D B Q O X I Y M
 R T O
 V F M A F H I D Y B

Mother Theresa

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
			26					14				23	21	13	2										

I N O M E I E
 14 8 17 21 13 8 4 13 9 23 16 5 4 9 26 24 14 18 26 22 16 8
 O M O E E P I N O
 4 13 9 23 16 5 4 12 13 18 26 9 26 2 16 8 14 21 8 13
 I I N
 24 14 18 14 21 24

Benjamin Franklin

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
P													B	Y				R							

A O O O N S N S A
 P A Y Y L M Y B R M J X B M X J R P
 O N N A S A S
 M Y B T J B E P Z M S V J R T G P R

Kids Corner

Ribbon Christmas Trees

Here's a super simple craft to help teach little ones how to tie knots while creating these cute keepsakes to hang on your Christmas tree.

Tie assorted red and green ribbon around a small stick from the garden to make a miniature tree. To hang, attach some twine to the top of your tree and enjoy!

Credit:
<https://www.brightstarkids.com.au/blog/decorating/20-easy-christmas-craft-for-kids/>



Cupcake Christmas Tree Garlands

Use festive cupcake liners to create these sweet Christmas tree garlands.

Simply flatten your cupcake liners, overlay them on top of one another to make a Christmas tree shape, glue together, and decorate with your favourite decorations.

Then hot glue your trees onto a length of twine, and allow to cool before hanging.

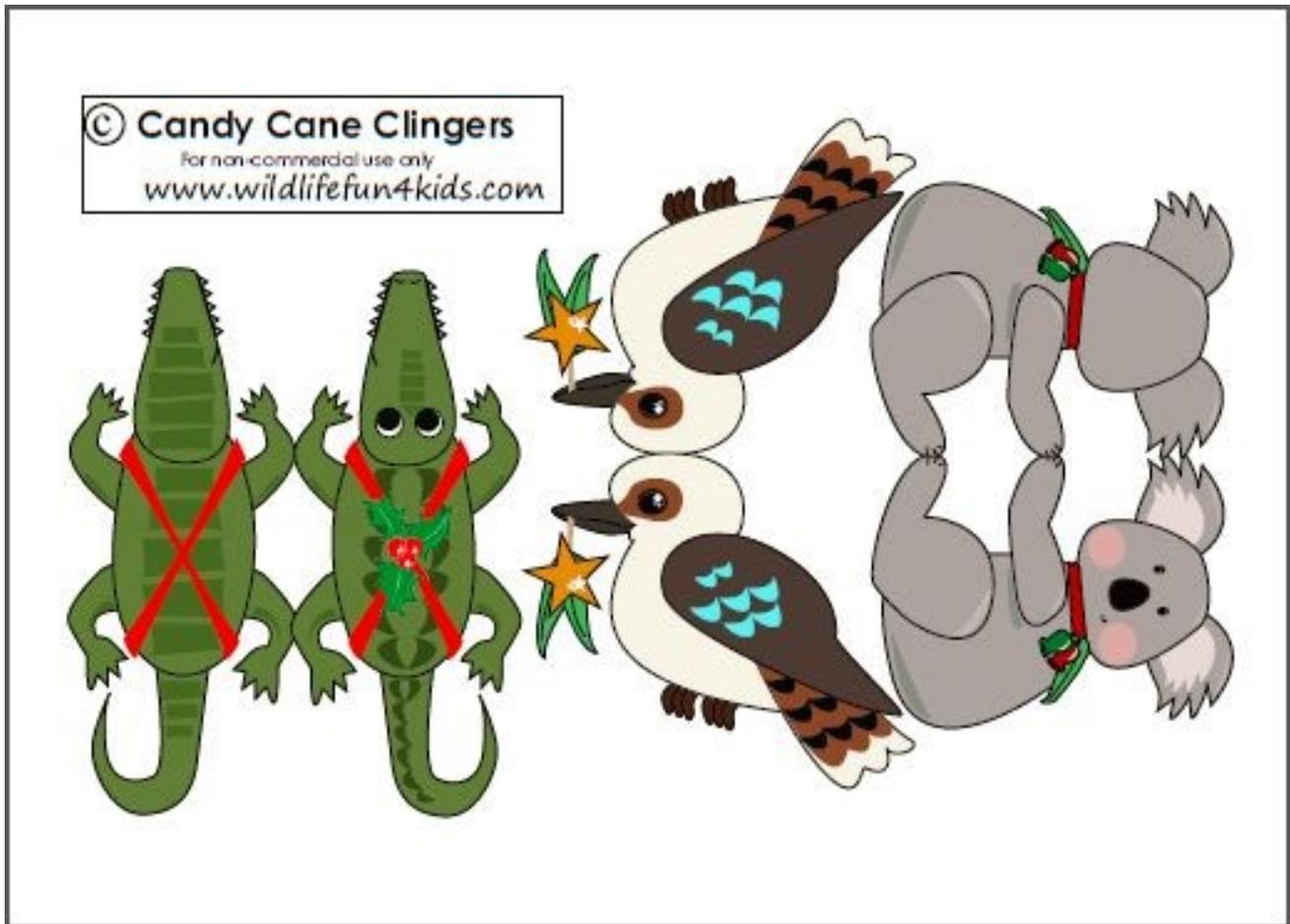


Credit: <https://www.home-dzine.co.za/craft/craft-cupcake-liners.html>

Printable Candy Cane Clingers

These Australian animal themed clingers are a fun way to dress up your Christmas candy canes.

Simply print, cut out (ask an adult to help with this) wrap around a candy cane and glue to secure in place.



Delicious Dishes

Tuna Pasta Bake

Ingredients

- * 300g dried macaroni pasta
- * 40g butter
- * 2 tablespoons plain flour
- * 2 cups milk
- * 3/4 cup grated pizza cheese
- * 425g can tuna in spring water, drained and flaked



Method

1. Preheat oven to 220 C (200 C fan-forced). Lightly grease an 8 cup capacity oven proof dish.
2. Cook pasta in a medium saucepan of boiling water until tender, Drain pasta, reserving 1/4 cup of cooking liquid. Return pasta to the saucepan.
3. In a separate saucepan melt the butter over medium heat. Add the flour and cook, stirring for 1 minute or until bubbling. Remove from the heat. Gradually stir in the milk until combined with the flour mixture. Return to heat and cook, stirring constantly for 3 to 4 minutes or until the sauce boils and thickens. Remove from heat and stir in 1/4 cup of cheese. Season with pepper.
4. Add the sauce, tuna and reserved pasta liquid to the pasta and gently mix to combine. Spoon the mixture into the prepared dish and sprinkle with the remaining cheese. Bake for 12 to 15 minutes or until the cheese is melted and golden.

Credit: <https://www.taste.com.au/galleries/top-50-old-school-aussie-dinners/o2zixfg7>



Pie-Maker Wagon Wheels

Ingredients

- ◆ 24 chocolate ripple biscuits
- ◆ 1/2 cup raspberry jam
- ◆ 9 vanilla marshmallows
- ◆ 1/2 cup dark chocolate melts, melted

Method

- ◆ Place 12 biscuits flat-side up on a board and spread 1/4 teaspoon of jam over each biscuit.
- ◆ Cut the marshmallows into quarters and top each biscuit with 3 pieces of marshmallow.
- ◆ Preheat your pie maker.
- ◆ Spread remaining 12 biscuits with the remaining jam and set aside.
- ◆ Place biscuits, 4 at a time, with marshmallow-side up into pie maker and close lid. Cook for 30 seconds or until the marshmallow softens. Remove carefully and top with the reserved biscuits, pressing gently to flatten the marshmallow. Repeat with remaining biscuits to make 12 wagon wheels.
- ◆ Place the melted chocolate melts into a snap-lock bag and snip the tip off one corner. Drizzle wagon wheels with melted chocolate. Refrigerate for 10 minutes or until chocolate drizzle is set. ENJOY!

Credit: <https://www.taste.com.au/recipes/pie-maker-wagon-wheels-recipe/6xwbik5x>

Bellylaughs

Q. Why do bees have sticky hair?

A. Because they use a honeycomb!

My wife told me to stop impersonating a flamingo.
I had to put my foot down.

Q. What kind of shoes does a spy wear?

A. Sneakers!

People who take care of chickens
Are literally chicken tenders!

Q. Why do pancakes always win at baseball?

A. They have the best batter!

Q. Which bear is the most condescending?

A. A pan-duh!

I tell dad jokes, but I don't have any kids.
I'm a faux pal!

Q. What do you call a fibbing cat?

A. A lion!

Q. Why do ducks have feathers?

A. To cover their butt quacks!

Q. What kind of car does a sheep like to drive?

A. A Lamborghini!





CHARLEVILLE
NEIGHBOURHOOD.CENTRE

Phone (07) 4654 1307

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

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



You can also find us on Facebook



Bonus Brainteaser

Can you find Santa in the picture below?

