

TUBBUT TATTLER

ISSN 2200 - 5243



Sept/October #8 2021

Tubbut Neighbourhood House

E-mail: tubbutnh@inet.net.au

Phone: 02 64580295

Open Wednesday, Thursday and Fridays

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

Next deadline: 23rd October 2021



Victoria, every one of us needs to check in, everywhere, every time.

Checking in helps us stop the spread of coronavirus, and protects our businesses, our communities and each other.

So, let's all check in. Everyone. Everywhere. Every time.

For more information visit [CORONAVIRUS.vic.gov.au](https://www.coronavirus.vic.gov.au)



Authorised by the Victorian Government, 1 Treasury Place, Melbourne

Classifieds	2
TNH	3
Local Rag	4-6
Health	7
News from the Depts	8-9
Recipes	10
Sudoku/ word search	11
Calendar	12



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



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

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

RedSpa Sanctuary Remedial Massage
Shiatsu
Bowen therapy

Over 20 years Experience.
Home visits available
By Appointment

0422 130 569

Available for cleaning (only)
Contact Natasha 64588162 or 0408477774

Tubbut Neighbourhood House

CONCRETER

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



Wallabia Wildlife Shelter

Rehabilitation and
rescue of injured and
orphaned native
wildlife

Call Joe or Rena
03 51540196
24 hours

Tubbut Neighbourhood House

Community Lunch

We will be having a lunch on Wednesday the 27th of October at the Tubbut Super room. Please come along as we have a special guest, Peter Somerville from the ABC.



Tubbut School Facility

So we are very pleased to announce that the DVICG has taken over management of the facilities at Tubbut. This has been quite a lengthy process and we are so glad that we can finally shift into gear and get the wheels turning to achieve the Tele Health service and professional room for visiting health workers which will be such an asset to our remote area especially considering the situation in Bombala at the moment and with the way we access Health services evolving in these crazy times.

Stay tuned for further updates as we move forward with this exciting project.

HALL UPGRADES From East Gippsland Shire Council

Our 4 local halls being Tubbut, Bonang, Bendoc and Goongerah are all receiving works to improve our facilities with ember proofing, replacement of fly screens with metal fly wire, all gaps in structures to be sealed some to even have colour bond fitted around the bottom of the buildings and also painting where needed and roof replacement where needed. The power boxes will also be upgraded to enable a portable generator to be plugged in. All of these are very much appreciated by the Communities.

Errinundra to Snowy CRC Priority Projects Support Project

In August 2021, Bushfire Recovery Victoria awarded a contract to East Gippsland based consulting business Ethos NRM to work with the E2S Community Recovery Committee and the community to, *“scope and detail works and develop suitable funding applications for a range of improvements to community facilities across the Errinundra to Snowy (E2S) district”*.

The Support Project involves:

Liaison with community members and other stakeholders to achieve common priorities that the community feel they own.

Identify and confirm new and/or upgraded priority community facilities.

Develop construction plans and/or specifications suitable for seeking quotations to implement works.

Seek quotations for suitable trades persons for all works.

Obtain letters of support from relevant Committees-of-Management, stakeholders, and government agencies.

Scope the requirement for any planning and building approvals that may be required.

Prepare funding / grant applications for implementation.

East Gippsland Shire Council is a key stakeholder in the project.

The Local Rag

Dear Readers,

The information contained hereunder was from an interview I had with Noel Hobbs. I thought, just for a change, rather than write it up in a question and answer format, I would record it as a series of short stories told by Noel. Please supply the editor or myself with comments as to whether you have a preference for either way of writing interviews. (ie which is easier to read).

NOEL WAS BORN IN DELEGATE RIVER IN 1907 AND HIS FAMILY WAS LIVING AT DELWICKNOORA AT THE TIME. THEY WERE REAL PIONEERING DAYS THEN, ACCORDING TO NOEL AND THERE WOULD HAVE BEEN ABOUT NINE FAMILIES IN THE AREA. NOEL REMEMBERS THE BONANZA MINE WHEN IT WAS WORKING.

"There was a big dam up there to conserve water to work the crusher. There was a family up there with twin boys, and the boys were sent off to bathe in the dam. They were both found drowned. This was the Reedy family. The mine was one of the biggest. There was Bendoc mine, Rising Sun and the Bonanza in that order."

THE HOUSE WHERE NOEL IS NOW LIVING WAS BUILT IN 1944. THERE WERE FOUR CHILDREN IN HIS FAMILY. NOEL TALKED ABOUT SOME OF THE CHANGES AND PROBLEMS HE HAS SEEN IN DELWICKNOORA.

There's been more land cleared, more stock grazing. There would be three times as much stock now as there were fifty years ago. It's always been mostly cattle because of the dingoes taking sheep. They used to take sheep as quickly as we could breed them at one stage. Dingoes are still a problem - They used to pay only \$1.00 bounty for dingo. I don't think there would be a true dingo

left in Australia."

"We used to have dances every few weeks. Delegate River and Bendoc people used to come. We had mainly violin and piano. We used to ride through the bush to dances in Bendoc; we'd dance till daylight, then turn around and ride our horses back home through the bush. Mum's sister used to carry her baby on horseback on the pommel of the saddle to see my grandmother in Bendoc."



TRANSPORT AND ROADS

"I can remember when the Delegate River bridge wasn't there - going through the river with water coming up in the sully. There was very little contact with Orbost, the road was so terribly bad. There was one big trip we made to Bruthen. It took two days to get to Orbost, the first night we spent at Martin's Creek. I was about six then. We stopped at Mum's brothers in Orbost, then went on to Bruthen in another day. On the way back, we turned off at Newmerella to see the sea. It was something special - none of the other children at school had seen the sea. We pulled up for dinner on this same day. Aboriginals were roasting an enormous snake - the biggest I'd ever seen. They ate the meat leaving only the backbone. I couldn't understand how they could eat snake!!"

"No-one maintained the roads then - they were just tracks. There was a big tree across the road, three or four feet through, and another vehicle or two on the other side.

The Local Rag—continued

NOEL TOLD US THAT HE HAD DONE A LOT OF JOBS IN HIS TIME - SHEARING, WORKING ON ROADS, BREAKING IN HORSES CONTRACTS FOR FENCING, AND SCRUB CUTTING.



PAST PRESENT AND FUTURE

"I don't think we will go back to the horse and buggy stage. We'll come up with something else, we are so far advanced, we won't go back surely?"

WHAT ABOUT EARNING A LIVING OFF THE LAND?

"They never used to you know. There was always working in the mines, or hunting possum or kangaroo as well as the farm. Dad found a mine and that's how he got his start. It's a wonder people aren't looking for gold now, being the price that it is. It used to be £ 1/5s. an oz when Dad was mining."

WEATHER

"I have never seen it as dry as it is in winter before now. It's got to break soon, that's the law of averages."

"I can remember Delegate with three hotels, two bakeries and three horse stores. I think people left for better conditions in the city. Talking of education, I recall years ago trying to get the school built. My school was an old abandoned house with a couple of rooms. War broke out and we were without a teacher most of the time. They used to be only 1/2 time here and 1/2 time at Bonang - a week at each - . Anyway the condition of the house became so bad one of the teachers protested to the Education Department. So with the help of the locals, we built a new school. The Education Dept. opened up their hearts and lent the School Committee £ 100. So the School Committee owned the school

We usually went around trees like this but we couldn't get around this one, so we took the wheels off the buggies and lifted the rest over the tree, then put the wheels back on. Time didn't matter then; this was in 1913. We went to the Orbost Show on this trip too - I've never been to one since!!!"

"I remember another trip too, we made down the Tambo River - it was a steam powered boat. They loaded wood into a trough in the side of the hill, this was greased so that the wood slid down into the boat. They picked up loads of peaches and things along the way, then went out onto the lakes. The Captain's name was Captain Bull. It was a freight and passenger boat."

"The first car in the area was owned by George Hutchinson in 1925. There were service cars in Delegate, that would pick you up and take you to the races and things. They were big cars and it wasn't too dear."

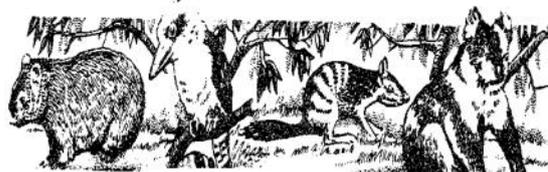


NOEL CAN REMEMBER TWO MAJOR FIRES.

"The first one was in 1923. It burnt all of this property and Dellicknora. Someone was burning off to get better feed, but it was the wrong time. The second one was in 1929. No people were lost but stock and fences went."

NATIONAL PARKS.

"I can't see much good coming from them; they bring two hazards - irresponsible people leaving gates open and bigger risk of fires."



The Local Rag -continued

and after ten years, the Education Department would begin to pay rent of \$10 per year, having got the \$100 back in the meantime. They wouldn't lend money to build a school on private land, so, through contact with Albert Lind (Minister for Lands) a local gave 1 acre. George Hutchinson measured the acre, and I fenced it, but apparently it was never legally transferred or surveyed. We had socials and all to raise money, and we didn't find out till much later about the legal side of it. I was one of the Committee, and there was still money in one of our accounts when the school wound up, so we agreed to donate it to the Delegation Hospital.

TELEVISION.

"It would have to change the whole outlook of life for some people, but not me. I'm a bit like Teddy. I've got my set ideas, T.V. can be good and bad."

WELL THANKS VERY MUCH NOEL FOR ALLOWING THIS INTERVIEW. FOR THOSE WHO ARE STATISTICALLY MINDED THERE WERE 13 IN NOEL'S MOTHERS' FAMILY. FOUR OF HER SISTERS HAD 12 CHILDREN, ANOTHER HAD SEVEN. AT ONE COUNT NOEL HAD 138 FIRST COUSINS. THE MORE I TALKED WITH NOEL, THE MORE I REALIZED HE HAS A WEALTH OF INFORMATION REGARDING DELWICKNORA AND ITS HISTORY.

THANKS VERY MUCH AGAIN NOEL FOR PROVIDING US WITH THIS IRREPLACABLE GLIMPSE INTO THE PAST

H. M. BROWSE.

Extract from a letter written by Jack Fleming in 1956 to Hamilton Reed. (Fleming surveyed the Bonang Highway and the road from the Snowy River to Gelantipy) :-

"I often wonder how the road looks now 31 years later, and is it much used. I remember the very steep ascent on the old road up Mt. Little Bill and many times my mates and I struggled up that hill after a hard day's work. From what I can see nowadays, surveyors do very little walking and are always provided with Jeeps or the equivalent.

When I tell the young chaps that we used to work from 6 a.m. to 6 p.m. six days a week and do the plans and office work on Sundays they just won't believe it.

I left Australia in 1927 for East Africa and after spending 25 years there and in the Middle East, I returned home in 1952. All that time I spent on road and aerodrome engineering and a very interesting 25 years they were. For 10 years I lived in Kenya only 50 miles south of the Equator, where the climate was ideal due to the height above sea level, about 6,000 feet. The Equator in that area is 9,000 feet above sea level and the farmers, who grow excellent wheat, mainly Australian varieties, always have a log fire going at night time. I was in the Middle East, Cairo, when war broke out and served with the English Royal Engineers, again on road and aerodrome work. I managed to pick up the rank of Full Colonel before the end.

The Bulletin article mentioned Fred Bryant. Is he still alive? He was a real character and used to shift our camp with packhorses when I was surveying the road from Dellicknora to Tubbut, the Snowy River at Mackellar's crossing and Wulgulmerang."

In a later letter he mentions Arthur Callaway who was Chief Engineer with the C.R.B. in those days -

"He was a grand old man and as tough as nails. I remember when I was surveying the road from the Snowy to Gelantipy he spent a few nights in my camp up on top of the mountain. On the first morning he awoke to light rain falling on the tents, but insisted on splashing about in the nearby creek before breakfast - 6.15 a.m. We then set out on foot to traverse my line down to Mackellar's crossing. Light rain was falling without a break all the morning, and at 12 noon we took shelter in a large hollow log for a bit of tucker and tea. We were pretty wet and miserable but the hot tea revived us and at 12.30 I said "Let's push on". Arthur emerged from the log, sniffed the air, looked at the sky and said "Jack, I think we will call it a wet day and return to camp".

The poor old chap died about 15 years ago after an operation. He wrote to me and said he required some internal plumbing which was apparently unsuccessful.

Australia has changed a great deal during my absence and I'm afraid not all for the better. However we old blokes are perhaps too prone to criticise."

CLIFF AND JEAN REED

Health

Vaccination clinic at Bonang

Tuesday the 14th September saw another successful vaccination clinic held at Bonang Hall. This was the 5th one held here thanks to our Outreach Nurse Birgit and Orbost Regional Health. Peter Somerville from the ABC came to do a story that was aired the following weekend.



Martin from ORH on the BBQ.



Our state of the art medical facility at Bonang.



Lovely lunch supplied by ORH.



Peter Somerville from the ABC with our Outreach Nurse Birgit.

Eye Health

This World Sight Day, take the pledge to love your eyes

With World Sight Day coming up on Thursday 14 October, it is the perfect time for Victorians to take the pledge to love their eyes – even in the midst of a global pandemic.

According to Vision Initiative Program Manager Ché Stockley, even as restrictions are currently limiting accessibility of eye care in much of the state, there's still a number of actions people can take to safeguard their vision.

“We are calling on Victorians to show their eyes some love by pledging to get an eye test just as soon as they're able to. Even if people can't get their regular eye test at the moment, it's important they make it a priority when restrictions ease,” she said.

“But if you notice a change in your vision, such as sudden blurriness, optometrists are able to offer treatment for urgent care state-wide – so don't delay seeking treatment.”

The Vision Initiative is an integrated eye health promotion program funded by the Victorian Government. It aims to prevent avoidable blindness and address the impact of vision loss in the Victorian community.

Victorians are fortunate to have access to some of the best eye care services in the world, so around 90% of vision loss is avoidable or treatable, if it's identified early. When available under COVID-19 restrictions, eye tests can be arranged directly with an optometrist without the need for a referral from a GP and are usually covered by Medicare.

It's also important for people with an existing eye condition to continue their treatment, even during the lockdown period.

“Please don't assume your eye specialist is not open for treatment, contact them for advice or to discuss any concerns you may have,” Ché said.

Key tips for looking after eye health:

- Make sure you have a regular eye check, especially if you are over 40
- Wear a hat and sunglasses when outside
- Wear eye protection when playing sports like squash, or performing hazardous work
- Quit smoking
- Maintain a healthy diet with regular exercise
- Manage your diabetes (blood glucose, blood pressure and cholesterol levels)

Please visit www.visioninitiative.org.au for more information.

October is Mental Health Month

October is Mental Health Month, an opportunity to reflect on the importance of positive mental health in our own lives, and take action to support others.

Throughout the month Black Dog Institute will be running a number of educational programs designed for GPs, psychologists, counsellors, social workers, and mental health care workers looking to expand their knowledge and skills in the area of mental health.

www.blackdoginstitute.org.au

News from the Departments

Warrigal

Media Release

24 September 2021

WARRIGAL PARTICIPATES IN UNIQUE STUDY TO MEASURE HOW TO IMPROVE THE LIVES OF OLDER PEOPLE LIVING WITH DEMENTIA OR DELIRIUM

Warrigal is currently recruiting volunteers in the Canberra region to participate in a unique research study at their Warrigal Stirling residential aged care home. The study will assess the impact that volunteers have on the lives of older people living with dementia or delirium, and brings awareness to this illness during Dementia Awareness Month (September).

The study will run for six months and will involve a team of volunteers dubbed the 'Golden Angels'. Volunteers in the study will be trained in dementia-specific person-centred care to improve residents' emotional wellbeing and comfort. Before their start at Warrigal Stirling, volunteers will gain a comprehensive understanding of dementia and delirium, how to understand and respond to behaviour changes that can occur, different communication techniques and a range of therapeutic activities.

Each volunteer will work in Warrigal Stirling wearing their gold polo shirt to make them easily identifiable, while they spend quality time with residents living with dementia or delirium.

The study is in partnership with the Aged Care Evaluation Unit at Southern NSW Local Health District. The study aims to shine a light on older Australians living with dementia or delirium, and the benefits of increased quality social interaction to people living with this illness. After the research study has concluded, the Golden Angel volunteer program will remain in place.

Warrigal CEO, Mark Sewell, commented "There are more than 400,000 Australians currently living with dementia, so there is a real need to invest time into how we can not only combat this illness, but to improve the lives of those already living with it. We're looking forward to seeing the results of our Golden Angels volunteer program out of our Warrigal Stirling care home and look forward to potentially implementing this program to all of our homes across the ACT and NSW."

Clinical Research Officer from Southern NSW LHD, Annaliese Blair, said "This wonderful volunteer program was developed in our rural hospitals where a large research study found that volunteer care gave families a sense of relief and supported hospital staff in their care of older people living with dementia or delirium. We've had lots of aged care homes interested in adapting this program and we now have funding to do so. We're very excited to evaluate the outcomes for residents, staff, families and volunteers."

Warrigal are recruiting for Golden Angel volunteers to join their team in Canberra. Volunteers are provided with comprehensive training, so no experience is necessary. Vaccinated volunteers are allowed to enter aged care homes during the current COVID-19 lockdown due to the essential nature of the care they provide.

For anyone who is interested in joining the Warrigal team as a Golden Angel, email volunteering@warrigal.com.au or visit their website to learn about their latest opportunities at: <https://bit.ly/3AqVING>

ENDS

Media Contact: Elsbeth Olalia, Community Relations Manager
+61 (4) 3665 5808



BENDOC POLICE NEWS



Hi All,

Welcome to the September 2021 edition of Police News for Bendoc and surrounding areas.

Once again in lockdown I hope you are all coping ok and looking after each other in these ever-changing times.

Orbost Police along with GMA, have conducted 2 Deer hunting operations in and around Bendoc in July and August. It was good to see we detected no offences at each operation and have since been told that local residents appreciate our efforts.

Please keep calling with information in relation to illegal deer hunting in the area. You can call Orbost Police or email or call GMA...

'Game Management Authority' on 133 677

or on their website [https://](https://www.gma.vic.gov.au/enforcement/report-illegal-hunting-online)

www.gma.vic.gov.au/enforcement/report-illegal-hunting-online

You will see police at Bendoc on a more regular basis as the house is now finished and furnished ready for the busy summer period.

If you need paperwork signed or have a general enquiry, please look out for the police car at the station or call the Orbost Police Station to find out when our next visit will be. (03) 51541073

We are also happy to attend any upcoming community events in the area as we would like to engage more with local residents. This gives us an opportunity to hear any issues or concerns you have and to get you know you all a bit better ☺

Report incidents or contact police in the following ways.

000 for immediate police attendance or urgent matters

Police Assistance Line on 131 444 for any non-urgent matters, to report a crime or leave a message for a police member to contact you Online Reporting

www.onlinereporting.police.vic.gov.au

Crime Stoppers 1800 333 000

This will be my last newsletter as I am moving on, thank you for welcoming me to the area and for the wonderful hospitality you have shown me over the past 18 months.

Goodbye and stay safe
Arlene

News from the Departments

Telecommunications infrastructure recovery.

Council has worked with the State and Commonwealth governments' Strengthening Telecommunications Against Natural Disasters (STAND) program trial satellite communications in several relief centre sites in Mallacoota, Cann River, Orbost, Buchan, Lakes Entrance, Bairnsdale, Omeo and Paynesville. This provides an internet and WiFi calling backup in the event that other telecommunications such as mobile phone, NBN fixed wireless and optical fibre networks are lost.

As part of Council's community facilities upgrade project, Council will build upon the STAND program work above and offer a satellite connection at community halls and other facilities in several communities across East Gippsland. As a minimum this will provide a resilient telecommunications connection as a backup if mobile phone networks are lost.

Projects to improve the security of electricity supplies (e.g. battery in Mallacoota) will also have some benefit in improving the resilience of telecommunications.

Mobile phone towers require a reliable power source in order to function, this is especially important during an emergency event. Six mobile phone towers will be upgraded across East Gippsland as part of the Federal Government's Mobile Network Hardening Program.

These upgrades will ensure a minimum of 12 hours of back-up power to these towers in the event of a power outage including Bonang, Buchan South, Butchers Ridge, Sarsfield, Omeo Highway and Tongio.

THE HON KEITH PITT MP
Minister for Resources and Water
Member for Hinkler

THE HON MARY-ANNE THOMAS MP
Victorian [Minister for Agriculture](#)
Minister for Regional Development

Joint Media Release

10 September 2021

On-farm Emergency Water Infrastructure boost for Victoria

The Australian Government is bolstering support for drought affected farmers in Victoria through the \$100 million On-farm Emergency Water Infrastructure Rebate Scheme.

Minister for Resources and Water, Keith Pitt, welcomed Victorian Government's commitment to support farmers with drought-resilience projects.

"This rebate scheme extension will help Victorian farmers in the East Gippsland and Wellington regions to build long-term infrastructure and drought resilience." Minister Pitt said.

"Livestock farmers can modernise on-farm infrastructure, including tanks, troughs, pipes, pumps, desilting dams and new bores to allow movement of water to livestock while farmers with permanent horticulture plantings can sink new bores and desilt dams.

"It's about supporting our farmers to build better on-farm water infrastructure for more reliable and sustainable water supply into the future."

"The initial scheme provided drought affected Victorian farmers with Australian Government funds of \$3.56 million."

"The Australian Government has provided an extra \$862,540, matched by the Victorian Government, under the extension of the scheme."

Victorian Minister for Agriculture Mary-Anne Thomas said the extension of the scheme in Victoria would provide further support for the hardest hit farmers still suffering from the effects of the drought.

"This will be welcome news for farmers in our drought affected communities. I am delighted to announce we are providing \$862,540 of matched funding to support them in the long term."

"The rebates provided under the scheme will enable our farmers to build new water infrastructure that will better prepare them for future drought events."

[Under the extended scheme, \\$1.7 million is available to Victorian farmers in the East Gippsland and Wellington regions through the combined contributions of the Victorian and Australian governments.](#)

The additional investment recognises the popularity of the scheme. Eligible farmers, who did not receive a rebate during round one of the scheme can claim up to 25 per cent of the eligible infrastructure costs, capped at \$25,000.

For more information about the On-farm Emergency Water Infrastructure Rebate Scheme visit the Department of Agriculture, Water and the Environment's [website](#).

For more information on how to access the On-farm Emergency Water Infrastructure Rebate in Victoria, including guidelines and application forms, visit ruralfinance.com.au

ENDS

Media contacts

Minister Pitt - Matt Dunstan 0411 535 072

Minister Thomas - Nadia Dimattina 0438 701 306

Recipes

Carrot Cookie Bites



INGREDIENTS

- 2/3 cup shortening
- 1 cup packed brown sugar
- 2 large eggs, room temperature
- 1/2 cup buttermilk
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 2 cups quick-cooking oats
- 1 cup shredded carrots
- 1/2 cup chopped pecans

Directions

1. Preheat oven to 375°. In a large bowl, cream shortening and brown sugar until light and fluffy, 5-7 minutes. Beat in the eggs, buttermilk and vanilla. Combine the flour, cinnamon, salt, baking powder, baking soda, nutmeg and cloves; gradually add to creamed mixture. Stir in the oats, carrots and pecans.

Drop dough by rounded teaspoonfuls 2 in. apart onto ungreased baking sheets. Bake until lightly browned, 6-8 minutes. Remove to wire racks to cool.

Freeze option: Drop dough by rounded teaspoonfuls onto parchment-lined baking sheets. Freeze until firm. Transfer cookie dough balls to resealable freezer containers; seal tightly and freeze for up to 3 months. To bake, place frozen dough 2 in. apart on ungreased baking sheets. Bake at 375° until lightly browned, 10-15 minutes. Remove to wire racks to cool.

Nutrition Facts

1 cookie: 50 calories, 2g fat (0 saturated fat), 5mg cholesterol, 24mg sodium, 6g carbohydrate (3g sugars, 0 fiber), 1g protein. **Diabetic exchanges:** 1/2 starch, 1/2 fat.

Recipe from Taste of Home

Three Ingredient Fruit Cake for Slow Cooker

1 kilo mixed fruit (and nuts if wanted)

750mls fluid - I used orange and apple juice and brandy

2 cups Self Raising Flour

Directions

Soak fruit in fluid of choice for 24 hours

Stir in flour and put into a loose bottom cake tin .

Put in SC and cook for 8 hours on low ,with water 1/2 way up cake tin .

Cook using the Tea Towel Trick in place

Cool and turn out .



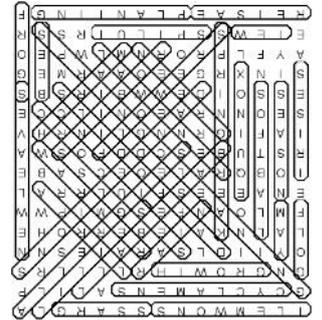
Sudoku & Word Search

Spring

Find and circle all of the words that are hidden in the grid. The remaining letters spell a message about Spring.

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

- | | | |
|------------|------------|-----------------|
| ALLERGIES | FROGS | RAIN |
| APRIL | GOLF | RENEWAL |
| BASEBALL | GRASS | ROBINS |
| BEES | GREEN | SEASON |
| CROCUSES | GROWTH | SNOWMELT |
| CYCLAMENS | IRISES | SOFTBALL |
| DAFFODILS | LILIES | SPRING BREAK |
| DANDELIONS | MARCH | SPRING CLEANING |
| EASTER | MAY | TULIPS |
| EQUINOX | NEW LEAVES | WARMER |
| FLOWERS | PLANTING | WET |



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

#152962

Difficulty: moderate

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

#115770

Difficulty: moderate

Solution 115770

Solution 152962

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

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



October 2021

MON

TUE

WED

THU

FRI

SAT

SUN

1

2

3

4

5

6

7

8

9

10

11

12

13

14
Library Bus
– Bonang

15

16

17

18

19

20

21

22

23

24

25

26

27
Community
Lunch with
ABC

28
E2S
Meeting
Bonang
Library
Bus

29

30

31
