



(JPEG PICTURE FORMAT)



FREE

**Birthday Party
Activities**



**Does your child have a
birthday party
coming up?**

Don't forget to book
the Northern Areas
Council or District
Council of Mount Re-
markable Community Ac-
tivity Trailer for fun outside party games.



The '**Community Activity Trailer**' includes
fun activity options to create obstacle cours-
es or party games. A FREE Healthy Party
booklet is included so you can easily coordi-
nate the best day for your family and friends!

For more information or to book the trailer

Contact:



**Northern Areas
Council:
P:(08) 86641139**

**District Council
of Mount Re-
markable:
P: (08) 8666 2014**





OPAL Mid North – The next phase

July 2016

The OPAL program aims at improving the lives of children and families in OPAL regions through community based healthy eating and physical activity support and initiatives.

In 2011 OPAL commenced in the Mid North region as a five-year joint partnership between Federal, State and Local Government with the Northern Areas Council, the District Council of Mount Remarkable and the District Council of Peterborough all committing ongoing funds and support to bring this internationally based, State-wide program to their regions.

In 2014 the Federal Government withdrew financial support for the OPAL program but the State Government and contributing Local Councils recognised the value of this initiative and elected to continue OPAL at a reduced capacity.

Emma Young, OPAL Program Manager, said despite the five-year joint partnership coming to an end this September, OPAL will continue to have a strong future in the Mid-North.

“Northern Areas Council has committed increased funding support for the OPAL program to continue into 2017 and we are currently in discussions with the District Council of Peterborough regarding their ongoing support,” Ms Young said.

“In addition to these discussions, I am pleased to confirm that a continuing part-time OPAL position is now guaranteed beyond the end date of the current contract and into the future.”

“The part-time OPAL position will continue to be administered through the Northern Areas Council and a broader Mid North OPAL Network Partnership has also recently been established.”

Ms Young said making OPAL available to all council regions would ensure the program could remain sustainable into the future.

“During the final year of our contract, we welcomed the Clare and Gilbert Valleys Council and the Wakefield Regional Council into the OPAL Network Partnership which is very exciting and staff in these Councils have received training and will continue to be supported through the OPAL State Centre Unit. “

“The District Council of Mount Remarkable has also committed their ongoing support as OPAL Network Partners with their Community Engagement Officer, Hayley Trott now being the OPAL contact in their region.”

Ms Young said OPAL had achieved much during the past five years, undertaking more than 300 projects and initiatives and touching the lives of more than 4000 children.

“It has been an honour rolling out the OPAL program in this region and I thank our contracted Councils for their support and for taking a lead role in creating supportive environments for children and families to eat well and be active,” she said.

“The successful delivery of a program such as OPAL relies on strong, proactive and action-centred partnerships across a range of sectors, settings and within the communities themselves.”

“I would like to thank the many community members and service providers that have assisted in driving positive changes through the OPAL program, as well as the many children and families that we have shared the OPAL journey with – we are excited to be able to continue OPAL into the future.”

“While I will be moving on the community can be assured that OPAL will continue be delivered by OPAL Project Officer, Daina McCormack who has provided wonderful support to me in the delivery of this program.”

The OPAL Mid North Network Councils have collaborated together to implement a Free School Holiday Program, The Vitamin N Challenge. The Passport style challenge highlights outside activities, such as Geocaching, to increase nature play for families across the Mid North Region. To find out more or be involved visit www.opal.sa.gov.au or contact Daina McCormack on 0488 090 303. Also visit www.facebook.com/OPALMidNorth for up to date events and information.

Emma Young
OPAL Program Manager



Healthy Winter Soup

Soups served with grains and crusty breads come together to make well balanced dinners. Freeze left overs for quick and easy lunches during the week.

Ingredients

1 tablespoon (20ml) olive oil; 1 clove garlic-crushed; 1 onion -finely diced, 4 stalks of celery-chopped; 3 carrots-chopped; 1 litre of reduced salt liquid Stock Sprinkle with chopped parsley to serve.

Method

Step 1: Heat oil in a large saucepan and add onion and garlic. Cook until onion has softened.

Step 2: Add remaining vegetables and stock. Stir through and continue heating.

Step 3: When the soup reaches a boil turn down the heat and allow to simmer for 10-15 minutes or until vegetables have softened.

**Use this soup recipe as the foundation for more soups to suit your own taste. You can create a range of different soups to suit your own liking by simply varying the vegetables, meat and herbs and spices.



Chicken noodle soup

Slice 300g chicken breast and add alongside 50g uncooked spaghetti to the foundation soup recipe and cook through.

Pumpkin and lentil soup

To foundation recipe add one cup washed dried lentils and 450g peeled and diced pumpkin. Blend and serve. Add 2 tablespoons of mild curry paste if you want a little more spice.

Lamb and barley soup

To the foundation recipe add 3 lean lamb shanks and $\frac{3}{4}$ cup pearl barley. Cook until meat is tender, remove meat from bones and return to soup.

Daina McCormack

OPAL Project Officer—0488 090 303

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f www.facebook.com/OPALMidNorth



OPAL HIRE GEOCACHING PACK

Geocaching is a high-tech treasure hunting game. Using a GPS device or a GPS enabled phone to locate hidden containers called caches. However, the fun part is not to make your searching obvious to people who aren't Geocachers... Part of the fun is being a bit sneaky!

OPAL Hire Geocaching Pack includes a hand held **GPS unit**, family friendly geocaching missions, pen, notebook, gloves, sanitiser and torch.



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For updates, information, borrowing times and how to get a hire pack at your place of business **"LIKE"**

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