## Sept 2024 Newsletter Mackay Advocacy Inc



#### **Asian Rice Noodle Salad**

#### Method:

#### Step 1

Cook the rice vermicelli noodles following pack instructions. Drain and rinse under cold running water to cool slightly.

#### Step 2

Combine the herbs, lime zest and juice, the sweet chilli sauce or jam, oil and soy sauce in a bowl.

Toss in the noodles, cucumber, carrot and edamame beans. Top with the peanuts, sesame seeds, chilli sauce and spring onions to serve.

#### **Ingredients:**

- 2 nests of rice vermicelli noodles
- small bunch of mint, leaves picked and finely chopped
- small bunch of coriander, finely chopped
- small bunch of basil, leaves picked and finely chopped
- 2 limes, zested and juiced
- 1 tbsp sweet chilli sauce or jam, plus extra to
- 1 tbsp neutral-tasting oil
- 1 tbsp soy sauce
- 1 cucumber, cut into 2cm chunks
- 1 carrot, peeled into ribbons using a peeler
- 100g edamame beans (defrosted if frozen)
- 50g salted peanuts, crushed
- sesame seeds, for sprinkling
- 1 tbsp chilli sauce, to serve
- 1-2 spring onions, sliced, to serve

Have you got a favourite healthy recipe you would like to share with us? Email us at - Valleyassist@mackayadvocacy.com.au

### What's on in September?

**Sunday 8 - Eungella Markets** 

Sunday 15th - Sweet Repeats pre-loved clothing Market at CQUni Mackay

Thurs 12 - RUOK Day at CQUni Mackay

**Thursday 19 - ECDA Meeting** 

1-30 STEPtember step up for Cerebral Palsy



## Did you know?

As a Pioneer Valley community member you have free access to:

- Computers / internet access
- \* Printing facilities
- \* Free Wifi
- \* Tech assistance

Visit the Finch Hatton Wellness Space, Pioneer Valley Assist - located next to The Criterion. Call 0456 922 492 to check opening times and availability.

## **Community Notice Board**



Email your events and employment opportunities to valleyassist@mackayadvocacy.com.au

# Mirani Mobile Breast Screening

Mobile Van on-site early September at Pioneer Park
Crn Victoria & Augusta Street Mirani

To make an appointment Call Breastscreen Qld on

**Fusion on the Lawn** 

A lunchtime event hosted by
One Hungry Mumma
Saturday 28th September
1 Zahmel Street, Finch Hatton
Book tickets now at
www.onehungrymumma.com.au



## Tech Talk and Assistance

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Libraries' Tech Assist
From 9.30am Wed 25th September
Valley Assist Finch Hatton office

Got a computer/device/technology problem you need help with? Book a session with one of the helpful Mackay Library staff by emailing Valley Assist at: valleyassist@mackayadvocacy.com.au

## **Eungella Hub**

**Eungella Markets** 

Sunday, September 8

**ECDA** community meeting

6.30pm Thursday, September 19
Members and community welcome

**Earth Animal Information Session** 

Saturday, September 21

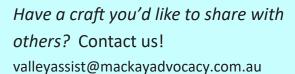
### **Craft Wednesdays**

Every Wednesday

10am to 1pm

Mackay Advocacy

Finch Hatton office



# Employment opportunities



Broken River Mountain Resort: Casual cleaners required, no experience necessary.

Phone the resort on 4958 4000 or send a message to: enquiries@brokenrivermr.com.au