



NEWS TIME

Kilcoy RSL Sub Branch

Edition 6

Message from your Welfare Officer

On Thursday 29th March we had DVA Pharmacist Advisor, Margaret Bowen, present an informative insight into the workings of medicines.

Margaret is one of the first points of contact for Doctors and hospitals around Australia to identify the best medication for patients who are currently on tablets that could adversely react to the new medication they need. Margaret also highlighted that some supplements we take can also affect different medications. Always check with your Doctor or Pharmacist prior to purchasing Vitamins etc.

To get help with your medicines:

Talk with your Doctor or Pharmacist

Ask your Pharmacist for a Medilist to keep track of your medicines

Ask your Doctor if you are entitled to a free Home Medicines Review by a Pharmacist in your own home

Ask your Pharmacist for a Consumer Medicines Information Sheet

If you are a Veteran, you can call Veterans' MATES on 1300 556 906 or visit their website

www.veteranmates.net.au

Margaret also advises to check your medicine cupboards for anything that is out-of-date or if you no longer use it and return it to your local pharmacy for safe disposal. Out of date products may not still be

Message from your President • • •

Well our end of year rapidly comes to a close with one significant event left for us (and others) on the 25th April. It is always interesting looking back over the year to see what we have achieved, what challenges we have faced and how we overcame those "speedbumps". We now have a new President & Secretary of the Womens Auxiliary, welcome to both Petrina Porter and Carol Bond for taking up those respective positions. We will endeavour to make their volunteer time as easy as possible by offering the use of any Sub Branch resources to them. Carol has visited a couple of times already to pick the brain of our most talented Secretary so that the Womens Auxiliary system looks very much like ours. I would also like to thank those ladies who have chosen to stay with this organization, your efforts are much appreciated.

effective and if you have stopped a medication, it may be because it has been replaced by another medication that is now more suitable to your current health needs. Thank you to those who came along and joined us for the presentation and hope you all enjoyed the morning tea. Beryl Robinson on behalf of John Robinson.



It is great to see Kelly Frawley back at home and recovering from a double knee replacement, soon he will be back on his "scooter". Good on ya mate but take it easy for now.



First plant 5 rows of peas:

Preparedness; Perseverance;
Politeness; Promptness;
Prayer

Next plant 3 rows of Squash:

Squash Gossip; Squash Criticism; Squash Indifference

Then plant 4 rows of Lettuce:

Let us be loyal; Let us be unselfish; Let us be truthful; Let us be faithful

No garden is complete without Turnips:

Turn up for church; Turn up with a smile; Turn up with determination; Turn up with a new idea.

Given to us by Val Conrad



APPLE CRISP – SERVES 6-8

Make sure the cashew butter is spreadable at room temperature

Ingredients – for filling:

1 ½ kg Granny Smith apples peeled and cored and cut into 1cm slices, 2 tbs cornflour, 1 teasp cinnamon, ½ teasp ground ginger, ½ teasp cloves, ½ cup 100 % pure maple syrup.

For topping:

¼ cup 100% maple syrup, 3 tbs cashew butter, 2 tbs unsweetened apple sauce, 1 teasp pure vanilla extract, 1 ½

cup rolled oats, ½ teasp ground cinnamon, ¼ teasp salt

Method: 1. Preheat oven to 200F. Line a 20cm X 20cm pan with baking paper, making sure it goes all the way up sides.

For Filling: Place the apples in a large mixing bowl. 3. Sprinkle the corn flour and spices over the apple slices and toss well to coat. Pour the syrup over the mixture and stir to combine. Place the mixture into the prepared baking pan.

For Topping: In a small bowl, use a fork to stir together syrup, cashew butter, applesauce and vanilla, until relatively smooth. Add the oats, cinnamon, and salt and toss to coat.

Assemble the Crisp: Spread the topping over the apple mixture. Place the pan in the preheated oven and bake for 20 mins. Reduce the oven temperature to 180f and bake for another 20mins, or until topping is golden and the filling is bubbly.

Remove the pan from the oven and transfer to a cooling rack. Serve warm

DATES TO REMEMBER

Next Meeting: 14th April 2018
@ 1030hrs

23rd April 2018 we will be having a working bee at the RSL in preparation for ANZAC Day the more volunteers the less work commencing 0930hrs come along and have some fun. BBQ Lunch.

25th April 2018 ANZAC Day Dawn Service is at 0515hrs

Main Parade will form up in Mary Street @ 1000hrs for March off at 1030hrs. **If you need transport for the march please give May a call on 0405 392 461 or Neil 0457 635 964.**

Our next race days will be 21st April 2018 and 16th June 2018 always looking for help on the day the more help we get the less time everyone spends there, always a good day.

