

COOINDA NEWSLETTER

MONDAY 3rd SEPTEMBER 2018

«First Name»
«Last Name»



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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 Baked Potato, Dessert will be Fruit Flummery. Camperdown will having Spahgetti Meatballs and Garlic Bread. Enjoy!!!!

Cooinda AGM

The Cooinda Annual General Meeting be held on
TUESDAY 23RD OCTOBER 2018
at 7.30 p.m.

Everyone is welcome to attend.



Vacancy in West Colac

DHHS have a 1 bedroom vacancy in a property close to the Northpoint Shopping Centre in Warrnambool, complete with it's own bathroom and built in robes. If you would like more information please contact the Cooinda Centre on 03 55921533 for a Brochure.

VACANCY

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.



Time has flown; NDIS Plan Reviews are here!

The NDIS have begun holding plan review meetings with participants and families with many plans already nearing their end.

The planners are getting in early, trying to do review meetings 2 months before plans expire.

The meetings are being organised by the NDIS with a phone call first to arrange a time, and it is then allocated to one of the local planners.

Cooinda are not usually advised of these meetings, so if you would like us to attend or provide a report on the first year of the plan, please let us know when you are having a meeting and we will be happy to support you or come along.

Phil Hose
General Manager

All Abilities Advocacy Meeting

Last week Cooinda was host to the South West All Abilities Advocacy Group, We welcomed almost 50 guests from TAFE, GenU, Wellways and other disability providers from around the region. Rowan did a great job of co-chairing the meeting as they discussed issues including transport, the NDIS, learning to vote and had an update of the All Abilities Find Your Voice Choir.



Happy Birthday!!!

Brian Nash celebrated his birthday last Saturday. We hope you enjoyed your special day Brian.



Jeans 4 Genes Day

A fantastic total of \$175.00 was raised last Friday for this worthy cause. Thankyou to everyone who participated. A great effort!!!!

BEEF SAN CHOY BOW



INGREDIENTS

- 750 g extra lean beef mince
- 1 tbsp sesame seed oil
- 1 ½ cups grated carrot
- 3 spring onions finely sliced
- 1 can water chestnuts sliced
- 2 garlic cloves diced
- 1 tsp freshly grated ginger
- 4 tbsp salt-reduced soy sauce
- 3 tbsp oyster sauce
- 3 tbsp sweet soy sauce
- 2 tbsp toasted sesame seeds
- 1 iceberg lettuce to serve
- 1 cup vermicelli chopped, prepared as per packet instructions

INSTRUCTIONS

Heat sesame oil in wok over high heat, then add mince. Use whisk or wooden spoon to break apart chunks of mince.

1. Once mince is browned, add garlic, ginger, carrot, shallots, water chestnuts and stir fry for a few minutes.
2. Add soy sauce, oyster sauce and sweet soy sauce and stir fry around for another 2-3 minutes.
3. Remove from heat and add vermicelli.
4. Serve in lettuce cups and sprinkle with toasted sesame seeds.

Calendar of Events

Date	Event	Attending
March Ongoing	Stingers Netball	Registered
Wednesday September 12th	Socialisers Meeting	Registered