



September  
2021

How wonderful it is to welcome Spring? As we are all dealing with the yo-yo effect of being pulled in different directions, with the consistent in and out of lockdown, we understand its becoming increasingly difficult. We want you to know, that we are thinking of each and everyone of you. If you need chat, I am here, so don't hesitate to give me a call.

*"Forget yesterday, you don't live there anymore. Don't worry about tomorrow, most of the things we worry about never happen anyway. Enjoy life today, because that's all we have."*

While Covid vaccinations, are not currently mandatory, we fully recommend that you get the vaccination. Melanie, our new administrator will be making a courtesy call to you all over the next couple of weeks, to ask if you have been vaccinated, so that our records remain current. We will not be asking for proof at this stage, as verbal acknowledgement will be recorded.

Anne Pennington Award - Since 2005 the Centre has presented awards to learners, students, Volunteers and staff in Adult Learner's week, who are dedicated to life-long learning. These awards are conducted in memory of a former staff members devotion to learning. This year one of our very own volunteers Helen Katsapis was nominated for her dedication to life-long learning. Helen came from Greece to Australia without speaking a word of English, and through her time in Australia learned to speak English. In May this year Helen became a CVS Volunteer to a fellow Greek lady in Shepparton. Helen has dedicated her time in helping her resident learn to speak English and engage more into the community. We wish you all the very best of luck Helen.

We are still finalising the end of year Christmas parties, and will send out invitations when it gets closer. It will be wonderful to see everyone celebrating together, pending Covid restrictions.

I am available on 0427 964 657 or email [nanette.collins@thecentre.vic.edu.au](mailto:nanette.collins@thecentre.vic.edu.au) Monday to Friday. Stay safe, and stay strong!

*Nanette Collins*

The Community Visitors Scheme: 1800 682 710

Email: [cvs@thecentre.vic.edu.au](mailto:cvs@thecentre.vic.edu.au)

# Welcome

TO THE TEAM!!!

I have recently joined The Centre as an Administrator for the Sports North East and Community Development teams. I will be working within the scope of The Volunteer Centre, Community Visitors Scheme and Sports departments.

During my career, I have been a DES Employment Consultant working with people with disabilities and a Transition to Work Employment Consultant working with youth from the ages of 15-24 years of age. Most recently I have worked for a non for profit in which I was a Recruitment Officer for 'The Girls of Steel' Program which aimed at getting young women into a non-traditional trade.

Most recently I have worked for a not-for-profit organisation, where I was Administrative Assistant for Swan Hill District Health in the Health Promotion and Dietetics Department supporting the Head of the Department which assisted me in utilising my Bachelor of Health Sciences (Health Promotion) degree.

With my previous roles I have built up networks to engage with our local community and various providers in the area. I enjoy supporting my team and seeing each and every one of them thrive in their positions. With my knowledge, previous employment and my skill set I feel can bring a lot to the Community Development Team and a new set of fresh eyes to help us grow and support our local community.

## Mel Elliott



# Out and about

OUR CVS VOLUNTEERS KATHY AND XAVIER, TAKING BETTY ON AN OUTING TO THE WANGARATTA ART GALLERY.

## Kathy, Xavier & Betty

Kathy and Xavier have been visiting Betty since November 2020. Over that time, they have established an incredible bond.

“Betty is lovely, its fabulous seeing Xavier and Betty interact with each other.” Kathy.

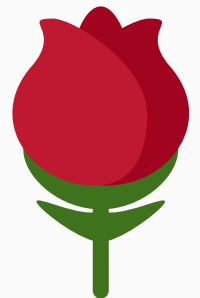
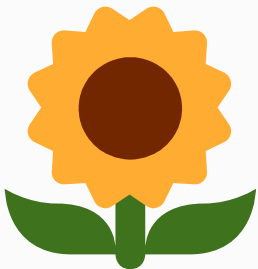
“Betty shows so much joy and happiness after their visits and outings, it makes her feel really special.” Sandi – Rangeview Nursing Home.

As a Community Visitor, you can share outings of interest with your resident.



**When it comes to outings with residents, there are unlimited options**

- Coffee at a Cafe
- Walk in the park
- Visiting Galleries, Museums
- Shopping
- Going for a scenic drive





# Having the conversation with older people about anxiety and depression

**If you're concerned about an older person being anxious or depressed, or just not coping, then it is important to take the first step. Begin a conversation; your support and concern may make all the difference.**

It can be hard to talk to an older person about their mental health sometimes, particularly if it is someone that you have always looked up to and relied upon. They may have supported you through many difficult times but now it might be time to return the favour. Be patient and compassionate as you talk openly with them about what is going on and why you are worried about them.

## It's sometimes hard to talk

Talking about thoughts and feelings can be difficult for anyone. For older people, their reluctance to talk is often related to a range of fears or past experiences that leave them feeling:

- ashamed to ask for help
- uncomfortable talking about their feelings
- fearful that they will become a burden on their families
- misunderstood by younger generations
- uninformed and without the relevant knowledge
- fearful they will be treated differently by their family if they admit to not coping well

- worried what will happen if they admit to having mental health problems because of how mental health issues were treated in the past.

## Getting ready to talk

Think about how you can make your conversation as normal and natural as possible.

- Choose the right time and place to talk, and think carefully about who will be involved. Conversations are best in a relaxed environment with people that they trust and relate to.
- Look for opportunities to talk. It might not be an 'organised' conversation, instead it might happen while you walk, have a coffee or go on an outing.
- Make sure the person's privacy is respected.
- Think about when the person might be most receptive to your conversation. If they are tired, busy or distracted by other issues then they may not respond to the conversation as you had hoped.
- Think about what has worked well when you have had to have tricky conversations in the past.
- Listen to your own thoughts and feelings about the situation. If you find yourself getting frustrated or annoyed, think about ending the conversation for now.

"To talk to them and ask them if they're okay, it could be that you are the only person."

- Victoria

## Raising the issue

- Let the older person know that you care about them and that you have noticed changes in them lately. Provide examples if you can.
- As you ask questions, reassure them that you are there to help. You don't want to interfere; rather, you want to better understand what is happening and how you can support them.
- Try to understand their reaction to your concerns.
  - If they are reluctant to talk try to understand why and help them to feel at ease.
  - If they feel overwhelmed reassure them that together you can find a way through.
  - Appreciate what they share with you, no matter how small.
  - If they are emotional sit with them, offer a tissue, and let them know that crying is OK.

## Things you could say

- "You seem more tired than usual and just not your usual happy self – have you noticed anything?"
- "You don't seem your normal self lately – are you OK?"
- "Is there anything I can do to help?"

"I care for you, I'm worried about you, I want us to work this through, I'm not sure what it is but I think there might be something that we can do together."

- David

## Try to understand

To understand you need to listen, but a good listener is more than just someone who hears the story. It's about approaching their story with curiosity and concern, and trying not to jump in to offer solutions. Sometimes just sitting quietly also gives them time to work out how to express how they feel.

- Ask questions to learn more about how they feel, when they feel this way, and what might help the feelings to improve.
- Check with the person that you have properly understood what they have said.
- Acknowledge that you may see mental health issues very differently from the older person you are worried about. Consider if it would be helpful to explain how attitudes have changed towards mental health issues.
- Use words that have meaning to them and focus on the changes you have noticed rather than trying to say that they "have a problem" or that they "have depression".
- Understand that feeling flat, irritable and grumpy are not normal parts of ageing.

## Be supportive

Supporting someone you care about can take many emotional and practical forms. It is about finding the balance and understanding that what they need will change over time.

### Ask them how you can help

Offers of help should be provided with care and respect, encourage their independence and decision making while also gently nudging them to keep doing the things they enjoy.

- Don't underestimate the value of your company, support and a listening ear.



- Ask how they would like you to help. They might want help around the home or help to go on more social outings or activities. Be sensitive about how you approach this as some older people are very proud of their independence.
- Value their experience and wisdom. Most older people have lived through times of significant stress, grief or perhaps war. This experience will have helped to shape their thinking, style of coping and ability to solve problems. Call on their wisdom when searching for solutions as they may have ideas that you have not yet considered.
- Find a balance between doing things to help the person while encouraging them to be independent, showing you care but not being over-involved, and giving the person your time and having time for yourself.

### Things you could say

- "How about I help you with your shopping each week? If you feel up to it we can go together, but if not I can just get it done for you."
- "How can I help? Is there something that you think would really make things better for you?"
- "I want to help but I don't want to interfere so tell me when I am getting in the way."
- "You have always helped me; I think it is time that I helped you out. Come on... what can I do? Give me a job to do."

## Encourage them to talk

The older person may or may not be ready to get help but encourage them to talk openly with you, or other family members, about how they feel and what they might find helpful from others.

- If the older person is reluctant to talk try to understand why and be patient.
- Talking about anxiety and depression usually doesn't happen in just one conversation so look at this as the starting point.
- If talking about feelings is difficult for the older person, change the focus a little. Focus on how things have changed for them and what they can't do anymore.
- Conversations flow far more naturally when you are in the habit of talking – i.e. when they are not conversations that have been 'set up'.

### Things you could say

- "Would you like to talk to me about it? You just don't seem your normal self. Has something happened?"
- "I am here to help so please tell me what's going on?"
- "I would really like to hear about it. I think I will worry more if you don't tell me."

## Help to cope with setbacks

Listen, be patient and encourage them to keep trying no matter what happens. Let them know that setbacks are normal, not a sign that they have failed. Provide reassurance and highlight achievements, even the small ones.

### Things you could say

- "I know you are really disappointed about that, it would be been great if you were on top of things by now but you are on the right track – things will get better."
- "I'm here for you and we will get through it together."
- "It was great to see you up and about today, I know it was hard."

## Encourage professional help

There are many different types of help available for people with depression and anxiety. They might include counselling, medication and changes to daily routines.

- Encourage the older person to talk with their doctor about the options for treatment and support.
- If they are willing, you could offer to go to the appointment with them for moral support.

- If they have always felt like this, suggest that maybe there are some new things for them to try.

"I just thought if I keep reminding him and telling him that there is something he can do. You can always just make a call. Make an appointment and talk to someone."

- Victoria

### Things you could say

- "You have felt this way for a while now and it has not improved – maybe the doctor might have some ideas about what is happening and what can help?"
- "I know I am not an expert but it sounds like something is going on here. Things are not improving like they have in the past – can we go and see someone and get their advice?"
- "I know not much has helped in the past but maybe it is time to try something new?"
- "Having anxiety or depression is like any other health issue. It can really affect how you feel and what you do, but there are treatments that work really well. I wonder if it is worth talking to your doctor about it?"

## Check they are safe

If they are at risk of hurting themselves or someone else you need to talk about it. If you are not sure, ask. Talking about suicide can help you understand what level of support the person needs; it does not make a person think about suicide. Older people generally appreciate your honesty and openness.

- **If they have made plans to end their life you need to act immediately. Call emergency services (triple zero – 000), contact your doctor or mental health crisis service, or go with the person to your local hospital emergency department.**
- If they have had suicidal thoughts but have not made plans, or you are not sure about their safety, encourage them to get help from their doctor, the *beyondblue* Support Service or Lifeline (13 11 14). They, or you, can have a confidential conversation with a trained professional in person or over the phone to make a plan to keep them safe and supported. You don't have to face this sometimes confronting situation alone.

### Things you could say

- "Sometimes when people are feeling like this they think about ending their lives, have you ever had those thoughts?"
- "Have you thought about how and when?"
- "I know things are tough at the moment but we can find some ways to help you – can we call someone together to talk about your options?"

## Make a plan together

Your first conversation is a starting point. It lets the older person know that you are worried, provides them with an opportunity to begin to share their experiences and importantly, lets them know you are there to support them.

- Thank them for listening to your concerns and beginning to share their experiences.



- Try to go away from the conversation with a plan that you have made together. The plan might be to talk about it again later, collect some more information or to contact a health service together. Or you might decide to see them more often for a while and see what happens.

#### Things you could say

- "Have you thought about what you want to do now? Do you want me to help you think about some options?"
- "Would it help if we talked again sometime, maybe we could talk about how I can help you?"
- "You have a lot going on at the moment, thanks so much for sharing your experiences with me. I know that can be really hard to do."

#### When they don't want to talk and don't want help

Not everyone wants to talk or get help. They may not be ready for others to get involved or they might prefer to speak to their health professional rather than talk openly with their family. Try to understand where they are coming from.

- You don't always have to agree, but should always try to be calm and considerate in what you say.
- Respect their right not to seek help but keep trying to talk to them about it.
- Reassure them that a lot of people face challenges; they are not alone and help is available.
- Remind them that if they were to have a broken foot they would see a doctor – seeking help for how they feel is just as important.



Proudly funded with donations from The Movember Foundation.

- Repeat your offer of support if your concerns continue over time.
- Maintain the relationship that you have. The time they spend with you might be one of the highlights in their life at the moment.
- Offer to go with them to the doctor for an assessment if you think they'd find that helpful.
- Give them some written information.
- Keep supporting them.

Talking openly provides the best opportunity to share experiences, learn from each other and offer support. By having conversations – even if they are difficult – we can help them to get the support they need and look forward to a much healthier life.

#### Have the conversation

- Talk to an older person if you are worried about them.
- Prepare when and what you are going to say.
- Learn more about depression and anxiety in older people.
- Try to understand things from their perspective.
- Value their wisdom and experience.
- Be supportive and ask how you can help.
- Find a balance between helping and respecting their independence.
- Help them understand what support is available.
- Be patient and respect their privacy.
- Let them know that you are there to support them. They are not alone.

#### Where to find more information

##### beyondblue

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Learn more about anxiety and depression, or talk it through with our Support Service.

☎ 1300 22 4636

✉ Email or 💬 chat to us online at [www.beyondblue.org.au/getsupport](http://www.beyondblue.org.au/getsupport)

##### Head to Health

[headtohealth.gov.au](http://headtohealth.gov.au)

Head to Health can help you find free and low-cost, trusted online and phone mental health resources.



[facebook.com/beyondblue](https://facebook.com/beyondblue)



[@beyondblue](https://twitter.com/beyondblue)



[@beyondblueofficial](https://www.instagram.com/beyondblueofficial)

Donate online [www.beyondblue.org.au/donations](http://www.beyondblue.org.au/donations)



## Spring Vegetable Lasagne

30g butter  
¼ cup plain flour  
1 ½ cups milk  
1 bunch asparagus, trimmed, thickly sliced  
2 zucchini, cut into ribbons  
2 green onions, trimmed, cut into 8cm lengths

1 bunch English spinach, trimmed  
10 dried instant lasagne sheets  
1 cup frozen peas  
250g fresh ricotta  
2 roma tomatoes, thinly sliced  
2/3 cup chopped fresh basil leaves  
1 cup grated pizza cheese  
Extra basil leaves, to serve

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1. Preheat oven to 200°C/180°C fan-forced.
  2. Melt butter in small saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring constantly, 3 minutes or until sauce boils and thickens. Remove from heat. Season with salt and pepper.
  3. Bring a medium saucepan of salted water to the boil. Add asparagus, zucchini and onion. Boil for 2 minutes. Remove with slotted spoon. Drain on paper towel. Add spinach to pan. Cook for 1 minute or until wilted. Remove with slotted spoon. Squeeze out excess moisture when cool enough to handle. Roughly chop.
  4. Cover the base of a 20cm x 28cm (8 cup- capacity) ovenproof dish with 2/3 cup white sauce. Layer 1/4 lasagne sheets trimming to fit. Layer asparagus mixture, peas and 1/3 ricotta. Top with 1/3 of remaining lasagne sheets, 1/2 spinach, and 1/2 remaining ricotta. Repeat. Top with remaining lasagne sheets and remaining white sauce. Arrange tomato and basil leaves on top. Sprinkle with cheese.
  5. Bake for 45 minutes or until golden and pasta is tender. Serve with extra basil leaves.

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We would love to see some photos of your creations to share. Send your photos, recipes and cooking tips through to [cvs@thecentre.vic.edu.au](mailto:cvs@thecentre.vic.edu.au) to feature in our next edition!



# Wacky Wordies



	a	b	c	d	e	f
1	eggs easy	TRA FAL GAR	told tales told	etrip kcip cit	new leaf jeal mou	stky
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7	power	mesnackal	uosiM	pit	wheel wheel drive wheel wheel	✓✓✓ counter

black



## Helpful conversation starters...

Genuinely listening to someone is an act of kindness. Ask someone to share their story with you, and the conversation will be a gift to you both.

Here are some topics for conversation:

1. What book would you recommend to your friends?
2. What are your top 5 favorite movies of all time?
3. If you could only eat one thing for the rest of your life, what would it be?
4. What song or singer do you love to listen to?
5. If money and/or time were no object, what would you want to do? Where would you go? Who would be there? How would you fill your days?
6. What do you think the best age to be is? Why?
7. When did you know that your spouse was "the one"?
8. How did you choose your children's (or pets') names?
9. What's the best advice your parents gave you? Did you listen to it?
10. Who do you admire most? Why?
11. Who is someone who inspires you? How so?
12. At what moment in your life do you remember laughing the hardest?
13. What's something in your life that you are really good at? What's something that you wish you were really good at?
14. What's something you did that was embarrassing at the time, but you now see the humor in?
15. What was your favorite thing to do as a kid? (What did you save your pocket money for? What did you race home after school to do? What did you write, talk, and dream about?)
16. What moment in history do you most vividly remember? (Where were you? What were you doing? How were you affected?)
17. What are you the most proud of in your life?
18. What is the hardest lesson you have ever learned?
19. What did you learn in your career that you wish you have known earlier?
20. What's your number one piece of life advice?
21. What do you hope people remember about you?

# Puzzle # 10

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

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believe  
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## Teriyaki Chicken and Grilled Pineapple Salad

3 tbs tamari sauce  
1 tsp honey  
1 tsp sesame seeds  
2 chicken breasts  
1/2 pineapple small  
1 baby cos lettuce  
1/2 cup quinoa cooked cooled  
12 cherry tomatoes large  
2 avocados small  
2 tsp sesame seeds \*to serve \*extra

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In a large bowl, whisk together the tamari, honey and 1 teaspoon sesame seeds. Add the chicken breast and mix well. Marinate for 5 minutes.

Meanwhile, peel and core the pineapple, slice into 1cm thick slices. Heat a large frying pan or grill pan on high and cook the pineapple slices for 1 minutes on each side. Remove from heat.

Add the chicken to the pan, reduce heat to medium high and cook on each side for 5-6 minutes.

Meanwhile, slice cos lettuce and divide between two serving plates, sprinkle evenly with quinoa. Cut tomatoes in half, scoop the flesh out of the avocado and arrange both on top of the lettuce along with the pineapple. Slice chicken into strips and transfer to the salads, sprinkle with sesame seeds.

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# What am I?

- 1) I can be crushed to pieces but only if I am given away first, I can be clogged and attacked but that's my own doing. No matter how many problems I have, you wouldn't dare let me go. What am I?
- 2) People say I put doctors out of business, sometimes I am sour, sometimes I am sweet, I can be eaten and can also be drunk. What am I?
- 3) I can be hot, I can be cold, I can run, and I can be still, I can be hard, and I can be soft. What am I?
- 4) I do not have wings, but I can fly. I don't have eyes, but I will cry! What am I?
- 5) Take away my first letter, and I still sound the same. Take away my last letter, I still sound the same. Even take away my letter in the middle, I will still sound the same. I am a five-letter word. What am I?



## Refer a friend!

Do you know someone who wants to make a difference to people in need? Do they strive for passion in what they do? Do they want to make a difference in their community?

Can they spare 1 hour a week?

We are searching for volunteers who have compassion, empathy, commitment and can hold a great conversation. Volunteers of all genders and backgrounds are welcomed.

**To register their interest, head to:**

**<https://volunteercentre.com.au/register-as-a-community-visitors-scheme-cvs-volunteer-visitor/>**

## Looking after your mental health during coronavirus (COVID-19) restrictions

The impacts of the coronavirus (COVID-19) outbreak, physical distancing and isolation can make us feel anxious, stressed and worried.

Mental health is how we think about life. It is about our mind being healthy.

Below is a list of things that you can do to look after your Mental Health during lockdown:

### News and information

- It is important to get news about COVID-19
- News can give you information to stay safe
- But too much news can make people worry
- Try not to watch or read news for too long

### Talk to someone you trust

- Talking helps us share our problems
- You can talk to a Friend
- Family member
- Peer group member
- Doctor
- Support worker
- Tell them how you feel

### Connect with friends and family

- You can use technology to connect with others.
- You can phone people to talk to them
- Write to them on email and social media

- Call them on video services like Facetime, Skype or Facebook Messenger
- Technology helps us stay connected
- Staying connected can make us feel good

### Do things that are fun

- Do exercise at home
- Play games
- Cook
- Go for a walk
- Listen to music
- Watch things that make you happy

### Look after yourself

- Looking after yourself helps your mental health
- Eat healthy food
- Get a good nights sleep
- Breathe slowly and calmly
- Take time each day to think about good things
- Seek professional help

**For more information, please click on the link below:**

<https://cid.org.au/our-stories/look-after-your-mental-health-during-coronavirus/>

# In Your Patch - Spring Planting Guide

## Spring Edibles Planting Guide

### TROPICALS WET / DRY

North QLD, NT & WA

**HERBS** – plant basil, chilli, chives, dill, ginger, mint, oregano and parsley.

**FRUIT & VEGETABLES** – Plant beetroot, capsicum, carrot, chilli, Chinese Cabbage, choko, corn, cucumber, french beans, eggplant, leek, lettuce, onion, radish, rockmelon, silver beet, spinach, squash, sweet potato, pumpkin, tomato, watermelon and zucchini.

### MEDITERRANEAN

Adelaide & Perth

**HERBS** – sow basil, chives, coriander, dill, mint, oregano, parsley, sage and thyme.

**FRUIT & VEGETABLES** – Sow broccoli, carrot, celery, cucumber, lettuce, silver beet, snow pea, spinach, strawberry, sweet corn, zucchini and tomato.

### SUBTROPICAL

South-east Qld & Nth NSW

**HERBS** – sow basil, chives, coriander, dill, mint, oregano, parsley, sage and thyme.

**FRUIT & VEGETABLES** – sow beans, beetroot, broccoli, cabbage, capsicum, carrot, chicory, Chinese cabbage, cucumber, eggplant, lettuce, melons, mustard, onion, parsnip, potato, pumpkin, radish, rosella, silver beet, squash, sweet corn, sweet potato, tomato and watermelon.



### COLD/SOUTHERN TABLELAND

Melbourne, Tasmania & cool highlands

**HERBS** – sow basil, chives, coriander, dill, mint, oregano, parsley, sage and thyme.

**FRUIT & VEGETABLES** - Sow beetroot, broccoli, cabbage, capsicum, carrot, cauliflower, celery, cucumber, eggplant, endive, leek, lettuce, onion, pak choi, pea, spinach, spring onion, strawberry, sweet corn, zucchini and tomato.

### TEMPERATE AREAS

Sydney, coastal NSW & Victoria

**HERBS** – sow basil, chives, coriander, dill, min, oregano, parsley, sage and thyme.

**FRUIT & VEGETABLES** – Sow beans, beetroot, broccoli, Chinese cabbage, capsicum, cucumber, eggplant, endive, lettuce, melons, okra, onion, parsnip, potato, pumpkin, radish, rhubarb, rosella, silver beet, spring onion, squash, sweet corn, sweet potato, tomato and zucchini.

### DRY INLAND

Arid or Outback areas

**HERBS** – Protect plants from heat in late spring. Inland areas have a good climate for growing all types of herbs.

**FRUIT & VEGETABLES** – Stop planting most vegetables by spring, although beans, capsicum, onion, radish and sweet corn can still do well. Harvest by summer. Watch out for fruit flies and control spray lawn weeds.

# HAPPY BIRTHDAY



## September

Anne Laver

Jennifer Stephens

Sharon Billings

Kay Tyers

Rob McDougall

Perrie Hewitt

## November

Mavis Jones

Corinne Frenken

Judy Keating

Katherine Dodgshun

Lorraine Saxon

## October

Kylie Chew

Michael Jinnette

Sheryl VanDenAkker

Lena Vicary

Marida Pawsey

Jenny Chuck

Jennifer Gale

Jo-Ann Gooden

Liz Madden

Diane Baglin



Congratulations to those celebrating their birthdays!

We looking forward to catching up with you and hearing more of your stories .

Our next edition of the CVS newsletter will be released in December.

To submit stories, photos, puzzles or anything that you think would be great for the newsletter please email us.

*The CVS team*





# Answers

- 1a Eggs over easy
- 1b Trafalgar Square
- 1c *Twice-Told Tales*
- 1d Round-trip ticket
- 1e Turn over a new leaf
- 1f Pie in the sky
- 2a *The Price Is Right*
- 2b Total loss
- 2c Swear on a stack of Bibles
- 2d Little League
- 2e Bridge over troubled water
- 2f High school
- 3a Negative attitude
- 3b Shopping center
- 3c Turn-of-the-century
- 3d Counterclockwise
- 3e Headless Horseman
- 3f Sitting duck
- 4a Set one's teeth on edge
- 4b Double or nothing
- 4c Bet one's bottom dollar
- 4d Mixed metaphor
- 4e What goes up must come down
- 4f Yield right of way
- 5a Not up to par
- 5b Abridged dictionary
- 5c Repeating rifle
- 5d Growing pains
- 5e Pizza with everything on it
- 5f Lying down on the job
- 6a Trial separation
- 6b Prosperity is just around the corner
- 6c Monkey around
- 6d Unfinished business
- 6e Writer's cramp
- 6f *Moonlight Sonata*
- 7a Power blackout
- 7b Between-meal snack
- 7c Flip Wilson
- 7d Bottomless pit
- 7e Four-wheel drive
- 7f Checkout counter

# Answers

## Puzzle # 10

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

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*What are the answers*

- 1) A heart
- 2) An apple
- 3) Water
- 4) A cloud
- 5) Empty