

### A word from Lee,

Hi everyone. Welcome to Spring at last! Warmer weather is on the way, so we can enjoy the great outdoors. Here at East Creek, we have had many visitors, and our Mahjong group enjoyed a visit from the USQ Japanese students during August. Fun was had by all, and a feast was supplied for morning tea, which everyone enjoyed and the students learnt to play Mahjong.



This month we are heading out of town for Eating with Friends, heading North to Danish Flower Art in Highfields (3<sup>rd</sup> September) and then South to Cambooya to the Bull and Barley Inn (17<sup>th</sup> September). We hope you can come and join us for lunch (12:00) or meet up with us at Cobb and Co for morning tea on the 25<sup>th</sup> (10:00).

I hope you enjoy the first month of Spring with its warmer weather, blooming gardens, later sunset and the onset of Daylight Savings at the end of the month, to annoy those of us who have friends and relatives down south. I look forward to seeing you all soon. Cheers, Lee

### Carnival of Flowers

It's that time again! Spring has sprung, and the Carnival is in full bloom this month. The theme for this year is floral frenzy and over four weekends there will be Lawn Parties, food events, kids' activities, and on the 20<sup>th</sup>, the Grand Parade of course. Dog-friendly activities such as the Paws parade will be on Sunday the 21<sup>st</sup> in Lindsay Street, Queens Park from 9:00am to 12:00pm. The gardens around town are looking spectacular already and they are not in full bloom yet, whilst garden tours are available enabling you to relax during the ride to each venue and reduce the hassle of trying to park near the best gardens. Many events, such as the Parade and wandering through the Council gardens are free so check the guide before venturing out.

12<sup>th</sup> September to the 6<sup>th</sup> of October

## Weekly Events

### Monday - Crochet Group 9:30am – 12:00pm

Join our friendly and chatty group for crocheting, knitting, stitching or just chatting.  
We welcome all newcomers.



### Monday - Blanket Group 1:00pm - 3:30pm

**We support the homeless and people in need of a 'helping hand'.**

We use donated materials like bed linen, curtains, tablecloths and suitable clothing.  
We have our own sewing machines and overlockers.



### Tuesday - Walking Group 9:00am – 10:00am

**In connection with the TRC Change project and the Heart Foundation**

Departure time about 9:00 am from ECCC  
for a lovely walk of medium pace.



### Tuesday - Cuppa and Cards, Canasta and Rummikub 9:30am – 12:00pm

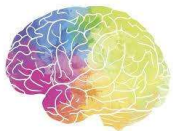
Occasionally there is a group that plays 500, depending on who is here on the day.



### Wednesday - Mah-jong and Board Games 10:00am – 12:00pm

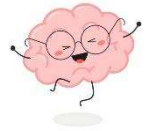
Come along and try out this challenging tile-based game.

We have three sets of Mah-jong tiles, mats, and enough racks for 12 players.  
Games have been played for centuries and continue to be popular today.



### Thursday – Stroke Support Group 10:00am – 12:00pm

If you have experienced a stroke or other Acquired Brain Injury (ABI) come along to our support group to chat with others, play brain stimulating games, hand eye coordination games and enjoy a fantastic morning tea.



### Friday - Craft Group 9:30am – 12:00pm

Craft group is a fantastic way to join others in conversation whilst making items of varying kinds, from needlework, diamond art, drawing, painting, glass and rock decorating, and many other forms of artwork. Bring your own work enjoy a light morning tea, relax, and benefit from the atmosphere



### Friday - Social Cuppa and Chat 1:30pm – 3:00pm

Join others for a quiet conversation to discuss local events, common problems or issues and meet some like minded people over a friendly cuppa.  
We sometimes show a movie on the big screen downstairs.



# Monthly Events



## Wednesday Fortnightly - Eating with Friends 12:00 pm (Venue Start Time)

3<sup>rd</sup> September, Danish Flower Art, 10347New England Hwy, Highfields

17<sup>th</sup> September, Bull & Barley Inn, 16 Eton Street, Cambooya

Please call the centre to book, to ensure we have enough seats for all.

The bus is available for pick-up and drop off



## Morning At the Movies

### The Friend

11<sup>th</sup> September 2025 at The Strand

Director: Scott McGehee, David Siegel

Cast: Ann Dowd, Noma Dumezweni, Bill Murray, Sarah Pidgeon, Naomi Watts, Constance Wu

Time: TBA Running time: 119 minutes

The bus is available for pick up and drop off.

(Movie choice is subject to Availability of viewing timetable)



## Thursday 25<sup>th</sup> Bus Trip

### Morning Tea at Cobb and Co Museum

Please call the centre if you wish to join us, to ensure we book enough seats for all.

The bus will be leaving the centre at 9:30am



## Alphabet Quiz with all answers starting with I (i)

1. From what hard white material are elephants' tusks made?	11. Which Gilbert and Sullivan operetta has the subtitle The Peer and the Peri?
2. The Victorian Engineer Brunel had which first name?	12. Which city is the capital of Pakistan?
3. Which English-Australian yodelling singer had a No. 1 UK hit in 1962 with I Remember You	13. On which English-born novelist's work Goodbye to Berlin was the musical Cabaret based?
4. Which Hampshire River, renowned for its fly fishing, joins Southampton water south of the city of Southampton?	14. Which metal, atomic number 26, has a name which is also a useful domestic item
5. According to the gospel of St Matthew Herod ordered the killing of young male children, an event known as the Slaughter of what?	15. Which member of the Monty Python team wrote and sang most of the songs, including Always Look on the Bright Side of Life?
6. What is the watering of land for agricultural purposes known as?	16. What is an atom or molecule that carries an electric charge called?
7. What is the state of being annoyed or somewhat angry known as?	17. What word is missing from this quotation from Thomas Gray: Where ____ is bliss, 'tis folly to be wise?
8. What 5-letter word can precede pose, national, course and play?	18. Which US folk singer and actor, who appeared in Cat on a Hot Tin Roof, had a UK hit with Little Bitty Tear?
9. What 3-letter postfix can follow magnet, sex, sad and real?	19. Which flower delivery company used the slogan Say it with Flowers?
10. The first Russian Tsar, nicknamed "The Terrible", had what Christian name?	20. What substance, obtained from the swim bladders of fish is used for clearing, or "fining" proper beer?

First in with all the correct answers gets a Caramello Koala. Good luck everyone.



# Pumpkin, Cinnamon and Wholemeal Bread

Cooking Time: 55 minutes

Prep Time: 15 minutes

Easy

Serves: 4

### Ingredients:

185g butter, melted  
½ cup honey  
1 egg lightly beaten  
¾ cups of raw sugar  
3 cups wholemeal self-raising flour  
3 cups (375g) finely grated raw pumpkin  
1 tablespoon ground cinnamon



### Directions:

Preheat the oven to 180°C.  
Grease a 15cm x 25cm loaf pan, fully lined with well-greased paper.  
Combine honey, butter and eggs in a large bowl.  
Stir in the pumpkin, sugar, flour and cinnamon.  
Pour into the prepared tin and bake in a moderate oven for 50 minutes.  
Stand for 5 minutes before turning onto a wire rack to cool.  
Serve with butter if desired.

### Quiz Answers for the Letter K

1. Kabul	11. Kyoto
2. Kiwi	12. Kremlin
3. Kansas	13. Korea
4. Kuwait	14. Kublai
5. Kashmir	15. Kurdish
6. Kanye	16. Kofi
7. Kelvin	17. Kosovo
8. Kamikaze	18. Kidney
9. Kobe	19. Kawasaki
10. Kiln	20. Kampala

### Thursday morning tea outing

We had another lovely morning tea out at the Burrow. Yummy food, great service and we hope to see you at the next one at the end of September at the Cobb and Co Museum for morning tea and a quick tour around the museum.

### Quote of the month

"Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong."

—Ella Fitzgerald

### OzHarvest



We have two delivery days per week:

**Tuesday and Friday**

Please look at our Facebook page to ensure the delivery is here before you arrive















































### The impending plight of the European Honey Bee

A couple of years ago, a nasty parasitic mite arrived in Australia through NSW ports. It affects European Honey Bees (EHB), but it does not affect any of our 2000 or so native bees. Varroa mite, or Varroa Destructor is also a carrier of diseases which affect the EHB in ways that can lead to colony collapse which is a nice way of saying that all the bees in the hive die. It is estimated that all the feral hives, the ones you see in trees, parks and other strange places, will die out within a few years as there is no way of treating them for the mite. There are treatments that beekeepers can use to control the mite though it means more hive inspections, the use of harsh chemicals so the boxes that hold all the honey (Supers) need to be removed when the treatments are in the hive. Many amateur beekeepers will find the treatment regime too arduous or too expensive to continue keeping bees. Unfortunately, this means that honey prices will go up due to the added expense and the relative reduction of hives and the reduction of honey being produced. In relation to the size of the mite to a bee is equivalent to us having a dinner size parasite attached to our body, but the bees may have more than one mite attached to them. Without bees, one third of our crops would not be pollinated, and they have enough to contend with so please be gentle with our bees and don't use chemical spray when the flowers are out in your gardens.

Comparison of a varroa mite to a bee.



# East Creek Calendar September 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	 Crochet Group 9:30-12pm  Blankets for the Homeless 1:00pm – 3:30pm	 Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	 Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm Eating with Friends	 Stroke Support Group 9:30-11:30am Morning @ the Movies	 Craft Group 10am – 12noon Social Cuppa and Chat 1pm - 3pm	 Produce Swap  Women in Harmony 2pm – 4pm
7 Speedcubers 	 Crochet Group 9:30-12pm  Blankets for the Homeless 1:00pm – 3:30pm	 Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	 Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm	 Stroke Support Group 9:30-11:30am Morning @ the Movies	 Craft Group 10am – 12noon Social Cuppa and Chat 1pm - 3pm	 Women in Harmony 2pm – 4pm
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Computer classes by appointment Only. Monday to Friday 4639 2755. **OZ Harvest, Tuesday, and Friday. Check the ECCC Facebook page for arrival.**  
 JP Services – by appointment Only. Monday, Wednesday to Friday 4639 2755



Closed for Public Holiday

