

OUT & ABOUT IN OUR COMMUNITY

NAIDOC



The Board and staff at Burrandies would like to thank all those who attended, for joining in and supporting the community by attending our annual NAIDOC celebrations.

This year, as we have done for several years now we held the official flag raising event in the Cave gardens on Monday the 4th July. Following on from the flag raising was a scrumptious community barbeque along with the well talked about lemon myrtle cheese cake, face painting , community support expo loads of free promotion gear.

As part of the NAIDOC celebration Burrandies combined a community services expo to take place throughout the day to provide information on their service and how they could assist our community.

We believe that despite the ordinary weather experienced on the day that it was an overwhelming success. Combining the event with community celebrations and BBQ to kick off NAIDOC week also proved to be a winner. I'm sure that the lure a warm food and great sweets was always going to draw in a crowd.

Week 2011

NEWS

TRIBUTE TO WOMBAT



The passing of the late Malcolm Anderson better known as WOMBAT has the community in great sadness.

Wombat was very active in the community and involved in a lot of committee's. Some of his tireless work included: as the presenter of Nunga Radio on 5GTR FM for many years, a regular visitor to the Mount Gambier Jail an active elder within the schools and a strong contributor to Burrandies and Pangula Mannamurna Inc.

On behalf of the Board of Management and staff at Burrandies we would like to say thank you and farewell for now old friend.



We ask all members of the community to advise us of coming events or milestones that have been achieved as we would dearly love to put these in the newsletter. Promotion of positive things within the community should be applauded by all.

Contact Natalie at Burrandies for any items (Ph: 87 25 6200) or email natalie@burrandies.org

COMMUNITY WORKSHOP

Limestone Coast School's participation



Each year's NAIDOC celebration is guided by a theme. The 2011 theme is 'CHANGE: the next step is ours' – This year Burrandies bought together 17 schools from the Limestone Coast to contribute to two large vibrant banners in which they painted their interpretation of NAIDOC.

The 2 larger banners were on display inside the tents for the official flag raising and opening of NAIDOC.

It was amazing to see the end result of the banners and the response and feedback of those who attended.

Burrandies also had a community support expo at the official opening where community and government organisations were available on the day providing information about their services.

Burrandies would like to extend their appreciation to all those who attended the official opening and look forward to Naidoc 2012.

Community Support Expo

ACTIVITIES

Weight-loss tips

Eat one portion of dairy food each day. Research has found that doubling calcium intake increases the rate your body metabolises fat by 50%

THOUGHT OF THE DAY

Each moment of nonwanting is a moment of freedom.

Mindfulness allows nonwanting.
When there is clear attention,
when there is just watching,
there's not wanting.

KIDS Jokes

Q. How do you get a band to stand?

A. You take their chairs away!

Q. Why couldn't the athlete listen to his music?

A. Because he broke a record!

Q. Where can you find 50cent and Eminem?

A. In between your sofa cushion!

Hey Kids if you have a cool joke that you would like to put in the newsletter call 87256200 or email natalie@burrandies.org

HEALTH

Vegetable fritters



Hide heaps of veggies in these yummy fritters and watch the kids wolf them down! Make extra, and put them in the lunch box for school or work the next day.

- 2 potatoes (400g)
- 1 carrot (150g)
- 2 zucchinis (360g) grated
- 125g can corn kernels, drained
- 1 onion, chopped
- 1/2 cup (75g) self-raising flour
- 1/2 tsp salt
- 1/4 cup chopped continental parsley
- 3 eggs, separated
- 2 tbs olive oil

CONTACT DETAILS

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