

BUSHLAND COTTAGE NEWSLETTER

June 2010

WINTER AT BUSHLAND COTTAGE

BUT FIRST - SOME INFORMATION ABOUT AN UPCOMING WORKSHOP WITH A TRULY EXCELLENT SPEAKER!

A Celia Lashlie Presentation

**"He'll Be OK, Growing Gorgeous Boys into Good Men:
The World of Adolescent Boys"**

A SEMINAR FOR PARENTS, WORKERS AND THE COMMUNITY

A researcher and social commentator, Celia Lashlie worked for 15 years within the New Zealand Prison Service, starting as the first woman to work as a prison officer in a male prison. Celia now works on a number of projects, all of which are linked to improving the lives of at-risk children and empowering families to find their own solutions to the challenges they face.

She worked on the "Good Man Project" with 25 boys schools throughout New Zealand aimed at creating a working definition of what makes a good man in the 21st century. What arose from the project was a significant insight into the minds of teenage boys and raised some challenging suggestions for parents and the community if they want to see their sons to become the good men they want them to be.

Celia is a great speaker and her talk gives plenty of food for thought and plenty of hints at how to work with teenage boys. Everyone will find something valuable in this talk regardless of whether they have sons or not.

**WHEN: Tuesday 20th July TIME: 6.30pm—8.30pm VENUE: The Waterfront Room, Exchange Hotel, Manning St
COST: \$10 RSVP: 12th July Registrations essential, places limited!**

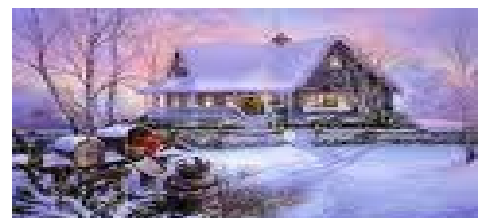
FREE TAX HELP!

Manning Valley Neighbourhood Services Inc is now offering FREE assistance with tax returns for eligible clients.

This will be provided at the Neighbourhood Cottage at 22 Marjorie Street from mid July to the end of October.

Clients are required to have income less than \$40,000 (higher with dependents) and need to ring to make appointments and ensure that they comply with other criteria (current financial year returns only)

Appointments essential by ringing 6553 5121



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What's Happening at the Cottage this Winter?

Mondays 12-12.30: Beginning 19th July - **My Kitchen Rulz - a recipe swapping group** - come along and cook and share your favorite recipes with other like minded 'foodies'

Mondays 2-4: Beginning 26th July - **Drop in computer support**

Wednesdays 10-12: Open for **Drop in and Tax Help**

Thursdays 10-12: Open for **Drop in and basic foodbank relief**

The Benefits of a Healthy Breakfast Workshop

Come along to a **FREE** workshop about making delicious and nutritious breakys that kids will love!

When: **Thursday 1st July OR Thursday 8th July**

Time: **9:30 - 12.30** **Where:** **22 Marjorie St, Taree**

Cost: **FREE to Housing NSW tenants**

Why: Eating breakfast everyday can improve memory, concentration, mood, school

What's included:

- * Cooking delicious breaky foods
- * Yummy recipes to take home
- * Tips to get kids enjoying healthy breakfasts



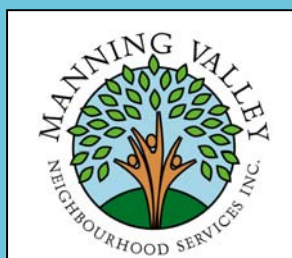
RSVP: 6553 5121 as soon as possible –

places limited!

NOTICEBOARD

- Don't forget that we have services available at the cottage such as use of computers, faxing, photocopying etc
- For your information there is a new syringe bin located outside the shopping centre on Mudford Street.
- If anyone is interested in providing a lawn mowing service at reasonable rates to the tenants on the housing estate then please let us know and we can help you advertise!
- **FREE!** Second hand computer to give away. Let us know if you are interested.
- Would you like to have something included in this newsletter which is distributed every 3 months? Give us a call on 6553 5121

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