



THE RIOT

ACKNOWLEDGEMENT TO COUNTRY

We acknowledge the Traditional Custodians of the Land and Seas, and pay respect to Elders, past, present and emerging.

We acknowledge those with a lived experience and their significant others who walk this journey with them.

JOKE

**WHAT DO YOU
CALL A FAKE
NOODLE?..**

AN IM-PASTA!

BY ELAYNA

EDITORIAL BY TIM

Hello everyone, my name is Tim and I have been a part of The Riot since the very start. I am lucky enough to be this edition's Editor.

Firstly, here is some background information on The Riot. It includes articles/art/side projects combined into a newsletter by the young people, made for the young people. This means that anyone in the Kookaburra Kid family can participate no matter your age.

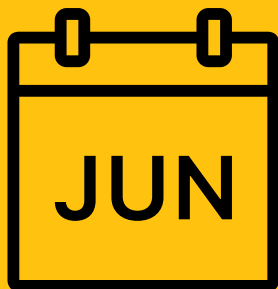
This program has been extremely beneficial, not only for me but for those around me as well. This program not only gives you connections to those around you but gives you an experience of a lifetime. I would highly recommend joining The Riot program due to the experiences available.

If you are interested in joining The Riot, email our Clinical Services team and they can get you onto our email lists. I am looking forward to seeing where The Riot will end up going.

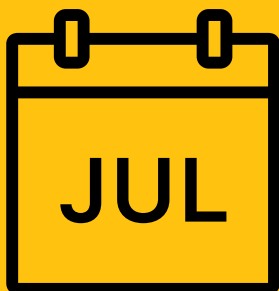
CATCHING UP WITH THE RIOT



THE RIOT
CREATED A
PROMO VIDEO



GUEST
SPEAKER,
CHRIS GILES
(CEO)



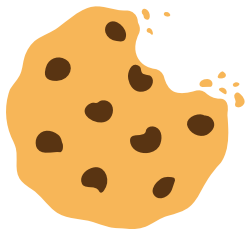
GUEST
SPEAKER,
PATRICIA REID
(CHAIR)



TEAM PARTY
AND
FINALISING
SECOND
EDITION

*"Never
give up
and never
take the
first no
(unless its
from your
parents)"*

**Patricia Reid
(Jul 2022)**



ELAYNA'S BISCUIT RECIPE



Ingredients

- 1 cup rolled oats
- 3/4 cup wholemeal flour (can substitute for plain flour)
- 1/2 cup dessicated coconut (or shredded)
- 1/2 cup brown sugar
- 2 tablespoons golden syrup
- 1/4 cup canola oil or alternative
- 1 teaspoon baking soda
- 2 tablespoons water

Method

1 Preheat oven to 180°C and line a baking tray with baking paper. Combine oats, flour, coconut and sugar in a bowl.

2 Combine golden syrup, oil and water in a microwave-proof bowl and stir to combine. Microwave on HIGH for 25-30 seconds (if you double the recipe like we do then don't forget to double the time for this too). Whisk in baking soda until well combined. I absolutely love watching this part. It makes a really cool reaction.

3 Add syrup mixture to dry ingredients and mix well. I find after mixing with a spoon for a bit that using my hands really mixes it in a lot better. Then roll some mixture into balls and place onto the baking tray however big or small you want. Then flatten with your fingers. They will spread whilst cooking so leave some space between each one. Tip: having damp fingers when flattening the balls will help to stop the mixture from sticking to you!

4 Bake for 10-15 minutes, until golden. How long you bake them will also determine if they are soft or hard on the outside. Remove to a wire rack to cool and try not to eat them all in one go. I know my family and I struggle with that. **Tip:** they are absolutely delicious when they are still a bit warm. **YUM!!**

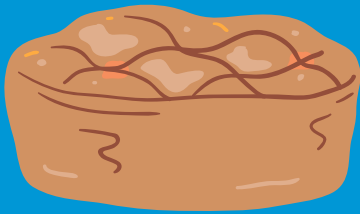




VISITING BEECHWORTH BAKERY FOR OUR FIRST ACTIVITY DAY BY SIAHN



On the 30th of June I was lucky enough to go on the Albury Wodonga trip in Beechworth with Kookaburra Kids. We went to the Beechworth bakery, which is one of the best places to go in Beechworth and one of the most popular.



We all got off the bus and walked along the path heading up towards the building when we were hit with the strong aroma of baked goods and pastries. As we walked inside, the scent immediately got stronger, and it makes you feel warm and comforted.

They have a wide arrange of pastries to try and baked goods to eat, ranging from pies and sausage rolls to snickerdoodles, and what it is most famous for, the bee sting. The service was great, and everyone was so friendly and welcoming.

I got a chicken pie and an apple square, which is like an apple pie but with puff pastry and cinnamon sugar surrounding the whole thing, and it was worth the long drive up.

Of course, there are things for younger kids to eat, like sandwiches and cupcakes along with some cute looking animal themed meringues called zoomers. After the food from the bakery, we finally had enough fuel for the rest of the trip ahead of us.

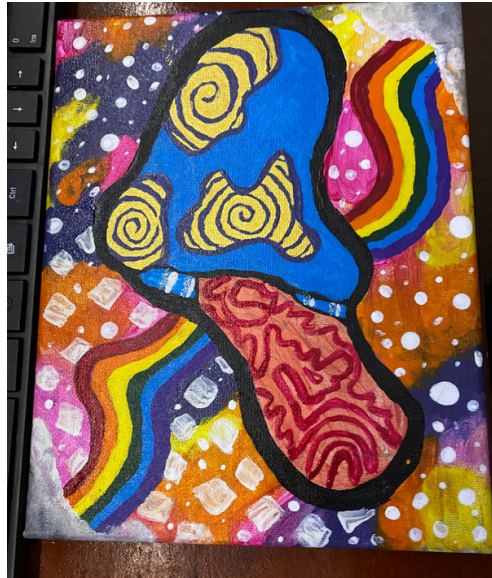
THE RIOT ART GALLERY



THESE ORIGINAL ARTWORKS HAVE BEEN CREATED AND SUBMITTED BY OUR KOOKABURRA KIDS



THE BEAUTY OF THE MIND BY KHLOE



RAINBOW DASH BY KHLOE



BY DANNAN



LAVENDERS BY KHLOE



BY LAINY




INTERVIEW WITH CHRIS GILES, CEO AUSTRALIAN KOOKABURRA KIDS BY TAHLIA

In July, several members of the Riot team got together and had an interview with Chris Giles who enlightened us with all the inner workings of Kookaburra Kids as well as a little insight into his very busy life! Over the past 20 years, the core purpose of Kookaburra Kids has grown and settled into supporting us kids who are impacted by mental illness, and helping them thrive.

As Chris Giles said, Kookaburra Kids is a very values based organisation and have done everything they can to provide this support to all children involved. This was particularly clear during 2020 and the beginning of the pandemic and start of our wonderful online connect sessions. For me personally, I joined Kookaburra Kids during this time as our weekly connect sessions made this support more accessible for me living in a rural town and I am extremely appreciative of them.



Additionally, during our interview, Chris gave us an insight into a day in the life of a Kookaburra Kids CEO.



“The most important way to start the day is coffee! After that I would catch up with my assistant Ingrid to discuss the agenda for the day. This typically includes around 150-200 emails a day! After that I may be preparing papers or getting ready for meetings but no day is the same which is what makes this job truly amazing. One day I even got a call from the Prime Minister which was an amazing experience. I would like to say a big thanks to Grahame, Dennis, Brett, Karen and Jess for making this job and all my work come to life.”

Some of our fellow Rioters also asked how Chris and everyone else can cope with having a bad day at work, or even just at home.

“The most important thing for me is having personal quiet time. For me this means getting outside for a walk and fresh air to process, reflect and erase the bad energy. There is **ALWAYS** a way to work through challenges, no matter how big or small they may seem, and it is vital to calm and focus on the important things. My biggest piece of advice to you is to not dwell on the negatives, but to instead focus on the positives and what makes you happy.”



The entire Riot team would like to give a huge thanks to Chris for participating in this interview and sharing with us his experience with Kookaburra Kids as well as his insightful advice for everyone to take on board. So with that, this article is brought to a close and we hope you learnt something new!

Kookaburra Kids



Meet Our Team

My name is Tahlia and I love to speak French and do Irish dancing.

My name is Siahn and I am really good at Hockey and Softball. (I am a very sporty person).

My name is Bella and I love to do physie and play soccer.

My name is Charlotte and I love music and playing basketball and waterpolo.

My name is Tim and I love playing Basketball and cricket.

My name is Kayla and I love animals I show alpaca's and love camping.

My name is Khloe and I love to paint and sleep a lot.

My name is Elayna and I love to do competitions for cheer and dance.

My name is Danna and I love to draw and play tennis.

FIND-A-WORD BY BELLA

ALL ABOUT KOOKABURRA KIDS ACTIVITY DAYS AND CAMPS!

Kookaburra Kids Activities Find-A-Word

S	T	E	S	G	O	L	F	N	D	D	F	A	L
F	A	S	T	S	Y	L	A	S	E	R	T	A	G
R	A	I	N	T	E	R	A	C	T	I	V	E	A
T	Y	T	I	V	I	T	A	E	R	C	N	I	D
S	S	K	A	T	I	N	G	U	V	S	U	J	V
E	G	U	I	D	E	D	T	O	U	R	F	S	E
L	W	O	R	K	S	H	O	P	M	E	R	M	N
Z	I	G	F	O	O	T	B	A	L	L	E	O	T
Z	C	A	M	P	F	I	R	E	A	A	S	V	U
U	N	E	Z	E	P	A	R	T	D	N	O	I	R
P	I	I	A	R	T	S	G	M	E	Z	Y	E	E
I	N	W	A	T	E	R	S	L	I	D	E	S	S
A	J	R	G	G	I	A	N	T	S	W	I	N	G
T	A	F	S	N	I	H	P	L	O	D	D	S	A

CAMPFIRE
CREATIVITY
INTERACTIVE
FUN
MOVIES
TRAPEZE
LASER TAG
WORKSHOP
DOLPHINS
FOOTBALL
PUZZLES
SKATING
GOLF
WATERSLIDES
GIANT SWING
ARTS
GUIDED TOUR
ADVENTURES
NINJA

Play this puzzle online at : <https://thewordsearch.com/puzzle/3958379/>

WHAT DO YOU CALL
CHEESE THAT ISNT
YOURS?...

JOKE

NACHO CHEESE!



FIND-A-WORD BY BELLA

GENERAL KNOWLEDGE ABOUT KOOKABURRA KIDS

Kookaburra Kids Find-A-Word

A	C	E	A	C	S	I	N	O	V	R	T	A	P
I	U	O	T	A	E	Y	N	A	O	A	M	H	A
A	F	R	E	M	C	K	H	R	L	I	T	T	C
Y	N	A	O	P	O	N	H	R	U	L	E	L	T
O	N	V	L	S	N	T	A	U	N	A	T	A	I
U	P	N	Y	I	N	D	U	B	T	R	H	E	V
N	A	F	L	F	E	V	E	A	E	T	A	H	I
G	P	N	R	Y	C	R	O	K	E	S	A	L	T
P	O	V	R	I	T	E	M	O	R	U	N	A	Y
E	H	P	T	N	E	A	I	O	S	A	P	T	D
O	H	O	F	S	N	N	U	K	F	U	N	N	A
P	M	L	C	H	C	N	D	K	A	C	O	E	Y
L	A	T	U	K	H	U	N	S	S	C	I	M	H
E	C	V	U	K	A	T	N	Y	E	L	E	U	T

FRIENDS
CAMPS
AUSTRALIA
KOOKABURRA
FUN
VOLUNTEERS
YOUNG PEOPLE
CONNECT
MENTAL HEALTH
ACTIVITY DAY

Play this puzzle online at : <https://thewordsearch.com/puzzle/3958364/>

HAVE YOU GOT A QUESTION?

Hey guys!

This is our **SECOND** edition of the Riot!
If there's anything you've ever wanted to know, or any feedback you would like to provide, please drop us a line at:

clinical.services@kookaburrakids.org.au



OUR PARTNERS



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NAOS

