

Colac Otway Disability Accommodation Inc



Call for Entries **FREEDOM**

\$5000 Annual Acquisitive Art Prize

For Victorian artists experiencing disability
Entry forms available from: coda@coda.org.au
Entries close: 5pm 18th September 2023

Artwork: "Sweet Girl" by Brooke Styles

Annual Acquisitive Art Award

CALL FOR ENTRIES!

CODA's 2nd Annual Acquisitive Art Award is now open for entries around the theme of 'Freedom'. This Award and Exhibition is open to artists residing in Victoria, Australia, that are experiencing significant and permanent disability that impacts on their daily lives.



Artists may enter up to five (5) artworks with a \$10 entry fee per artwork. In the event that Gallery capacity has been reached, CODA reserves the right to reduce entry numbers in consultation with the artist.

ENTRY CATEGORIES

- * Acquisitive Prize \$5000.
- * 3-dimensional artwork (sponsored prize).
- * 3-dimensional artwork using recycled materials (sponsored prize).
- * 2-dimensional artwork (sponsored prize).
- * Digital Projection (sponsored prize).
- * Artist residing in the Colac Otway Shire (sponsored prize).
- * Artist under 18 (sponsored prize).
- * People's Choice (sponsored prize).

Entry forms are available from the CODA office, The LEAP Shop and via email. You can call 52311573 or email coda@coda.org.au to request an entry form.

Artwork pictured by
Isha Paasse



2023 Footy Tips

Thank you to Catherine & Brendan for hosting the 2023 AFL Footy tips. Catherine showed great organisation skills by adding the scores each weekend, making sure everyone had their tips completed and overall kept everyone up to date with who was in the lead.

THE WINNERS

1ST Candy (the dog) - 132 points

2nd Julie Minster– 129 points

3rd Anthony Bagg - 124 points

Thank you to all participants in this season's footy tips. Looking forward to seeing you all again next season!

Sadly, Candy unfortunately passed away at the beginning of the season. Brendan kept Candy's footy tips going & won the competition this year in honor of her.



Getting a late diagnosis - My Neurodivergent Brain!

I was always an energetic child. I didn't sleep, had a flair for the dramatics and could pick up a whole dance routine by watching the steps and repeating them as a three-year-old. I coasted through primary school and I just made it through high school. And even though it seemed like I was perfectly neuro-typical, I was probably displaying behaviours and tendencies identifiable as divergent.

Without a doubt, my sensory needs were becoming more apparent, such as not eating vegetables because they tasted like dirt, or being afraid of loud noises or consistently being on the move. But, in those days, I was labelled as just a fussy girl, a sensitive kid, quirky and odd.



I'll admit that in High School things were harder. I was able to mask my struggles well, however I found it difficult to manage my time and organization. I was excelling in the subjects I was interested in but, failing in the ones I disliked. I was either completely hyper-focused or completely disengaged. My teachers would say, "You have so much potential. If only you applied yourself to every subject like you do with English, performing arts and dance! You would excel."

Little did they know, hell, little did I know, that what was playing out in High School was some rather *typical* neuro divergency. I mean, I was the student that would wait until the day before or the day OF an assignment being due and bash out a 2000-word essay I hadn't even researched and would still get a reasonable mark for it. That's normal, isn't it??

What teachers, and everyone around me saw was a young woman that was learning how to mask and hide behind a series of characters and expected behaviours just to get by. I learned that I could hide behind my 'quirkiness' and almost get away with anything. I didn't recognise that's what I was doing, but somehow, I was able to use these traits to be endeared to others.

Fast forward to adulthood! And what a ride! I'm a mother and wife, and have a very successful and multi-faceted career. The thing is, I didn't realise I was what would be considered a workaholic. In fact, I didn't ever see it as unhealthy. I just figured I was exactly like my Dad. In fact, in many areas of my adult life, I recognised a hyper-fixation that was present. I could write, direct and choreograph a whole stage show.

I could learn a new talent or skill in art and craft. I could research and know how to use crystals and aromatherapy oils. I could have laser focus and near-obsession on something of interest to me, but I couldn't manage to run a household, cook or do school lunches. (Luckily, I have a husband that filled all the gaps I couldn't manage).



All this led to behaviours that were not sustainable for the long term. And in fact, these behaviours led to emotional burnout. And when that happened, I needed some help to work through these behaviours feelings and emotions.

After a lengthy process, assessments and therapy, at the ripe old age of 45 and having worked in disability for almost 15 years, I was diagnosed with Autism and ADHD.

And it made total sense. Where once I'd watched others and thought, *"I do that too, could I be...?"*, I felt seen and understood but most importantly I had an answer – a reason, but not a definition. It was never about the label for me, but about having the guts to understand myself. And now I can work out which behaviours I know serve me well, and which ones don't. I can put in strategies to manage the tasks I find uncomfortable (green food included) and prioritise self-care.

Will I ever do the housework? I don't know, but perhaps I can learn new ways to not place so much pressure and expectation on myself and be OK with that.

Perhaps that's where the lesson is for us all. – Renee Wilson

Recipe for Blueberry and Chocolate Chip Muffins

Ingredients

- 3 cups (375g) plain/all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 3/4 cup (150g) caster/granulated sugar
- 1 cup (240ml) buttermilk*
- 1/2 cup (120ml) vegetable oil
- 2 teaspoons vanilla extract
- 1 cup (100g) whole blueberries, fresh or frozen
- 1/2 cup (90g) chocolate chips

If you would like to submit a joke, recipe or story for the newsletter, please email coda@coda.org.au or let your supervisor or support-worker know.

The joke of the Day

What is spring's superpower?

FLOWER POWER!!



Instructions

1. Preheat the oven to 200C/400F/Gas 6. Line a 12-hole muffin pan with muffin cases, then set aside.
2. Whisk together the flour, baking powder, and salt. Set aside.
3. In a large bowl, whisk together the eggs and sugar until thick and light in colour. Add the buttermilk, oil, and vanilla, and whisk until combined.
4. Add the dry ingredients in thirds and fold in until just combined - do not overmix. Fold in the blueberries and chocolate chips. The mixture will be thick and somewhat lumpy.
5. Spoon the mixture into the prepared pan (filling to the tops), and bake for 15 - 20 minutes, or until a toothpick inserted into the center comes out clean.
6. Allow to cool for 5 - 10 minutes in the pan before transferring them to a wire rack to



Privacy

Are you happy with how CODA is keeping your information private?

If you have any concerns please contact your supervisor, Cluster Manager or CEO.

