

TUBBUT TATTLER

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Next deadline: 25th June

June 2024

Tubbut Neighbourhood House

E-mail: tubbutnh@iinet.net.au

Phone: 02 64580295

Open Tuesday, Wednesday, Thursday

<http://www.tubbutnh.com> Like us on Facebook



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CLASSIFIEDS

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24 hours

Tattler Contributions: We welcome your articles, news, reports on local groups, photos from local events, milestones, interesting stories, poems, biographies, births, deaths, historical items, and more. *We also welcome any letters to the editors.*

The Tubbut Tattler is produced by the Coordinators of the Tubbut Neighbourhood House which is funded by the Victorian Government. Material herein is the responsibility of the authors and does not represent the views of the DVICG or Tubbut Neighbourhood House unless stated. We welcome material from, and of interest to, people in the border areas of East Gippsland and NSW.

FOR HIRE

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Delegate Multi Purpose Service Craigie St, Delegate

Wellness Clinic

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Every week except public holidays.

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**Seeking your ideas for a
Womens Day** (to be held in
spring)

Below are some suggestions;

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Reflexology
Laughing Yoga
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Different forms of Meditation
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Let us know if you are
interested in any of these and
if you have any other ideas you
would like to put forward.

We would also be looking for
people to offer their services
that align with womens
wellness.

Please give us a call or send us
an email.

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& Gary Mallard**

VENUE:
DELEGATE SCHOOL
OF ARTS HALL

WORKSHOP 1PM-3PM
(AFTER LOCAL MARKETS)

RSVP FOR LUNCH 12:30PM



Please Register:

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OR

Snowy River Interstate Landcare
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email srilc@bigpond.com

This project is supported by East Gippsland CMA
through the Victorian Landcare Grant program

Delegate Progress Association Inc.



Snowy River
Interstate
Landcare
Committee

9:

Some History Of

May 1980
Issue 14

My memories of Tubbut go back to 1939 when I first went there with my father and George Reed (Jun. then) with cattle. We took them to Mutch's Creek where the country was quite green with kangaroo grass although it was a dry season. There was over 11000 acres fenced in, round the lease we had. It comprised of morticed posts and a split rail on top with seven wires underneath. I think it was erected by Johnsons many years before and some of the posts are still standing. McKay's of Wallendibby and Riverview had the grazing runs in Tubbut after Johnsons left. Fred Bryant told me he was mustering cattle for McKay's in the 1923 drought and at that time the rabbits were eating the bark off the trees and a lot of them were nearly rung. He said most of the rabbits died of starvation that year. They must have bred up again in good seasons judging by the number that was there in 1929.

The population of Tubbut was very low then. The old Tubbut homestead was there. It was owned by Ted Ingrams father and I remember seeing Reg and Harold Ingram. The family owned Telicurra and lived there then.

It was in that year that the country was opened for selection and Mr. Hunter and his team of surveyors went there and surveyed 28 blocks, ranging in area from about 1000 acres to 1800. There were no roads then, only the Gippsland Stock Route which went from Cabanandra to the Snowy River via Running Creek and the Copper Mine. The Coppermine was working about that time and the machinery had to be taken in and the ore brought out. Mr. Luckins from Orbost had the contract and had to put side cuttings in down the gulfs where it was very steep. The road was made wide enough for a slide and 2 horses.



The main road was started when the surveying was finished, and was extended to the Snowy. The bridge was built later but was washed away before it was to be opened. The present one was built 16 foot higher, and so far has stood up to the floods. The first settlers obtained their

blocks in 1930. They were Jim Neven, Don Ingram, C. Hickford, Alan Bass, Ernie Bass, Bill Wilson, Jack Cameron, Pat Foley, and Bert Wilson. Most of the remaining blocks were selected during the next 3 or 4 years. A man named Jones had the block near the Copper Mine, but didn't keep it long. He had a chap by the name of Halfhide working for him and he carried the posts on his back to the fence-line. The blocks were valued at 6/-3 and 7/-6 an acre according to the area and the quality of the country. The netting was supplied by the Closer Settlement Board and it had to be paid for by instalments over 40 years together with the block.

1933 was very dry and the selectors who had bought sheep were short of feed and some had to take them away for agistment. However by the end of the year the drought broke and 1934 was the best season I have known in that country in its natural state. We had the Jingalalla and Deddick grazing runs then and turned out a lot of cattle which we mustered in the spring in forward condition. Bert Wilson and Jack Cameron had the Cuttamura run that year and held it for a few years.

The first road maintenance men from Tubbut to the Snowy River were Tom Warne and Wally Walsh who lived at Deddick near the Copper Mine Road. They had a horse and cart and kept the road in good order. There wasn't much traffic then though. Jack Cameron had the first mail contract and used to ride to Dellicknora P.O. twice a week. The Amboyne Bridge was built about the year 1936 and the road made to the Amboyne. It was extended later to Deddick, but this took a few years.



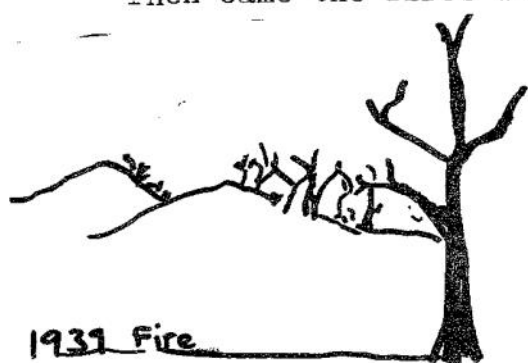
The Local Rag—continued

May 1980
Issue 14

Tubbut by Cliff Reed

In 1937 my father bought J. Cameron's property and in the following year Harold O'Hare bought Pat Foley's block and later Hickford's, Bill Wilson's, and Don Ingram's. He had previously bought Harry Legge's at Cabanandra where McIlroys live now.

It was a problem to kill the box trees in Tubbut. They nearly always suckered up and every time you cut them they grew again a bit lower on the stump and after a few years you had to grub them off the roots. We rung a lot of country and poisoned the trees with arsenic and soda, but didn't have much luck as most of them suckered. You had to boil the arsenic and soda together and the soda dissolved the arsenic and you poured it round the ring. We put calves there about 2 months later and lost some through them licking the bark, they seemed to like arsenic.



1939 Fire

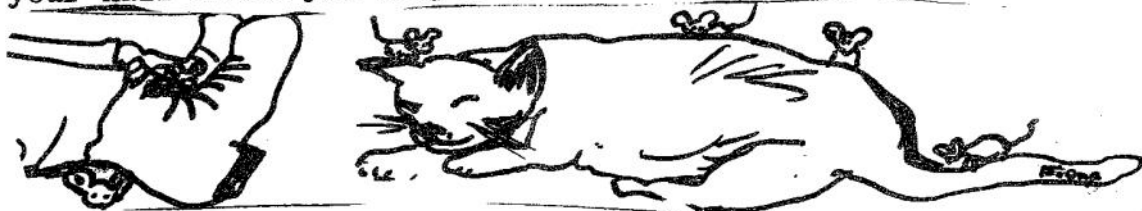
Then came the fires in 1939. We had been fighting fires for some weeks before up the Amboyne Creek in the bush. It seemed under control till a hot windy day came and the fire went over most of Tubbut. That was January 13th 1939. A lot of sheep were lost and a lot of fencing was ruined. Some of the cattle we had there were burned a bit, but only one died. Most of the remaining stock had to be taken away for grass, mainly to the Bega District when the drought eventually broke which was late in the autumn, the burnt country soon responded and we had a good season.

We took up the Cuttamura run that year and stocked it with cattle which did well on the burnt country. We mustered them in the spring and drove them to Bairnsdale where we topped the sale for 2 year old heifers that day. They made £8.2- or \$16.20 which was a big price then. The suckers and seedlings came up very thick after the fire and it was a big job to grub them out, no bulldozers then.

Reg Ingram took over the mail contract after J. Cameron left and he ran it from Bonang where he had the store. Tubbut was always a good place for trapping rabbits and the settlers kept their rabbits under control by trapping in the winter. They would get from about 3/- to 5/- a lb. for the skins.

Several men used to go down from Delegate every winter to trap and each had their area to cover. I remember Bill Phillips going to Mutch's Ck. and camping there all the winter. The camp was on the creek just opposite Wayne Wright's house. We often camped there before the country was selected and fenced.

Another popular camp was at the Amboyne hut and it was used by trappers and cattle musters. I remember camping there and the mice were so numerous, they would run over you and pull your hair while you slept, that is if you could sleep!



We sold our property in 1951 to Frank Neven, who also bought the Foley block from Harold O'Hare Estate. We also gave up the run and it was taken by Stan Bryant and Jim Marriott. Dr. Horton came to Tubbut and bought the other O'Hare blocks a few years later. Most of the Tubbut blocks have changed hands several times. There are only three which are still held by the original settlers.

Tubbut can be an unattractive place in times of drought such as at present, but in a good season, like the old poem says

"IT PAYS US BACK THREEFOLD"

The Local Rag -continued

May 1980
Issue 14

25:

Ignoble End.



A couple of weeks ago, Ma and Pa Reed decided to go away for a week. They asked me to care for their animals and birds. Ma set out a list of things to feed them, with all the necessary food as well. She mentioned that if I wanted I could kill off the rooster that was attacking her whenever she fed her chooks. "No worries" says I. So off they go at a steady 30 up the smooth roads of Bonang.

Over I go that first evening and the following days to feed the menagerie. Comes the day before the Reeds are due to return and I think-"Better get that rooster done." So over to the Reed's drive Danny(5) and Tracey Joy(4), with me and we chase that red rooster till we catch him. Into the car he goes and we drive home again. He dolloped twice in the car. No worries - clean that up later. Up to the chopping block with him squawking his head off. Danny has a steady grip on his legs and then I off with his squeaker. Danny lets go. I chase him down the hill and grab him back again. Up the hill again and there's Tracey Joy holding his head and saying, "Put it back on again Mummy."

Well we plucked him and dressed him really well and then off to the Reed's again and into their fridge he goes, ready for them when they get home.

"Ah, a job well done," thinks I.

Next day Ma and Pa Reed arrive home. I drive over to see how they reckoned we had done and how their trip had been. I saw Ma first. Something's wrong. She looks awfully gloomy.

"How are you Ma?"

"Alright, till I got home," says she.

"We killed the rooster for you Ma," says I.

"Yes, I see that," says Ma, "but you got it all wrong. You killed my Bega Prize Winning Rooster!" (He was worth \$20 I found out later)!!!!!! Ever wished you could crawl into a hole? All that night I performed surgical miracles in my sleep putting back all the vitals of that red rooster.

Next day Ma and Pa Reed come over in their car. Ma has a present for me. "He's too big for us to eat," says she. So the following day I cook that dollar a mouthful beast and just before eating time Tracey Joy turns to Danny and says, "When you say Grace, don't forget to thank Jesus for Ma's prize rooster****". Out of the mouth of babes and sucklings etc. Poor Judi! Poorer Ma!!



WANTED: One Rhode Island Red Rooster-with a good squawk. Guaranteed to be well looked after. Contact Judi Church, Goongerah.....

News from the Shire

EAST GIPPSLAND SHIRE LIBRARIES

AGES 3-10 FREE BOOKINGS REQUIRED

School Holiday Program Dr Bethany's Tooth Tales

Join us for this exciting School Holiday activity!

Join Dr Bethany, the singing dentist, and Darcy the Dragon, her toothy sidekick, as she empowers children to become champions of their oral health.

Learning about looking after little teeth has never been more fun! Join in with songs, dancing, games, dress-ups, questions and more, with a special goodie bag for every child to take home.

Children will have a blast without even realising they're learning and there are lots of helpful tips for parents too.

Phone **5152 4225** or book in person at the library for this **FREE** event.

Thursday 6 June
Bairnsdale Library
4.00 pm – 5.00 pm

Friday 7 June
Bairnsdale Library
11.00 am – 12.00 pm

Libraries Change Lives

EAST GIPPSLAND SHIRE LIBRARIES

FREE BOOKINGS ESSENTIAL

Planning For Your Future Thinking Ahead




As people age it's important to ensure that they have planned to cover future circumstances

The free Planning Ahead Forum presents information in a simple and interactive way on Enduring Powers of Attorney, Supportive Attorney and Medical Decision Making.

During the session, participants have the opportunity to identify their preferred choices for an Advanced Care Directive and consider who might be the most suitable person to appoint as an Attorney or Medical Decision Maker.

Bookings are essential. Phone **5152 4225** or book in person at the library for this **FREE** event.

Monday 24 June
Bairnsdale Library
10.00 am – 12.00 pm

Monday 24 June
Paynesville Service Centre
2.00 pm – 4.00 pm

Tuesday 25 June
Orbost Service Centre
10.00 am – 12.00 pm

Tuesday 25 June
Lakes Entrance Service Centre
2.00 pm – 4.00 pm

EAST GIPPSLAND SHIRE LIBRARIES

FREE BOOKINGS ESSENTIAL

Online Author Event A Brilliant Life: Rachelle Unreich




Join writer and interviewer Claire Halliday in conversation with author Rachelle Unreich in this important online event.

For journalist Rachelle Unreich, her mother's experiences as a Holocaust survivor were an integral part of her family's history. But when faced with Mira's illness, Rachelle sat down with her mother to explore those stories in more detail - driven by her personal motivation to gain a better understanding of how a woman who had been through so much trauma could remain so resilient and positive.

A Brilliant Life explores one of the darkest times in human history, while also celebrating the love of family and the power of the human spirit.

Over seventy years has passed since Mira Unreich was freed from a concentration camp in Germany. On that spring day in 1945, she found herself alive, against all odds. In the decades that followed, she never explained the mystery underpinning her survival. What happened to Mira all those years ago?

Monday 24 June
Online via Zoom
6.30 pm - 7.30 pm

Phone **5152 4225** or book in person at the library for this **FREE** event.

Brought to you by East Gippsland Shire Library, Latrobe City Libraries and Myli Community Library.

EAST GIPPSLAND SHIRE LIBRARIES

Improve recycling campaign!

East Gippsland Shire have embarked on a recycling campaign to improve recycling and reduce contamination rates in the commingled recycling bins. We have bin stickers, fridge magnets and a new Waste Wise booklet available to make recycling the right way easier for all residents in East Gippsland.

The new material is available from our service centres in Mallacoota, Orbost, Omeo, Lakes Entrance, Bairnsdale and Paynesville or we can post it to you on request if you call us on **5153 9500**.



**Small acts make a big impact!
Let's do our bit and recycle right!**



News from the Shire

State Budget supports projects, ups levies, misses on roads

East Gippsland Shire Council has welcomed funding for facilities that benefit young people and families in the 2024 State Budget. However, the good news is tempered by increases in a range of levies and taxes, and an underinvestment in regional priorities including road maintenance and natural area management.

Mayor Cr Tom Crook said Council was still digging into the details of the State Budget, handed down on Tuesday, and how it will support East Gippsland communities in the longer term.

“As with developing our own draft budget – currently out for community feedback – we understand the Government’s attempts to be more fiscally disciplined. We are keen to understand the details of the budget and how that translates to on-the-ground, direct support and initiatives for East Gippsland,” Cr Crook said.

Highlights for the region:

- Paynesville Primary School - \$4.4 million to modernise the school
- Paynesville Bowls Club - \$330,000 for a new synthetic green
- Hoddinott Reserve, East Bairnsdale - \$300,000 to upgrade the playground
- Lakes Entrance - \$4.5m to upgrade the training walls
- Lake Tyers Aboriginal Trust - a share of \$13m for essential services and infrastructure upgrades

“These investments are good news for residents and families in Paynesville and East Bairnsdale, and some are for projects and investment Council has long advocated for. Improving facilities for people of all ages will encourage families to stay in, or move into, our region,” Cr Crook said.

Cr Crook also highlighted Council’s advocacy to obtain funding for the critical works required for the Lakes Entrance training walls.

“We have worked with Gippsland Ports and DEECA for a number of years to develop a project case for this investment, recognising that the training walls are critical for Lakes Entrance and the communities living around the Gippsland Lakes,” Cr Crook said.

Road freight and passenger vehicles travelling between East Gippsland and Melbourne will benefit from upgrades to the Sale Alternative Truck Route, which aims to create better freight corridors and reduce the number of trucks travelling through Sale.

Cr Crook noted that Council is an active member of both One Gippsland and South East Australia Transport Strategy (SEATS), which collectively identify and advocate for projects that go beyond the boundaries of individual local councils and benefit combined shires.

“Although the work will be taking place in Sale, this project benefits the entire region and beyond through reduced travel times and improved safety,” Cr Crook said.

“However, the level of investment in road maintenance on our arterial roads as indicated in the budget is disappointing. We hear constantly from our community that the standard of the arterial road network managed by the State is declining and needs significant investment.

“Council invests heavily in local roads. The State cannot keep underinvesting in major regional roads and expect the conditions of roads, and driver and passenger safety, to improve.”

Treasurer Tim Pallas highlighted support related to the end of native timber harvesting in his Budget speech – a critical item for our communities. These included:

- \$11m to support the work of the Great Outdoors Taskforce
- \$105m to help restore native forests, promote biodiversity, and maintain roads for bushfire access
- \$290m to create jobs for former forestry workers in forest and fire management.

“We are hoping the \$11m for the Great Outdoor Taskforce is additional funding. As 75 per cent of our shire is public land, there is a desperate need for significant investment in the natural areas and biodiversity this estate contributes to Victoria,” Cr Crook said.

“We know East Gippsland punches above its weight in terms of natural values and our communities need ongoing funding from other levels of Government to drive jobs growth in looking after them on behalf of all Victorians.

“Given that specific allocations for our communities effected by timber transition were not announced, we will be working with the Government to ensure that our communities get their fair share of this funding.

“We look forward to the Government explaining how these commitments will be rolled out to our impacted communities and by when.”

It was disappointing to see the Government has increased the Fire Services Property Levy and waste levy. These levies are both administered through Council rates, with Council merely the collection agency for Government.

The Fire Services Levy will increase by \$35 for a median residential property and \$150 for primary production properties. The waste levy, a fee paid to the Government by Council for every tonne of waste put in landfill, will also increase but is not expected to come into effect until 2025.

Cr Crook said the announcement of funding for health services in Gippsland – a priority for those communities for some time – was very welcome.

“We hope it is an indication that investment in the Bairnsdale Regional Health Service should not be far behind,” Cr Crook said.

“It was pleasing to see that school crossing supervisor funding – a service coordinated by Council – was funded for the next two years. We have advocated to the State to fund this important service that is directly linked to the provision of education.”

Cr Crook acknowledged the Government for the investment it has made in East Gippsland in a tight budget.

“We look forward to getting the details on the broader range of initiatives and supports and what they mean for our communities.”

News from the Shire

Council honour roll celebrates East Gippsland volunteers

National Volunteer Week wrapped up last week with East Gippsland Shire Council welcoming 37 new inductees to the East Gippsland Volunteer Honour Roll.

This year's inductee list represents members from communities across the shire including Lakes Entrance, Raymond Island, Bairnsdale, Orbost, Lindenow, Buchan and Gelantipy, Paynesville, Swan Reach and Kalinna West.

Volunteers support a wide range of organisations and clubs, including community organisations, health providers, culture and creativity groups, service clubs, emergency services and sporting clubs. Some of the groups represented this year are Buchan Neighbourhood House, Lakes Entrance Lionesses, Koalas of Raymond Island, Bairnsdale and District Amateur Basketball Association, Orbost Neighbourhood House, Distinctive Options Noweyung, East Gippsland Badminton Association, Reading for Kids Gippsland, and the Country Women's Association.

Mayor Cr Tom Crook praised the efforts of the newly inducted volunteers.

"The East Gippsland Honour Roll recognises the dedication of community members who have given their time to enrich our community. It serves as a permanent record, paying tribute to the significant contributions made by volunteers throughout the shire."

Inductees are recognised for their years of service, ranging from those who have dedicated over half a century to those just starting on their volunteering journey. This year, 37 new names were added to the list:

- 50+ years: Marie Redenbach, Cynthia Robinson

- 40+ years: Ian Dunkley

- 30+ years: Wayne Detering, Karen Fleischer, Maree Piera

- 20+ years: Liz Carey, Simon Ellis, Ellen Sundermann, Rene Sundermann, Debbie Van Der Peet, Troy Smythe, Brendan Woodward

- 10+ years: Dick Bakos, Debbie Gray, Penny Hammond, Sheree Midson, Ruth Smythe

- 5+ years: Alisha Caldwell, Christine Clayton, Kathy Gupta, Ivan Knight, Rowan Lowe, Peter Van Den Oever, Andrew Gowland

- Up to 5 years: Sylvia Boyle, Brooke Downey, Mandy Goodwin, Margaret Humphries, Karen McCole, Mary Mitchell, Louella Ozols, Amber Thompson, Dave Redden, Juan Ardiles, Deborah Hutter, Tracey Purcell

"Volunteers are the backbone of our community," Cr Crook said. "Their commitment and generosity keep our communities connected and thriving.

The Honour Roll is a small way to show our gratitude and inspire others to make a difference." Council hosted volunteer recognition events were held in Bairnsdale, Buchan and Bruthen and brought together community members, councillors and Council staff to recognise the valuable contributions of local volunteers.

The Bruthen event on Monday, May 20 featured keynote speaker Joy Manley, President of the Bruthen Arts and Events Council, who shared her 40-year journey in volunteering, while in Bairnsdale on Tuesday, May 21 guest speaker Tim Bull MP shared stories about the dedication of volunteers, especially after the many natural disasters that have hit our region in recent years.

The final celebration, in Buchan on Thursday, May 23 featured a speech from guest speaker Evelyn Schmidt, a stalwart of Buchan Neighbourhood House who has also volunteered for Buchan Hall and Recreation Committee, Buchan South Avenue of Honour and other committees. Evelyn spoke of the benefits of volunteering, both to individuals and the community. Avis Salisbury, treasurer-secretary, and Melissa Zagami, captain, both volunteer with the Toorloo Fire Brigade and attended the Buchan volunteer recognition event.

"There are lots of different and interesting roles in the fire brigade and you learn so much. People can assist their community though the CFA even if they don't go out on the trucks," Avis said.

Melissa said she enjoys the community involvement volunteering brings, and educating young people about the fire brigade.

"Knowing that I'm helping my community to be safe is very rewarding. I also enjoy doing demonstrations with school kids to show them what it's about. That can also help encourage them to get involved with the brigade," Melissa said.

Nominations for the Honour Roll are open year-round, and Council encourages community members to recognise an unsung hero by submitting their details via Council's website or at one of Council's service centres.

The East Gippsland Volunteer Honour Roll is updated annually during National Volunteer Week in May.

Council call to keep cats safe and secure

East Gippsland Shire Council is urging cat owners to embrace cat containment laws, highlighting the significant benefits for both feline friends and local wildlife. By keeping cats within property boundaries around the clock, owners can protect their pets and contribute to the conservation of our shire's native species. Pet cats that are kept contained tend to live longer, healthier lives, avoiding the risks of getting lost, injured or contracting diseases.

"Keeping cats in the home or on your property benefits everyone – including the cat," Mayor Cr Tom Crook said. "It also minimises disturbances to neighbours and protects other animals."

"We know that cats are valued companion animals, but when owners let cats roam they are a significant problem that costs all ratepayers. Keeping your cat at home is part of being a responsible pet owner," Cr Crook said.

"The legal requirement for cats to stay home is there for good reason and I urge residents to do the right thing."

Roaming cats pose a significant threat to local wildlife, with predatory behaviours contributing to the decline and even extinction of native species. By keeping cats contained, owners can play a crucial role in preserving East Gippsland's rich biodiversity.

Tips for a happy cat home

Creating a stimulating environment at home is essential for a cat's well-being. Here are some tips to enhance your home for your feline companion:

- Climbing spaces: Provide both vertical and horizontal spaces for cats to explore.
- Safe toys: Keep your cat entertained with a variety of toys.
- Scratching posts: Multiple scratching posts help maintain their nails and prevent damage to furniture.

Escape-proof enclosures or cat-proof fence rollers allow cats to enjoy the outdoors safely. Walking cats on a lead and harness is another way to offer them fresh air and new experiences while keeping them secure. For detailed tips on cat containment, visit the RSPCA website.

Additionally, desexing cats is highly recommended as it reduces unwanted behaviours like fighting, spraying and the urge to roam. Desexed cats are also eligible for a reduced registration fee.

For residents dealing with stray cats, the Council provides free cat traps to humanely capture them, allowing Council's Community Laws Officers to safely collect and impound them.

It is a requirement for dogs and cats aged 3 months and over to be microchipped and registered. Roaming dogs and cats that are registered and tagged will, in most cases, be taken back to their owner by a member of Council's Community Laws team. The Community Laws team can also provide you with Council's Pet Care and Management guide to help you safeguard your pets, other people's pets, the public and wildlife.

Puzzles

Wordsearch

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

ZUCCHINI
SILVERBEET
CABBAGE
BEETROOT
CARROT
LETTUCE
POTATO
CUCUMBER
BEANS
TOMATO
LEEK
CELERY
ONION
TURNIP
PUMPKIN
PARSNIP
CAULIFLOWER
PEAS
SPINACH
CORN

Bring
Brink
Drink
Drank
Frank
Wrong
Prong
Pronc
Crone
Crane
Crate
Phase
Chase
Chose
Close
Clove

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

Sudoku

Puzzle provided by www.sudokuoftheday.com, visit them and get a new sudoku everyday

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

Walking Maps is a great website for those who enjoy walking
<http://www.walkingmaps.com.au/>

Word Ladder

Clove

Crate

Frank

Wrong

Phase

Bring

Change one letter at a time to make a new word

Answers

Recipes

Risotto cakes

Ingredients

500g Kumara, peeled,chopped
1 tbsp fresh rosemary chopped
1/4 cup olive oil
1 onion finely diced
2 cloves garlic, crushed
1 3/4 cups Arborio rice
1/3 cup white wine
1lt vegetable stock
3/4 cup parmesan cheese
1/2 cup frozen peas
1/3 cup fresh parsley chopped
3/4 cup plain flour, seasoned
Aioli to serve.

Method

Step 1: Preheat oven to 200c. Combine kumara, rosemary and tbsp oil on a baking tray. Season to taste and toss well, bake for 15-20 mins until golden and tender.

Step 2: Heat another tbsp oil in a large saucepan, saute onion & garlic for 3-4 mins until tender, add rice & cook, stirring for 1 min. Pour in wine, stir then simmer for 1-2 mins until wine has almost evaporated.

Step 3: In a medium saucepan bring stock to boil, add hot stock to rice mixture, 1 cup at a time stirring until all liquid is absorbed and rice is tender (approx 20 mins.)

Step 4: Stir in parmesan, peas and parsley, reserve a little of the parsley for garnish. Transfer to large bowl, let cool then chill until cold and firm.

Step 5: Roll tablespoonfuls of mixture into balls, flatten slightly and toss in flour.

Step 6: heat remaining oil in a large frying pan on medium heat, cook risotto cakes in 4 batches for 2=3 mins on each side or until golden brown. Garnish with remaining parsley and serve with aioli.

Chocolate Orange Brownie Tart

Ingredients

320g pack ready-made shortcrust pastry
120g dark chocolate, chopped
120g butter, cubed
2 eggs
80g golden caster sugar
80g light brown soft sugar
80g plain flour
1 orange, zested and juiced plus more zest to serve
crème fraiche to serve

Method

Step 1: heat oven 180c /fan. Lay out pastry to line 20cm tart tin, press into sides and loosely cut around edges, line with baking paper and fill with rice, bake 15mins. Remove paper and bake for another 5-10 mins.

Step 2: While pastry is cooking put butter & chocolate into a bowl and set over pan of simmering water to melt. When melted remove from heat and leave to cool slightly.

Step 3: Whisk together eggs and sugars then stir in melted chocolate and butter, sieve over the flour and fold in until just combined, stir in orange juice and zest.

Step 4: Trim the edges of the pastry tart and spoon the brownie mix into the middle. Smooth over with back of a spoon and bake for further 30– 35 mins until the top forms a crust, and the filling is no longer wet but slightly wobbly.

Step 5: Leave to cool for 15mins before removing from the tin, serve with a dollop of crème fraiche and some more orange zest grated over .
Will keep for 3 days in an airtight container.



The Errinundra to Snowy Wellbeing Space is a health clinic serving the communities of Goongerah, Tubbut and Bendoc.

Led by a community Nurse Care Coordinator, the clinic visits:

**Goongerah on Tuesdays
7023 Bonang Rd, Goongerah**

**Tubbut on Wednesdays
2584 McKillops Rd, Tubbut**

**Bendoc on Thursdays
Dowling Street, Bendoc**

For more information or to make an appointment call 0456 167 011

If you would like to book a time out of business hours, or if the Wellbeing Space day in your area does not suit you, the Community Nurse Care Coordinator may be able to arrange an appointment that is easier for you to attend.

Services include:

Health education

Health checks and health care plans

Telehealth appointments and support

Pathology

Wound care, dressings, suture removal

Urine analysis

Help filling medical forms, My Aged Care and Home Care Packages

Hosting service providers such as GPs, Women's Health Nurse

Mental health support via referral

Help navigating health services

Other services will be added as they become available.

If you have any questions about the services available at the Errinundra to Snowy Wellbeing Spaces call 0456 167 011.