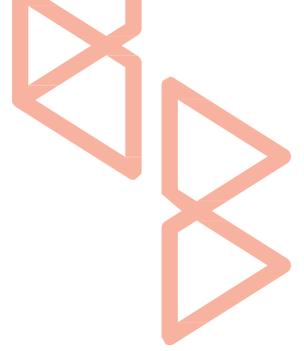


LINKOUT

The Outreach Services Newsletter
Canterbury-Bankstown Libraries





Dear readers,

It is now the silly season!

We can enjoy some ice cream, there are plenty of fruits in season and we can warm our bones under the sun.

We will be observing Christmas, Hannukah, the New Year and also the Lunar New Year.

The library will host special events to mark Christmas and the Lunar New Year, keep reading to discover the dates and details!

We will also be hosting talks with Alessandro Lembo, an incredible young man with Autism who has published books of his amazing animal art.

In this edition, you will find puzzles, hints and tips, what's on in the libraries and interesting facts.



All the best!

The Aged & Disability Team

Sandra, Jenny, Caroline, Anne Marie and Catherine



CHRISTMAS AT THE LIBRARY

All members of the community are welcome in celebrating Christmas at Riverwood Library.

Enjoy the festive spirit and sing along to your favourite carols with the choir from Riverwood Public School and music played by Bankstown and Yagoona Brass at this **FREE** event.

When: Thursday 4 December 2025, from 10.30am

Where: Riverwood Library and Knowledge Centre,
80 Kentucky Road, Riverwood

For more information, call **9707 9733** or **9707 5436**.





CHRISTMAS AT THE LIBRARY

All members of the community are welcome in celebrating Christmas at Chester Hill Library.

Enjoy the festive spirit and sing along to your favourite carols, with music played by Bankstown and Yagoona Brass at this **FREE** event.

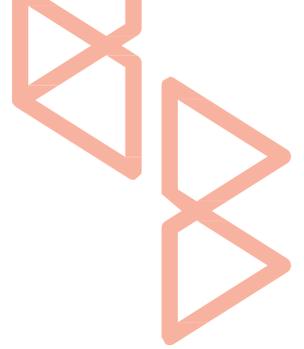
When: Thursday 18 December, from 10:30am

Where: Chester Hill Library and Knowledge Centre,
12 Chester Hill Road, Chester Hill

For more information, call **9707 9733** or **9707 9740**.

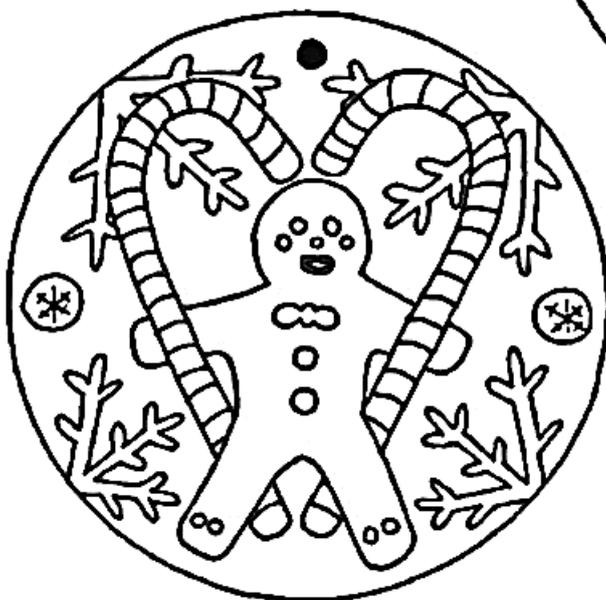
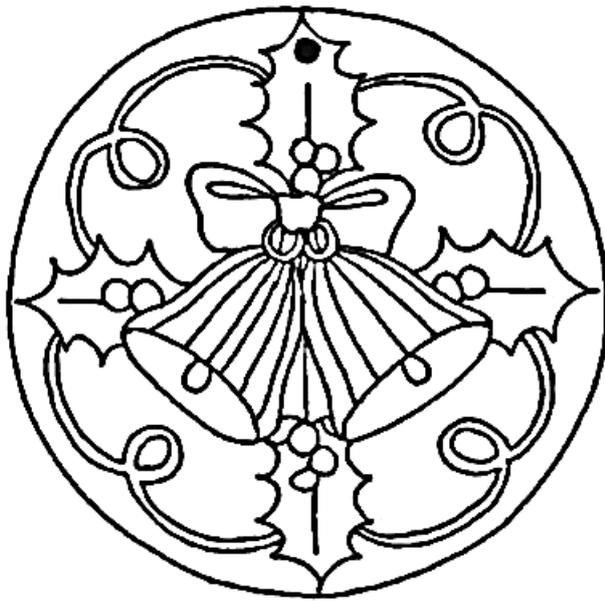
 **CHESTER HILL LIBRARY
& KNOWLEDGE CENTRE**

 **@CBLibraries**
Like & follow us



Christmas Craft

Colour in the baubles, cut them out, punch a hole where the small black circle is in the top centre, weave a string or ribbon through and tie it to your Christmas tree!





Lunar New Year

- 2026 is the Year of the Horse, and will begin on Tuesday 17 February.
- This festival originates in China, but has spread to many other Asian countries such as Vietnam and Japan. To respect this, we call it the Lunar New Year instead of the Chinese New Year.
- Every family member must travel home before the big feast on the last day of the year. The house must also be thoroughly cleaned from top to bottom to get rid of any bad luck.
- Verses and good luck sayings decorate and adorn houses, buildings and other structures to bring good fortune
- Red and gold are the colours that dominate as they are the colours of good luck and prosperity
- Dragon dances and lion dances are performed. Dragon dances bring good luck and lion dances chase away ghosts and evil spirits
- The next morning, children wish their parents health and happiness in the new year. In turn, parents gift children red envelopes with money inside.



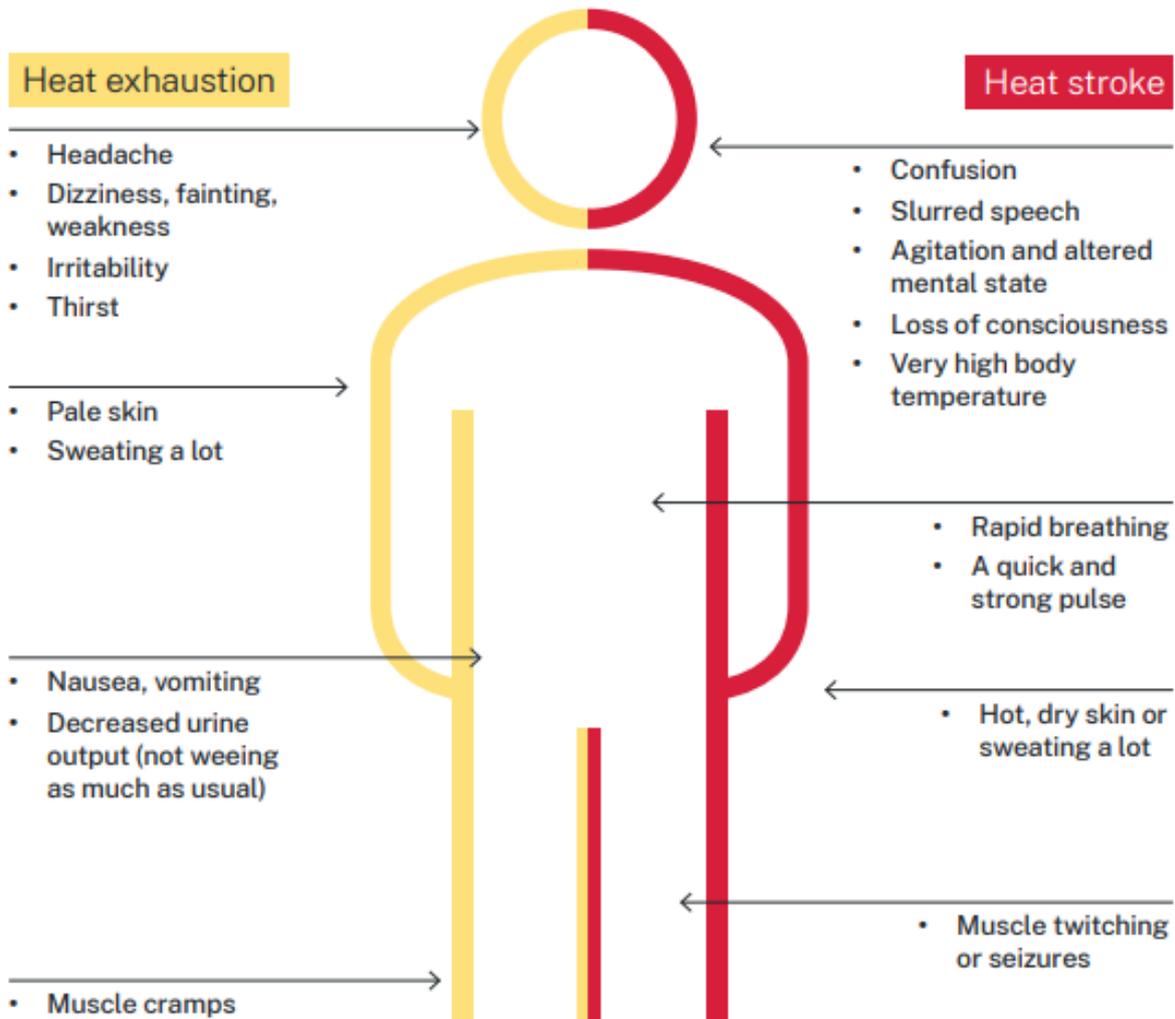
- These photos were taken from the 2025 Lunar New Year event at Campsie. It was the Year of the Snake. There was Chinese calligraphy and cultural performances. Please call your local library for information on upcoming Lunar New Year events.

Beat the Heat

Heat and health factsheet



Know the signs of heat exhaustion and heat stroke



First aid

Heat exhaustion needs to be treated as it can quickly become serious.

- Cool down (see below)
- Drink water.

If symptoms do not improve seek medical care. Call your doctor or healthdirect on **1800 022 222**.

If symptoms are worsening and you are concerned about heat stroke, immediately call triple zero (000).

First aid

Heat stroke is extremely serious. Immediately call triple zero (000).

Seek advice from a doctor before taking aspirin, ibuprofen or paracetamol to treat the symptoms of heat stroke as they may be harmful.

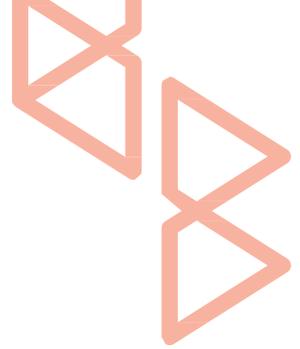
- Cool down (see below)
- Lay down and elevate the feet
- Drink small sips of water if you can.



How to cool down

- Get out of the heat to a cooler area indoors or shaded area outdoors.
- Loosen or remove clothing.

- Start to cool down any way you can: use a cool-water spray, apply a cool, damp sponge or cloth, wet clothes and skin, have a cool shower or bath, apply ice packs or crushed ice in a damp towel on the neck, groin and armpits.



Easy Decluttering

It can be hard to sort through your belongings to determine what you want to keep and what you want to throw out. When you have accumulated these items over a long time, they start to hold sentimental value to you and you become attached to them.

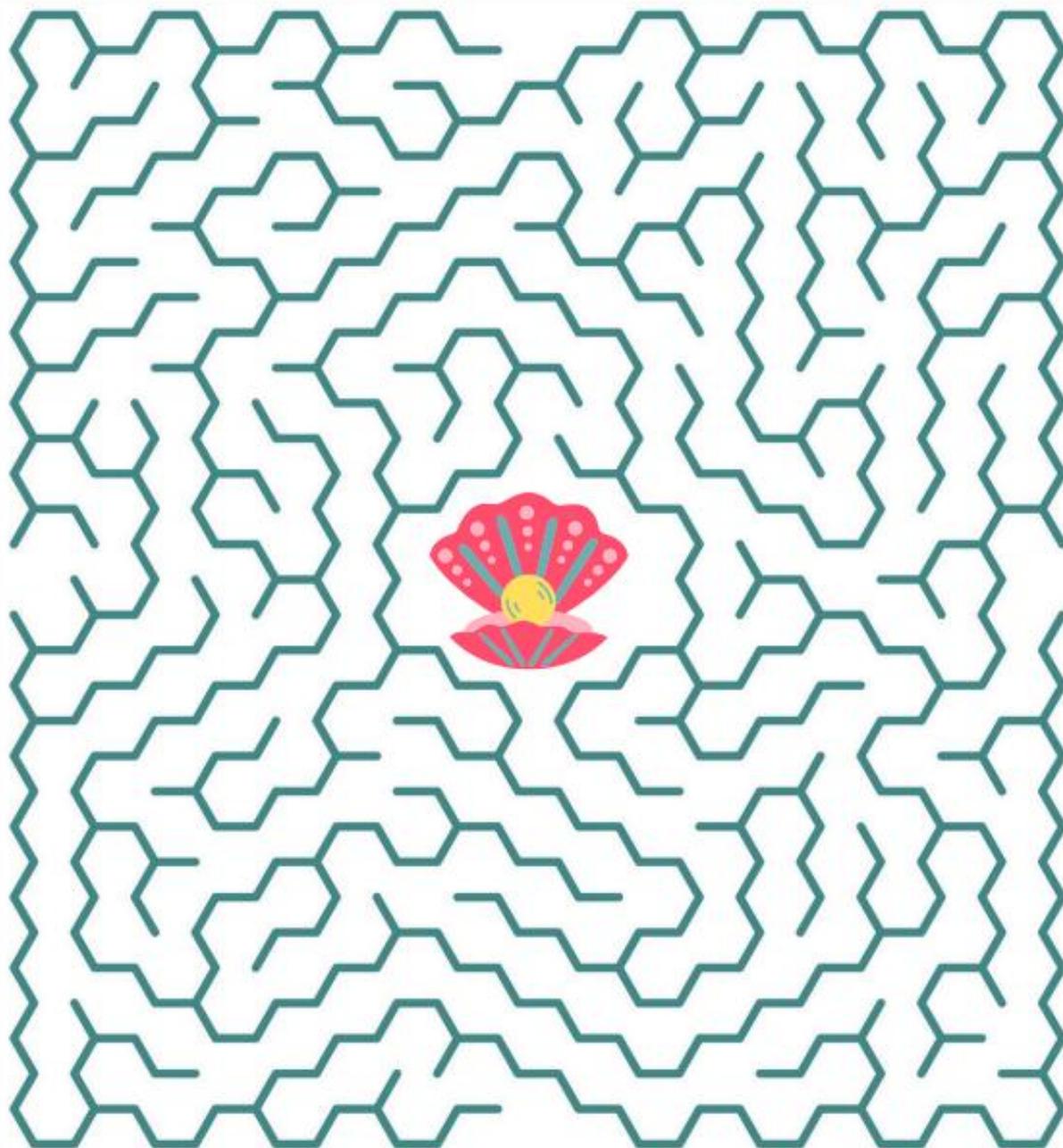
However, sometimes decluttering is necessary for the sake of your health and wellbeing, as well as the health and wellbeing of others in your life.

Thankfully, you can start with these simple approaches and strategies:

- **One in, one out** – everytime you introduce a new possession into your home, you discard an older one you own, increase to two out if you want to reduce your possessions.
- **You don't need one in every colour** – hats, handbags, shoes and tea cups are good examples for this approach. Prioritise function over form: such as a cap for exercise and a broad brimmed hat for a beach trip, instead of five sun hats in different styles.
- **A fountain pen for a pack of ballpoints** – invest in one item that is durable instead of several items that are easily disposed. Another example is owning a handkerchief rather than relying on tissue boxes.
- **Library books over purchasing books** – we also loan magazines, DVDs, and media devices – all for free! You don't need to clutter your home with media you will only read, watch and listen to once.
- **If it ain't broke, don't replace it** – it doesn't matter if that handbag is no longer fashionable, and there's nothing wrong with reusing the same sandwich bag until it can no longer hold your sandwich.
- **Storage is the problem** – sometimes, you just need to organise or reorganise. There is a wide variety of boxes, baskets, shelves and dividers available that don't cost too dearly. You can also store photos digitally to save space and protect your precious memories.

GRAB THE PEARL

FIND YOUR WAY THROUGH THE MAZE TO GRAB
THE PEARL FROM THE CLAM SHELL



SEASONEDTIMES.COM

Fiona and Alessandro Lembo

Fiona is a devoted mum and advocate for autism awareness. Her son Alessandro, now 20, is on the autism spectrum and communicates his world through his two great passions: animals and art. His intricate drawings have inspired Fiona to create books and T-shirts that showcase his talent - not as a business, but as a way for his creativity and voice to be seen, valued and celebrated.

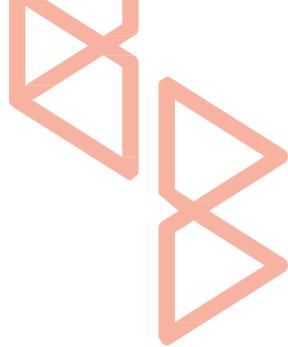
Their journey has taken them through challenges and triumphs - from navigating education systems to facing adolescence and public misconceptions. Along the way, they have discovered profound lessons of love, patience and resilience.

Alessandro dreams of one day working at Fan.Con.com, combining his love for animals, research and art. Fiona's mission is to help build a world where dreams like his are possible - a future of inclusion, compassion and opportunity for all.

“Autism is not a tragedy - ignorance is. Fiona and Alessandro show us that difference is a gift, creativity is a voice and inclusion is the future.”



Alessandra and Fiona will talk at Padstow Library on Wednesday 3 December, 5:30-6:30pm, and Bankstown Library on Saturday 6 December, 11am-noon. To book, please visit your local library branch or type the following link into your browser: cb.city/Mate



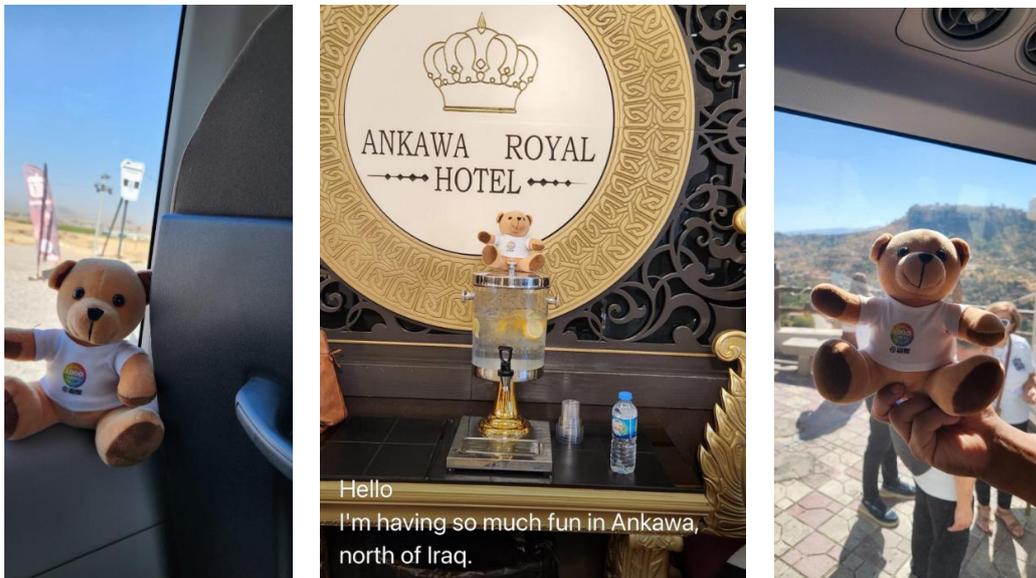
The Adventures of Tiny Toby



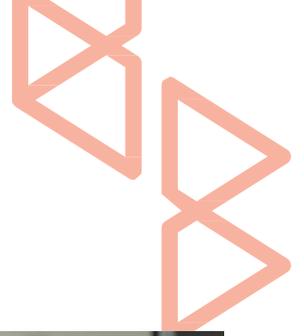
Czech Republic, Netherlands, Belgium, Italy and Doha Airport



Madeira and Portugal



Iraq



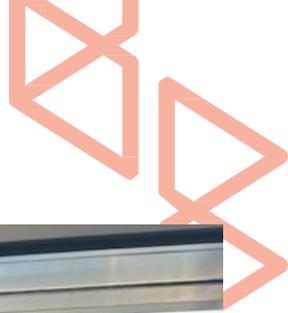
Around the Libraries



Moon Festival – Riverwood Library



Fascinator Workshop – Bankstown Library



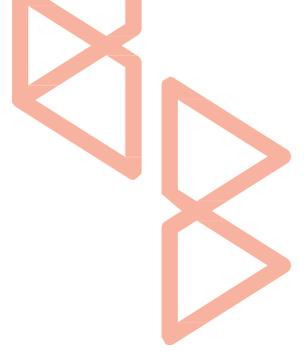
Gnocchi Making – Bankstown Library



October School Holidays – Bankstown Library



Diwali, Lakemba Library



Acknowledgements

- Cover by Antonio [Dovile Ramoskaite](#) @Unsplash
- Letter image by [Quaritsch Photography](#) @Unsplash
- Lunar New Year information sourced from 'Chinese Celebrations for Children : Festivals, Holidays and Traditions.' Written by Susan Miho Nunes and published by Tuttle Publishing, 2022.
- Puzzle by Seasoned Times

