



Issue 6

October 2020



Neighbourhood News

NC Roundup

Hi Everyone and welcome to our October edition of Neighbourhood News!

It's been another busy couple of months here at the Neighbourhood Centre. With the relaxation of COVID 19 restrictions our community has taken the first steps towards recovery and a return to the way things were pre-COVID. Events are being planned and held again, albeit with appropriate precautions. But it has been truly wonderful to see our community opening up again and working together to find solutions to some of the challenges we still face.

There's events galore happening in town over the next couple of months, and you'll find all the details inside.

If you would like to know more 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 in the Centre on the corner of Alfred and Eyre Streets.

As always, the Neighbourhood Centre is open and operating, and we remain fully committed to supporting our community.



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 next Newsletter (December 2020) please contact Angela Young at the Neighbourhood Centre on 4654 1411 or email communitysupport@charlevillenc.org.au.



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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

Big BBQ Breakfast for Men's Health Awareness



The weather smiled on our annual Blue September Big BBQ Breakfast this year, with a glorious spring morning on offer. 54 attendees started their Friday with a hearty cooked breakfast in the park next to the Centre, all in support of a very worthy cause - men's health and cancer awareness.

Blue September is a month-long campaign dedicated to raising awareness of men's cancers and encourages men to take care of their health.

Here's a couple of facts you may not know:

- In Australia, one in every two men will be affected by cancer in their lifetime - that's 20% more men than women who will suffer from this terrible disease.
- Prostate cancer is the most commonly diagnosed cancer in men in Australia, and sadly we lose around 3,500 men each year due to prostate cancer. That's almost **10 men every day**.
- Each year more men die of prostate cancer than women die of breast cancer.

These are confronting statistics and not easy to read, but it's important that we all play our part to encourage the men in our lives to visit their doctor regularly and take care of themselves. Together we can make a difference.



R U OK? Day

Taking care of our mental health has never been more important. A multitude of service providers and groups came together on R U OK? Day in August to reinforce this message with a sausage sizzle, plenty of information, and some great discussions. This year's theme was based around what to say after R U OK? and was very well received. For all the information and tips please visit ruok.org.au.



Free Morning Tea for Mental Health Week



230 packs of delicious morning tea goodies were distributed within the Charleville community recently to celebrate Mental Health Week. The free morning tea was supplied by the Neighbourhood Centre and was a big hit. Lots of helpful hints and mental health information was also on hand to help our community care for their mental health at home and in the workplace.

Drum Beat A Real Hit With Kids

The Youth Support Service has been facilitating a program called DRUMBEAT at the primary and high schools. DRUMBEAT is a structured learning program that incorporates music, psychology and neurobiology. It is an evidence-based social and emotional learning program, incorporating hand drumming. The program focuses on social connection through teamwork and is proven to build resilience, showing measurable changes in social behaviour. The name DRUMBEAT is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts.



DRUMBEAT is based on documented research that identifies key issues related to reducing problematic health and social outcomes. Reducing risk factors and increasing protective factors underlie the design of the intervention. The program also takes into account recent developments in neurological research which notes the beneficial impact of rhythmic interventions on primal brain systems associated with anxiety and emotional control.

The core DRUMBEAT program is structured across 10 modules. Each session is centred on relationship themes including identity, teamwork, communication, peer pressure, values and managing emotions. Participants work as a team to set and enforce boundaries, discuss social issues through rhythm analogies and prepare for the group performance.

DRUMBEAT has been going really well and we are excited to keep delivering this program within the community.

Focus On Mental Health Awareness

In recent years there have been some really positive steps towards reducing the stigma of mental health disorders. Unfortunately, people suffering a mental illness still experience discrimination on a daily basis, and this is mainly due to misconceptions and a lack of understanding of what a mental illness is and how it affects the sufferer. One incredibly brave local resident has decided to change this by providing us with an honest and raw insight into what it's like to live with a mental illness. The following is their story in their own words.

Being Bipolar And How You Can Help

Firstly, let me state very clearly that I am not a health care professional. I am not a counsellor, a GP, a psychologist, a therapist or a psychiatrist.

I am simply someone living with Bipolar Disorder and this is MY STORY alone.

My reason for writing my story is to highlight what helps me when I am suffering a relapse in my condition. In this instance, a depressive episode. These tips may not work for everyone, but perhaps it may give you a few ideas on how you can be a true support for someone when they are unwell.

I will not go into the depths of Bipolar Disorder as an illness – if your loved one has been diagnosed with any mental health illness there is a wealth of information on the internet to help educate yourself on their illness and I would encourage you to look at sites like Beyond Blue, Lifeline and the Black Dog Institute.

The foundation of my mental health must involve the following:

1. **A great medical team** – It may take a few visits to a few different professionals, but finding the right one, who you trust and feel comfortable with is a priority. It took a number of years for me to get the right diagnosis and another several years to find the right medical team who work together to keep me well.
2. **A very trusted support team** – It is important that your support team are with you in the good and the bad times. I need to feel comfortable with them seeing me when I am unwell and know that they will not judge me.
3. **Taking my medication** – I must take my medication. Currently I take a cocktail of 5 different medications to maintain stability. Do I like taking them – no. The side effects like weight gain, lethargy and waking up every day feeling hung over are horrible, but it is the better option than being unmedicated and extremely sick.
4. **Knowing my limits** – I no longer drink alcohol or party like it's 1999. Partaking in any sort of stimulant will almost certainly cause a relapse in my condition which can take months to recover from.
5. **Learning my triggers** – Lots of things can trigger a relapse in my condition. For example, I can no longer work a 12 hour day, I must have a routine and I must avoid stressful situations. It took years to learn my triggers and even now I still push the boundaries, which invariably ends up in a relapse of my condition.
6. **Having enough good quality sleep** – I need 8 to 10 hours sleep every night to function like a normal person – not negotiable.
7. **Regular exercise** – I know all of the benefits regular exercise has on my condition, but I must be honest and say that I currently fail in this area but have a goal and process in place to improve.
8. **Have a Power of Attorney in place** – If I am very unwell I may need someone to advocate on my behalf. This has happened during one of my hospital inpatient stays and, with the help of a very kind solicitor, my POA was able to step in in my place to resolve the situation.
9. **As I live alone, I make sure someone else has access to my home.**
10. **Have a pet** – My little pup not only is my greatest companion; pets seem to have a built-in sense when you are unwell and will be by your side constantly. She also keeps me accountable to her care which gives me a reason to get out of bed, feed her, give her a little play time and lots of loving.

Regardless of having all of these protective processes in place, a relapse can come out of left field at any given moment.

Please know that for me, when I am suffering a depressive episode, it is not just my mind that is suffering. Every muscle in my body aches, I can't think clearly and I feel like I am walking around in concrete shoes. To continue to present myself professionally at work in this state is exhausting and any time that I am not at work is most likely spent lying on the lounge or in bed. There is just no extra energy in me to do even the simplest of tasks like washing the dishes, sweeping the floor or cooking a meal.

My first response when I become unwell is to withdraw from everyone and everything except essentials like attending work (if I am able) and buying groceries. I find it embarrassing to be suffering yet another relapse, so I am reluctant to spend too much time with people who know me well in case they notice.

This is a double edged sword – I withdraw because of my illness because I don't want to be a burden but I know I need the help of my support team to help with my recovery

My goals when I am suffering a relapse are very simple. Just put one foot in front of the other and make it through that day. And I do that for every day until eventually the days get easier and I can see beyond that one day and perhaps plan for the next day as well.

Some things that my support network do to help me:

- * When I am unwell and not going to work, at least one of my support team will visit before lunch time. This makes me get out of bed, shower and make a small effort in my appearance.
- * Likewise, someone from my support network will ring or text me every night to check in.
- * At work, it is helpful if your employer knows that you are experiencing a relapse in your condition. Unfortunately, due to the stigma still surrounding mental illness, often we don't feel comfortable to divulge this information, which makes the journey to wellness all that much harder.
- * I probably will stop answering the phone but may respond to text messages. Please send messages, I will read them, and they will remind me that I am not alone.
- * If I do share my depressive thoughts, please don't judge. Just listen. Telling me to eat kale, exercise more and think positive isn't helpful. Once I begin to get better these are very important things for my wellbeing (apart from eating kale), but when I am in the depths of depression you might as well be telling me to fly to the moon and back.
- * Do drop in with no expectations or judgement. Share a coffee with me (I may not speak, but just having company is helpful). While I don't want someone to intrude and spring clean my house for me, doing the dishes or sweeping the floor would be so appreciated and will encourage me to help.
- * If you can, cook me a meal occasionally – chances are that my dietary nutrition has gone out the window. A little package of left overs is like a little package of gold.
- * The amount I will share and accept help from one of my support team members is directly related to how strong that relationship is and how much I trust that person. That is why it is so important to be there for your loved one in both the good and bad times. If I haven't built a strong relationship with someone, I am going to feel embarrassed if they come to visit and see the reality of my illness without the make up and the professional suit; and the state of my house which I usually take such pride in.

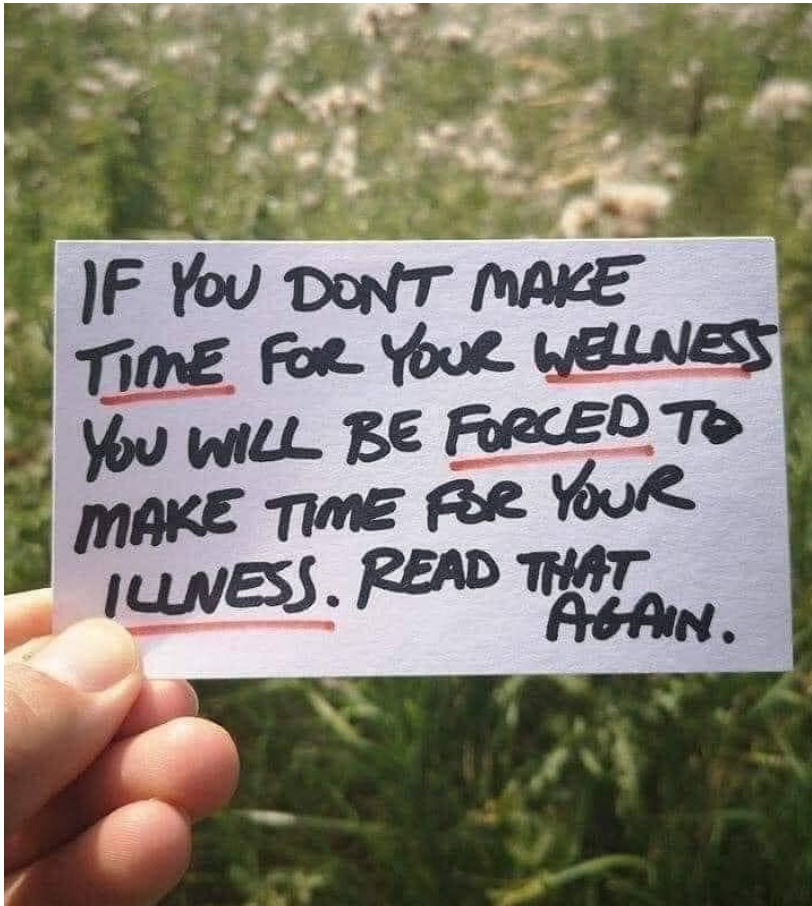
Finally, if you have taken the time to read this – Thank you.

It is time we really open up the conversation of mental illness and if you have anything you would like to share anonymously, any questions or any other areas of my mental illness journey you would like me to share, please do so by emailing communitysupport@charlevillenc.org.au, drop an envelope into the Neighbourhood Centre, or post to C/- Community Support, Charleville Neighbourhood Centre, PO Box 327, Charleville Qld 4470 anonymously. All information will be handled with the utmost confidentiality and sensitivity.

If you are on your own mental health journey, I wish you all the best and hope that your good days outweigh the bad. As my psychiatrist always tells me – **This Too Will Pass**, and it always does.

Mental Health Support

If you, or someone you know, needs assistance with mental health, or would like more information, please contact any of the below for help and support.





www.blackdoginstitute.org.au



Talk it through with us,
we'll point you in the right
direction

 **Call 1300 22 4636** 24 hours / 7 days a week

 **Chat online** 3pm - 12am / 7 days a week

 **Email us** Get a response in 24 hours

 **Online forums** 24 hours / 7 days a week



www.mhaustralia.org



www.healthdirect.gov.au

Upcoming Events



TRAINING COURSES

TOP OF THE RANGE TRAINING WILL BE IN CHARLEVILLE

DATE: Fri. 4th December 2020 @ 8.30am First Aid Training

Fri. 4th December 2020 @ 3pm Fire Extinguisher Training

Sat. 5th December 2020 @ 8.30am First Aid Training

VENUE: Murweh Shire Council Hall

COURSES :

HLTAID001 CPR \$95/participant

HLTAID003 PROVIDE FIRST AID includes CPR \$175/participant

HLTAID004 PROVIDE AN EMERGENCY RESPONSE IN AN EDUCATION & CARE SETTING
includes CPR \$175/participant

BOOKINGS: Click on the 'Book now' Icon on our website www.toptraining.com.au

or Please phone our office on 0746388110

or email – info@toptraining.com.au

TRT is a third party provider of nationally accredited courses. The RTO that offers the above courses that TRT delivers are listed below.

FIRST AID & LVE

National First Aid Training Institute is a Registered Training Organisation (RTO 40704) and offers this course. This course will be delivered by Top of the Range Training on NFTI's behalf.

WORKPLACE COURSES: TRAINING & ASSESSMENT DELIVERED UNDER THE AUSPICES AND IN PARTNERSHIP ARRANGEMENT ON BEHALF OF HEALTH SECURITY & EDUCATION PTY LTD RTO 40907

CHARLEVILLE NAIDOC WEEK
9th-15th NOVEMBER 2020

Community Family Evening
@ Charleville Swimming Pool
11th November - 5:30pm to 8:30pm

• **BBQ**

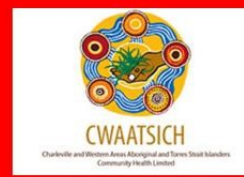
• **MULTI-DRAW**



Donna - 0428 600 677



Angela - 46 541 307



Troy - 0428 861 908

- *Pre-registration for attendance is required
restricted to 200 people – COVID 19 rules*
- **All children need to be accompanied by an adult*
 - *60 ppl in the pool at one time*
- *showers/toilets limited to 6 persons at one time*

**Always Was,
Always Will Be.**

8 - 15 NOV 2020

#NAIDOC2020



You can help to raise awareness and eliminate violence against women this White Ribbon Day.

- * Tie a white ribbon around your mail box
- * Wear a white shirt
- * Display a white mannequin (available from Donna Enders at FWIFVS, 16 Wills Street) outside your business



I swore an oath this
#WhiteRibbonDay
to put a stop to
violence against
women.

Hey mate,
let the world know
where you stand too.

Australia's campaign to
stop violence against women
White Ribbon



WHITE RIBBON "BOWLS DAY"

Date : 28th November 2020

Time: 4pm to 8pm

Venue: Bowls Club

Teams of four - must consist of
bowlers and non bowlers
Cost: \$40 per team (Register on day)
All monies raised will go towards
Domestic Violence

WHITE RIBBON DAY IS AN INTERNATIONAL DAY FOR
THE ELIMINATION OF VIOLENCE AGAINST WOMEN.

In Australia, one in three women have experienced
physical or sexual assault in her lifetime.

These women are our mothers, wives, daughters,
girlfriends, colleagues and friends.

Our silence and inaction allows this violence
to continue.

Highlights

*PRIZES FOR WINNERS

*PRIZES FOR LOSERS

* REFRESHMENTS AVAILABLE

Come along and support this great cause!

Further information - Donna Enders 0428 600 677



Save the Date

Charleville
Christmas
Street Party

Thursday, 26 November

Stallholders Wanted!!

Contact Sandra Currie to Register Your Stall
0438 542 432

*Please note that all Stallholders will be required to abide by the event organisers COVID Safe Checklist requirements.
Stallholders MUST supply hand sanitiser for use by customers and themselves, display social distancing signage on and around their stall (signage will be provided), and will be responsible for monitoring and managing the social distancing of their customers.*

Don't miss the fun!

Made with PosterMyWall.com

Charleville Community

Secret Santa

Have some fun this Christmas and be part of our Community Secret Santa. It's easy - just register your details with the Neighbourhood Centre and we'll give you the gender and age of another participant to buy a gift for. In return, you'll receive a gift from your own Secret Santa!

The Rules:

1. You can only spend up to \$10 on a gift
2. Gifts **MUST** be bought from a local business

Please wrap your gift and drop it into the Neighbourhood Centre. All gifts need to be received by Wednesday, 25 November so they can be presented at the Xmas Street Party on Thursday, 26 November.

To register please call Ang at the
Neighbourhood Centre
4654 1411



Service in the Spotlight

In this edition we're focussing on our **Home Maintenance Service**.

Our Home Maintenance Service provides a lawn mowing service at a subsidised cost for eligible clients. This service ensures that the immediate surrounds of the home are safe and accessible. The Home Maintenance Service can also provide yard maintenance including pruning, yard clearance and rubbish removal where there are issues of client safety and access. Please note: the provision and frequency of ongoing home maintenance services such as lawn mowing and pruning must directly relate to the assessed client needs in terms of maintaining accessibility, safety, independence, health and wellbeing and be subject to regular review. These are basic services primarily for function and safety, rather than for aesthetic effect.

If you would like more information, or want to know if you are eligible to access our Home Maintenance Service, please contact Deanne Gleeson at the Neighbourhood Centre on 4654 1307, or email her at has@charvillenc.org.au. Alternatively, you are welcome to call into the Centre on the corner of Alfred and Eyre Streets and have a chat with Deanne about this service.



Garden Gate

Spring Maintenance



Spring, as they say, has definitely sprung and now is a great time for some basic maintenance to prepare your garden for summer and beyond.

1. Time to plant. Spring is the perfect time to plant just about anything. The soil moisture is still high and plants can become established before the heatwave hits.
2. Fertilise, fertilise, fertilise. Before the growing season gets into full swing, just about everything will appreciate a good dose of fertiliser. Blood and bone and dynamic lifter are perfect for Australian natives. Dig compost and manure through the veggie patch and apply soluble fertilisers to any veggies that you already have planted. Potted plants will love liquid fertiliser for a quick boost and a dose of slow release fertiliser to keep them going. Use specialist fertilisers for roses, citrus and orchids as they contain the particular nutrients these plants need.
3. Watch out for pests. As the weather warms up aphids become active in the veggie patch or on the new growth of roses. Use a garden insecticide to keep them in check.
4. Trim and tidy. Prune trees and shrubs to remove any withered winter leaves. Trim your hedges to encourage new growth. Summer flowering shrubs like hibiscus and hydrangea should be trimmed now so all their energy goes into producing beautiful blooms.
5. Make grass greener. To get your grass growing, get out the garden fork and aerate your lawn. In early spring, apply a weed killer to remove broadleaf weeds and those pesky bindii. Follow up a few weeks later with lawn fertiliser to keep the grass growing strong and prevent new weeds.

Perplexing Puzzles

Australia is home to an impressive array of reptiles. Can you find them all in the list below? Words run horizontally, vertically and diagonally. Good Luck!



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

- | | | | | |
|---------------------------|-----------------------------|------------------------------|------------------------------|--------------------------------|
| Amythistine Python | Earless Dragon | Land Mullett | Pygmy Copperhead | Thorny Devil |
| Arafura File Snake | Eastern Dtella | Loggerhead Turtle | Pygmy Rock Monitor | Tommy Roundhead Dragon |
| Barking Gecko | Eastern Snake-Necked Turtle | Metallic Skink | Red-Bellied Black Snake | Two-Toed Earless Skink |
| Bearded Dragon | Emerald Tree Monitor | Mourning Gecko | Ridge-Tailed Monitor | Weasel Skink |
| Black-Headed Monitor | Freshwater Crocodile | Nobbi Dragon | Robust Velvet Gecko | Western Bearded Dragon |
| Blue Mountain Water Skink | Giant Cave Gecko | Oblong Turtle | Saltwater Crocodile | Western Blue-Tongue Lizard |
| Blue-Lipped Sea Krait | Hawksbill Turtle | Olive Python | Shingleback | White-Throated Snapping Turtle |
| Bockadam | Hosmer's Skink | Pacific Ridley Turtle | Southern Angle-Headed Dragon | Woma Python |
| Carpet Python | Jacky Lizard | Pale-Flecked Garden Sunskink | Southern Death Adder | Wood Gecko |
| Clawless Gecko | Jungle Carpet Python | Perentie | Storr's Monitor | Yellow Spotted Monitor |
| Common Scaly Foot | Keelback Snake | Pig-Nose Turtle | Tasmanian Tree Skink | Yellow-Faced Whip Snake |
| Dugite | King Island Tiger Snake | Pink-Tailed Worm Lizard | Tawny Dragon | Yellowbelly Sea Snake |



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

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

EASY

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

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

MEDIUM

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

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

HARD

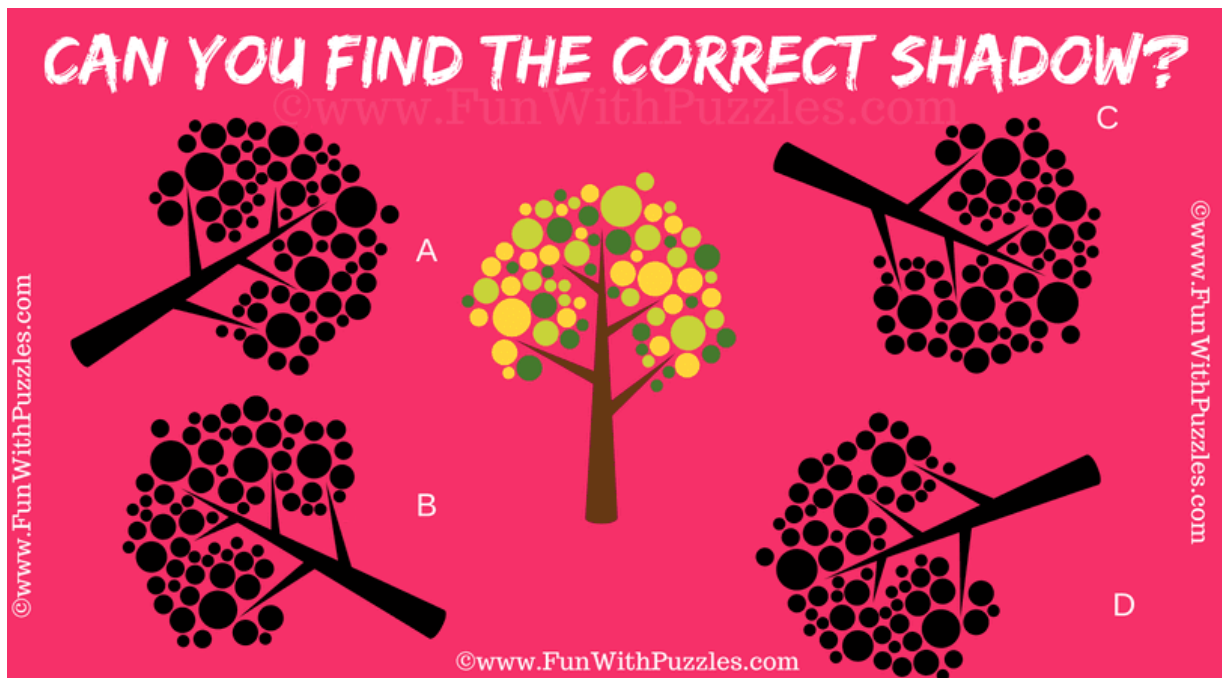
	1							
								8
2	8		9	6				5
		4			2		5	
1					3			
			7	9	5			
		6	5		7		4	
4							8	
			8		9		7	2

Bonus Brainteasers

Can you spot the poker chip amongst the pumpkins?



CAN YOU FIND THE CORRECT SHADOW?



Kids Corner

Paper Plate Dreamcatchers

Materials

- * Paper plates (the cheap uncoated ones work the best)
- * Yarn
- * Crayons
- * Sequins
- * Glitter
- * Feathers
- * Pony beads
- * Glue
- * Scissors
- * Hole punch



Instructions

- * Ask an adult to cut out the centre of your paper plate leaving just the outer ring.
- * Using a hole punch, punch holes carefully along the inner edge of the ring to weave yarn through for the centre decorations. Also place two holes at the top of the ring (to hang the dreamcatcher from) and three holes at the bottom (to hang feathers from).
- * After all the holes are punched, let the kids' imagination roam free decorating one, or both, sides of the dreamcatcher with crayons, sequins, glitter and anything else that makes them happy.
- * **Tip** - lay down some old newspaper sheets or paper towel first to help contain the glue, sequins and glitter while the dreamcatchers are drying.
- * Once the glue is completely dry, ask an adult to help you cut enough yarn to weave across the centre of your dreamcatcher to create a web. You can also add some random beads while you're weaving the web if you wish.
- * Ask an adult to help you cut some lengths of yarn to tie feathers on for the bottom of the dreamcatcher. Once the feathers are secure, thread the yarn with some beads and then attach to the bottom of the dreamcatcher.
- * Finally, add a loop of yarn at the top to hang your dreamcatcher from.



Plastic Bottle Fireflies

Materials

- Plastic water or softdrink bottles
- Glow sticks
- Foam sheets
- Pipe cleaners
- Googly eyes
- Tissue paper
- Mod podge
- Hot glue gun

Instructions

- Cut your tissue paper into strips and brush a layer of Mod Podge onto the centre of your bottle.
- Put the tissue paper strips onto the Mod Podge, wrapping it around the bottle. Brush on another layer of Mod Podge.
- Once it's dry, wrap three pipe cleaners around the bottle and twist to form legs.
- Cut 2 wings out of the foam and glue them to the top of the bottle.
- Place your glow stick inside the bottle.
- Attach your googly eyes and twist another pipe cleaner around the neck of the bottle to form the antenna.

Credit: <https://onelittleproject.com/pop-bottle-firefly/>



5 Minute Ice Cream

Ingredients

- ◆ 1 extra large Ziploc bag
- ◆ 1 medium size Ziploc bag (must be able to comfortably fit into the large bag with the ice)
- ◆ 1 cup milk
- ◆ 1 tablespoon sugar
- ◆ 1/2 teaspoon vanilla
- ◆ 1/3 cup salt
- ◆ Ice

Directions

- ◆ Pour the milk, sugar and vanilla into the smaller bag.
- ◆ Fill the larger bag 3/4 full of ice and then add the salt to the ice.
- ◆ Place the smaller bag inside the larger bag and close the seal. Make sure you close both bags really tightly!
- ◆ Shake the large bag with the smaller bag inside good and hard for 5 minutes.
- ◆ Rinse off the small bag with cold water before opening it to keep any salt water from getting into your ice cream.
- ◆ Serve your ice cream with whatever toppings you like and enjoy!

Credit: <https://www.food.com/recipe>

Delicious Dishes



Easy Pork & Vegetable Noodles

Ingredients

- * 500g diced pork
- * 1 crushed garlic clove
- * 2cm piece of chopped ginger
- * 1 tablespoon curry powder
- * 2 tablespoons oil
- * 2 beaten eggs
- * 200g of 2-minute noodles
- * 1 large diced onion
- * 1 small sliced red capsicum
- * 1 cup frozen peas
- * 1 tablespoon soy sauce
- * 1/2 cup chopped spring onions

Method

1. Season the pork with the garlic, ginger and curry powder.
2. Beat the eggs and fry them like a pancake with a little bit of oil. Then remove from the pan and chop roughly.
3. Cook the 2-minute noodles as directed and drain.
4. Sauté the onion and capsicum in some oil. Thaw the frozen peas under some hot water, then drain and sauté for 1 minute. Remove the vegetables from the pan.
5. Stir fry the pork in the remaining oil for approximately 5 minutes. Add the noodles and toss together, then mix in the vegetables and soy sauce and stir until everything is combined and hot.
6. Serve with the egg and chopped shallots sprinkled over the top.

Credit: www.dailymail.co.uk

Quick Chocolate Hazelnut Mousse

Ingredients

- ◆ 100g chopped dark chocolate
- ◆ 300ml chilled thickened cream
- ◆ 1/2 cup hazelnut spread
- ◆ Cadbury Flake chocolate bar (to serve)

Treat Yourself!



Method

- ◆ Melt the dark chocolate. You can do this either by placing the chocolate in a heatproof bowl over a saucepan of simmering water, taking care not to let the bowl touch the water, and stirring until the chocolate just melts. Or place the chocolate in a microwave safe bowl and heat in 20 second increments until the chocolate is just melted.
- ◆ Set the melted chocolate aside for a few minutes to cool slightly.
- ◆ Whisk the cream with an electric mixer until soft peaks form. Then add the hazelnut spread and whisk gently until the mixture is just combined.
- ◆ Add the melted chocolate to the cream mixture and use a large metal spoon to gently marble.
- ◆ Spoon the mousse mixture evenly into serving glasses. Sprinkle with bits of the Flake bar and serve immediately.

Credit: www.taste.com.au

Bellylaughs

Q. How many storm troopers does it take to change a lightbulb?

A. None, because they are all on the dark side!

If a child refuses to sleep during nap time, are they guilty of resisting a rest?

Q. What do you call a criminal landing an airplane?

A. Condescending!



I made a pencil with two erasers.
It was pointless!

Spring is here!!

I got so excited I wet my plants!

Q. How does a penguin build its house?

A. Igloos it together!

Q. What do you call a rabbit with fleas?

A. Bugs Bunny!

Q. Why do seagulls fly over the ocean?

A. Because if they flew over the bay we'd call them bagels!

Q. What's the best smelling insect?

A. A deodor-ant!

I once had a dream I was floating in an ocean of orange soda.
It was more of a fanta sea.



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

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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



AGM

Charleville & District Community Support Association Incorporated Neighbourhood / Community Centre

The AGM of the Charleville and District Community Support Assn Inc will be held at the Neighbourhood Centre on Thursday, 19th November from 12:00 noon - 1:00pm.

This will be followed by a light luncheon and a Management Committee meeting.

Nomination forms for Membership and Management Committee are available at the Neighbourhood Centre. Registered members are invited to complete an application for the Management Committee which is required to be displayed on the notice board two weeks prior to the meeting.

All members and interested persons are invited to attend.

Michael Moore
President
Ph (07) 4654 1307