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Hello, Welcome to Autumn! We have lived through the wettest summer since white settlement. You can't say life isn't full of surprises. What a nice surprise to see so many folk at last Wednesday's meeting. I felt like I was returning to a big friendly family. Of course we miss Frank & Billie, Jack Peter C, Val & others. Hope things are well with you all. Looking forward to another trip to Goomalibee. The internet tells me it is an older place than Benalla as it was a cattle station founded in 1840. One to you Peter & Judy!  
Anyone making our recipes? Let us know if they are any good Take heart! Cheers. Geoff.

WED. MARCH 23<sup>rd</sup>

Wang Club as usual.



Old Books & Book Binding.

Learn a bit about one of Geoff's obsessions.  
Demonstration of simple book repair.

Collection of books old & new and in between.

Maybe you have a book needing repair you could bring. You never know I might be able to help.

P,S Have you got a hobby or collection to share ?

PETER & JUDY'S PLACE

Wed APRIL 27<sup>th</sup>

Leave 9:30 Wang swimming pool

Remember those scones?

Lunch provided. The best of hosts and a delightful country setting.

Peter & Judy suggest we bring money the appeal.



suggest we bring money to donate towards Victorian flood appeal.

ANYONE LIKE TO TRY THIS ONE?

## Fresh Herb & Ricotta

- 550g zucchini, cut lengthwise into 1-3mm slices
- 100g reduced-fat feta cheese
- 2 tbsp chopped dill
- Black pepper
- 12 slices wholemeal/wholegrain bread, toasted
- 1 tsp dried mint
- 300g reduced-fat ricotta cheese
- 1 tbsp garlic chive
- Finely grated zest and juice of 1 lemon
- 1 tsp dried mint
- 2 tbsp mint
- 2 tbsp parsley
- 75g pine nuts, roasted
- Olive oil spray
- 2 tbsp chopped chives
- 4 cups of mixed salad greens

Place the zucchini in a single layer on two large, greased oven trays, brush or spray lightly with olive oil and sprinkle with dried mint. Grill for 10 minutes or until tender. Cool

Place the ricotta and feta in a bowl and mash well. Add the chopped chives, dill, garlic chive, mint, parsley and finely grated lemon rind. Season with pepper. Line the base and sides of a 10cm x 16cm terrine mould, with cling wrap or bakers paper. Lay out the zucchini slices to cover the base and sides, allowing the slices to overhang the edges, place in half the herb ricotta mixture and top with a layer of zucchini slices.

Repeat with the remaining herb ricotta mixture and fold the zucchini over the top of and completely enclose. Cover with plastic wrap and press down and refrigerate for several hours until well chilled.

Remove from terrine mould and slice in thin slices and serve with salad greens and toasted wholegrain/wholemeal bread. Drizzle over lemon juice and toasted pine nuts. Serve as a light vegetarian lunch or entree or as a snack for entertaining.

## 1. Is watching too much TV bad for kids' eyes?

Quiz Answers bottom of page

- a) Yes, kids who watch too much TV end up needing glasses
- b) No, as long as they don't sit too close to the TV
- c) No, watching TV is great for their eyes

## 2. Will taking vitamin B stop mosquitoes biting you?

- a) Yes, and it only takes a small dose
- b) No, it makes no difference
- c) Yes, if you take enough of it

## 3. Is chocolate good for your heart?

- a) Yes, but you should only eat it in moderation
- b) No, anything that tastes this good has to be bad for you
- c) Yes, but it has to be dark chocolate

## 4. Do redheads feel pain differently?

- a) Yes, natural redheads don't feel pain
- b) No, there is nothing special about how redheads respond to pain
- c) Yes, there seems to be something special about how redheads respond to pain

## 5. Will sea water help heal sores?

- a) Yes, sea water is a great way to heal sores
- b) It might, but there are too many variables to make it a good choice
- c) No, sea water is more likely to cause infection

## 6. Can wearing sunscreen regularly be a health risk?

- a) Yes, you should try not to use sunscreen every day
- b) No, the evidence to date suggests sunscreen is a safe and important part of sun protection behaviour
- c) Maybe, wearing sunscreen too often could be a greater health risk than not wearing it at all

## 7. Are oysters an aphrodisiac?

- a) Yes, a rare amino acid in oysters boosts sex hormones
- b) Perhaps, but it might depend on their presentation
- c) No, Casanova was making it up

# HEALTH FACTS or FICTION

1=b 2=b 3=c 4=c 5=b 6=b 7=b

## **Fact Buster. Q: *Is it safe to drink water from plastic bottles?***

**A: *Probably. But it depends on the type of plastic the bottle is made from.***

When it comes to a healthy drink, nothing can compete with water.

And in an effort to be more healthy, many of us make a point of carrying water bottles with us everywhere we go. But are our water bottles a health issue? Especially those made from plastic?

Generally they are safe, says Michael Moore, Emeritus Professor of Toxicology at the University of Queensland, but it depends on the kind of plastic the bottle is made of.

Most plastics are made of long chains of hydrocarbon molecules, built from simpler building blocks called monomers. Some plastics then have chemicals added to give them a characteristic such as flexibility or colour.

### ***Buying bottled water***

The 'single use' water bottles that you typically buy at milk bars, service stations and the like are usually made from polyethylene terephthalate (abbreviated to PET or PETE), an inexpensive and lightweight plastic. Its recycling code (the number in the centre of the triangle of arrows found on most plastics) is 1. "PET is not one of the plastics that one would think has a propensity to cause a problem," says Moore.

### ***Using your own bottle Choosing a bottle***

If you want to err on the side of caution, Moore suggests you avoid drinks bottles that have the recycling codes of 3 or 7, particularly for children.

The best bottles to use and reuse are those with the recycling codes 2, 4 and 5. 2 and 4 are made from polyethylene and 5 is made from polypropylene.

"There's absolutely nothing in polyethylene or polypropylene that could be classified as dangerous", says Moore. But these bottles are more expensive to make, so while they are likely to be found more and more in reusable bottles, PET is likely to be the plastic of choice for single-use bottles for a while to come.

You can also check that reusable bottles say they are 'BPA-free', as some bottles may be made of number 5 plastic but use polycarbonate linings or mouthpieces.

Another rule of thumb is to use clear plastic rather than coloured or opaque because they eliminate small potential risks from colouring agents added to the plastic, says Moore.

And while stainless steel or aluminium bottles are often considered a safe bet, these still have some issues, says Moore. Stainless steel can corrode a little over time and while the released iron won't harm you, it'll add an unpleasant taste to your water.

Aluminium can also corrode and release aluminium salts into the water. One way of stopping this is to use a plastic liner, which takes you to square one. Glass is a good, but often impractical.

"In the end you've got to balance all the issues. I would think that many bottles are safe to use, even PET ones. The only one I would advise against are PVC and polycarbonate," concludes Moore.

*Professor Michael Moore is also Chair of Water Quality Research Australia. He spoke to Katherine Nightingale.*

