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CLASSIFIEDS

Available for parties and anything—Tubbut pizza oven (Bonang Hall also has one available for public hire



Septic getting full?

Robert Hampshire will pump out your loo. Septic tanks, porta-loos— no problems Truck has capacity to handle 2 tanks/trip Phone: 0417423983

Please keep your old glass bottles for Robert too as he is

a passionate collector.

Bobcat contractor for hire

Slashing, clearing, small earthworks, levelling, preparation for sheds, carports, water tanks and paving and clean ups

Ring Steve 0407190258 or email stephenscroope@bigpond.com

Orbost Solar and Electrical

Happy to come to our area and comes highly recommended by the Tubbut Neighbourhood House

Call Ben on 0434038395





Wallabia Wildlife Shelter

Rehabilitation and rescue of injured and orphaned native wildlife

Call Joe or Rena 03 51540196 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.

WANTED

Old crockery of any colour except white, can have patterns, can be broken.

Please contact Sue Collins 64580287 or the NH, or leave at the Bonang Hall.

These will be used to Mosaic the Pizza Oven at Bonang.

Delegate Multi Purpose Service Craigie St, Delegate

Wellness Clinic

Monday 9am -10am

Every week except public holidays.

No appointment necessary.

A clinic where well people come for health monitoring and a variety of nursing procedures such as:

Wound care

Blood pressure readings

Blood sugar readings

Non-urgent and pre-operative Electrocardiograms

Health Assessments

Suture or clip removal

Injections with Doctors written orders

Other procedures that do not require a Doctor

Pathology clinic (conducted by Pathology West)

Wednesday 9.30am—10.30am No appointment necessary. Every week except public holidays.

Women's Health Clinic

4th Thursday of the month at Delegate MPS Phone 1800 999 880 for an appointment



Available for cleaning (only)
Contact Natasha 64588162 or 0408477774

Tubbut Neighbourhood House

FOR SALE

DEEP CYCLE BATTERIES (Solar...) Quality Supersafe 12v, 170 ah batteries, made in EU 2018.

Been running some made in 2013 in a bank and they still going strong. \$ 160.00 ea ex Orbost (They are over \$ 800 new)
Contact Roman

Contact Roman 0419 590 591

mail@ 0419590591.com

Handyman available

Call Peter 0492888057

CONCRETER
Specialising in driveways,shed
slabs,
4 ton excavator for site works
Contact Brodie
Phone 03 51540142
Email brodiebendle@gmail.com

FOR HIRE

The Tubbut Neighbourhood House has the following for Hire:

Trailer—\$5.00 per day
Wood Splitter—\$10.00 per day
You can also borrow many of our gadgets:
Laminator, recording VHS to DVD player, Laptop,
tablet, digital photo scanner, convert photos, slides or
negatives to digital, record records to USB

Service Equity Update

PROJECT UPDATE 6

Building Healthy & Resilient Communities through Service Equity



About the project

Over the last three months we have let you know about funding received for Stage 1 of this project. If you need more information you can refer to past updates or contact Eleni.

What's happening in August?

Call for Project Reference Group (PRG) members:

With rising interest in the project the PRG is calling for anyone interested in being involved in the project to get in touch.

Membership of the PRG is voluntary, meetings are held monthly (4th week of the month) online. An in-person meeting option occurs every second month at Bonang Hall.

Membership includes attending meetings, reading the project managers report each month and working collaboratively to make decisions about the project. There are sometimes documents to review or feedback to be given over phone or via email in between meetings. Expect to contribute up to 10 hours a month.

Experience living locally is highly regarded and a range of skills and backgrounds is welcomed.

If you are interested email Eleni who will provide the meeting schedule, background information and the terms of reference for all group members.

The PRG will have an open call for new members approximately every 6 months, status of the project allowing.

Stage 1: The final report from FedUni/CERG is complete and available to view online www.warmcornersconsulting.com/projectdocs or get in touch with Eleni to receive a copy via email. There are two reports available - the summary report and the full report.

The key findings of the report are:

1. A health professional is essential to the success of a health service delivery model in rural and remote communities. Digital health care is an essential addition to a rural and remote health service improving and maintaining accessibility to healthcare appointments.

Stage 2 (Minor Building Upgrades and Maintenance): A series of grant applications to fund stage 2 equipment, furniture and minor works are underway.

Stage 3 (Operational Pilot): We are working with Orbost Regional Health (ORH) to formalise a partnership to deliver Stage 3. We have made contact with the Department of Health and are working through next steps to discuss funding of a nurse or similar to provide service across the Service Hubs.

How can I find out more?

Email: Eleni - hello@warmcornersconsulting.com



Goongerah Grapevine

Goongerah Grapevine



WHAT YOU CAN DO IN THE GARDEN

As we head into the final winter month there is an anticipatory spring thrill in the air. It's definitely time to start thinking about spring in the garden.

Crank up your compost heap by turning more regularly and ensuring you have a good balance of carbon to nitrogen e.g for every one bucket of kitchen scraps you have 2 bucket of sawdust or autumn leaves.

Give your citrus and fruit trees trees a once over, top dress with compost, a sprinkle of potash, mulch and attend to any gall wasp...

Pruning and weeding is a top job to do at this time of year. Deciduous fruit trees love a big old haircut now, except your apricot!

Top up mulch on your veggie patches, herb gardens and ornamental beds. Choose sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.

On really cold days, why not head out to the shed, and sharpen, clean, oil and maintain your garden tools. Sounds tedious, but it's really rewarding, and will save you cash and plant illness in the long run.

If planning on putting in some tomatoes next month, prepare a bed now (your toms will thank you for it). Do this by popping in some organic compost, pelletised chook poo, a wee bit of water and mulch it.

Try planting spinach, broad beans, potatoes, peas, onions, parsley, cabbage, broccoli, rocket, silverbeet, cauliflower, lettuce, leek, Asian greens, radish, Beetroot and parsnip. Plant asparagus, bare rooted strawberries, bare rooted fruit trees and rhubarb crowns.

Plant flowers for joy and for attracting beneficial insects. Nasturtium, lobelia, alyssum, pansies, violas and many more can be planted now for spring colour.

Remember that alternatives to toxic chemical use in the garden will make you a better gardener. I don't care what people say. Don't be lazy and do your research. Help promote healthy living and do your part to preserve the native insects of this area. We will die with out them.

Jarrod @ Hope Seed has Black Walnut trees & Oak for Agroforestry call 03 51540111

The Local Rag

EDUCATION THROUGH

The Local Rag July 1980

Wendy Pearce and I recently spent a very enjoyable afternoon with Clarice and Wit Ingram of Bonarg. We spent the time sifting through old documents which related back to both Wits and Clarices ancestors, to the early history of Bonarg, to the history of this area generally and numerous other aspects. Clarice has kindly lent us tots of examples of the above which I intend to use over the next couple of issues. The information which wit and Clarice provided, both written and verbal, is of the utmost value to anyone interested in researching our history, and I cannot thank them enough for sharing it with us. This issue we will look at documents relating to EDUCATION.

Here's one which Clarice received:

NEW SOUTH WALES

DEPARTMENT OF EDUCATION

PRIMARY FINAL EXAMINATION
Enrolment In A Super-Primary Class

INAME) Clarice Myra Hayden

a pupil of the Delegate Public School, is now sufficiently advanced in her studies to be enrolled in the Seventh Class of a Junior Technical, Commercial, Domestic Science, Rural, District or other Super Primary School where seats are not competitive.

DATE 9th Decem 1935.

C. J. Gruffin

the use of the words "Super Primary Class" conjures up some interesting images.)

Clarice also has the punishment book from the Browns Camp School. To give you an example of the contents, the pages were set out as illustrated on the following page. I happened to open it to the section covering the year 1908. During that year, 199 cases of punishment were documented!



cat

The Local Rag—continued

6.

THE AGES.

NAME OF	AGE	NATURE OF OFFENCE	AMOUNT OF PUNISHMENT	OF PUNISHMENT	DATE	BY WHOM
	metake in play I will through tablet I was sportly	playing/talking/ /copying+denying it/ is dictation/quar- ing/laughing/d paper petiets/d writing trad/fair school reading	relling/rough isorder/theft/ urty and untidy lure in airthmeta wook/failure	with a -cone - stick or -ruler		

(and from reading the list of purishable offences, I believe it!)

A final example is a certificate issued to Clarice's

mother.

CERTIFICATE OF A CHILD BEH	NG SUFFICIENTLY EDUCATED
I HEREBY certify that Cat	herine Sivewright
has been educated upto thes	standard of education required
by the "Public Instruction !	
Oated at Delegate	
day of March	A.D. 1896.
	O'D wie
	Inspector.

In case you are wondering what constitutes a child being "sufficiently educated" on the back of the certificate is written:-

The standard of education required by the 20th section of the Public Instruction Act, as a just cause for exempting any child from the obligation provided therein to attend school, shall be the following:

1. READING-To read the 4th Book of any series authorised for use in Public Schools, or at the option of the Inspector any other book of equal difficulty.

2. WRITING - To write in a neat and legible hand and without serious errors inspelling a passage of twelve lines, to be dictated slowly from such book.

3. ARITHMETIC- To work correctly questions of ordinary difficulty in Simple and Compound Rules, Reduction, Proportion, and Practice.

Helen

The Local Rag -continued

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his is a copy of the documentation that used to be kept of patients admitted to the Delegate Hospital. Thanks to Shirley Matthews for permission to use this particular example. Charlotte Ruby Camm is Shirley's mother. The document records the birth of Shirley's sister. Mary Jane Stone, michwife at the hospital, was Dawn Walker's grand mother.

FORM 17

PRIVATE HOSPITAL ACT 1908
REGISTER OF PATIENTS
NAME OF PATIENT Charlotte Ruby Camm
AGE OF PATIENT 37 SEX OF PATIENT Female
USUAL PLACE OF ABODE Bonard
NAME OF MEDICAL PRACTITIONER ATTENDING Dr. Stanley Whitefield
DATE OF LEAVING HOSPITAL 22 Dec. 1930
DATE OF DEATH OF PATIENTTIME OF DEATH
NATURE OF ANY DISEASE MANIFEST ATTIME OF ADMISSION
NATURE OF ANY DISEASE MANIFEST AFTER ADMISSION
PARTICULARS OF ANY OPERATION PERFORMED AND DATE
NAMES OF OPERATOR OR OPERATORS
NAMES OF OPERATOR OR OPERATORS
NAMES OF ANY OTHER PERSONS PRESENT
NAMES OF ANY OTHER PERSONS PRESENT
NAMES OF ANY OTHER PERSONS PRESENT SHORT HISTORY OF THE CASE <u>normal</u> case
NAMES OF ANY OTHER PERSONS PRESENT SHORT HISTORY OF THE CASE Normal case ADDITIONAL PARTICULARS REQUIRED IN LYING-IN CASES DATE OF CONFINEMENT 11 Dec RESULT female child SEX OF INFANT Female CONDITION OF INFANT ATTIME OF DELIVERY
NAMES OF ANY OTHER PERSONS PRESENT SHORT HISTORY OF THE CASE <u>normal case</u> ADDITIONAL PARTICULARS REQUIRED IN LYING-IN CASES DATE OF CONFINEMENT 11 Dec RESULT female child SEX OF INFANT Female CONDITION OF INFANT ATTIME OF DELIVERY fully developed
NAMES OF ANY OTHER PERSONS PRESENT SHORT HISTORY OF THE CASE Normal case ADDITIONAL PARTICULARS REQUIRED IN LYING-IN CASES DATE OF CONFINEMENT 11 Dec RESULT female child SEX OF INFANT Female CONDITION OF INFANT ATTIME OF DELIVERY

News from the Shire

Big investment in East Gippsland

It's no secret that regional areas have experienced a boom as city dwellers move to regional Victoria for a lifestyle change.

The East Gippsland region is continuing to receive strong interest from the investment, commercial and residential sectors.

In the past six months, almost \$100 million worth of

property development has been approved. Mayor Cr

Mark Reeves said confidence in East Gippsland is

strong.

"Major commercial and tourism developments approved in the last six to nine months include Metung Hot Springs, the Sailors Grave brewery restaurant at Cape Conran, Tambo Honey in Bruthen and The Servo in Lakes Entrance," Cr Reeves said.

Planning approval has also recently been given for major investments such as an apartment complex at 4-6 Devon Road, Paynesville (\$14 million); industrial land development on Forge Creek Road, Bairnsdale (\$10 million); and a residential village at 75 Paynesville Road, Paynesville (\$65 million).

More than 450 residential lots have been approved in subdivisions in the past six months.

Proposals are also underway for major residential apartment and accommodation developments in Bairnsdale that show strong investor confidence in the accommodation market.

"In May, Council had the biggest month of Planning Permit application lodgements on record, with 99 applications. The number of planning applications we are receiving is at unparalleled levels — we've been getting 60 or more applications a month for the past six months, peaking at approximately 100 applications in May. In the years before the 2019-20 bushfires we'd receive about 500 applications a year, so we are well above those levels," Cr Reeves said.

"There doesn't appear to be a slow down on the horizon, although we are conscious there may be an impact from interest rates and inflation in coming months," Cr Reeves said.

For the past 12 months, Council's planning team has been issuing more than 150 planning permits each quarter. There have also been about 150 rebuilding projects through the planning process from the bushfires.

"The vast majority of applications are approved. Council and the planning team work hard to balance development with the valid concerns from residents about what is happening in their neighbourhood," Cr Reeves said.

"For instance, the planning permit application for the residential village in Paynesville was amended to address the concerns of objectors, including providing additional amenity areas and adjusting where the double storey homes will be built. Working together to address concerns results in a good outcome for both developers and the community."

In terms of value, Council is approving between \$15 to \$18 million in developments each month.

"The volume of work is certainly challenging for our planning team, but they are keeping up with the workload.

Most regional councils are under similar pressure from an influx of people looking to move to the country.

"It is a good sign for the future prosperity of East Gippsland that people want to invest here, build here, live here," Cr Reeves said.

eastgippsland.vic.gov.au feedback@egipps.vic.gov.au



Council backs 10-year plan to protect environment

East Gippsland Shire Council is stepping up its protection for local biodiversity, ecology and ecosystems, endorsing a new environmental protection strategy that charts a course for the next decade.

The Environmental Sustainability Strategy 2022-2032 recognises that East Gippslanders love their mountains, beaches and wilderness, and redoubles efforts to conserve and protect the shire's environment. The strategy, endorsed by Council on Tuesday 28 June, demonstrates how Council can act, inform, educate and lead to conserve our natural assets.

Mayor Cr Mark Reeves welcomed the adoption of the decadelong strategy.

"Our natural environment contributes to our residents' health and wellbeing, forms part of our cultural identity, and underpins our tourism offerings and much of our economic activity," Cr Reeves said.

"Through a combination of proactive planning, suitable and timely design work and strong advocacy, we want to ensure East Gippsland's natural and built environment is sustainable and meets community needs now and well into the future."

The strategy aligns with the Community Vision 2040, developed with community, and sets out what Council wants to achieve. It recognises that a long-term view is needed to achieve strategic outcomes.

The strategy has seven goals:

Conservation of the natural environment and biodiversity
Sustainable management of natural resources
Community participation in the climate response
Respect and alignment with the rights of Traditional Owner

Environmental sustainability supporting sustainable economic growth and new job opportunities

Growth in the circular economy

Community resilience to respond to increasing climate risks and natural disasters

During development of the Council Plan 2021-24, climate change was recognised by locals as the greatest threat to the shire's natural environment. The Environmental Sustainability Strategy was developed in response to community input into that Council Plan, as well as the Community Vision 2040, various community plans, a workshop with councillors and extensive public consultation.

Community interest in the development of the strategy was strong, with 472 website visits; 184 downloads of the draft strategy; 55 survey responses and detailed written submissions from individuals and community groups representing 150 members.

The lucky winners of our draft Environmental Sustainability Strategy 2022-2032 survey prizes are Robert Edis of Lakes Entrance; Lynne Kahsnitz of Eagle Point and Sally Kendall of Bairnsdale.

The Environmental Sustainability Strategy 2022-2032 can be downloaded from Council's website.

News from the Shire & Depts

Ahoy shipmates, it's time to play!

Marlo's newest treasure has sailed into Marlo Triangle Park. Hoist the Jolly Roger because this awesome playground will make sure the little hearties have a swashbuckling good time.

Over 100 locals and visitors joined East Gippsland Shire Council Mayor Cr Mark Reeves – dressed in full pirate attire with a trusty parrot on his shoulder – for the official opening today.

The new park has undergone a \$415,00 upgrade with all levels of

The new park has undergone a \$415,00 upgrade with all levels of government coming together to fund this investment. Council took the lead with a \$300,000 contribution, and \$115,00 came from the Local Economic Recovery Program, jointly funded by the federal and state governments. The key features of the upgrade include:

- · New pirate ship play structure with a small crow's nest
- Swings and slides
- · Firefighters' pole
- Telescope and interactive panels
- · Water and sand play area
- · Barbecues, seating and drinking fountain

"It was time to upgrade the playground and I know the improved park will continue to be loved by many," Mayor Cr Mark Reeves said.
"The ship here isn't just for pirates, it's for everyone! New playground equipment is already proving popular, while the landscaping complements the native characteristics of the town," Cr Reeves said.
As Marlo becomes increasingly busier it was important to include a new

As Marlo becomes increasingly busier it was important to include a new pedestrian crossing on Marlo Road, which provides a safer connection between the park, primary school and western residential area.

"The upgrades were identified as priorities by the Marlo community and the outcome is a result of positive collaboration and consultation," Cr Reeves said.

"We incorporated feedback and ideas from the community including local primary school students, to deliver a park for the people, and we thank the students, Marlo Ratepayers and Residents Association, community and our staff and contractors for their input," Cr Reeves said. "We aim for our towns to be 'sticky'. We want visitors to stop, stay,

"We aim for our towns to be 'sticky'. We want visitors to stop, stay, experience and spend. We know Marlo and surrounds has an abundance of attractions, but this upgrade helps make the town an even more attractive destination."

Marlo Ratepayers and Residents Association president, Shayne Boyd, said the idea for a refurbishment began with a motion from Simon Ruff at a meeting of the group in 2018.



Council to lobby aviation authority on Mallacoota Airport changes

East Gippsland Council has moved to reassure Mallacoota residents that their airport will continue to serve as a reliable hub for Angel Flight, police, fire emergency support and ambulance services, as well other users, following concerns raised about Council's decision to opt out of Civil Aviation Safety Authority (CASA) certification.

Changes to CASA regulations mean that the Mallacoota Airport is no longer able to meet the requirements of certification. While this does not affect the way that Council will manage and maintain the airport, it does mean that its ability to issue Notices to Airmen (NOTAMs) about airport conditions have been removed, and the use of instrument procedures for fixedwing aircraft are not available. Pilots still have the option to call Council's reporting officers for the airport directly prior to arrival to request information on the airport's serviceability.

Council considers that CASA failed to think through some of the unintended consequences of the changes to airport registrations, especially to small remote airports such as Mallacoota, which relies on emergency service support. Council is therefore working with the Australian Airports Association, local members of parliament, responsible government ministers and CASA to draw this consequence to its attention and attempt to have the ruling of instrument flight procedures reinstated for non-certified aerodromes.

Council has also sought reassurances that specialised helicopter operations such as the Helicopter Emergency Medical Service (HEMS) remain able to use instrument procedures. Helicopter operators are responsible to prepare and have CASA approve instrument procedures for use at Mallacoota Airport.

Mayor, Cr Mark Reeves, said Mallacoota Airport remains safe, functional and accessible.

"Council is aware that the registration issue has been presented to the local community as Council's fault and that this has caused local concern and anxiety. The reality is that while services such as Air Ambulance and Angel Flights might be affected if there are adverse weather conditions in which it's not safe to land, that might be the case at some certified airports, too," Cr Reeves said.

"The simple fact is bad weather remains bad weather, whether you have an instrument approach offered or not. The type of instrument approach our airports offer does not guarantee you can land – at any of our airports pilots still need to use visual skills to land.

"If we had not chosen to voluntarily deregister Mallacoota Airport, we are quite certain that CASA would have closed the airport and forced deregistration," Cr Reeves said.

Council said it notes local and Angel Flight's calls to reinstate the airport's registration. But it has pointed out that this is not simple to do, as the certification requirements have changed and would require, among other things, significant infrastructure and earthworks of the secondary unsealed runway; the reconstruction of the taxiway area and apron used by Department of Environment, Land, Water and Planning (DELWP) as a fire base; and vegetation management of trees around the airport outside of the vegetation management permit.

Council is, therefore, encouraging the local community and airport users to join it in taking the consequences of the CASA-introduced changes back to CASA for reconsideration. It notes that Mallacoota is not the only airport impacted in this way.

News from the Departments

Wild Dog Program & Southern Ark project

Benefitting landholders and biodiversity in East Gippsland

Spring 2022 COMMUNITY BAITING PROGRAM (CBP)

BENDOC, BONANG, GOONGERAH, DELEGATE RIVER, TUBBUT & DEDDICK

The DELWP Wild Dog Program and the Southern Ark program in conjunction with primary producers and plantation companies are coordinating a wild dog and fox baiting program in your area.

The program will run over twelve weeks and you will be contacted shortly regarding your bait requirements. Fresh meat or shelf stable baits will be available. Baits will be delivered to locations and at times listed below:

Delivery Dates:

Tuesday 9th August 2022 Tuesday 6th September 2022 Tuesday 4th October 2022

Old Bonang Store: 10:45 – 11:00am

Bendoc DELWP Office: 11:30 – 11:45am

Tubbut School: 11:30 – 11:45am

Program Ends: (baits out of ground)

- 18th October for meat baits
- 1st November for shelf-stable

Please note:

We ask that you bring your ACUP to bait pick-up and baits MUST be picked up by an authorised ACUP holder with 1080/PAPP endorsement

Please ensure you notify neighbours, have signage in place and record bait use in line with the Directions For Use

The Wild Dog program and Southern Ark team urge all landholders in the area to co-ordinate their fox and wild dog control efforts with the program in order to have the greatest impact on fox and dog populations. Should you know anyone else who would like to be involved or have any other queries please contact Mick Freeman (DELWP Orbost) on 0477 358 061



News from the Departments



Autumn 2022 newsletter

Deddick River Landcare Community Wild Dog Control Group

Deddick, Tubbut, Bonana, Dellicknora, Deddick River, Bendoc, Goongerah



Covid-19:

With eased restrictions, we are planning for normal bait deliveries, however with the evolving situation, changes may need to be made if further restrictions come into place — I will be in touch should this occur

Funding Support - AWI and Southern Ark:

The Deddick River Community Wild Dog Control Group is supported by the AWI-funded community coordinator and by DELWP's Southern Ark program who will meet the cost of baits for the group. This will ensure landholders can maintain their current level of baiting with some surety and helps provide incentives to encourage other participants in the area. Your CWDCG sitting within the Southern Ark program footprint allows for a cooperative program helping gain positive outcomes for local producers' stock management as well as Southern Ark's biodiversity objectives in support of native wildlife.

PLEASE NOTE: to support the community baiting efforts Southern Ark will be baiting the Ambyne loop and McKillops Rd at the same time – any queries please contact Pete Lohr (number below)

Dog and Fox Bounty:

Skins can be taken to Bairnsdale (35 Bairnsdale – Dargo Road, Bairnsdale) between 12 and 2pm on the following dates

- Tuesday, 6 September 2022
- Tuesday, 4 October 2022

Further info: https://agriculture.vic.gov.au/biosecurity/pest-animals/victorian-fox-and-wild-dog-bounty

ACUP/1080 training:

Plans to organise an ACUP/1080 training course has, unfortunately, this has been delayed several times by Covid. It is now hoped we will be better placed to organise a course later in the year. You can register your interest by calling Mick Freeman or the Bendoc Neighbourhood House (02 6458 1402). We would be particularly interested in increasing involvement in the Deddick, Tubbut, Ambyne and Dellicknora areas.

National Wild Dog Action Plan



To keep informed about Wild Dog Management in Australia, you can subscribe to the National Wild Dog Action Plan for updates: www.wilddogplan.org.au



DELWP Wild Dog Controller: Tommy Kimber - 0408 520 957
AWI Community Wild Dog Control Coordinator:
Mick Freeman - 0477 358 061
Southern Ark: Andy Murray - 0419 396 948
Pete Lohr - 0477 358 060

Recipes

Banana loaf

What you need

1/2 cup milk of your choice
1/2 teaspoon apple cider vinegar
2 cups flour or gluten-free flour blend
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon cinnamon
1 teaspoon vanilla powder(optional)
pinch of salt
1/2 cup olive oil
3/4 cup sugar
4 small ripe bananas (mashed)
1 cup Pana Organic Chocolate Pieces

What you do

Preheat your oven to 175°C and line a loaf tin with baking paper.

In a large bowl, add your milk and apple cider vinegar. Let these two sit for a few minutes.

Now add in the remaining ingredients. Gently fold through with a wooden spoon until combined.

Transfer the batter into your lined loaf tin.

Bake for around 60 minutes. At the 45 minute mark, insert a skewer into the centre loaf to see if it is done. It should come out mostly clean. It may or may not need the extra 10 minutes depending on your oven.

Once ready, remove from the tine and transfer to a cooling rack. Leave to sit for around 15 minutes and slice!

Super Easy 4 Ingredient Cheese Biscuits

(makes approx. 16)

2 cups self raising flour

225g shredded cheddar cheese (shred your own for this recipe)

1 1/2 to 1 1/3 cups milk (whole milk works best)

2 tbsp. butter, melted

In a bowl combine the flour and cheese.

Gradually add the milk, combining to a wet, sticky, consistency.

You're not making a dough here, you want a little more moisture than if you were making regular biscuits.

Once combined, use a small ice cream scoop (spray it with cooking spray to make it easier) and scoop up some of the mixture and place the mounds on a lightly greased baking sheet, spacing about 5cm apart.

Bake them in a 180c oven for 18-22 minutes.

Brush with the melted butter once they are done.

AUGUST 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	2	3	4 Library bus NHH at Bonang Rag Rug Workshop	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18 Library bus NHH at Bonang Rag Rug Workshop	19	20	21	
22	23	24	25	26	27	28	
29	30	31					