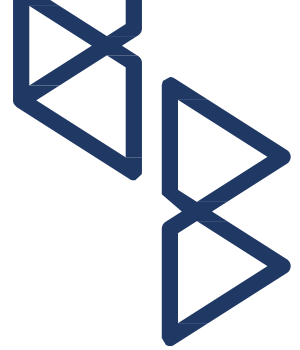


LINKOUT

The Outreach Services Newsletter
Canterbury-Bankstown Libraries



Dear readers,



Welcome to a very nostalgia-filled edition of *Linkout*.

We've curated a selection of recommended reads set across the twentieth century, complemented by delightful photographs from our local history archives. If any titles catch your interest, please call us on 9707 9733 or email hls@cbc.city.nsw.gov.au.

You'll also find a challenging word search featuring names and locations of historical significance to the Chester Hill area, along with a cosy craft activity, a health checklist to inspire everyday wellbeing and some fascinating facts to enjoy.

From all of us, we wish you a warm, healthy winter – stay active, keep cosy and ensure your heating appliances are kept and used safely.



Best wishes,

The Aged & Disability Team

Sandra, Jenny, Caroline, Anne Marie, Catherine & Mary



THINK OUTSIDE THE BOOK!

Have you thought about trying audio books?

We can help you access a wide variety of talking books, as well as variety of ways to listen to them.

If you do not have a device to listen to the talking books, we may be able to loan a device to you.

We can also help you access digital content, either audio books or ebooks, on your own device

Did you know you can also borrow a wide range of magazines, DVDs and CDs?



For more information on our physical and digital collections – see us at our next delivery, leave a note or ring us at 9707 9733.

**Home Library Service
Aged and Disability Team**

Find a word – the local history of Chester Hill

k	a	b	w	l	y	c	n	s	k	l	a	t	n	s	t	t	u
r	o	t	o	g	n	o	r	r	i	b	u	m	h	h	b	z	x
a	l	o	y	g	t	d	a	s	y	p	u	i	i	d	q	z	y
p	q	u	p	f	p	p	y	v	i	l	l	a	w	o	o	d	e
n	c	h	e	s	t	e	r	h	i	l	l	i	h	s	s	a	b
r	m	s	a	t	s	o	o	r	c	h	a	r	d	r	o	a	d
u	b	o	o	e	o	x	k	r	f	s	n	a	m	b	u	a	t
b	v	b	n	d	t	n	e	g	u	n	y	d	d	a	p	v	e
u	b	n	n	i	e	s	h	t	r	o	w	l	o	o	w	z	r
a	e	e	e	r	t	n	e	c	r	e	n	i	r	a	m	a	r
h	v	d	q	f	r	s	e	o	h	s	s	e	i	v	a	d	y
o	r	a	n	s	g	l	b	e	u	n	a	v	i	s	t	a	k
l	e	i	g	h	t	o	n	f	i	e	l	d	t	h	j	w	e
c	h	r	e	l	e	e	h	w	s	s	u	r	g	v	f	w	n
h	k	y	r	o	g	e	r	b	o	w	m	a	n	h	r	f	n
t	o	m	t	h	e	c	h	e	a	p	g	w	f	p	y	s	a
r	o	y	a	l	t	h	e	a	t	r	e	m	q	p	j	y	n
r	i	o	v	r	e	s	e	r	l	l	i	h	s	t	t	o	p

Abbott Park	Orchard Road
Chester Hill	Potts Hill Reservoir
Henneseys	Russ Wheeler
Mariner Centre	Terry Kennan
Beuna Vista	Woolworths
Paddy Nugent	Roger Bowman
Royal Theatre	Sefton
Taubmans	Tom the Cheap
Villawood	Bass Hill
Auburn Park	Davies shoes
Boroya	Leightonfield
Dairy	Oven Door
Hillcrest	

Period novels

We've curated a list of high-quality fiction set in the most iconic decades of the twentieth century. Feel the nostalgia or marvel at the minute details of an era never-before experienced.

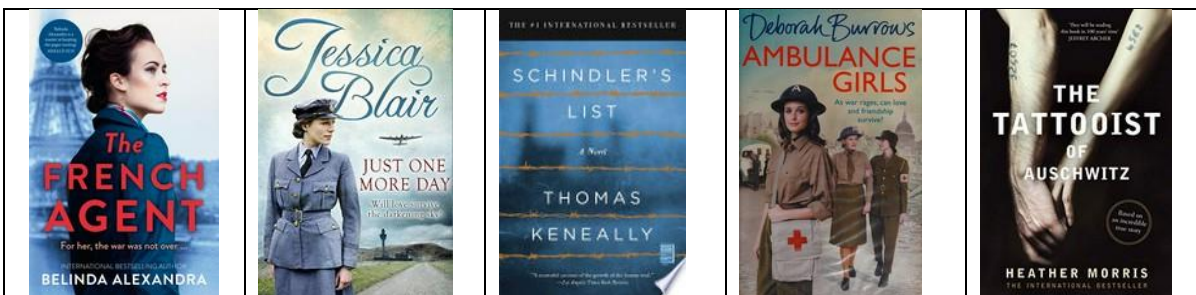
All titles are available in various formats.

1920s: prohibition, flappers, jazz, bobbed hair



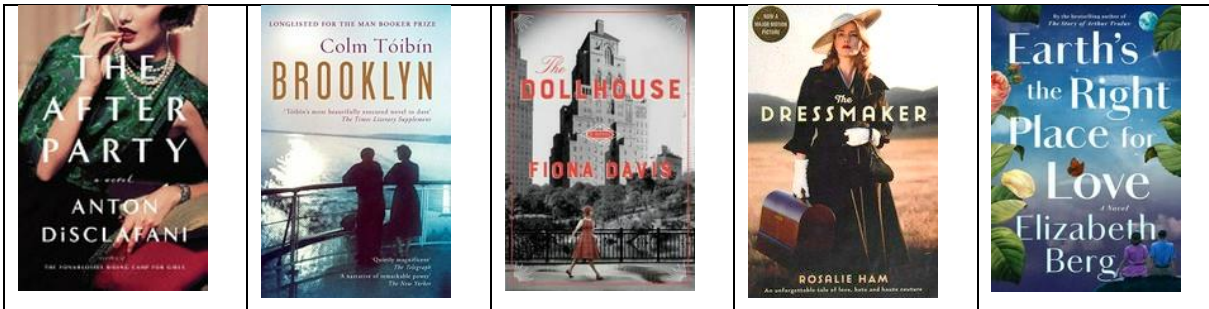
'The Great Gatsby'/ F. Scott Fitzgerald, 'The Painted Veil'/ W. Somerset Maugham, 'The Chaperone' / Laura Moriarty, 'The Housekeeper of Holcombe Hall'/ Maggie Campbell

1930s and 40s: war, austerity, nurses, spies



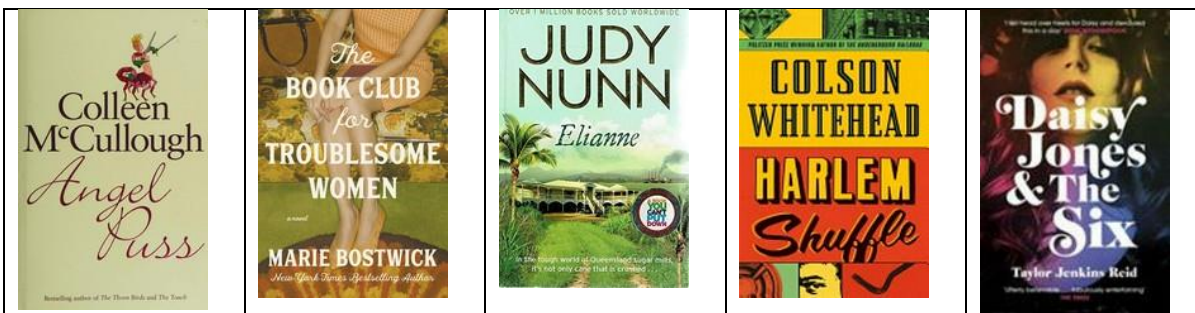
'The French Agent'/ Belinda Alexandra, 'Just One More Day'/ Jessica Blair, 'Schindler's List'/ Thomas Keneally, 'Ambulance Girls'/ Deborah Burrows, 'The Tattooist of Auschwitz'/ Heather Morris

1950s: materialism, elegance, domestic and family values



'The After Party'/ Anton DiSclafani, 'Brooklyn'/ Colm Toibin, 'The Dollhouse'/ Fiona Davis, 'The Dressmaker'/ Rosalie Ham, 'Earth's the Right Place for Love'/ Elizabeth Berg

1960s: The Beatles, counterculture, miniskirts



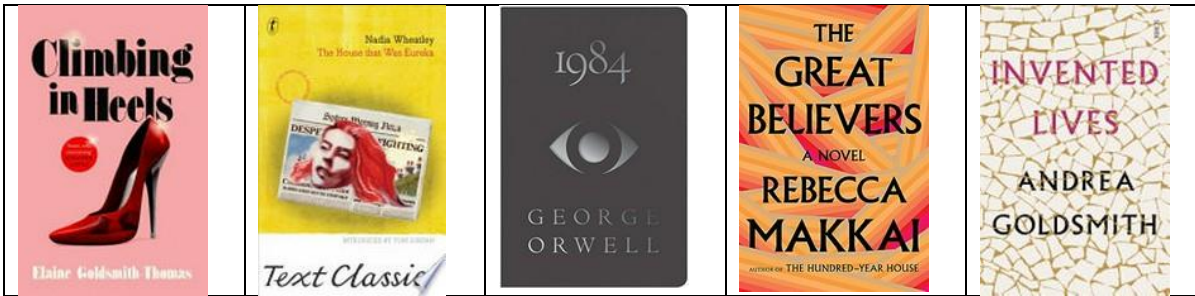
'Angel Puss'/ Colleen McCullough, 'The Book Club for Troublesome Women'/ Marie Bostwick, 'Elianne'/ Judy Nunn, 'Harlem Shuffle'/ Colston Whitehead, 'Daisy Jones & The Six'/ Taylor Jenkins Reid

1970s: Gough Whitlam, Watergate, disco



'Velvet was the Night'/ Silvia Moreno-Garcia, 'Salt River Road'/ Molly Schmidt, 'The Kite Runner'/ Khaled Hosseini, 'The Sympathiser'/ Viet Thanh Nguyen, 'Tenderfoot'/ Toni Jordan

1980s: Star Wars, perms, LiveAid, MTV, the Berlin Wall

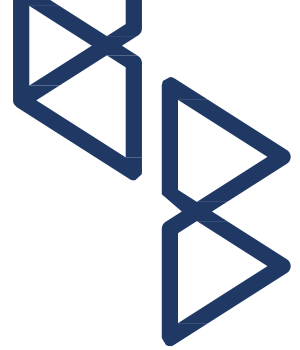


'Climbing in Heels'/ Elaine Goldsmith-Thomas, 'The House that was Eureka'/ Nadia Wheatley, '1984'/ George Orwell, 'The Great Believers'/ Rebecca Makkai, 'Invented Lives'/ Andrea Goldsmith



From left to right: Debutante Ball, portrait, Earlwood, ca 1958; Protestant Federation Home, group portrait, Hurlstone Park, 1940s; Janet Alderson, portrait, of Ashbury, ca 1962.

For more local history images, visit the Pictorial Canterbury website
<https://pictorialcanterbury.imagegallery.me/>



Health and lifestyle checklist

If you answer **Yes** to most of these questions, then you are doing well.

If you answer **No** or **Not Always** to more than one of the questions, then you may be at risk of a fall. You might like to discuss this checklist during your next appointment with a health professional.

	Yes	Not Always	No
Staying active			
Do you engage in physical activity (e.g. walking, swimming or group exercise) for 30 minutes or more, most days of the week?			
Do you include balance and strength training activities such as dancing, Tai Chi, yoga or an exercise session provided by a health professional or a fitness instructor?			
Calcium, vitamin D and water			
Do you eat 3 healthy meals per day?			
Do you eat at least 3-4 serves of high calcium foods (milk, yoghurt, cheese, almonds or salmon) per day?			
Do you spend a little bit of time in the sun? (6-8 minutes, 4-6 times per week, is plenty.)			
Do you drink 4-6 glasses of water (or other fluids) per day?			
Getting out and about			
Can you get out of a chair easily?			
Do you feel steady when walking?			

NSW Fire and Rescue – home safety visits



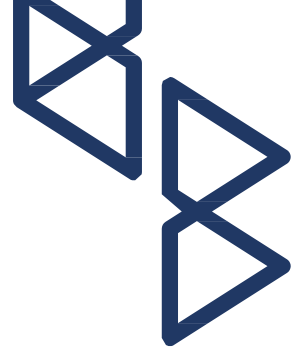
What is a safety visit?

During your Safety Visit, firefighters will attend your home and check that you have working smoke alarms, that they're in good working condition, and are installed in suitable areas. If you do not have one, firefighters will install a long-life battery-powered smoke alarm and replace existing smoke alarm batteries at no cost. With your permission, firefighters will also ask you to show them around your home and property to give you personalised fire safety advice.

Who might benefit from a safety visit?

Everyone can benefit from a safety visit, however over 65s are at higher risk of incidents when they're:

- Living alone
- Supported by carers, family and friends
- With limited mobility, hearing impairments or vision impairments
- Have English as a second language



Request a safety visit



Call your nearest fire station:

Bankstown: 02 9493 1062

Campsie: 02 9493 1052

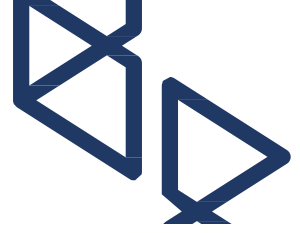
Chester Hill: 02 9493 1085

Lakemba: 02 9493 1064

Lidcombe: 02 9493 1030

Revesby: 02 9493 1047

Riverwood: 02 9493 1034



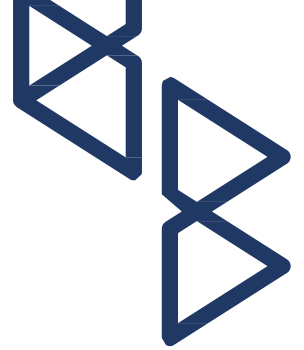
INTERESTING RIDDLES

@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



Forever monstera

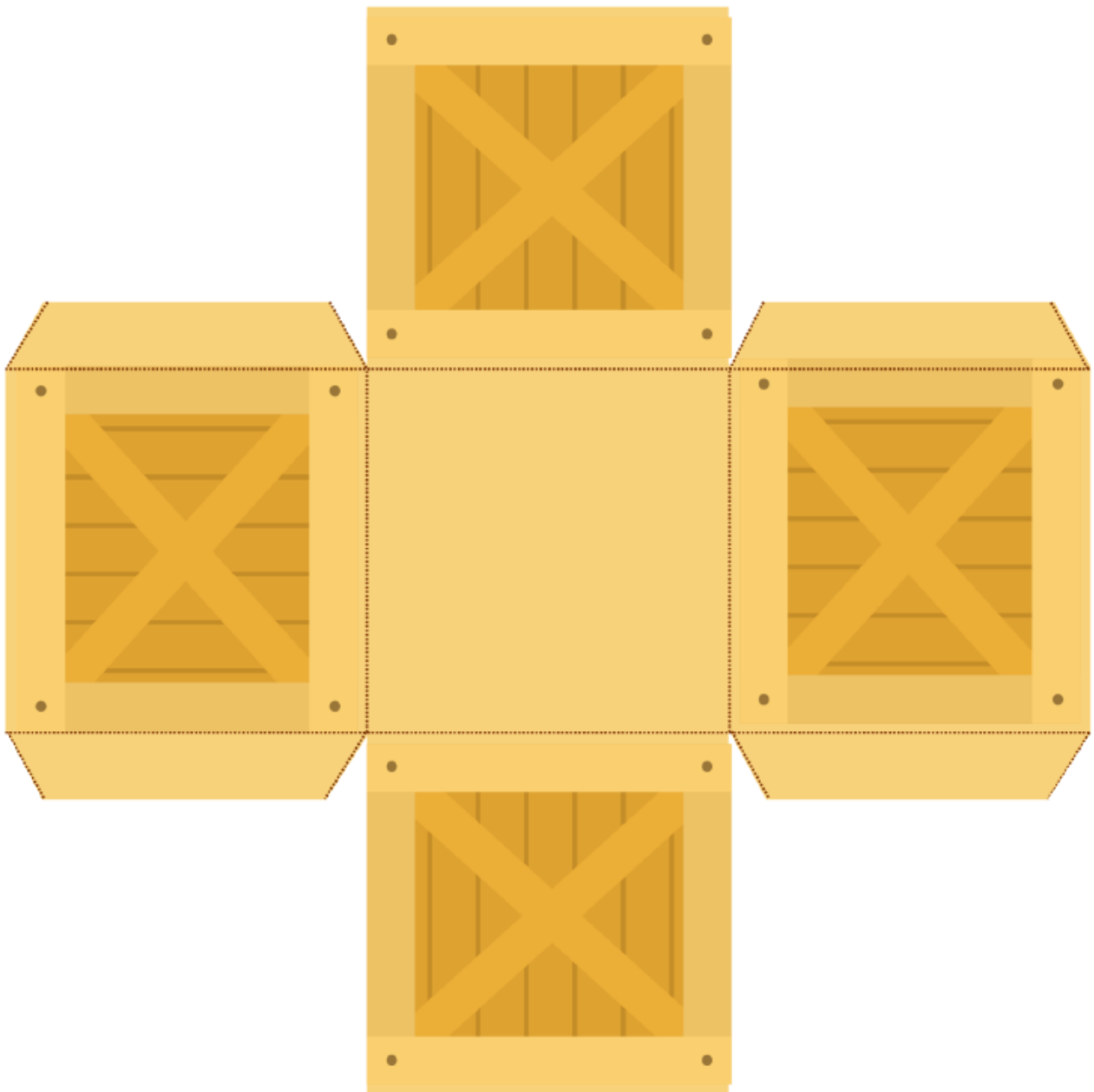
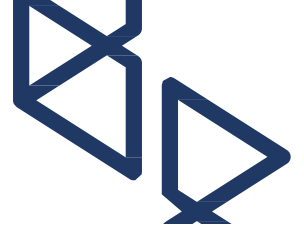
What you'll need:

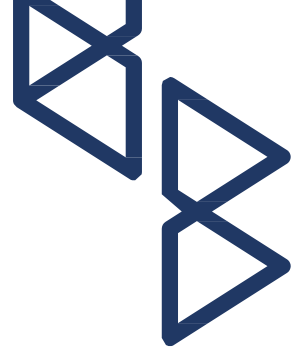
- Scissors
- Glue or sticky tape
- Markers
- Green pipe cleaners (for stems)

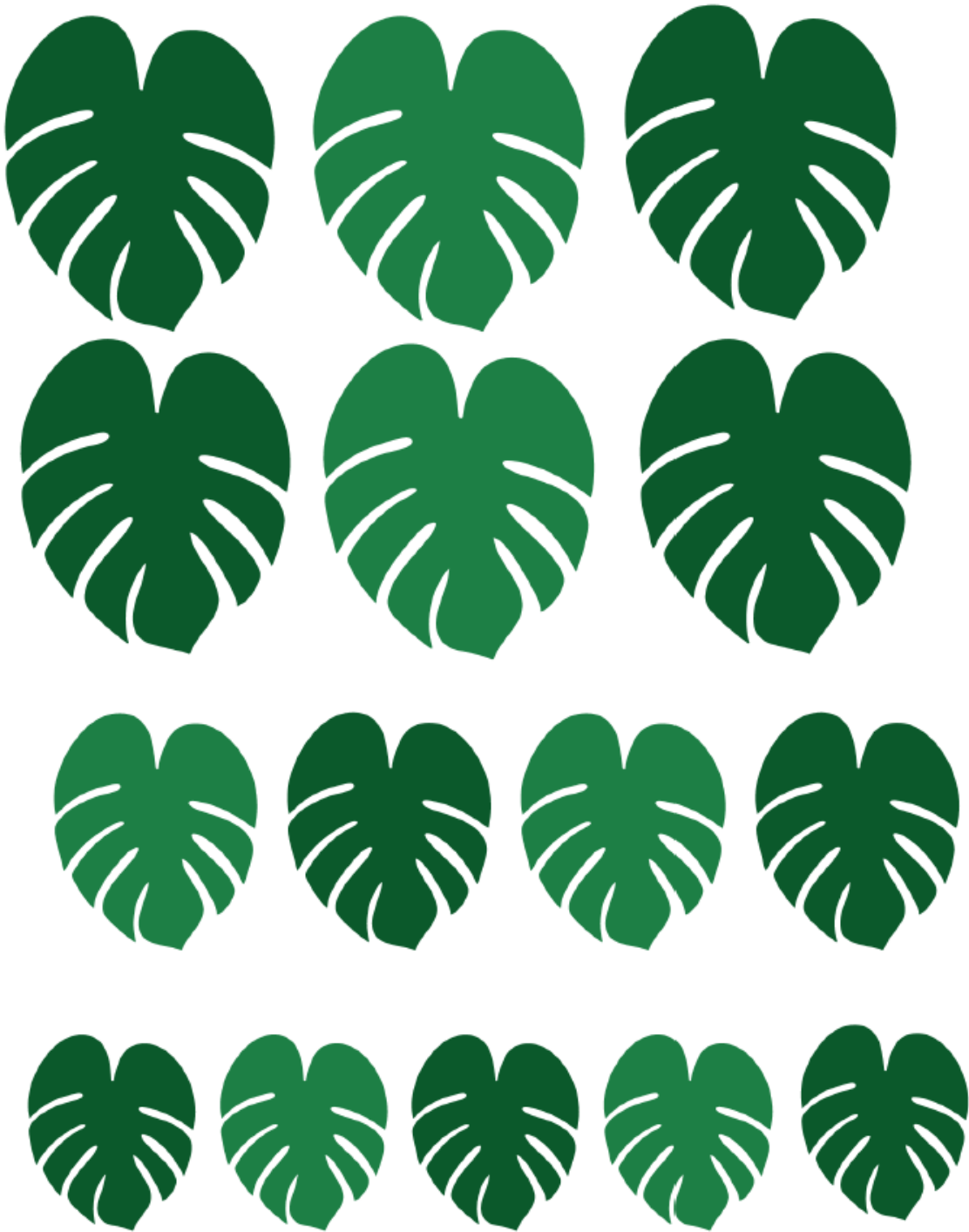
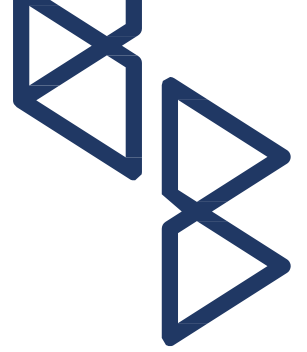
Instructions:

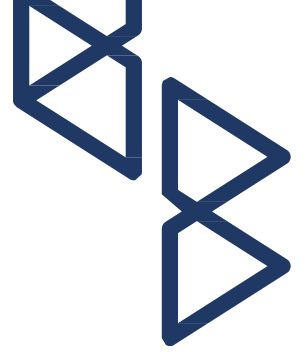
- Cut out monstera leaves from template
- Decorate leaves using markers to add variations
- Using a pipe cleaner as a stem, push it through a leaf, twisting the pipe cleaner to secure
- Once all your leaves and stems are ready, bunch them together and using the ends of the pipe cleaners, twist them together to stay secure
- Cut out create template, fold along dotted lines and stick together using glue or sticky tape
- Place your monstera leaves inside the crate
- Done!



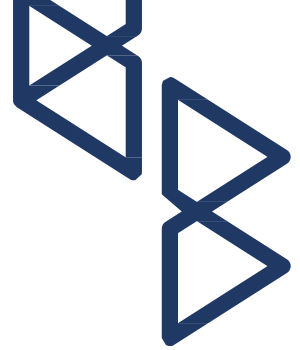








Acknowledgements



- Cover page image: Kelsey Todd @Unsplash
- Editor's letter image: MLARANDA @Pixabay
- Debutante Ball, portrait, Earlwood, ca 1958: Courtesy Canterbury Bankstown City Library image collection and Susan Fotheringhame
- Protestant Federation Home, group portrait, Hurlstone Park, 1940s: Courtesy Canterbury Bankstown City Library photograph collection and Anne Maher and Mary Brown
- Janet Alderson, portrait, of Ashbury, ca 1962: Courtesy Canterbury Bankstown City Library photograph collection and Janet Maher
- Health and lifestyle checklist:
<https://cdn.activeandhealthy.nsw.gov.au/assets/Uploads/Staying-Active-A4-Oct2018-web.pdf>
- Senior's friendly exercises: Easy moves in the comfort of your home, published by Canterbury Bankstown Council
- Home safety visits: <https://www.fire.nsw.gov.au/fire-safety/home-fire-safety/safety-visits#how>

Find a Word – Solution

k	a	b	w	l	y	c	n	s	k	l	a	t	n	s	t	t	u
r	o	t	o	g	n	o	r	r	i	b	u	m	h	h	b	z	x
a	l	o	y	g	t	d	a	s	y	p	u	i	i	d	q	z	y
p	q	u	p	f	p	p	y	v	i	l	l	a	w	o	o	d	e
n	c	h	e	s	t	e	r	h	i	l	l	i	h	s	s	a	b
r	m	s	a	t	s	o	o	r	c	h	a	r	d	r	o	a	d
u	b	o	o	e	o	x	k	r	f	s	n	a	m	b	u	a	t
b	v	b	n	d	t	n	e	g	u	n	y	d	d	a	p	v	e
u	b	n	n	i	e	s	h	t	r	o	w	l	o	o	w	z	r
a	e	e	e	r	t	n	e	c	r	e	n	i	r	a	m	a	r
h	v	d	q	f	r	s	e	o	h	s	s	e	i	v	a	d	y
o	r	a	n	s	g	l	b	e	u	n	a	v	i	s	t	a	k
l	e	i	g	h	t	o	n	f	i	e	l	d	t	h	j	w	e
c	h	r	e	l	e	e	h	w	s	s	u	r	g	v	f	w	n
h	k	y	r	o	g	e	r	b	o	w	m	a	n	h	r	f	n
t	o	m	t	h	e	c	h	e	a	p	g	w	f	p	y	s	a
r	o	y	a	l	t	h	e	a	t	r	e	m	q	p	j	y	n
r	i	o	v	r	e	s	e	r	l	l	i	h	s	t	t	o	p