



## 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.



The **FREE HIRE** packs are available at  
**OVER THE EDGE SPORTS MELROSE**  
**FLINDERS MOBILE LIBRARY**  
**SPALDING GENERAL STORE AND CAFÉ**

For updates, information, borrowing times and how to get a hire pack at your place of business **'LIKE'**  
[facebook.com/FlindersMobileLibrary](https://www.facebook.com/FlindersMobileLibrary)  
[facebook.com/otemelrose](https://www.facebook.com/otemelrose) \* [facebook.com/opalmidnorth](https://www.facebook.com/opalmidnorth)



# Life looks brighter outside

Bug searching, beach mandalas, cubby building, hill rolling, rock hunting, bird feeding are a few fun nature adventures your family could have during the Spring School Holidays.

Keep watch at [www.facebook.com/OPALMidNorth](https://www.facebook.com/OPALMidNorth) for more details about:

**OPAL Mid North Vitamin N Challenge**  
**October 1-16 2016!**

Get your dose of Vitamin N (N is for nature) to be in the running for a:  
**Spring Adelaide Zoo Experience Prize**

## 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 Remarkable Community Activity Trailer for fun outside party games.

The **'Community Activity Trailer'** includes fun activity options to create obstacle courses or party games. A **FREE Healthy Party** booklet is included so you can easily coordinate 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 Remarkable:**  
P: (08) 8666 2014

If you wish to keep up to date with monthly promotions: "Like" our **OPAL Facebook Page** ([www.facebook.com/OPALMidNorth](https://www.facebook.com/OPALMidNorth)) or be put on our **OPAL distribution e-mail list** by e-mailing: [daina.mccormack@nacouncil.sa.gov.au](mailto:daina.mccormack@nacouncil.sa.gov.au)

opalsa.gov.au

**WATER. THE ORIGINAL COOL DRINK.**

Opal is a joint program of State and Local Governments.





## 'Mid North Kids getting a dose of Vitamin N'

Kids in Northern Areas Council have been busy playing in mud, looking for bugs, building cubbies and outside nature treasure adventures over the last month to get their dose of Vitamin 'N'('N' is for nature).

The OPAL Mid North Network Team held it's first regional school holiday activity program this July to increase opportunities for kids and families to be physically active in nature, spend less time in front of screens and encourage healthy living in the OPAL Mid North Council Regions (District Council of Mount Remarkable, District Council of Peterborough, Northern Areas Council and Wakefield Regional Council).

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. "We really wanted to highlight free nature based activities in our Mid North region. It has been a fantastic way to demonstrate the fun factor and joy that comes with nature play in our local communities," advised Daina McCormack, OPAL Project Officer for the Northern Areas Council, District Council of Mount Remarkable and District Council of Peterborough. "From snail hunting in your back yard, creating bike swamp monsters at the Modular Pump track at Melrose, visiting local libraries, playing at Richardson Park Play Space at Seven Hill, discovering nature treasures at Port Germein Beach, Gregg Duggan Nature Reserve at Peterborough or Rocks Reserve at Balaklava. Nature Activities in the Mid North are limitless."

The OPAL Vitamin 'N' Challenge was run over three weeks, majority in the school holidays. Upon completion of the nature based challenges. Kids and families were invited to share their nature adventures with local sign off stations to register for the OPAL prize pack competition draw. "It was a very successful regional program with great uptake from community and local Sign Off Stations were a fantastic opportunity to highlight local libraries, council offices and business that support stronger and healthier neighbourhoods for all generations."

"We are currently in the planning process of developing more Vitamin 'N' Challenges, bigger prizes and promoting more local business Sign Off Stations in the Mid North for the next regional school holiday program".

**To register your business as a Sign Off Station in the October 1<sup>st</sup>-16<sup>th</sup> OPAL Mid North Regional School Holiday Program or to find out more please contact OPAL Project Officer, Daina McCormack on 0488 090 303 or**

**[Daina.McCormack@NACouncil.sa.gov.au](mailto:Daina.McCormack@NACouncil.sa.gov.au)**

