



**March 2025**

## **A Word from Sally**

Hello Everyone,

March already, the year is marching on! Our Toowoomba Swap meet group recently celebrated ten years of being in operation. The swap group have been meeting the first Saturday of every month at East Creek Community Centre to swap home grown produce. They had a special night at the centre and looked back at the group over time. They all enjoyed some yummy homemade treats, and a good night was had by all. Below is a picture of the 10-year celebration cake (banana squash caramel cake with cream cheese buttercream) and the recipe for this is in this newsletter, it is delicious. Have also included a poem from the swap group called, "What Will I Swap Today".



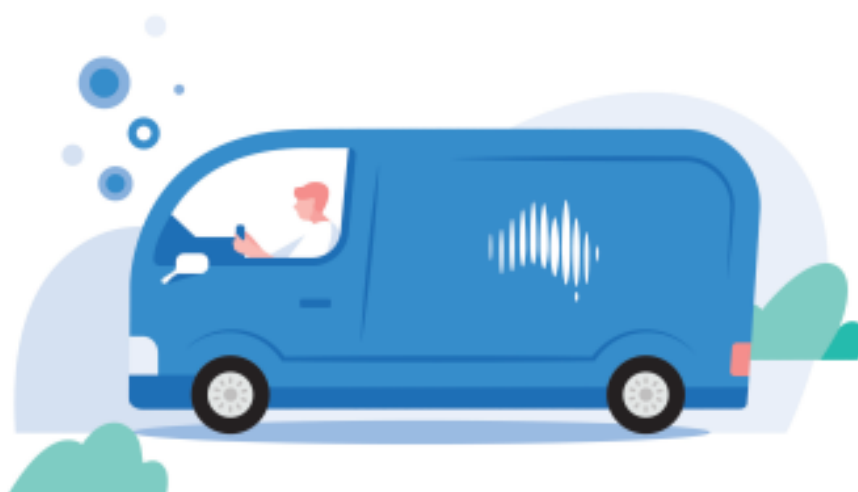
We have been having Tai Chi lessons every second Thursday. They been going well, and we have had lots of people enjoying them. We will be holding them a little earlier from March onwards, when they will start at 1.00 pm. Cost is \$4.00 per session, and they will be held in March on Thursday the 6<sup>th</sup> and 20<sup>th</sup>, look forward to seeing you there.

## What's On

<b>Activity</b>	
<i>Computer/Technology Lessons</i>	<i>By appointment</i>
<i>JP Service</i>	<i>By appointment</i>
<i>Ozharvest</i>	<i>Tuesday &amp; Fridays</i>
<i>Crochet Group</i>	<i>Monday 10 - 12 pm</i>
<i>Blankets for Homeless</i>	<i>Monday 1 - 3 pm</i>
<i>Walking Group</i>	<i>Tuesday 9 - 10 am</i>
<i>OPAP Cuppa &amp; Card, Canasta &amp; Rummikub</i>	<i>Tuesday 9:30 - 12 pm</i>
<i>Lego Group</i>	<i>Tuesday 1 – 3 pm</i>
<i>Mah-jong</i>	<i>Wednesday 10 - 12 pm</i>
<i>Disability Art Group</i>	<i>Wednesday 1 - 2 pm</i>
<i>Stroke Support Group</i>	<i>Thursday 9:30 – 11:30 am</i>
<i>Tai Chi</i>	<i>Thursday 6<sup>th</sup> &amp; 20<sup>th</sup> March 1.00 pm</i>
<i>Craft Group</i>	<i>Friday 10 - 12 pm</i>
<i>Toowoomba Home Produce Swap</i>	<i>Saturday 1<sup>st</sup> February 9-12 pm</i>



# Rediscover the sounds you love



Book a free\* hearing check

**Location: East Creek Community Centre  
43 Kitchener Street  
East Toowoomba QLD**

**10 March 2025**

**9:30am**

**Call 3437 2501**

\*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program. A hearing check is a screening that helps identify people that may have hearing loss

 [hearing.com.au](https://hearing.com.au)

## What Will I Swap Today

By Mary Nielsen

What will I swap today I ponder,  
A catus, a carrot or some leafy wonder?  
But alas my green thumbs have been taking a break,  
All I've got left is a wilted old rake.

I log onto Facebook, there' Seedy Sally's post.  
I scroll through the listing, it's all quite absurd,  
Who knew what we'd trade for a bag of old turds.  
But who is this Sally a mystery galore and what does she have in store?

With a cuppa in hand, we'll swap tales, not beans,  
Like how my last plant turned into a fiend.  
She'll laugh at my plight, I'll chackle at hers,  
Two gardeners bonding, no need for burrs.

So, here's to the swaps that don't need a thing,  
Just friendship and laughter-what joy they can bring!  
Next time I'll come armed with some radishes bold,  
But now, my best trade is a tale to be told!



*Toowoomba Swap Group Poem*

# What's on in March in Toowoomba

## *Toowoomba show*



**27th – 29<sup>th</sup> March**  
**Toowoomba Show Grounds Glenvale**

### **Ticket Cost**

#### **Thursday**

Adult \$20  
 Concession \$10.00  
 Child (6-12) \$5.00  
 Under 5 & under free  
 Family (2 adults 2 kids) \$45.00

#### **Friday**

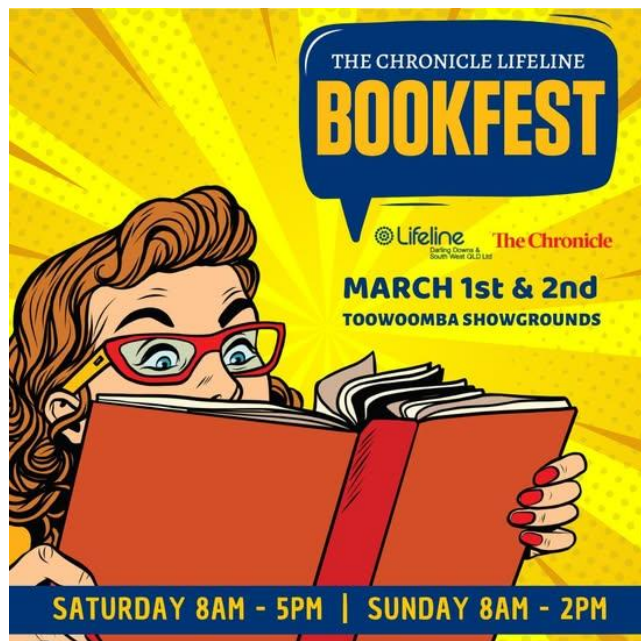
Adult \$25  
 Concession \$15.00  
 Child (6-12) \$10.00  
 Under 5 & under free  
 Family (2 adults 2 kids) \$55.00

#### **Saturday**

Adult \$25  
 Concession \$15.00  
 Child (6-12) \$10.00  
 Under 5 & under free  
 Family (2 adults 2 kids) \$55.00



***The Chronicle Lifeline Bookfest***  
***1<sup>st</sup> & 2<sup>nd</sup> March***  
***Entry is free***





## Twilight Tour | Alchemy: Works by Sir Lionel Lindsay

5:30pm - 07:30pm Thursday 20 March 2025



**FREE ADMISSION | GALLERY OPEN: Wednesday to Sunday 10.30am - 3.30pm | Closed Monday, Tuesday & Public Holidays**

Join us 5:30pm Thursday 20 March for a Twilight Tour of ***Alchemy: Works by Sir Lionel Lindsay***. Free event | All welcome | Bookings essential | Phone 131 872 or email [info@tr.qld.gov.au](mailto:info@tr.qld.gov.au) to book your place. RSVP Tuesday 18 March.

## Dubs on the Hill 2025



*Sunday 09 March 8:00am - 01:00pm*

*Crows Nest Tourist Park, 7558 New England Highway, Crows Nest, QLD 4355 Australia*

Dubs on the Hill is a FREE and immersive Volkswagen show day event where you'll have the chance to connect with fellow car enthusiasts and perhaps share some cherished Volkswagen stories. Children will enjoy free special activities tailored just for them, ensuring a fantastic experience for the entire family. Whether you're there to admire the craftsmanship of classic cars or simply to soak in the festive vibe, Dubs on the Hill is an unmissable event. Get ready for a delightful day where a passion for vintage cars and community spirit unite!

The Show and Shine competition will feature breathtaking vehicles, each one polished to perfection, competing for the prestigious title of best in their category. For those who love a bit of flair, the 70s disco pageant is a highlight, with participants showcasing their grooviest outfits that embody the spirit of the decade.

## Walking is a super-powered exercise activity, here's why

Boosting your energy for a busy day ahead ... using walking as a break from the home office ... spending time with family or to get some vitamin D—all reasons why Queenslanders take to the streets. Walking is a popular activity for many, and the good news is, keeping obesity and chronic diseases at bay can be as simple as putting one foot in front of the other. But what makes walking such an effective physical activity?

Research from the Heart Foundation shows walking at a brisk pace for just 30 minutes every day can lower the risk of heart disease, stroke and diabetes by 30% to 40%. An incredible result for such an enjoyable low-effort, low-risk physical activity. The health and wellbeing benefits are many and varied, proving walking really can walk the talk.

## Walking is great for helping you manage your weight

Getting yourself into the habit of taking a brisk walk each day can do wonders for your waistline when combined with other healthy activities.

**Australia's Physical Activity & Sedentary Behaviour Guidelines** recommend adults 18-64 years to be active on most days and to accumulate 150 to 300 minutes of moderate-intensity physical activity each week. A good example of moderate-intensity activity is brisk walking, that is at a pace where you are able to talk comfortably but not sing. **Walking at a fast pace** for 30 minutes can burn up to 315 kilojoules (75 cal) each day you do it—and of course the faster and further you walk the more kilojoules you will burn. This is significant, considering the average person eats and drinks 8700 kilojoules a day (**Better Health**)

But if you're new to walking for exercise or are out of the habit, you'll want to ease yourself into it. Find a local walking group and join their regular walks, or head to the Heart Foundation's **walking website** and check out the hints and tips. It even has a handy tool that helps you find community walking groups near you.

## Walking can help lower blood pressure and cholesterol

Many Queenslanders have problems associated with blood pressure and cholesterol. The Australian Diabetes, Obesity and Lifestyle Study (AusDiab) estimate that a **quarter of Queenslanders** have hypertension (high blood pressure) and almost one half of adult Queenslanders have high blood cholesterol.

But adding a brisk walk to your every day routine can help.

**An observational study** by the University of California in San Francisco found that for every 1,000 steps a person takes each day, their systolic blood pressure was about 0.45 points lower. Systolic blood pressure is the top number in the blood pressure equation, and measures the pressure of the heart when it contracts.

So someone aiming for 10,000 steps a day—about 1.5 hours of walking daily—could lower their systolic blood pressure by 2.25 points. A great result, but be sure to consult your doctor first

with ideas about managing your blood pressure. Your doctor may have also explained to you about the three main types of cholesterol: triglycerides, HDL and LDL. [According to The Cleveland Clinic](#), walking at a solid pace most days of the week will help increase the body's production of good cholesterol (HDL) and lower the body's absorption of triglycerides. Lowering bad cholesterol (LDL) isn't generally affected by exercise and requires a healthy diet and weight loss.

## Happier people walk more

Got a smile on your dial? Maybe you're a keen walker already.

Experts at mental health charity the Mindshift Foundation say [walking 30 minutes a day](#) can help reduce your stress levels, alleviate anxiety, boost the production of the brain's happy chemicals such as endorphins and help you to relax. That's backed up by [a UK study](#) that showed people who did regular moderate physical activity such as walking were 30% less likely to become depressed. Walking has also shown strong social and wellbeing benefits for the elderly. According to a survey by the health department in Victoria, people aged over 55 are most likely to use walking as their main form of exercise—helping to foster social connections and improve balance and coordination. That means better mental health outcomes, fewer trips to health services with fractures or injuries from falls, and better prevention of osteoarthritis and osteoporosis.

## Walking is shown to lower the risk of some cancers

The Cancer Council of Australia has long spruiked the benefits of consistent physical activity in helping to reduce the risk of getting certain cancers, including bowel cancer and some breast cancers. If you're already hitting the pavement to shed some weight or lower your blood pressure, you'll be glad to know that the council says adding just an hour of brisk walking—or even mowing the lawn at a decent pace—can do wonders in reducing the risks of getting some cancers.

## Walking is good for the environment

Think cleaner air and less traffic—walking has some serious environmental credibility. By reducing car trips and cars on the road, increasing our amount of walking helps to reduce noise pollution, emissions, traffic congestion, and reliance on fuel.

Looking for ways to get out and walk your way to a healthier life? Health & Wellbeing Queensland supports 10,000 Steps in conjunction with Central Queensland University. 10,000 Steps aims to increase the day-to-day activity of Australians by encouraging the use of step-counting pedometers or activity trackers to accumulate 'incidental' physical activity as part of everyday living. 10,000 Steps initiative includes a supporting program and free resources. [More information is available on the 1'0,000 Steps website.](#)

<https://hw.qld.gov.au/blog/health-benefits-of-walking/>

*Join our walking group, it leaves from ECCC every Tuesday morning from 9 am.*



# Tai Chi Classes



**Fortnightly on Thursdays at 1.00 pm**

**East Creek Community Centre 43 Kitchener St,**

**Cost \$4.00**

## Dates

**Feb – 6<sup>th</sup>, 20<sup>th</sup>**

**March – 6<sup>th</sup>, 20<sup>th</sup>**

**April – 3<sup>rd</sup>, 17<sup>th</sup>**

**May – 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>**

**June- 12<sup>th</sup>, 26<sup>th</sup>**

**July – 10<sup>th</sup>, 24<sup>th</sup>**

**August- 7<sup>th</sup>, 21<sup>st</sup>**

**September- 4<sup>th</sup>, 18<sup>th</sup>**

**October – 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup>**

**November – 13<sup>th</sup>, 27<sup>th</sup>**

**December- 11<sup>th</sup>**

# Banana Squash Caramel Cake with Cream Cheese Buttercream

## Ingredients

### For the cake

- 2 ½ cups of plain flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- 10 tablespoons unsalted butter
- 1 ½ cups brown sugar
- 3 large eggs
- 1 teaspoon vanilla extract
- ½ cup buttermilk
- 1 ½ cups of grated banana squash (this can be replaced with zucchini)



### For the caramel

- ¾ cup brown sugar
- 2 tablespoons honey
- 2 tablespoons water
- ½ cup heavy cream
- 2 tablespoons unsalted butter cubed
- ½ teaspoon coarse salt
- 1 teaspoon vanilla extract

### For the cream cheese filling

- 227 grams cream cheese, softened to room temperature
- ½ cup unsalted butter, softened to room temperature
- 4 cups icing sugar
- 1-3 tablespoons of milk or heavy cream
- 1 teaspoon vanilla extract

## Method

1. Pre heat oven to 180°C. Prepare 3 15cm cake pans by greasing with nonstick cooking spray and lining the bottoms with baking paper.

2. In a medium bowl combine the flour, baking powder, baking soda, salt and cinnamon. Set aside.
3. In the bowl of a stand mixer, fitted with a paddle attachment, or in a large bowl with a handheld mixer, beat the melted butter and sugar for about one minute, or until combined. Add the eggs one at a time, mixing after each, add in the vanilla.
4. Add the flour mixture in 3 additions, alternating with the buttermilk and ending with the flour mixture. Scrape down the bowl as needed, stir in the grated banana squash (or zucchini).
5. Divide the cake batter evenly between the prepared cake pans. Bake until a toothpick inserted into the centre of each cake comes back clean, or until the centre of the cake bounces back when gently pressed, about 20-25 minutes. Let cool in the pan 5 minutes, then transfer to a wire rack to cool completely.

### **To make the caramel**

1. Put the sugar, honey and water in a medium saucepan set over medium high heat. Stir with a spatula just until the sugar is dissolved. Continue to cook without stirring until it turns a deep amber in colour, about 8-10 minutes. Swirl pan as needed to promote even caramelization.
2. Remove caramel from heat and immediately whisk in the heavy cream (mixture will bubble and steam). Return caramel to medium heat and cook until caramel is smooth, stirring frequently. Remove from heat and stir in the butter, salt and vanilla. Let to cool to room temperature.

### **To make the cream cheese buttercream**

1. Beat together the butter, cream cheese and powdered sugar on medium high speed until light and creamy. Add the vanilla and enough milk/cream to reach a spreadable consistency, beat until smooth.

### **To assemble the cake**

1. Separate out 1 cup of the cream cheese buttercream. Mix in approximately  $\frac{1}{4}$  cup of the prepared caramel (not hot), or enough to create a thin but still spreadable filling. It should not be so thin that it spills over the sides of the cake.
2. Place one cake layer on a cake stand or plate. Spread  $\frac{1}{2}$  of caramel filling on top, leaving an approximate  $\frac{1}{2}$  inch border. Repeat with remaining cake layers and filling.
3. Starting at the top and working your way down the sides, spread the cream cheese frosting all over the cake. Chill in the fridge for 30 minutes.
4. Remove the cake from the fridge and pour the caramel sauce on top, using a spatula to gently push it over the edges. You may not need all the caramel. If the caramel is too thick to pour, warm it in the microwave in 10 second intervals. It should not be hot when you pour it over the cake, or you will melt the frosting.
5. Store cake in the fridge until ready to serve.

*Recipe courtesy of the Toowoomba Swap Group*



Online Crisis Support Chat

Call  
**13 11 14**  
(24/7)

lifeline.org.au

**Lifeline** Saving Lives  
Crisis Support. Suicide Prevention.

No act of  
**KINDNESS**  
no matter  
how small  
is ever  
wasted.

-Aesop



**OzHarvest arrives Tuesday and Friday.**

*Notification is put on the East Creek Community Centre Facebook page when it arrives.*

**Did you know that you can now claim a tax deduction on amounts of \$20 or more donated to East Creek Community Centre? This is done through the Australian Neighbourhood Houses & Centres Association (ANHCA) Public fund for Deductible Gift Recipients (DGR).**

**If you would like to know more talk to centre staff. Donations can be made online through**

**<https://www.anhca.org/donate>**

East Creek Community Centre is a community based, non-profit organisation providing community services for Toowoomba residents. We work with community groups and individuals throughout Toowoomba.

East Creek is friendly, accessible, and inclusive.

Our programs are for everyone —

Children, adolescents, young adults, seniors, disabled people, multicultural groups, and those who are socially isolated.



Phone: (07) 4639 2755  
Email: [info@eastcreek.com.au](mailto:info@eastcreek.com.au)  
<https://new.eastcreek.com.au>  
43 Kitchener Street  
PO Box 4859  
Toowoomba East Qld 4350