

# news

**THANK YOU:** Our service would like to thank Scott and Stacey Barker from Tin Can Bay Family Butchers for donating the delicious sausages enjoyed at the Children's Book Week 'Dress up day' on Thursday 21st August at Tin Can Bay.

**WITH THANKS:** Family Day Care Gympie Region would like to thank the Uniting Church Child Care Association and the members of the congregation for all of their wonderful support in helping to make our 30th Anniversary celebration a great success (even if the weather was not favourable)

With **FATHER'S DAY** not far away it's time to spoil Dad (or any other significant male in your child's life); and we all know the way to his heart is through his tummy. Give these yummy muffins a go and surprise Dad on this special day.

## BLUEBERRY MUFFIN RECIPE

### Ingredients:

- 1 and 3/4 cups flour
- 3 tsp baking powder
- 1/2 tsp salt
- 1/4 cup margarine
- 1/2 cup sugar
- 1 egg
- 3/4 cup milk
- 1 tsp vanilla
- 1 cup frozen blueberries



### Directions:

1. Preheat oven to 180°C
2. In a large bowl, put the first three ingredients (flour, baking powder and salt) and stir.
3. In a second bowl, squish the butter and sugar together (we used our fingers) until they are mixed. Beat in the egg, milk and vanilla until it's quite smooth.
4. Pour into the first bowl. Stir until it's just mixed (it will still be a bit lumpy). Don't stir too much.
5. Fold your blueberries gently into the batter (try not to crush them).
6. Grease your muffin tin. Fill about 3/4 full. Bake for 25 minutes until just nicely brown. *Makes 12 to 16 muffins.*

For more fathers day recipes or craft ideas, visit [www.dltk-teach.com](http://www.dltk-teach.com)

HAVE FUN!

## What's On?

### September

- 7th Fathers Day
- 7th Fortnight Ending
- 10th Staff Team Building Day
- 16th UCCCA - AGM
- 21st Fortnight Ending
- 22nd School Holidays Commence

### October

- 5th Fortnight Ending
- 6th Public Holiday
- 7th School Resumes

## Birthdays

### September

- 28th Kathy Pitt

### Early October

- 3rd Michelle Brunott



### FDC Gympie Region Team

Ph: 5482 6099  
 Email: [admin@fdcgympie.org.au](mailto:admin@fdcgympie.org.au)  
[www.fdcgympie.com.au](http://www.fdcgympie.com.au)

<b>Nominated Supervisor</b>	Marilyn Mullaly
<b>Educational Leader</b>	Narelle Cramb
<b>Certified Supervisors</b>	Kay Braddock Sue Williams
<b>Administration</b>	Trish Pountney Joanne Lewis Susan Duncan Jill Kewin
<b>Resource Coordinator</b>	Merril Patrick

### Office Hours

Mon, Tue, Thurs & Fri: 8.30a to 4.00p  
 Office closed Wednesdays - appointment only

### Approved Provider

The Uniting Church in Australia Property Trust (Q)

### Management Committee

Uniting Church Child Care Association  
 (Gympie Congregation)





## ★ Educators

### EDUCATOR TRAINING AND WORKSHOPS:

Please check the FDC Gympie Region website on a regular basis to keep up to date with training and workshop opportunities.



### SO LONG: Family Day Care Gympie Region

**Good bye** would like to thank Karley ten Bohmer for her commitment to providing excellent childcare to families in our region, and wish her all the best for the future.



**STAFF TEAM BUILDING DAY:** On Wednesday 10th September, the office will be closed due to all staff participating in a team building day. Please leave messages on the answering machine for staff to follow up the next day, or in an emergency contact us on the service mobile: 0417 768 864

### UNITING CHURCH CHILD CARE ASSOCIATION ANNUAL GENERAL MEETING:

The AGM for the UCCCA will be held on Tuesday 16th September at 7.00pm at the Church on 17 Red Hill Road, Gympie. All educators, parents and members of the community are welcome to attend.

## Educational Leader ★

Providing excellent Family Day Care is about being well connected. It means that to do the job well, it involves *connections, communications, links, interactions, collaboration and teamwork*. In short, it is all about **Relationships**.

### Relationships with:

- children and the families of children in care;
- the educators own family;
- educators family members;
- connections with other professionals and community members
- staff at the service

Narelle



**REV'S RAMBLINGS:** I confess to be a sports junkie. Yes – I stayed up and watched the Commonwealth Games until all hours of the night to watch it live knowing that I could see the replay the next morning. I love the NRL, have my favourite AFL team, follow the basketball, have played league, Aussie Rules, cricket, tennis, basketball and still play squash (all competitively) have done triathlons etc etc. I have spoken to professional gold medal winning athletes in athletics, kayaking and weight lifting. And through all this experience, I have learnt that there is no gain without pain. I was at a conference recently where the guest speaker, an exercise physiologist, asked us to stand and bend our knees so that the tops of our legs were on a 45 degree angle with the floor. We were asked to hold that position. Try it! After a while it hurts! She asked us if we felt the pain. I certainly did and by the faces on others I know I wasn't alone. Then she asked us to bend the knees a little further (without standing first) and hold. Now after seconds I thought I was going to collapse. She explained that you are now feeling agony! And she was right! We were allowed to relax. Then she made some comments that I think can be applied to life for all of us. Most of us struggle when we reach the pain barrier – we stop. Yet I learnt, albeit the hard way, that when you are in 'agony', the prior feeling of 'pain' was easy to deal with. Most sportspeople know this and they also know that their success will mostly come at or beyond the pain level. When life throws its often frustrating, confusing, hurting, curve balls – be it personally, in business, with our relationships, finances, family or community, and we are in pain – don't panic. Our growth as people is boosted by such times. Keep focused and learn to 'see by faith' beyond it to the relaxing moment.

