

# LINKOUT

The Outreach Services Newsletter  
Canterbury-Bankstown Libraries





Dear readers,

The days are getting longer again, our skin finally has a chance to recover from the harsh winter air and the first balmy nights feel like a gentle hug from nature.

Now is an excellent time to view the native stingless bees at the Bankstown and Lakemba Library and Knowledge Centres. They will be taking full advantage of the warmer weather to get buzzy protecting their hive!

Also, there is so much worth visiting at the library! We will be celebrating all things Italian from August to October, and Grandparents Day is a special day in our calendars.

In this edition of Linkout you will find a lovely craft to try at home, a puzzle to get your brain buzzing, and some delightful photos and inspirational images to make your soul bloom.



Enjoy!

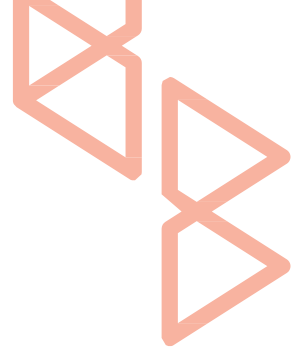
**The Aged & Disability Team**

Sandra, Jenny, Caroline, Anne Marie & Catherine

Cover by Antonio Verdín @Unsplash

Letter image by freepik





## Catherine's Craft – Felt Hearts

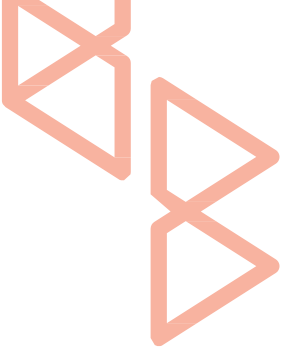
Catherine runs the Craft-tea sessions at Bankstown Library and Knowledge Centre, where nursing home residents can enjoy a trip to the library and enjoy some craft and morning tea.

Here Catherine shares her tutorial for making felt hearts!

### Steps:

1. Select the base colour felt for your heart and cut out the shape using the template on page 5. You need 2 hearts – one for the front and back.

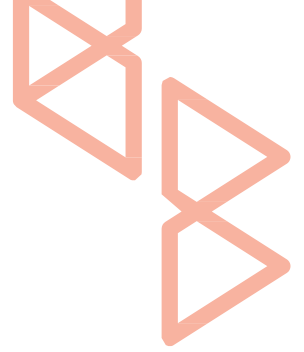


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2. You can embellish the front heart with smaller hearts, beads, or lines using the thread to sew. Be creative and experiment with your design.



3. Once you have finished designing and sewing on elements to the front of the heart, begin stitching the two hearts together. When you get to the top of the heart, insert a ribbon loop, then keep sewing until you have a gap of 1-2cm left.





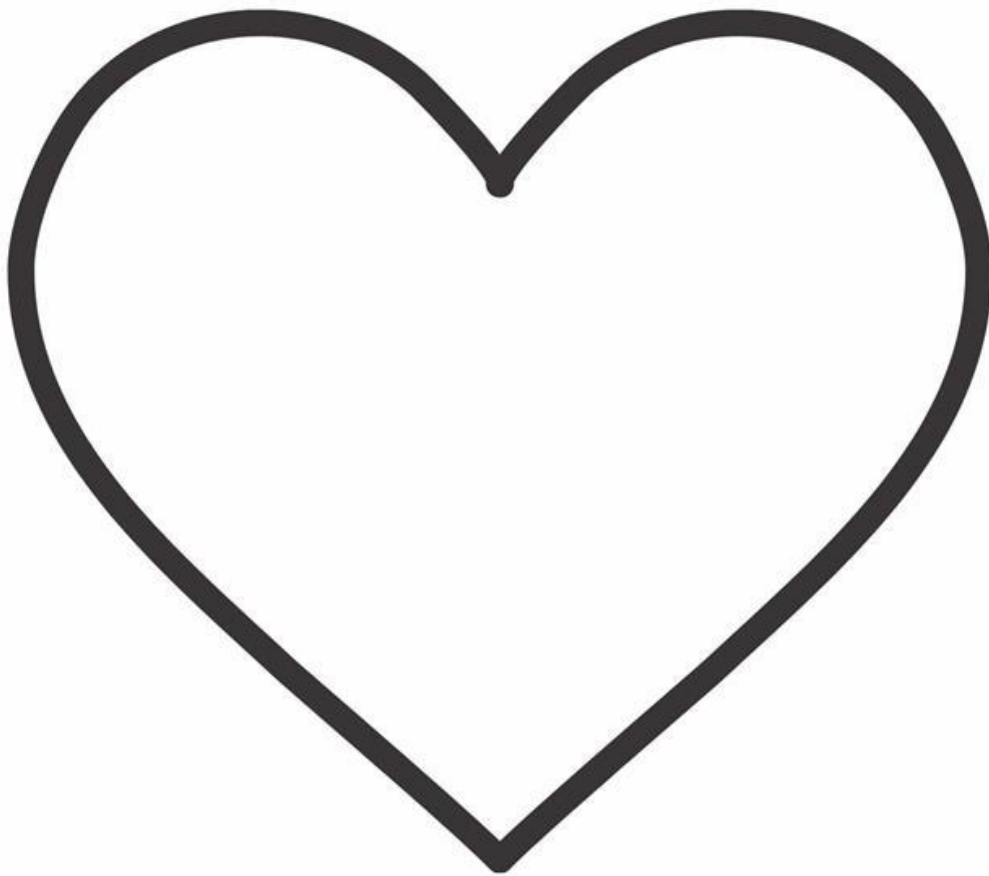
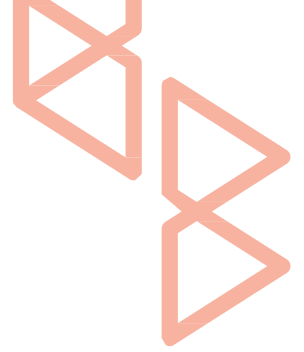
4. Stuff your heart to desired amount, then sew the hole closed.



5. Your heart is done!





## Catherine's Craft: Stencil



FREE PRINTABLE TEMPLATES FROM [THISTIINYBLUEHOUSE.COM](http://THISTIINYBLUEHOUSE.COM)

Follow Numbers 1 through 55

		4	9	6	18	17	16	35	34	32
		3	8	5	20	40	15	21	23	45
1	1	2	3	4	21	23	18	20	30	46
3	2	9	8	13	12	31	30	19	48	47
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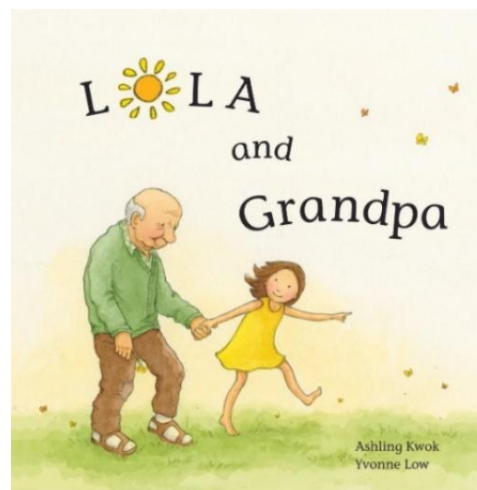
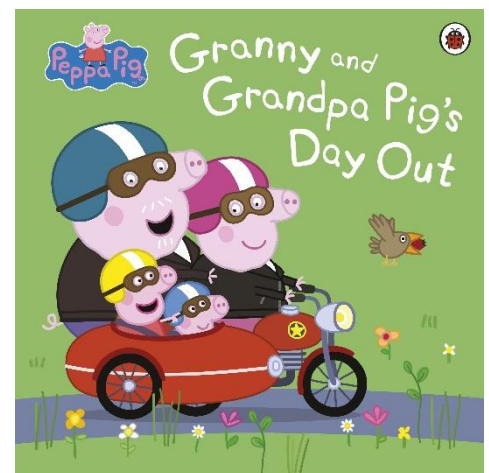
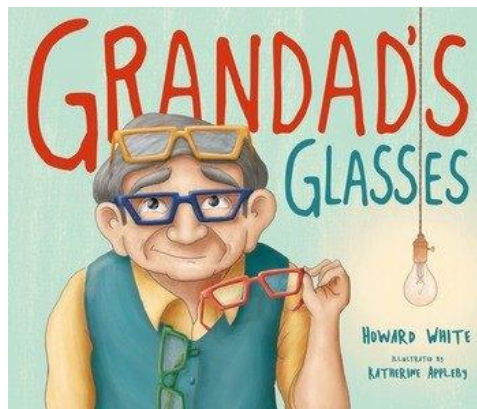
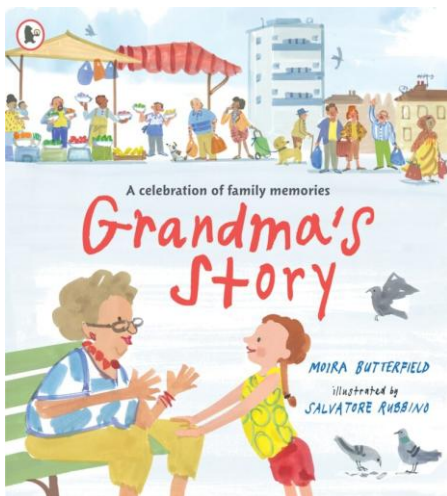
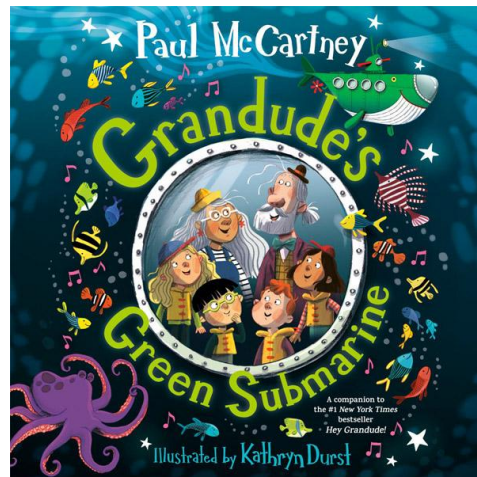
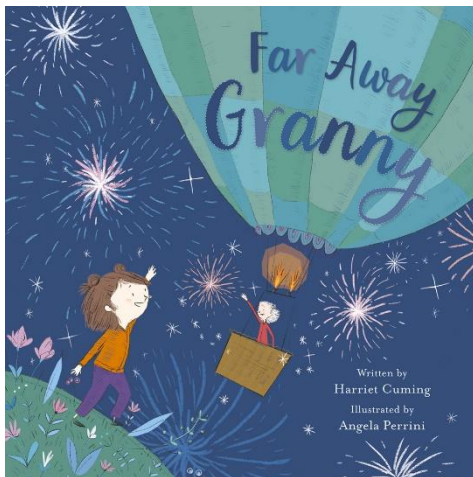
SEASONEDTIMES.COM

Puzzle by Seasoned Times



## Grandparents

NSW Grandparents Day occurs on Sunday 26 October. The library service has a wide variety of picture books about grandparents you can read to your grandchildren. On the next page is a colouring activity to entertain the grandkids.







DirectColoring.com

## Fried Eggs and Mushrooms on Toast




This healthy and easy meal serves 1 and can be cooked in 15 minutes.

### Ingredients:

- 1 cup mushrooms\*
- ¼ avocado\* (optional)
- 1 teaspoon minced garlic or 1 garlic clove, chopped
- 1 tablespoon oil\*
- 2 eggs
- 2 slices wholemeal or wholegrain bread\*
- Pepper, to taste

### Method:

1. To cut the mushrooms, cut each mushroom into thin slices. Set aside on chopping board.
2. Slice the avocado and transfer to a bowl and use a fork to mash it. Sprinkle with pepper.
3. If using fresh garlic, remove the outer skin and chop cloves into very small pieces. Set aside on chopping board.
4. Heat half a tablespoon of oil in a large frying pan. Wait until the oil sizzles a little, then add the mushrooms and garlic. Cook for 3-4 minutes until soft and the mushrooms start to change colour. Transfer to a plate to set aside.



5. To fry the eggs, heat the remaining oil in the same frying pan and carefully crack the eggs into the pan. Cook for 3-4 minutes, until the eggs are cooked to your liking.

6. Meanwhile, add slices of bread to a toaster to toast.

7. To serve, top toast with mashed avocado, cooked mushrooms and fried eggs. Sprinkle with pepper.

\*Hint: You can replace mushrooms and avocado with any vegetables you like, for example, tomato and spinach. Use any of these cooking oils: olive oil, canola oil, vegetable oil. Option to use any bread (try choosing wholemeal or wholegrain if available). Option to replace bread with a wrap (wholemeal or wholegrain if available). Try serving with a drizzle of balsamic vinegar. If you're looking for some spice, add a sprinkle of dried chilli flakes when cooking the mushrooms.

Recipe from [www.healthyliving.nsw.gov.au](http://www.healthyliving.nsw.gov.au)



## The Adventures of Tiny Toby



Toronto and Montreal, Canada

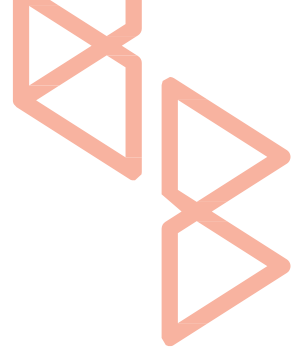




The Philippines



## Get to know your garden



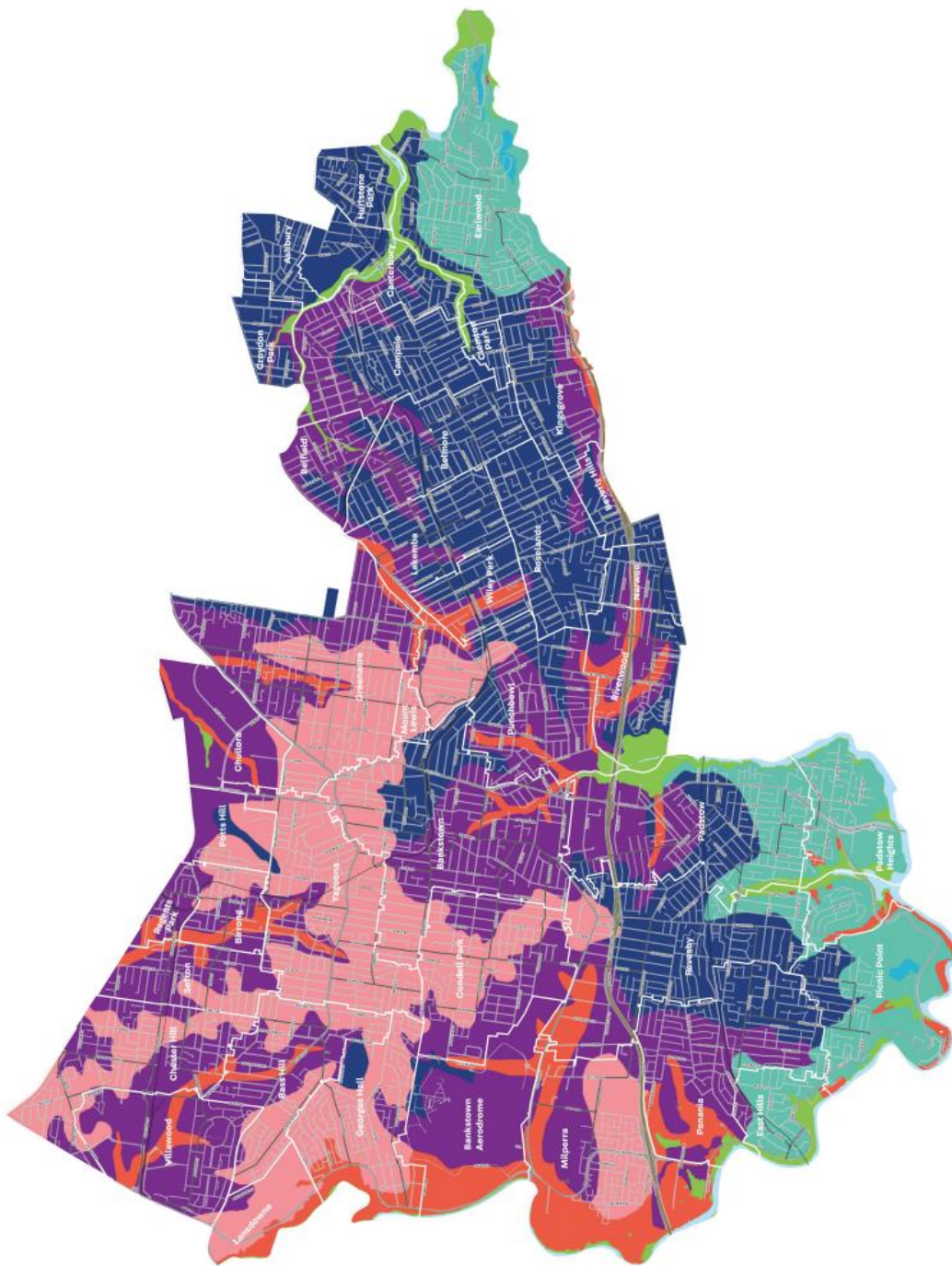
Check which plant community you live in

Location plays an important part in determining the soil type of your garden and, therefore, what plants will thrive. It can be a little complicated, so we've simplified it into the eight most common groups:

- Zone 1 - Cumberland Shale Plains Woodland
- Zone 2 - Rainforest
- Zone 3 - Castlereagh Ironbark Forest
- Zone 4 - Sydney Turpentine-Ironbark Forest
- Zone 5 - Coastal Sandstone Heath-Mallee
- Zone 6 - Sandstone Slopes
- Zone 7 - Wetlands
- Zone 8 - Swamp Forests

You can find out which plant community you live in by checking the map on the following page.





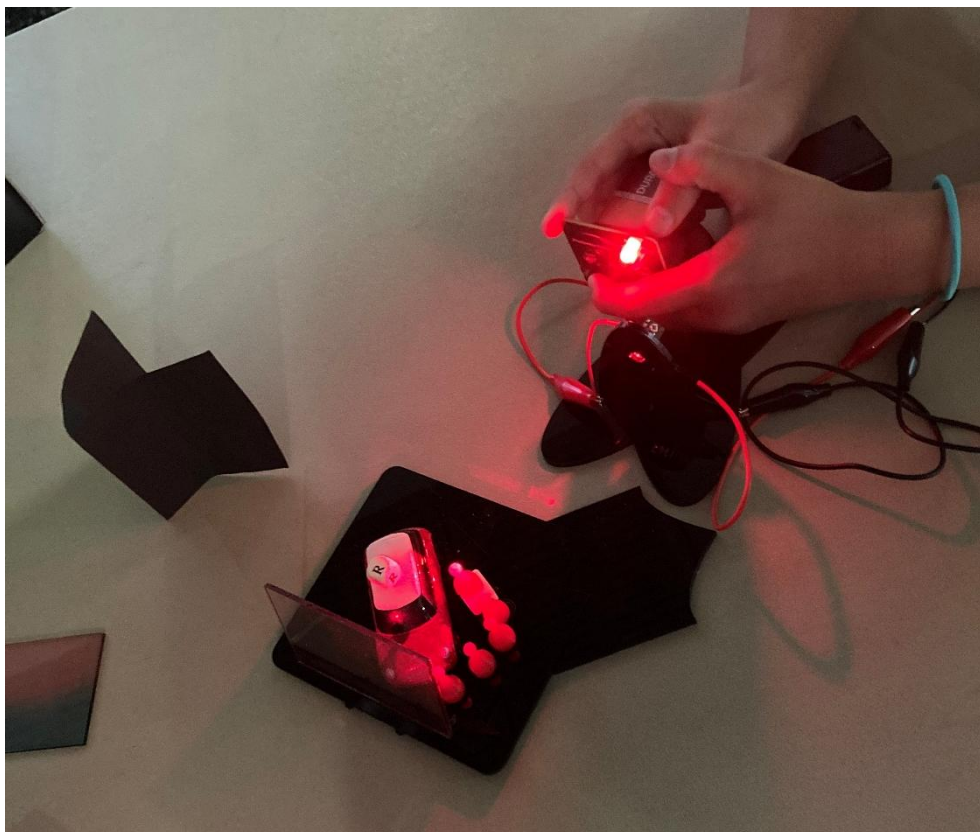
## Zones



Map and information sourced from council website.

## Around the Libraries

July School Holidays – Hologram workshop





## Green Wall at Bankstown Library and Knowledge Centre





## Let's Go Italian!



## Solution

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