

lifebridge

QUARTERLY

SEPTEMBER 2018

COOKING WITH LOVE

Feature Story

COMPETITION

*See inside for your
chance to win*



POTTSVILLE SHORT-TERM ACCOMMODATION HOUSE

An experience like no other

Just a short 750m to the beach, our Pottsville House is the perfect blend of residential and coastal living.

Compliant with the Disability Service Standards our short-term accommodation facility is suitable for people of all needs.

At Pottsville House, you decide what you want to do. Whether it be learning independent living skills in our fully accessible kitchen, pottering around in our gardens or simply kicking-back and relaxing, the choice is yours.

Pottsville House is open 7 days a week, 24 hours a day
(subject to availability)

For all enquiries and bookings please contact us on 1800 043 186.



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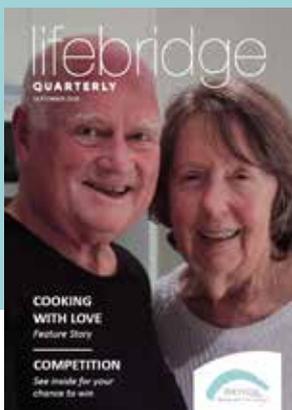
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ON THE COVER
Tom and Dawn

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CEO Message

WELCOME to the sixth edition of the Lifebridge Quarterly which really highlights the diversity of services which Lifebridge provides as part of its community.

It is indeed heartwarming for me, as the CEO, to read how the community has embraced us in such a positive way, but far more importantly how we have integrated into our local community with meaning and purpose.

It has now been twelve months since the transition to the NDIS began and stage two of the Aged Care reforms were introduced. These changes have been unprecedented in the history of our sector and as such the transition has not come without its challenges. However, together, the Lifebridge community has faced them head-on with determination, courage and hard-work. The results are evident as you read through this edition of the quarterly.

They say a picture speaks a thousand words and if the smiles and reflection of pure joy seen in the photos scattered throughout this edition are anything to go by then we are succeeding in working alongside our customers to meet their goals.

However, my pride comes from somewhere much deeper. As you read the stories in this edition you will find that staff and customers alike have a sense of purpose and satisfaction because they are making a real contribution to their local community.

For all of us, having meaning and purpose in our lives is essential as this is where we gain our sense of self-esteem and value.

The growth of both customers and staff as they take on more responsibility, develop their HUBS and explore the opportunities within their local communities to meet their needs and goals is inspiring.

We have much more to achieve as we learn more about what these reforms can offer, however I am confident that together we will continue to grow the services that are needed and that add value to a person's life.

I hope you enjoy the stories and are inspired as much as I was.

B. Mitchell

WE'RE HERE...

Now with several hubs located across Northern NSW and SEQ, we are even more accessible.

Each Lifebridge Hub is unique, offering a different mix of services, availability and opening times to accommodate the growing interests of our customers. Each Hub operates within an inclusive and supportive community and are strategically positioned so that less time is spent travelling and more time is spent doing the activities you want to do.

Check out what's happening at each of our hubs on our website

lifebridge.org.au/lifebridge-hubs



OUR LOCATIONS



COOLANGATTA

Shop 13, 100 Griffith Street, Coolangatta



TWEED HEADS

Seagulls Club, Gollan Drive, Tweed Heads West



CHINDERAH

Chinderah Scout Hall, 2A Chinderah Rd, Chinderah



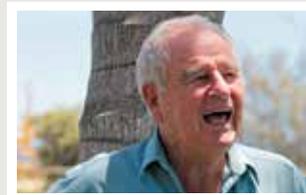
KINGSCLIFF

The Cottage, Cudgen Road, Kingscliff



MURWILLUMBAH

Shop 1, 131 Murwillumbah Street, Murwillumbah



POTTSVILLE





Our Lady
of the
Rosary
BY DEEDS NOT WORDS

*“It is all about
spending quality
time in our local
community.”*



THE OPPORTUNITY to make a difference in the lives of those people less fortunate than ourselves is something that many of us strive for.

Robert Porteous and Daniel Birchell have the chance to do this every week when they volunteer with 'Lunch with Friends' in Tweed Heads.

Guided by support worker, Laure George the boys are responsible for making sure the food is prepared and ready in time for lunch.

Daniel, being quite the entertainer, is right at home chatting with the many homeless people who come down to the park to have a hot meal and socialise.

Robert, on the other hand, is more the quiet achiever who likes to make sure everything is organised and ready for service.

"The Giving Back group is excellent and is all about spending quality time with the homeless in the park. It is a good thing because I am being helpful and caring and it is a good feeling," said Robert.

"I feed the homeless and I love it. I cut up the fruit and help with the bread. I really like working with the other volunteers, it makes me happy," said Daniel.





Pictured enjoying the parade is Alex Bruce, Julia Larsen, Robert Porteous, Chloe Simpson, Josh Honeysett and Jai Gorton

“I loved being involved in the street parade, strutting down the road doing my thing and all the people noticing me. The atmosphere was amazing and I got kissed by two Elvis’s at the same time. I’m really proud and excited that we won best float again for the second year in a row.” Jocelyn (LuLu) Smith

IN FRONT of an audience of over 35,000 people, our float themed ‘Jailhouse Rock’, paraded down the streets of Coolangatta with crowd favourites, ‘Us the Band’ performing their greatest rock ‘n’ roll hits. along with a few new tunes.

The award-winning design by the Murwillumbah Visual Arts group, was the product of months of hard work and preparation by customers and staff who invested over 400 hours into the planning, design and execution.

“The enjoyment gained, not to mention the recognition for all their hard work, is what makes an experience like this so worthwhile. It proves that when we set a goal, and we focus on it, we can achieve anything.” said Bronwyn Mitchell, CEO.

In a coordinated effort, over 40 customers from our Chinderah, Tweed and Murwillumbah Hubs came together to play their role in the parade. They all worked together to deliver a performance that brought the float to life and captivated the crowd’s attention.



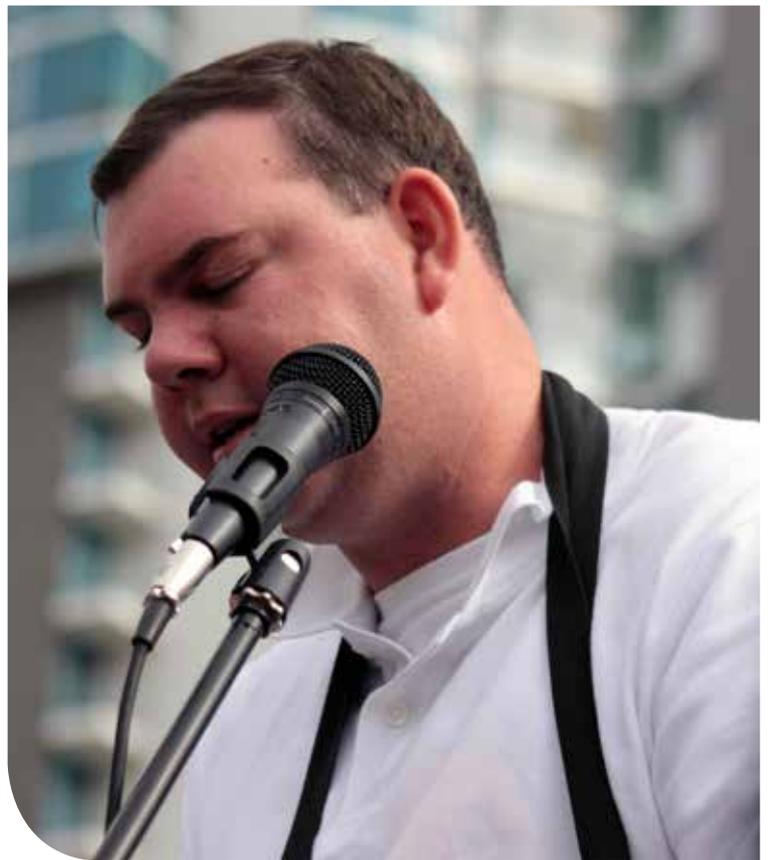
An experience like this is what the NDIS is all about. Participants develop capacity and they increase their involvement in the community and in mainstream events.

Additionally, it fosters independence, integration and participation, and teaches the value of relationships and how to work together.

It was pure joy and excitement written on the faces of all our customers who attended the Cooly Rocks On Street Parade.

It was their moment in the spotlight and it was so fantastic that they were rewarded at the end of it all.

“I loved all the big motorbikes. I liked all the lots of people and it was fun to join in. My shoes hurt but I walked the whole way, and someone told me I looked beautiful. It was cool that everyone was clapping as we walked by.” Rebekah Sweetnam.



JailHouSe ROck

*The truck was decked out like a county jail,
Us the Band were there
and they began to wail,
the band was jumpin’
and the joint began to swing,
you should’ve heard young Nathan J sing.*

*Let’s rock, everybody let’s rock,
everybody at Coolangatta Rocks
was dancin’ to Us the Band rock.*

*Jannah G-Jones played lead guitar,
Little James Small downed a beer at the bar,
the drummer girl, Jess went crash, boom, bang
and the whole rhythm section
was the Lifebridge gang.*

*Let’s rock, everybody let’s rock,
everybody at Coolangatta Rocks
was dancin’ to Us the Band rock.*

*Patrick was sittin’ at the piano stool,
Michael and Chris were lookin’ cool
Jai showed us his Elvis moves,
gyrating his hips, gettin’ into the groove*

*Let’s rock, everybody let’s rock,
everybody at Coolangatta Rocks
was dancin’ to Us the Band rock. Wooah!*



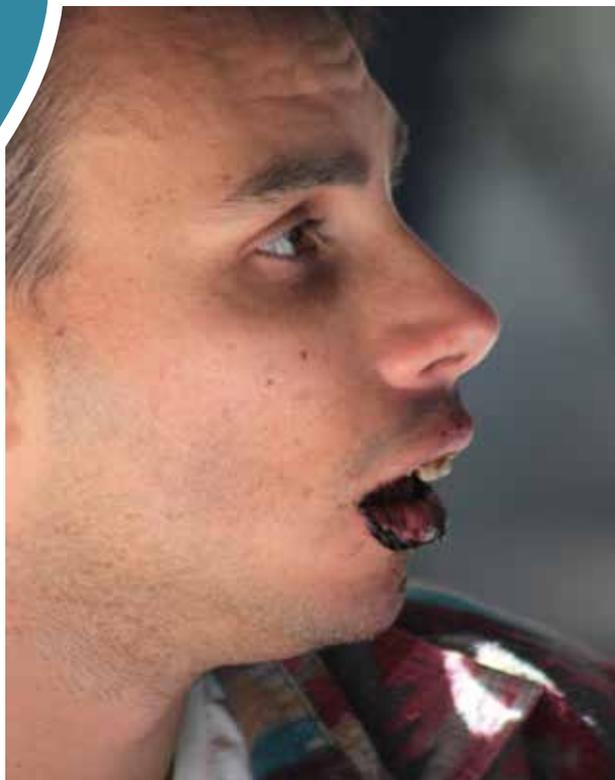
Pictured at our Chinderah Hub

Jai Gorton, Kate Smallmon and Alex Bruce
toasting marshmallows

Jai Gorton and Dane Thornquest on BBQ duties.

Linda Morton, a sticky marshmallow
mess and James Small who really
enjoyed the chocolate cake.

A DAY AT OUR CHINDERAH HUB



Utilising the Scout Hall, participants at our Chinderah Hub explore a range of activities to develop engagement, social and lifestyle skills to support them in day-to-day activities.

IT was a cold winter's day, the crackle of the fire could be heard over the chatter and laughter. This day was a special occasion as there was a 65th birthday celebration for one of the support workers who regularly works at the Hub.

The barbie was fired up and Greg, Jai and Dane took charge of cooking duties. On the menu was a good ol' fashioned sausage sizzle with plenty of onions on the side, slapped between a slice of buttered bread with a healthy squirt of tomato sauce. It doesn't get more Aussie than that.

After lunch the birthday celebrations got underway. Three different flavour combinations of birthday cake came out, the candles were lit and everyone sang 'Happy Birthday'.

Everyone in attendance was in good spirits and James, who really enjoyed devouring the chocolate cake now had it coated all over his teeth and lips. He is all smiles and laughter, loving every minute of it!

Next on the agenda was toasted marshmallows on the fire.

Everyone grabbed a couple of skewers, popped on a few marshmallows and headed down to the fire-pit. Many a marshmallow was toasted, some a little too much resulting in a charred, inedible mess but still a lot of fun and giggles ensued.

With smoke in their eyes, the group managed to perfect the art of toasting marshmallows and enjoyed the sticky delights.

It is usually the simple things that are the best in life. Being surrounded by people we care about and having a good belly laugh.

These are the moments worth savouring.

Feature Story



“It gives us something to look forward to and the best part about it is the social aspect of the whole experience. It also allows us to continue enjoying the dishes that we grew up with and love.”

TOM and his wife Dawn have been enjoying their beachside lifestyle at Hastings Point for many years and they intend to keep it that way.

Tailored services from Lifebridge Australia allow them to remain in their own home and enjoy the lifestyle that they are most passionate about.

Another passion the pair share is food and not the take-away variety. Tom and Dawn enjoy home-cooked meals made from fresh, seasonal ingredients.

Dawn, who is no stranger to preparing delicious meals, was in charge of cooking demonstrations at major retailers such as Myers and David Jones during her working life. Since suffering a stroke a few years back, Dawn has been unable to indulge in her passion for cooking.

That is until Tom and Dawn engaged the services of Lifebridge. Tom and Dawn have a Home Care Package, which means they are able to utilise their package of care for meal preparation services.

COOKING WITH LOVE PROVIDES FOOD FOR THE SOUL

Support worker Kylie, arrives at their home around 4pm every week to prepare several dishes that Tom and Dawn can enjoy throughout the week.

Dishes vary each week to suit what Tom and Dawn feel like. Tom does the shopping for all the ingredients and Kylie does an amazing job of creating delicious, home-cooked fresh meals.

While Kylie is busy in the kitchen, Tom and Dawn enjoy a glass of wine whilst watching their favourite cooking shows on ‘smell-a-vision’ as they jokingly call it. The smells wafting from the kitchen and the visuals on the television has the pair salivating in anticipation for their meals.

“We love talking and having a laugh with Kylie and we are all very comfortable with each other.” said Tom.





Tom and Dawn look forward to sampling Kylie's meal creations. Another advantage is that Kylie also cleans up the kitchen when she is done.



“It is my favourite shift every week. Tom and Dawn are such lovely people and I get to indulge in my passion for cooking as well. I enjoy using fresh, seasonal ingredients and being creative with my dishes knowing that Tom and Dawn really appreciate it - that in itself is heart-warming.”





Erica takes a break from her volunteering duties to pose for our photo shoot, along with centre-based Coordinator and Kitchen Supervisor, Janelle Egas.

SERVICE WITH A SMILE

TALK about dedication, Erica Lindwall has been volunteering at our Kingscliff Cottage for eight years now.

The journey alone takes her nearly an hour, whereby she has to catch two different buses and walk some of the way to reach her destination.

She happily does this two days a week because she loves spending time with our customers and staff.

Our Aged Care customers and staff also love spending time with Erica as well.

‘Service with a smile’ is Erica’s motto as she sets about getting everything ready for morning tea and lunch.

When Erica first started volunteering with Lifebridge, she spent most of her time in the kitchen and at catering events.

Always ready to lend a hand and always with a positive attitude, Erica continually demonstrates a tremendous work ethic in everything she does.

Now you will find her mostly helping out in the cottage, whether she is participating in a friendly game of poker, doing the hokey pokey, singing along to music or just having a chat, you can be ensured that it will always be with a smile.



IN THE KITCHEN

Established in 1995, our Cottage Kitchen has been serving up delicious meals to our Aged Care customers for over 20 years and doesn't look like slowing down anytime soon.

THEY SAY that the kitchen is the heart of the home and this rings true at our Kingscliff Cottage.

It is the hub- filled with energy, aroma and laughter. A place where meals are prepared, friendships are formed and lasting memories are created.

Run, primarily, by an amazing team of volunteers and managed by Kitchen Supervisor, Janelle Egas the Cottage Kitchen is responsible for ensuring our customers are provided with healthy, home style meals as well as a range of delicious desserts and morning & afternoon tea delicacies.

Meals are either served in the comfort of our cosy dining room or outside in our undercover alfresco area that overlooks our beautiful established gardens.

The kitchen staff also make sure that our outings groups are catered for. Meals for our outing groups include BBQ's and gourmet picnics.

All types of dietary requirements can be catered for including vegetarian, diabetic, soft pureed foods due to certain medical conditions, food allergies and more.

Our customers can be assured that our kitchen team will deliver high quality, tasty food which is both beautifully presented and delicious to eat.

Bon Appétit!



Anzac Slice

Ingredients

4 cups rolled oats
2 cups self raising flour
2 cups plain flour
2 cups coconut
2 cups raw sugar
2 teaspoons bicarb soda
8 tablespoons boiling water
500 grams melted butter
400 mls golden syrup

Method

Preheat oven to 160 degrees.

Mix all the dry ingredients together in a large bowl.

Melt butter and golden syrup in the microwave. Dissolve bicarb soda in boiling water and add to butter.

Add butter, golden syrup and bicarb mixture to the dry ingredients and mix well.

Press mixture into a lightly greased tray and bake for 15 minutes.

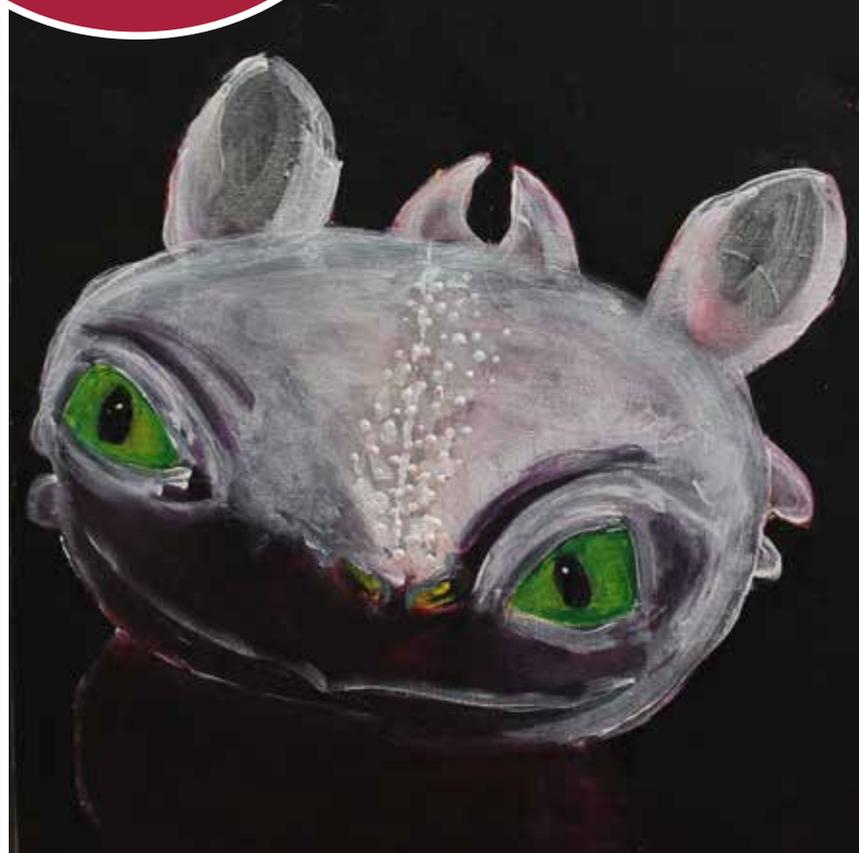


DID YOU KNOW...

Anzac biscuits have long been associated with the Australian and New Zealand Army Corps established in World War I. The biscuits were sent by wives and women's groups to soldiers abroad because the ingredients do not spoil easily.



A sample of art works that were on exhibition at our Murwillumbah Hub during MAT18



UNINHIBITED

FROM the moment you set foot into the Murwillumbah Art Hub your senses are awakened by an amazing array of colourful artworks that compete for your attention at every turn. Quirky sculptures stimulate the imagination in ways you never thought possible and up-cycled creations make you re-think anything you've disposed of.

Creativity is certainly alive and thriving at our gallery and it is no wonder it was a stand-out feature in this years' Murwillumbah Art Trail (MAT18).

The Art Hub was the talk of the town during MAT18, with over 690 people visiting the gallery and over \$2,500 worth of works sold during the event, of which 70 percent is distributed to our artists and 20 percent is re-invested back into the Visual Arts Program.

Revolving around the theme of 'Moving On', in deference to those affected by the devastating 2017 floods, MAT18 was a ten-day contemporary, diverse and interactive arts festival celebrating art in all its forms with 90 artists exhibiting in over 33 pop up galleries.

Murwillumbah became the canvas and the context, embracing painting, performance, sculpture,

film, dance, street celebrations, food, wine and much more.

"I was proud and honoured to be a part of MAT18 in our beautiful art gallery where we sell amazing artworks in a great community. The Lifebridge Visual Arts Program is not about your disability, it is about your ability and about encouraging you to be good at what you can do. To really enjoy art." said Lifebridge artist, Jocelyn Smith.

As well as supporting the Murwillumbah community, 'Moving On' has personal meaning to Lifebridge. In the past 6 months major changes have been made as we have transformed our business operations to a hubs based model, which has taken many customers out of their comfort zones.

The biggest change has been the move of the visual art program from Tweed Heads to Murwillumbah.

The embrace of the community and the willing attitudes of our customers, however, has seen this turn into such a positive experience for everyone involved.

Our customers are thriving in their new space and we are continuing to expand our involvement in community activities.

No longer hidden away in the back streets, the Visual Arts Group, through community events such as MAT18, have the opportunity to shine as artists, to show the community that anything is possible.

On the back of the exposure at MAT18 the Art Hub have already received five private commissions for art works and sales are steadily rising each week.

Our Art Hub is located at Shop 1, 131 Murwillumbah Street.

You are more than welcome to come in and say hello, we would love to see you.

"The raw honesty of these artists is inspiring. It was my favourite exhibition so far."

5 MINUTES

with Jason Rowe

I currently work for Lifebridge as Disability Services Support Worker.

Before working at Lifebridge, the most unusual, interesting job I had was running cooking classes for kids.

I first learnt about Lifebridge through a customer's parent.

Lifebridge has helped me in my career development by offering me endless support. I have been provided with a traineeship, including a Certificate 4 in Disabilities and several personal development days, centred on customers I work with. I have also been offered a wide range of customers to work with.

The thing that I like most about working for Lifebridge is that it is like an extended family, only professional.

My favourite movie or TV show is the Mask and if Hollywood made a movie about my life, I would like to see Jim Carrey cast as me.

If you could meet anyone in the world dead or alive, it would be Neil Armstrong because I would like to know what is really on the moon, seriously.

If given the chance, I would you like to be for a lady for the day... don't ask!

If I had one Superpower it would definately be flying.

My hometown is Newport, Sydney and my favourite travel spot is the Sunshine Coast.

My favourite quotes are you don't get what you dream for, you get what you work for and Just Do It!

Three things most people don't know about me are:

I can't be offended! (Don't try)

I have actually played at the traffic lights as a kid! (I used to take things LITERALLY).

This question alone took way more than 5 minutes to answer!

Photo as requested by Jason - he thought this one would have more marketing appeal than his.

"Lifebridge is like an extended family, only professional."

Lifebridge has provided me with endless support!





Fishing line, when not disposed of correctly, can cause a number of problems to surrounding environment and wildlife.

BIRD RESCUE

THE QUICK thinking of Wednesday Photography Group participant, Zoe saved a seagull who was tangled in discarded fishing line when they were out taking photos at Fingal Head.

Zoe first spotted the discarded fishing line on the beach and began gathering it up to dispose of it correctly when she noticed it was attached to a seagull a few metres away.

Without hesitation Zoe picked up the seagull and helped to free it. Support staff and Zoe were able to remove most of the line but unfortunately the seagull had a wound to its leg and line still wrapped around its wing.

Ironically, the seagull was eventually wrapped in support worker Julie Lowes' Sea Shepherd jumper and taken to Greenway Drive Vet in Kingscliff where it was handed over to the vets for treatment.

The seagull has since been taken to Currumbin Wildlife Hospital for rehab and is doing OK thanks to the care and professionalism that Zoe showed on the day.

A good reminder that when you visit our beautiful beaches, you should leave nothing behind but your footprints. Our environment and precious wildlife shouldn't have to suffer because of the negligence of a select few.



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

WORD SEARCH

Locate all the spring inspired words in the grid. They can be found either horizontally, vertically, diagonally, backwards or forwards.

- | | |
|-----------|-----------|
| APRIL | LIGHT |
| AWAKENING | NEW |
| BLOOMS | NEWBORN |
| BLOSSOM | OUTDOORS |
| BUTTERFLY | SEASONS |
| CLIMATE | SEPTEMBER |
| FLOWERS | SPRING |
| FRESH | SUNNY |
| GARDEN | SUNSHINE |
| LAMBS | WARM |

SUDOKU PUZZLE

Difficulty - Intermediate

The object of the game is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

Did you know that Sudoku actually began at a small New York magazine ... it's true modern origins lie with a team of puzzle constructors in 1970's New York, from where it set off on a 25 year journey to Tokyo, London and back to New York.

	2		6		8			
5	8				9	7		
				4				
3	7					5		
6								4
		8					1	3
				2				
		9	8				3	6
			3		6		9	

TRIVIA QUIZ - TEST YOUR KNOWLEDGE

- Which "Friends" character was played by Jennifer Aniston?
- On which continent will you find the Netherlands?
- What kind of food is gazpacho?
- What kind of weapon is a falchion?
- Which Tom Hanks film is mainly set on a deserted Island?
- What type of insect would you find in a hive?
- What is photophobia?
- Which part of the body is known as the abdomen?
- The elephant has evolved from which ancient creature?
- Name the seventh planet from the Sun?
- What does a manometer measure?
- Name the world's longest river?
- When does France celebrate Bastille Day each year?
- Which European country was first to introduce banknotes?

SPOT THE DIFFERENCE?

Can you spot the 8 differences between the two photos of these two lovely ladies enjoying afternoon tea at our Kingscliff Cottage...Good luck!



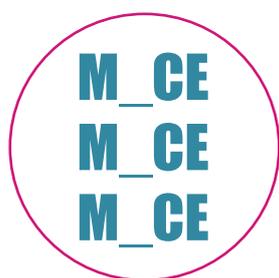
BRAIN TEASERS

Can you solve these brain teasers? Brain teasers are a fun way to test yourself, some are easy, some a little harder and some can make you really ponder for a while. Have fun with this selection!

1. You are in a cabin and it is pitch black. You have one match on you. Which do you light first, the newspaper, the lamp, the candle or the fire?
2. A farmer has 17 sheep and all but nine die. How many are left?
3. In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?
4. What are the next three letters in the follow sequence? J,F,M,A,M,J,J,A,_,_,_
5. Imagine that you are in a boat, in the middle of the sea. Suddenly, you are surrounded by hungry sharks, just waiting to feed on you. How can you put an end to this?
6. What can you hold without ever touching or using your hands?
7. What has a mouth but cannot eat, moves but has no legs, has a bank but cannot put money in it?
8. In British Columbia, you cannot take a picture of a man with a wooden leg. Why not?
9. I come in different shapes and sizes. Parts of me are curved, other parts are straight. You can put me anywhere you like, but there is only one right place for me. What am I?

REBUS PUZZLES?

Can you guess these cryptic clues below?



WHAT'S IN THIS SEASON...

Spring has sprung which means there is a whole new crop of delicious fruits and vegetables to be enjoyed. In Spring you will find the best value and quality by cooking with:



STRAWBERRIES

Rich in Vitamin C, strawberries are best enjoyed at room temperature.



MANDARINES

A good source of vitamin C, B, calcium, beta-carotene, minerals, folic acid and fibre, the perfect allrounder.



AVOCADO

Good for the heart with vitamins A, E and K and also rich in potassium and fibre, a fantastic addition to salads.



MUSHROOMS

Low in fat and packed with nutrients, they come in many varieties and are a highly versatile ingredient.



PUMPKIN

Contains a high level of beta-carotene, this antioxidant helps prevent degenerative diseases.



SPINACH

A good source of vitamin A, K and B. Also contains lutein and zeaxanthin which is important for healthy eyes.



CAULIFLOWER

High in vitamin A and C, as well as calcium, fibre and folate. Can be enjoyed raw, boiled, steamed and stir-fried.



CARROTS

An excellent source of beta carotene, especially when cooked. Can be added raw to salads for texture.



INDULGE YOUR TASTEBUDS

SAVOURY PUMPKIN, SPINACH AND FETTA MUFFINS

Ingredients

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 2 cups of coarsely grated pumpkin
- 60g baby spinach leaves, finely shredded
- 100g fetta, coarsely crumbled
- 1 egg
- 60 g butter, melted
- 1 cup of buttermilk
- Optional**
- *2 tbs pepitas (pumpkin seeds)
- *2 tsp chia seeds

Method

Preheat oven to 108°C. Line a 12 hole, ½ cup muffin pan with paper cases.

Place the combined flour, pumpkin, spinach and fetta in a large bowl and stir to combine.

Whisk the egg, butter and buttermilk in a small bowl. Add to the flour mixture and stir until just combined (don't overmix).

Divide the mixture evenly among the muffin pans. *(Optional)* *Sprinkle evenly with pepita and chia seeds.

Bake for 20-25 mins or until a skewer inserted in the centres comes out clean. Turn onto a wire rack to cool slightly. Serve muffins warm or at room temperature either with a fresh garden salad or on their own.

Recipe excerpt of Coles Supermarket Magazine



COMPETITION

your chance to win an AromaTouch® Treatment

AromaTouch® is not massage, but a gentle hands-on technique using doTerra® essential oils.

Each oil is specifically selected for grounding and soothing, detoxification, anti-inflammatory response, and an immune system boost.

Better sleep, more energy, less stress, with 100% all-natural essential oils.

Certified-pure therapeutic-grade doTerra® essential oils used in the AromaTouch® treatment include Lavender, Balance, Melaleuca, On Guard, AromaTouch, Deep Blue, Wild Orange and Peppermint.

*To enter, tell us in 25 words or less why you would like to win.
Cut out the entry form below and pop in the post - good luck!*

Terms and Conditions Apply. For full Terms and Conditions visit lifebridge.org.au

ENTRY FORM

Name:

Phone: Email:

I would like to win an AromaTouch® treatment because:

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If undeliverable please return to:
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Tweed Heads, NSW 2485

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AromaTouch® Treatment Competition

Lifebridge Australia Communications Team
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