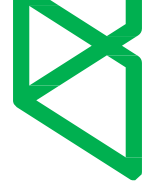


LINKOUT

The Outreach Services Newsletter
Canterbury-Bankstown Libraries





Dear readers,

Many of us experienced an urge to hibernate this winter. We were perfectly content to sit for long stretches of time and enjoy our hobbies or watch something entertaining with some warm treats at hand.

Now, we can turn our eyes away from our screens to gaze upon the beautiful blooms and give our fingers a rest from our hobbies and get back on our feet to enjoy the warmer days.

City of Canterbury Bankstown is hosting the annual Nature Fest and there will be plant giveaways to keep an eye out for. The Libraries are running two guided walking tours of Sylvan Grove Native Garden.

If you want to physically challenge yourself, I RUN the RIVER returns Monday 24 October with a short, inclusive 3km course that you can enjoy as either a competitive run or even as just a brisk walk at Tasker Park, Canterbury.

If venturing outdoors is not feasible for you, we have plenty of entertainment in this newsletter to help keep you as busy as a bee.

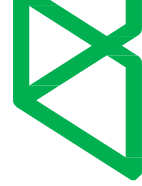


All the best,

The Aged and Disability Team

9707 9733 / hls@cbccity.nsw.gov.au

Sandra, Jenny, Caroline, Anne Marie and Mary



Sylvan Grove Walking Tours

Enjoy a day at Sylvan Grove Native Garden!

Travel by bus to the beautiful Sylvan Grove Native Garden and enjoy a guided walking tour through one of our City's most picturesque green spaces. Discover native plants, take in the peaceful surroundings and even be lucky enough to catch a glimpse of the peak orchid flowering season!

Please be advised you will occasionally walk up inclines.

First session

When: Wednesday 23 September, 10am-noon

Where: Meet at Campsie Library and Knowledge Centre

Cost: \$3

Second session

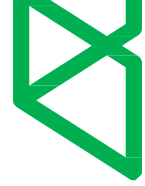
When: Thursday 24 September, 10am-noon

Where: Meet at Bankstown Library and Knowledge Centre

Cost: \$3

To book, call 9707 9733 or visit cb.city/libraryevents





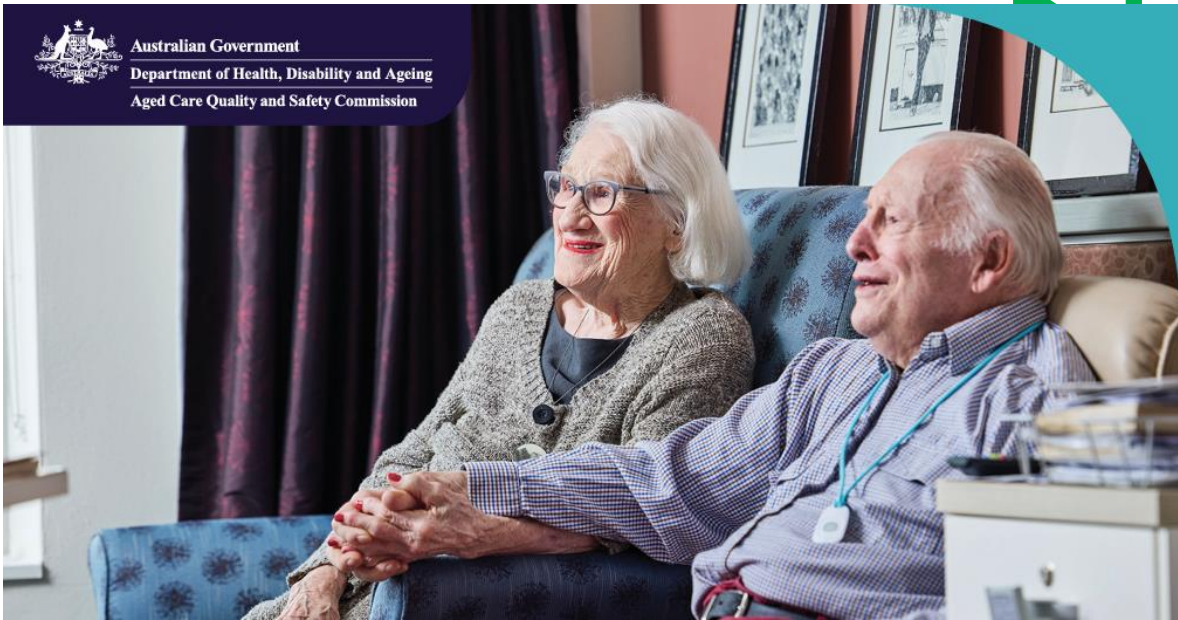
Native plant giveaway

When: Saturday 17 – 23 October

Where: At selected Library and Knowledge Centres

- Bankstown
- Earlwood
- Lakemba
- Riverwood





Statement of Rights

The *Aged Care Act 2024* includes a **Statement of Rights** that explains the rights older people will have when accessing aged care services funded by the Australian Government.

The Statement of Rights will help make sure you are at the centre of your aged care.

You will have the right to:

- Make your own decisions about your own life
- Have your decisions not just accepted, but respected
- Get information and support to help you make decisions
- Communicate your wishes, needs and preferences
- Feel safe and respected
- Have your culture and identity respected
- Stay connected with your community.

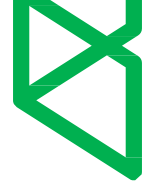


If you have concerns about the aged care you are receiving, you can:

- Talk to your aged care provider
- Speak with an advocate on 1800 700 600 or at [OPAN.org.au](https://www.opan.org.au)
- Contact the Aged Care Quality and Safety Commission on 1800 951 822 or visit [AgedCareQuality.gov.au](https://www.AgedCareQuality.gov.au)

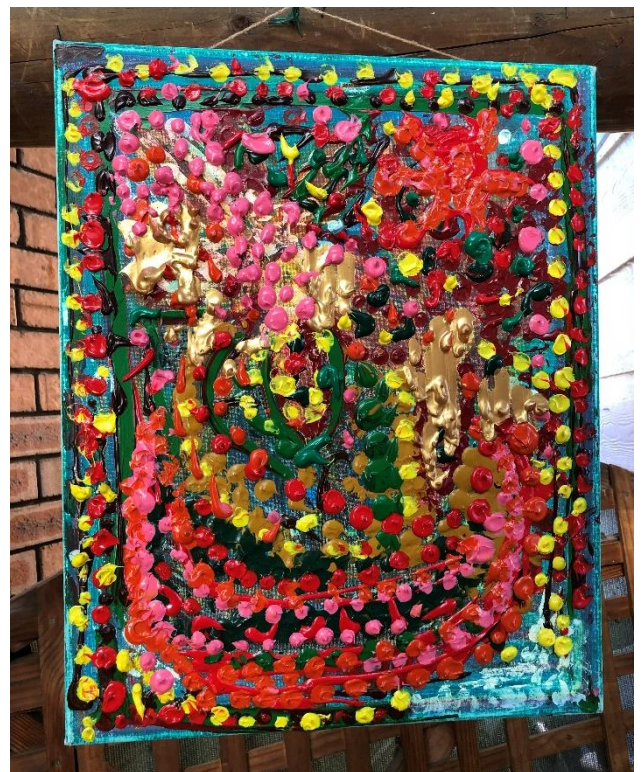
For more information:

Read the full Statement of Rights, including how you can make sure your rights are upheld: www.health.gov.au/our-work/aged-care-act/about



Supporting local artists

Home Library Service patron George Karnikowski was proud to show us his latest masterpieces:





INTERESTING RIDDLES

@RiddleCraze



Riddle	Answer
What goes up when rain comes down?	An umbrella
What has a bark but no bite?	A tree
What room has no doors or windows?	A mushroom
What can run but never gets tired?	A refrigerator
What has a bed but never sleeps?	A river
What kind of coat is always wet when you put it on?	A coat of paint
What is easy to lift but hard to throw?	A feather
What has an eye but no face?	A hurricane
What has 13 hearts but no lungs?	A deck of cards
What can be cracked, made, told, and played?	A joke

Riddle Craze



Preparing for an R U OK? conversation

Be ready

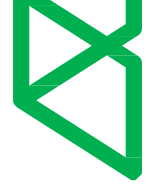
- Are you in a good headspace?
- Are you willing to genuinely listen?
- Have you set aside the time you might need?

Be prepared

- Remember that you won't have all the answers (and that's OK)
- It can be difficult for people to talk about personal struggles and they might be emotional, embarrassed or upset

Pick your moment

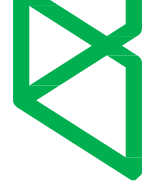
- Have you chosen somewhere relatively private where you'll both be comfortable to chat?
- When is a good time for them to have a meaningful chat?
- If they don't have time when you first approach them, arrange another time for the conversation
- It might be more comfortable for the person to be side-by-side with you (e.g. walking together or sitting in the care) rather than face-to-face



100 years of Winnie the Pooh

Promise me you'll always remember:
You're braver than you believe,
and stronger than you seem,
and smarter than you think.





Quotes for seniors

“Wrinkles will only go where the smiles have been.” – Jimmy Buffet, American singer-songwriter
“Beautiful young people are accidents of nature, but beautiful old people are works of art.” – Eleanor Roosevelt, American activist and former First Lady.

“Count your age by friends, not years. Count your life by smiles, not tears.” – John Lennon, English singer-songwriter and former band member of The Beatles

“A society grows great when old men plant trees whose shade they know they shall never sit in.” – Greek Proverb

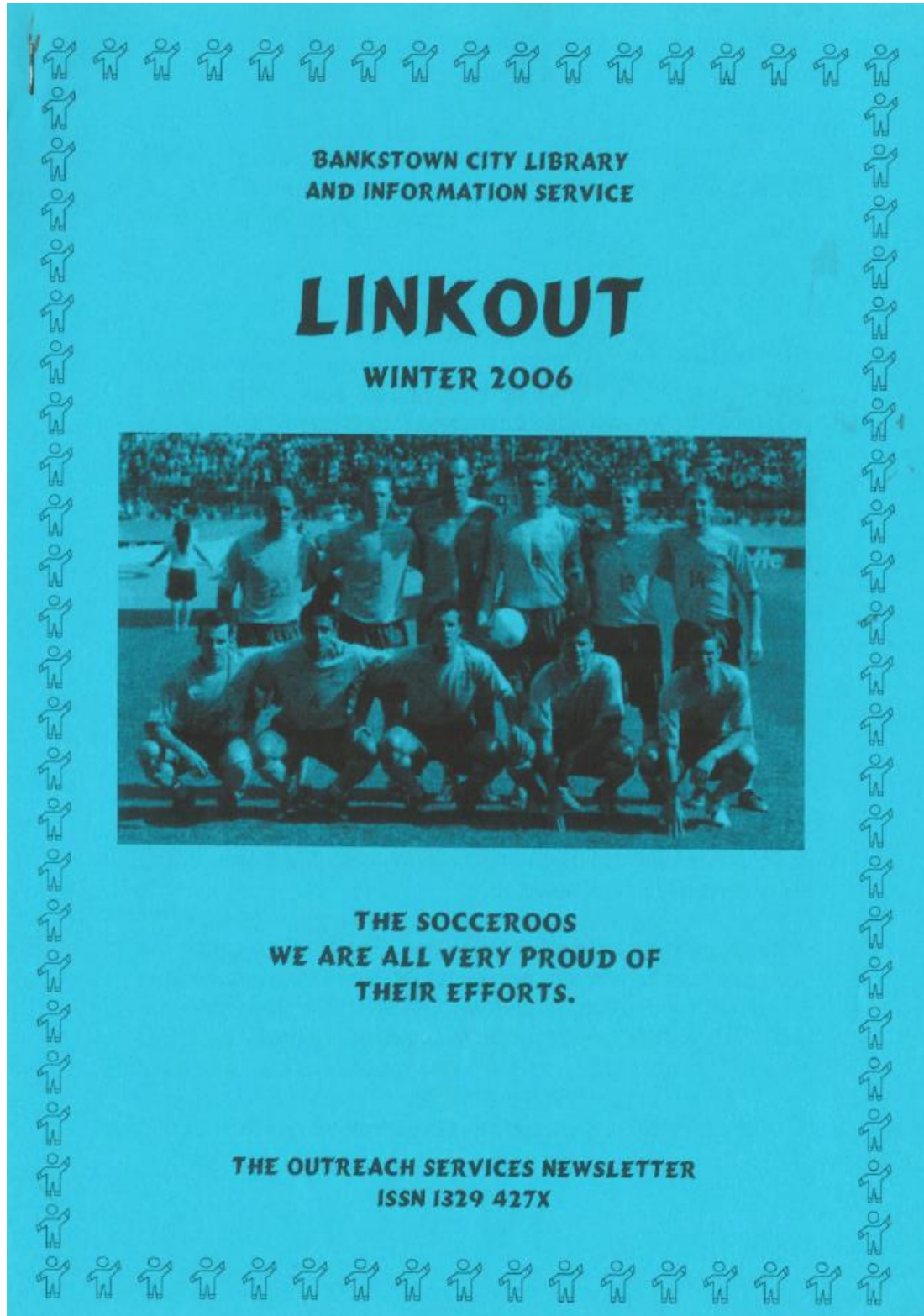
“The more you know, the less you need.” Yidumduma Bill Harney, Aboriginal Elder

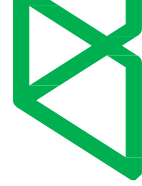




Linkout archives

Winter 2026





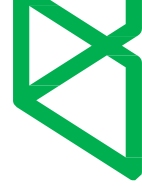
We had to put a picture of the Socceroos on the cover. The whole country was united to support them, and they made us all so proud with their wonderful efforts. We really are a wonderful sporting nation, and we can only go from strength to strength on the international stage in the future. It must have surprised everyone that there were so many football supporters in the country!

This winter, Australia brought its full support behind the Socceroos. And despite their heartbreaking exit, the nation was still proud.

This sentiment was echoed in history 20 years ago, at the 2006 FIFA World Cup in Germany. Time and again our boys, and girls, show the world what our nation is capable of on the sporting stage.



The Socceroos in 2026.



Recipe: Stir-fried vegetables with cracked black pepper

Serves 4

Preparation time: 10 mins Cooking time: 10 mins

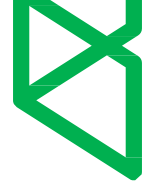
400g bok choy	2 tbsp coconut oil
2 cloves garlic, crushed	2 medium carrots, sliced thinly
250g beans halved (or snow peas)	1 ¼ cup bean sprouts
¼ cup water	1 tbsp oyster sauce
1 tbsp fish sauce	1 tbsp soy sauce
1 tsp brown sugar	1 tsp cracked black pepper

1. Break the bok choy into large pieces. Heat oil in wok or pan, stir-fry garlic, carrots and beans until almost tender.
2. Stir in bok choy, sprouts, water, sauces, sugar and pepper. Bring to the boil, reduce heat and simmer uncovered until vegetables are just tender.

Serve and enjoy

You can also add 1 single thinly sliced breast of chicken, ½ capsicum and 4 chopped shallots. Just make sure to DOUBLE the sauce quantity.

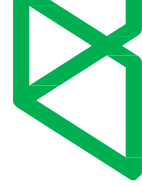




FIND 10 DIFFERENCES



SEASONEDTIMES.COM



Acknowledgements

- Having an R U OK? conversation: <https://store.ruok.org.au/senior-australians-65-staying-connected-activity-book/>
- Winnie the Pooh quote: <https://au.pinterest.com/pin/promise-me-youll-always-remember-youre-braver-than-you-believe-and-stronger-than-you-seem-and-smarter-than-you-thi--1125968651557888/>
- 2026 Socceroos: <https://www.sbs.com.au/news/article/fifa-world-cup-2026-bright-future-for-the-socceroos/4a8xkfhkt>
- Quotes for Seniors image: KS KYUNG @Unsplash
- Recipe by Andrea Dolan, originally submitted to the Social Club Recipe Book

