



# Kith and Kin Connects

"Building opportunities for individual growth" in Townsville since 1981

DEC 2011

KITH AND KIN  
ASSOCIATION  
LIMITED

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## CHRISTMAS EDITION



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### EVENTS CALENDAR HIGHLIGHTS DECEMBER

23rd December -  
2nd January  
OFFICE CLOSED

25th December  
CHRISTMAS DAY

26th December  
BOXING DAY

31st December  
NEW YEARS EVE



Visit us online : [www.kithandkin.com.au](http://www.kithandkin.com.au)

## CHUCK ANOTHER PRAWN ON THE BARBIE

If you're doing a BBQ this festive season, why not try this delicious seafood recipe? It's spicy and festive and just a little bit special.

### Garlic prawns with Provencale mayonnaise

#### Ingredients (serves 6)

120g unsalted butter  
6 garlic cloves, crushed  
1 small red chilli, seeds removed, chopped  
Juice of 1 lemon, plus wedges to serve  
1 ½ tbs chopped basil leaves, plus extra leaves to garnish  
36 large green prawns (about 2.5kg), heads removed, shells intact  
2 tbs chopped flat-leaf parsley leaves



#### Provencale mayonnaise

450g good-quality whole-egg mayonnaise  
2 tbs roughly chopped pitted black olives  
2 tbs chopped semi-dried tomatoes  
¼ cup basil leaves, roughly torn

#### Method

For the mayonnaise, combine ingredients in a bowl, then chill until ready to serve. Place butter and garlic in a saucepan over low heat. Once the butter has melted, add the chilli, lemon juice and basil, stirring to combine. Set aside. Halve prawns by splitting lengthways through the middle with a sharp knife. Remove vein, rinse, and then pat dry with paper towel. Season with salt and pepper.

Preheat a chargrill or barbecue to hot. If grilling, place the prawns on a shallow baking tray shell-side down. If barbecuing, place on barbecue plate shell-side down. Brush prawns with some of the butter and grill for 3-4 minutes until just cooked through. Pile onto a platter. Warm any remaining butter over low heat. Pour over prawns. Sprinkle with parsley and extra basil. Serve with mayonnaise and lemon.

*Wishing everyone at Kith and Kin*



*and a healthy and prosperous 2012*

**THOUGHT FOR THE DAY**

Peace on Earth

**'TIS THE SEASON  
FOR NOMS!**

**Here's a cool and decadent dessert treat idea for our hot summer celebrations.**

### Frozen Fruit Pudding

2 Litres vanilla icecream  
1 cup chopped glace fruit  
1 cup raisins  
1 cup currants  
1 cup other chopped dried fruit  
1/3 cup mixed peel  
1/3 cup chopped nuts  
Rum or fruit juice to cover.

Stir the fruit and rum together and let stand overnight. Allow icecream to soften just enough to allow the fruit mixture to be stirred in. Refreeze the icecream mixture in a pudding bowl. Turn pudding out on to a serving dish and decorate as desired.



## CHRISTMAS FAVOURITE

### White Christmas

250 grams Cofpa  
3 cups Rice Bubbles  
1 cup desiccated coconut  
1 cup mixed dried & glace` fruit  
1 cup milk powder  
3/4 cup sifted icing sugar  
A few drops of Vanilla or Rum essence.

Melt Cofpa and stir in all the other ingredients. Add the vanilla or rum essence.

Spread the mixture evenly in a flat tin, place in refrigerator to set and cut into 3 cm squares when firm



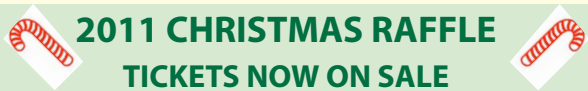
# ARTWORKS UPDATE

**Connect and Create Music and Singing Free Workshops for people with mental illness.**

**Wulguru Community Centre**  
Tuesday mornings  
9.30am - 11.30am until Dec 13th.  
Qualified music teacher.  
Musical instruments supplied  
No experience necessary.  
Phone the office on 4722 0101 for more information.



# \*\*\*LAST CHANCE RAFFLE TICKETS\*\*\*



## 2011 CHRISTMAS RAFFLE TICKETS NOW ON SALE

- 1st Prize** – Christmas Wheelbarrow Hamper Value – over \$1700
- 2nd Prize** – One Nights Accommodation and buffet breakfast for two at the Holiday Inn Townsville – Value \$300
- 3rd Prize** – Cash Tree – Value \$150
- 4th Prize** – Gift Voucher Ella Bache' Townsville - Value \$119
- 5th Prize** – Dinner For two at the Seaview Hotel – The Strand – Townsville – Value \$100

# \*\*\*DRAWN MONDAY 19th DECEMBER\*\*\*

See Sally Mitchell if you'd like to buy or sell tickets. All proceeds to ArtWorks!

**Left:** The DanceWorks! team rehearses, with DanceNorth's Jeremy, for their THRILLER performance at the Townsville City Council Creating Inclusive Community Awards on the 30th of November. The dance workshops for this event were sponsored through a partnership between the QLD government and the Townsville City Council.



# THE ARTWORKS BREAKUP/CHRISTMAS PARTY IS FRIDAY 25th NOVEMBER. ARTWORKS RESUMES FRIDAY 20th JANUARY 2012



## \*\*\*GREAT BIG THANK YOU\*\*\*

ArtWorks! would like to express their thanks to Cummins South Pacific for their generous donation to the ArtWorks! program. Their support is greatly appreciated.



Cummins Inc., is the world's largest designer and manufacturer of diesel engines. Cummins also supplies fuel systems, controls, air handling, filtration, emission solutions and electrical power generation systems.

Their Townsville office is located at 704 Ingham Road, Garbutt and their local customer support representative is Graham Owen. You can learn more about Cummins South Pacific at

[www.southpacific.cummins.com](http://www.southpacific.cummins.com)



*ArtWorks! wishes everyone a safe and happy festive season and a bright and prosperous new year.*

*We look forward to seeing you all in 2012.*

*We'd like to thank all our support staff and volunteers for their contributions to the ArtWorks! program during the year*

## BIRTHDAY WISHES

Many happy returns to all Kith and Kin staff members and service users celebrating a birthday in December. Best wishes on your special day.



# CHRISTMAS PARTY



Kith and Kin has had a busy and productive year with widespread recognition and achievement in its 30th year of operation.

We've expanded our programs, formed new partnerships and weathered Cylone Yasi.

Staff had a chance to let their hair down at our 2011 Staff Christmas party held at the Townsville Yacht Club on Saturday 19th November.

The theme of the party was 70's and 80's and everyone did themselves proud in the wide range of fabulous and imaginative costuming seen on the night.

Highlights from the night are shown on the front page. Staff will be able to view the rest of the photos and borrow a disk to print selected photos as soon as possible. Speak to Sally in the office for details.

## CONGRATULATIONS!!

Congratulations to our staff members who are celebrating milestones with Kith and Kin.

Janne Barrett	16 years
Sally Mitchell	16 years
Alfred Wimblett	15 years
Mary English	15 years
Sue Butler	15 years

Best wishes on your milestones and thank you for your years of dedicated service to the organisation.



## OFFICE CLOSURES OVER XMAS

The Kith and Kin office will be **closing on Friday 23rd December** and will **reopen on Tuesday the 3rd of January**.

Refer to your coordinator for any inquiries regarding the period of closure.

## STRATEGIC PLANNING



Kith and Kin is developing a new strategic plan for 2012 -2017.

By now, you should have received a questionnaire asking for your input on our forward planning.

Please take the time to answer the questions as fully as you can and return the document to Judith or Alfred in the office as soon as possible.

We value your opinions. The questionnaires are confidential and you can submit your anonymously if you choose to.

## IT'S SO EASY BEING GREEN, EVEN ON HOLIDAYS



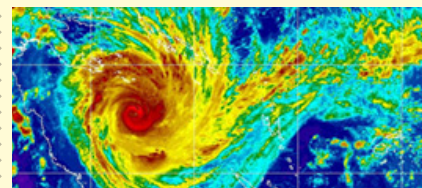
Replace paper napkins with cloth ones.

Make your own Christmas cards from pre-used paper and cardboard .

Buy food and gifts that have minimal packaging.

Use cloth shopping bags for Christmas shopping.

# CYCLONE PREPARATIONS



**Cyclone season is upon us again.**

Kith and Kin coped well with cyclone Yasi in February this year. One of the major reasons for our success in surviving the cyclone so well was our meticulous attention to cyclone planning and preparation.

If support workers are unsure of what cyclone preparations need to be carried out, please speak to your coordinator as soon as possible to make sure all check lists and plans are complete.

It's also wise to prepare your own family and home for cyclone season.

The QLD government has launched a disaster management website which provides helpful information and tips for surviving natural disasters.

Go to <http://www.disaster.qld.gov.au/getready/> for more information.

An information download is also available for special needs people, their families and carers.

Go to <http://www.emergency.qld.gov.au/emq/css/specialneeds.asp> for more information.

Don't wait for a disaster to happen before you think about how you and your family are going to survive.

## ISLAMIC NEW YEAR

The Gregorian calendar differs from the Islamic calendar, so people of Islamic faith celebrated their New Year on November 25th this year. Peace and blessings to our Islamic friends this New Year and always.



## WACKY WISDOM

The mind is like a parachute - It doesn't work unless it is open.