

CAMP Kookaburra

Newsletter July 2009

Information for participants of the Camp Kookaburra program

Fun Day Fun

A great day was had at the PCYC on the 21st June for our fun day. We had Julie on the professional makeup, Donna on the Gory stuff and Leanne and Jacki on the pretty hair and crazy hair doo's! They all did a wonderful job. Thank you to you all for travelling down to this event!

We learned how to make real blood! Just use pink cochineal and liquid washing detergent and mix! There were some great looking werewolf's, pirates and some other scary faces. We had people with terrible injuries ☺ pieces of wood and sticks in a few arms with blood and all the gory bits!
EEEEWWWWW!

Well we would have done amputations but Nurse Nancy didn't bring her saw!

The campers did a great job making up some of our leaders, Lucas and Ian you looked great with your coloured hairdos!

The hairdos seen on the day were beautiful. Straight, curly, up and down.

We had a new camper, Lauren. Welcome Lauren, hope you enjoyed the day..

Lots of squealing and laughing was heard from the trapped kids in the parachute but there were lots of escapees!

A lovely sausage sizzle was put on by the Lions Club of Caringbah – Yum! Thanks to the three hard workers there.

We had great helpers on the day with the leaders too. Such good sports they were.

WHO WAS THE LEADER THAT WAS CRASH TACKLED ON THE DAY?

Write in to the newsletter, there will be prizes for the answer!

If you want to put any funny stories, recipes or jokes in the newsletter, send them along as well.

To all those missing campers, it was a shame you missed out on the day, its all about keeping in touch! We hope to see at the next fun day.

Leader Dianne



New website for teenagers in families affected by Mental Illness

On the 15th of March 2009, SANE Australia launched a new website itsallright.org to support the half a million Australian teenagers affected by mental illness in their family.

The website features include

- Stories of four teenage characters, through online diary entries, which have a family member with a mental illness. The four teenagers are based on real-life experiences of teenagers who helped create the site.
- Online helpline for teenagers to ask questions about mental illness and related topics
- Factsheets and podcasts providing information

Check it out

Banana Milkshakes!

You will need:

- ½ cup milk
- 1 small banana
- 1 teaspoon honey
- 1 tablespoon banana flavoured yoghurt
- 1 scoop vanilla ice-cream



How to make it:

Pour the milk into a blender. Peel and chop the banana into slices and add to the milk. Add the honey, yoghurt and ice-cream. Put the lid on the blender and blend until smooth.

Pour into a glass and enjoy!

Why not give this recipe a go!



Do you have an Email Address?

Ask your parent if you have permission to log onto the
Camp Kookaburra Web site and send us an email?

www.campkookaburra.org.au

Home page click on "Contact us"

Send Camp Kookaburra an email that way we will have your email
address to send you all the up to date news and dates.

Did you know that all the camp dates and activity days are on our web
site and also some great other sites that may interest you?

"Check it Out"

**Did you enjoy the last Camp at Stanwell Tops, thanks for filling
out the evaluation forms at camp, that way we know what you
liked and didn't like so we can make it more fun and exciting
every time.**

**The leaders had lots of fun and can't wait until the next camp.
All the kids going into high school next year will get to go to
the Teen camp in November as well.**

What's Happening in 2010?

- **3 camps – March, September and November**
- **Activity/Fun Days in April, July and October**
- **Family picnic Day in December**

And MUCH more



Send your stories, jokes, recipes and ideas to

Camp kookaburra newsletter

PO Box 681

GyMEA NSW 2227 or Email to

camp.kookaburra@hotmail.com



Look out for the next Fun Day