

CODA CHRONICLES



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Well the winter months are upon us and I hope everyone is keeping warm and avoiding all those dreaded flu bugs going around. In winter our thoughts turn to soup, so please enjoy our easy Chicken and Sweet Corn soup recipe which is great on those cold wintery nights.

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Did you know?

Did you know that as residents of the Colac Otway Shire, you can go for a day trip to the Cape Otway Lighthouse and get in for FREE?

All you need to do is present your licence which shows that you are a resident of the Colac Otway Shire and they will let you in **Free** of charge. Now what a great idea that would be for the school

holidays, or when friends come to visit.

Do you know:-

- ◆ When the Lighthouse was decommissioned?
- ◆ Why Lieutenant Lawrence was dismissed from his role as the first Lightstation's keeper?
- ◆ What Eva Carmichael & Thomas R Pearce were famous for?
- ◆ What the subject was on the Minton porcelain that survived the Loch Ard wreck?



Well you can find all this out and much more at our historic Cape Otway Lighthouse, which is a lovely weekend drive at any time of the year. Remember to take your camera so that you can get some great photos and memories of a great day out.

New Lake Walk

Recently the Colac Otway Shire completed a new accessible walk way along the Lake foreshore, previously a dirt track worn by regular users of the foreshore. It now boasts a wonderful wide path which is wheelchair friendly and with lots of native trees which were planted by around 70 volunteers. Even though the weather is currently a bit cool, a good way to warm up is a nice brisk walk and If you are feeling energetic there is some outdoor gym equipment for you to test your muscles out.



Chicken & Sweet Corn Soup

Ingredients:

2 x Chicken Breast Fillets
1 x tin Creamed Sweet Corn
1 x 1ltr Chicken Stock
2-3 Chicken Stock Cubes
Chopped Spring Onions
2 Eggs
2 x tbs Cornflour



1. Place Chicken fillets into Saucepan and cover with water, simmer until chicken is cooked. Remove from stove and allow to cool. Once cooled use 2 forks to shred the chicken (do not cut). Keep chicken liquid aside.
2. In a pot combine Chicken Stock, Creamed Corn & stock cubes and bring to the boil.
3. Add the shredded chicken and bring it back to boil.
4. Mix 2 x tablespoons of Cornflour with chicken water to make a thin paste, stir into soup slowly.
5. Whisk 2 Eggs with a small amount of chicken water. Then slowly drizzle into soup from a good height above the saucepan, whilst stirring.
6. Add spring onions just before serving or as a garnish after serving.

Relay for Life Fundraisers

Please take the opportunity to help support our team of fundraisers at Jalmah—Kathy, Heather, Angela, Mary and Ben are doing a great job.

One of the staff at Jalmah has donated a beautiful big basket of Nutrimetics, valued at over \$75.00.
Tickets are on sale at the CODA office for \$1.00 each.
All proceeds are allocated directly to our team's entry.



The residents at Jalmah are making hand made greeting cards of a Wednesday, with the help of Marg Williamson (nice work Marg). Please feel free to come in to the CODA office and have a look, they are only \$2.50 each and are unique and signed by each resident who makes the card. Special orders can be placed if you have a specific card you would like. Just give the office a ring and we can arrange it for you.

Langdon House



The social whirl at Langdon House continues and a recent trip to Melbourne to see Annie, the musical, was a big success. Program break has meant that a few activities have centred around the kitchen—cooking up a storm at Langdon is always a hit—I wonder why?

The Melbourne Scottish Fiddle Club performance held recently at COPACC was a foot tapping experience thoroughly enjoyed by all who attended.

Cass House



The winter weather sometimes means that a day at home is a good option however our residents still enjoy a walk up the street and a welcome cup of coffee. A recent trip to Apollo Bay was very successful; the weather was kind so that a nice long walk along the breakwater was achievable. This was followed by the sighting of three whales which were kind enough to stay close to shore, wallowing in the shallows. What a treat!

Our residents are also looking forward to a trip to the Wildlife Park at Ballarat, more about that in our next newsletter.

Cass House residents and staff are excited that some house improvements are planned, including a new internal coat of paint which will be very welcome.

Jalmah



The residents of Jalmah have been very busy pursuing their wish to fundraise for the Cancer Council. A recent sausage sizzle was hosted by Jalmah residents and was well attended by friends of Jalmah, including a visit from some of the social folk who were resident at Langdon House that weekend. Mitzi's husband Chris saved the day with some inventive tent work which prevented it from being a soggy sausage sizzle, never a good look, or taste. Program break gave an opportunity for a trip to Camperdown for the residents and the usual activities continue for our busy residents.

Individual Support

I find it hard to keep up with our Individual support clients, they lead such busy lives.

Catherine and Brendan are busy getting fit and look pretty healthy as a result. They have joined a gym and are working towards being trim, taut and terrrrific (of course they are terrific already!)

Pete, Claire Catherine and Brendan are all improving their health and wellbeing playing Netball on a Monday night. Go Team!

Neil continues to spread his activities between work and play—visits to family for the occasional weekend—a break from routine is great.

Marlene is rarely seen without some knitting on the go—latest efforts include a beanie, very appropriate for the cold winter weather. A recent outing to Deans Marsh was good fun. She has also enjoyed a family member's big 50 birthday party in Camperdown.

We have celebrated a couple of birthdays too—Peter and Andrew K. Everyone had a good time, particularly the “birthday boys”.

A few of the guys have been involved in activities with “Antz Pants” - Andrew J went to Hall's Gap; Brendan, Catherine and their pet pooch had a night recently in Ballarat. The pooch was well behaved.....

John continues to be a Best Friend to the residents at Jalmah and joins in their social whirl whenever he can.

Jodie was last seen snuggled up for winter with her teddies; the cold weather was not stopping Jodie from getting out and about for a spot of Shopping, a girl after my own heart.

And, of course it's winter so what's everyone involved in—no prizes for guessing—The FOOTY!

EFT (Electronic Funds Transfer)

Many of you are taking advantage of our EFTPOS system to pay your accounts. You can also do this over the phone if you wish. Thankyou to all those who have chosen to utilise this service.



Comings and Goings

We are delighted to report that there have been no goings and as a consequence no comings! An excellent result.

Comings
&
Goings

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