

COOINDA NEWSLETTER

MONDAY 27th AUGUST 2018

«First Name»
«Last Name»



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Email: lifestyle@cooindaterang.org.au

Our Vision: A builder of a socially inclusive community where people of all abilities are engaged and valued.

Canteen

This Friday in Terang we will be having Sausage and Bean Pot Pie followed with Mini Pavs with Fruit Salad and Ice Cream.



This Friday Frederick Street will be having home made pizza's.



All Abilities Advocacy Meeting

The next All Abilities Advocacy Meeting is being held at Cooinda this Wednesday the 29th of August.

Morning Tea 10.30am to 11.00am

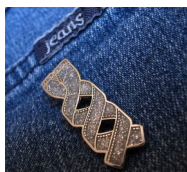
Meeting starts 11.00am

If you would like to RSVP please email: allabilitiesavocacy@hotmail.com



Jeans 4 Genes Day

Please support this great cause by wearing your jeans on Friday 31st August. Don't forget to bring a gold coin donation as well. All profits from Canteen will be included in our donation.



Onesie-Pyjama Fundraising Day

Cooinda has registered for Relay for Life 2019 at the Noorat Recreation Reserve. We are starting fundraising this year and are holding a Onesie Pyjama Day on Friday the 14th of September with a Gold Coin Donation, we will also be holding a BBQ at the Cooinda Terang Centre on this day with all proceeds from the BBQ being donated, this is open for anyone to come along and have some lunch and dress up if you like.



Cooinda AGM

The Cooinda Annual General Meeting is going to be held on Tuesday 23rd of October. We have a number of Board Vacancies if anyone is interested or knows of a community member who may be interested and has the required skills to contribute to planning and future direction of Cooinda, Please contact CEO Janice at the Cooinda Office on 5592 1533.



Vacancy in West Colac

DHHS have a 1 Bedroom Vacancy at a Property in West Colac, if you would like more information please contact the Cooinda Centre on 03 55921533 for a Brochure.



Socialisers Dance Party 22/08/2018



Healthy Caramel Slice

INGREDIENTS

Base

- 3/4 cup oatmeal
- 1 tsp cacao powder
- 2 tbsp coconut oil
- 2 tbsp maple syrup
- 1/2 tsp pure vanilla extract

Caramel

- 1 cup dates soaked in boiling water 15 minutes
- 1/2 cup cashews soaked in boiling water 15 minutes
- 1/2 tsp pure vanilla extract



Top Layer

- 1 tbsp virgin coconut oil
- 1 tbsp cacao powder
- 2 tsp pure maple syrup

INSTRUCTIONS

- 1.) Line a small, square or rectangular container (approx. 10 x 15cm)
- 2.) Mix all ingredients for the base together and evenly press into the base of container.
- 3.) Drain and rinse cashews and dates then process with the vanilla until smooth.
Add 1 tbsp. pure maple syrup if additional sweetness is required.
- 4.) Spread caramel mixture on top of base and place in the refrigerator for 30 minutes until set.
- 5.) Melt coconut oil from the top layer over a low heat. Mix in cacao and maple syrup.
- 6.) Pour over the top of the caramel and refrigerate again until set.
- 7.) Lift out of container using baking paper. Slice into 16 squares and store in the refrigerator.

RECIPE NOTES

90 calories per slice

Calendar of Events

Date	Event	Attending
March Ongoing	Stingers Netball	Registered
Wednesday August 29th	All Abilities Advocacy Meeting	Registered
Friday August 31st	Genes 4 Jeans Day	ALL
Wednesday September 12th	Socialisers Meeting	Registered