Welcome to Week 4!
Last week we had a visit from Kathy Cooper who taught us how to keep our ears healthy. The students enjoyed learning using Kathy’s puppets.

Congratulations to Alex LeBrocque who received a special award on Friday for his outstanding handwriting. Well done Alex, we are very proud of you.

HEAD LICE
Please remember to regularly check your child’s hair for head lice and treat promptly.

INTENSIVE SWIMMING
This term we will be running the intensive swimming in Weeks 7 and 8. The program is a very effective way to teach students water safety and learn to swim skills. Parents are welcome to come along and see how their child is improving as the lessons progress. More information will be sent home soon.
Leader’s Report

Week 3 was fairly quiet.

On Tuesday 20\textsuperscript{th} October, a lady came to the school to teach us about our ears and how to keep them healthy. She showed us how to blow our noses properly.

We received the script for our end of year play so we can start practising our lines for the auditions which will be held soon.

By Angus Kelly

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APPLE ROSES

Ingredients: to make 6 roses
• 1 frozen puff pastry sheet, thawed
• 2 red organic apples (I used red delicious)
• half lemon, juice
• 1 tablespoon of flour, to sprinkle the counter
• 3 tablespoons of apricot preserve
• cinnamon (optional)
• powder sugar for decorating (optional)

Preparation time: 45 minutes

Directions:
1. Thaw the puff pastry if you haven’t done so yet. It should take about 20-30 minutes.

2. Prepare a bowl with some water and the lemon juice. Cut the apples in half, remove the core and cut the apples in paper thin slices, as shown in my picture. Leave the peel so it will give the red color to your roses. Right away, place the sliced apples in the bowl with lemon and water, so that they won’t change color.

3. Microwave the apples in the bowl, for about 3 minutes, to make them slightly softer. If you prefer, you can also simmer the apple slices in the water in a small pan (on the stove).

4. Unwrap the puff pastry over a clean and lightly floured counter. Using a rolling pin stretch the dough a little, trying to keep it in a rectangular shape. Cut the dough in 6 strips. These are about 2 in x 9 in (5 cm x 22 cm).

5. In a bowl, place three tablespoons of apricot preserve with two tablespoons of water. Microwave for about one minute, so that the preserve will be easier to spread. Spread the preserve on the dough.

6. Preheat the oven to 375 degrees F (190 degrees C). Drain the apples.

7. Place the apples on the dough, as shown in my picture. Sprinkle with cinnamon if you’d like.

8. Fold up the bottom part of the dough.

9. Carefully roll, seal the edge, and place in a silicone muffin cup. No need to grease the muffin mold if it’s silicone. Otherwise, make sure to grease it.

10. Do the same for all 6 roses. Bake at 375 degrees F (190 degrees C) for about 40-45 minutes, until fully cooked.

NOTE: make sure the pastry is fully cooked on the inside before removing the roses from the oven! If after 30 minutes the apples on top look fully cooked, move the pan to a lower rack in the oven, and wait for 10-15 more minutes to avoid undercooking the puff pastry.

Sprinkle with powder sugar and enjoy!
The Caragabal Country Club will be closed for the harvest period. If you would like to be kept informed of upcoming events and changes to the club’s schedule please give Easty a ring and he will add you to a group SMS informing you of the changes.
0428 476 228

Royal Hotel Caragabal
Friday Nights
Meat Tray Raffles
(2 prizes to be won)
Joker Draw $1300 from 7:00-9:00pm
For further information please call Erin 6347 5336

Anglican Church Service
The next service to be held at St Peters Anglican Church will be 20th December 2015.
For further information please call 6343 1097.

Caragabal Country Golf Club
Duty Rosters:
30th October to 1st November ~ Luke Ridley – Stephen Cooper – Adrian Taylor
6th to 8th November ~ Daniel Cooper – Peter Pursehouse – Graham Toole
MEMBERSHIPS FOR 2015/2016 ARE NOW DUE
Prices remain the same as last year:
$110 for registered players
$55 for social members
Online payment option:
BSB: 012-655
Account: 213214686
Please use your name as the reference

Melbourne Cup Luncheon
The Caragabal Hall Committee will be hosting a luncheon for the Melbourne Cup on 3rd November 2015 starting at 12:00pm
at the Caragabal Pub
The cost is $15 per head and includes a 2 course meal.
There will be raffles, sweeps, best hat prize and lucky door prize
For bookings call Sue Ray 6347 5350

TAI CHI FOR HEALTH
Tai Chi is held on Tuesday morning from 8:00am at Caragabal Public School.
Everyone Welcome!
Contact Helen Denovan 6349 1777

Melbourne Cup Day

MELBOURNE CUP LUNCHEON
The Caragabal CWA would like to invite you to the following event. If you would like to join us contact Helen Denovan on 6347 5286

**SPRING INTO SPRING!!!**

**PARADE - FEATURING FASHION HOUSES OF COWRA.**

Compere – Matt Hogan

WHERE: Home of the Murphy’s “River Park” River Park Road, Cowra.

When: 31st October 2015.

Time: 2pm to 4pm

Cost: $10 including Afternoon Tea

*Speakers: Danielle Allen: Cowra Community Health (Domestic Violence)*

*Also- Jessie Lee Medway: Cowra Show Girl 2015.*

Showcasing local businesses.

Cowra & Grenfell Community Health in conjunction with Canimbla CWA

Phone: 6342 3449

Tickets available: Re’lish Home & Living or Cowboy Gun’s and Gear, Cowra & Grenfell Community Health.
Caragabal Country Golf Club

MIDWESTERN HIGHWAY
CARAGABAL NSW 2810

PHONE: 02 6347 5270

NOW OPEN IN CARAGABAL

CONTACT: Larry McDonald
0458 475 358

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Growing the Business of Farming.
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Regional Service Manager: Rachel Galvin: 0427 773 495
Chairman: Peter Toole: 63475252
Secretary/Treasurer: James Clifton: 63476254