



Nundle Neighbour Aid Newsletter

**An information Newsletter for Home and Community Care (HACC) clients,
their families and the general public.**

CONTRIBUTIONS TO NUNDLE COUNCIL OFFICE, JENKINS ST NUNDLE 2340

Editor: Betty Priest PHONE: phone:02 6769 3205

Email:b.priest@tamworth.nsw.gov.au

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For HACC services in the Nundle area contact Coordinator Marcia Wilson. An assessment is required to determine eligibility and type of service required. Fees apply for all services. Phone 6764 2240

LIBRARY OPENING



You could not have missed the excitement in the town on 28th October 2013. A large crowd gathered for the official opening of the library. Now the Council business and the Library are in the one location. A much better and brighter place for all.

HOW DO YOU KNOW IF SOMEONE IS HAVING A STROKE

Information supplied by the stroke foundation and available on their website

www.strokefoundation.com.au

Is the FACE method

FACE: check their faces: has their mouth dropped

ARMS: can they lift their arms

SPEECH: Is their speech slurred? Do they understand you?

TIME: time is critical. If you see any of these signs call 000

VALE

Sally Bainbridge a valuable member of the Nundle Access Committee passed away on 27th October 2013 just after her 90th birthday. Our sympathies to her family and friends.

EASI ACCESS WALK FUNDRAISING

The Easi Access Walk is still an ongoing project of the Nundle Access Group. This walk will allow access to and from the Riverside Walk and the Nundle Recreation Ground and Disabled Toilets for all

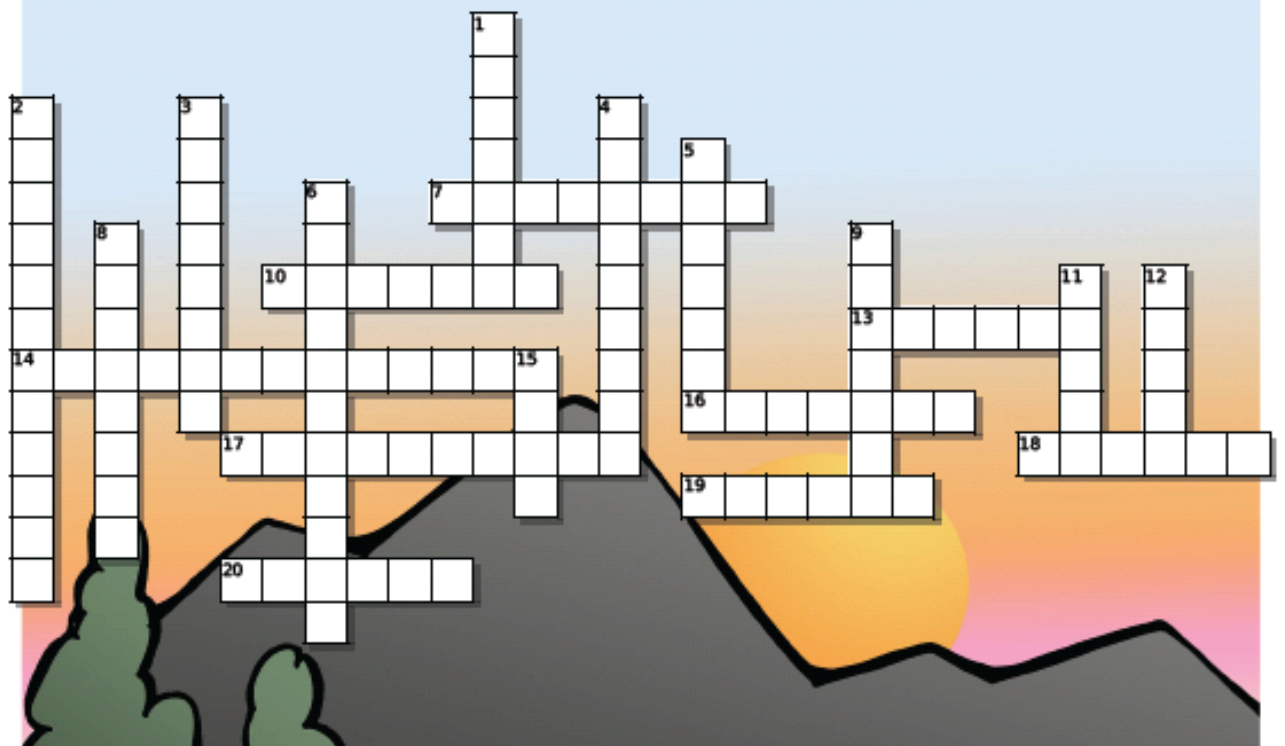
Funds have been secured from various sources but more is required. We have prepared a book mark, postcard and sample gem cards which are for sale at the Information Centre at Nundle and Tamworth. A Bowls Day at Nundle is booked for 22nd February and invitations have been sent to all the local clubs in the area.

Suggestions for other fundraising ideas would be welcomed.

TIDY TOWNS AWARD

Nundle has won Overall Winning Town 2014 in the Population Category A (1-350) and the Bush Spirit Award. More information on the timing of the presentations will be publicised when confirmed.

Nundle Neighbour Aid Puzzle



ACROSS

- 7 What is celebrated on 26th April each year in Australia
- 10 What sport is played in summer
- 13 What is 50 years of marriage called
- 14 Where in Tamworth is the Community Centre
- 16 What service was recently relocated in Nundle
- 17 Iconic Sydney Building turned 40 in 2013
- 18 When is the Go for Gold festival held in Nundle
- 19 What is a sport played in Tamworth
- 20 Where would you store food

DOWN

- 1 What is need to drive a vehicle
- 2 Name one famous country & western singer
- 3 What is the smallest mainland state in Australia
- 4 What is commonly used to heat food
- 5 What is the name of the theatre where live shows are performed in Tamworth
- 6 What do you call an event when a child is introduced to the church
- 8 Name the floral emblem for NSW
- 9 What event is held in May at Nundle
- 11 What country does Australia play cricket against
- 12 What is the surname of our current Prime Minister
- 15 Is voting compulsory in Australia, for State and Federal elections

WORD BANK: WARRATAH, VICTORIA, TRUE, SMOKEYDAWSON, PANTRY, OPERAHOUSE, MICROWAVE, LICENCE, LIBRARY, INDIA, HOCKEY, GOLDEN, EASTER, DOGRACE, DARLINGSTREET, CRICKET, CHRISTENING, CAPITOL, ANZACDAY, ABBOT

2013 NSW Seniors Christmas Concert

5 December - Capitol Theatre

Presented By NSW Department of Family and Community Services

A community Christmas concert will tour to Tamworth this December 2013.

This concert tour will replace the Christmas concerts previously held in Sydney.

These changes will provide more seniors across Sydney and NSW the opportunity to experience the concerts.

Tamworth - Thursday 5 December. Shows at 10.30am and 2.30pm

Tickets are FREE of charge and are only available from the Box Office at the Capitol Theatre.

Quotable quotes

The more I study the world, the more I am convinced of the inability of brute force to create anything durable.

Napoleon Bonaparte

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.

Herm Albright

(1876 - 1944)

AND FINALLY SOMETHING YOU HAVE ALWAYS WANTED TO KNOW

How to make Vegemite

Brewer's yeast is a good source of vitamin B, but live yeast tastes boring, it is poorly digested. Inactivated yeast lacks the disadvantages, but is still bland. The inventor of vegemite solved this problem using *autolysis*: a process where the yeast's own enzymes break it down.

Spent brewer's yeast is sieved to get rid of hop resins, and washed to remove bitter tastes. Then it is suspended in water at a temperature greater than 37 C with no nutrients: the yeast cells die, and vitamins and minerals leach out. Then the proteolytic (protein-splitting) enzymes take over, breaking the yeast proteins down into smaller water-soluble fragments, which also leach out. The yeast cell membrane is unruptured during this time, and can be removed by centrifuging. The clear light brown liquid is then concentrated under a vacuum to a thick paste (the vacuum helps preserve flavours and vitamin B1, thiamine). It is seasoned with salt, and a small proportion of celery and onion extracts to increase the palatability.

SOURCE: www.convictcreations.com (direct copy without any alterations)

MERRY CHRISTMAS AND HAPPY NEW YEAR