

### Baby Paul Conrad Pilakui's Baptism



2010-08-01 18:30



2010-08-01 17:19



2010-08-01 17:36



2010-08-01 18:10

Grand Parents Venard & Julienne Pilakui would like to congratulate Paul Gerard Pilakui & Joanita Tipiloura on the Baptism of their son Paul Conrad Pilakui with Freddy Puruntameri & Austina Tipungwuti as God Parents.

Many Thanks to Minister John Baptist, Father Peter & all those people who attended may God bless you.

### Tiwi Islands Training & Employment Board

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Circulating throughout Melville and Bathurst Islands which include the Communities of Pirlangimpi, Milikapiti, Wurrumiyanga & Ranku

### Articles For The Tiwi Times

If you have any articles which you would like to go into the September Tiwi Times please email them to us at tiwitimes@titeb.com

We try our hardest to get your Tiwi Times out by the end of each month and it would be appreciated if you could have your articles for the next Times to us by:

Friday the 24th of September.



# TIWI TIMES

Tiwi Islands Training and Employment Board

### Money Business Open Day 2010



TITEB held another open day this month to promote our Money Business Program to the community. A feature of the day was a cooking demonstration by Steve Sunk and his staff from Charles Darwin University. The CDU staff trained the money business workers on preparing the meals. The program is aimed at cooking healthy, nutritious and affordable meals using locally available products. A community BBQ was also a hit on the day. See more information inside this issue!



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### Quote of the Month

*Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.*

*William James (1842 - 1910)*

### The Walkabout Chef at Nguiu Money Business Open Day

With nutrition, simplicity and affordability its cornerstones, a set of recipe cards is about to revolutionise the way Indigenous communities go about meal time.

Just launched at the Bathurst Island community of Nguiu, the Money Business Cookery Recipe Cards promote healthy living, nutritional awareness, and social and community wellbeing.

## Cook for the Family

Serves 6 or 12 kids

**Ingredients**

- 12 thick beef sausages
- 3 cups of Green or Yellow Lentils –rinse in water and drain
- 2 onions diced
- 2 large carrots washed peeled and diced
- 2 Sticks of Celery washed and diced
- 2 bay leaves
- 3 continental chicken stock cubes
- 4 tablespoons vegetable oil
- 2 cloves of garlic crushed
- 3 potatoes washed peeled and diced
- 3 rashers of bacon chopped finely
- 2 cans of crushed tomatoes
- 2 litres of water

**Method**

cook sausages in a pan and set aside.  
In an electric frying pan add oil and bring to heat, add onions, carrots, celery, garlic and bacon. Lightly fry and add lentils, bay leaves, water, stock cubes and cook until tender. Add diced potatoes, tomatoes and cook until the potatoes are soft. Add the sausages and bring back to heat.  
Serve with rice

### Sausages & Lentils



Headed by celebrated Charles Darwin University cooking identity Steve “The Walkabout Chef” Sunk, the program has produced 10 simple coated recipe cards complete with colour photos, easy-to-follow instructions, and alternative ingredients.

Mr Sunk said the concept originated through the Back to Basics program in cookery held in remote communities throughout the Territory and Western Australia over the past 15 years.

“While teaching cookery at these communities, I found the need to simplify cookery production as there is limited equipment available,” he said.

“All recipes can be cooked with basic equipment such as electric frying pans and rice cookers, using local produce gathered around the community and basic ingredients purchased from the community stores.”

Recipes prepared at the program launch included wallaby tail stew, curried chicken, sweet and sour fish and chilli con carne (kangaroo mince).

Mr Sunk said the cards would be distributed by the Outback Stores in all Territory communities with the view to expand to the Kimberley area in the future.

“The project encourages simple economics to the household and promotes wellbeing of the community and family unit by eating a meal together at a forecasted cost.”

All recipes have extensive nutritional benefits, are low in salt and fats, use large components of vegetables, and use ingredients available in store and by hunting and gathering.

Most importantly, these will be easy to make with minimal equipment and can be produced for less than \$12 to feed a family of four to six people.

Mr Sunk acknowledged the efforts of fellow CDU Cookery lecturer Rachelle Richardson, Tiwi Islands Training and Employment Board CEO Norm Buchan, and the sponsorship of Nestle, Arafura Catering Equipment and Outback Stores for being instrumental in the program’s success.



### Melville Island (NTES) have a new toy

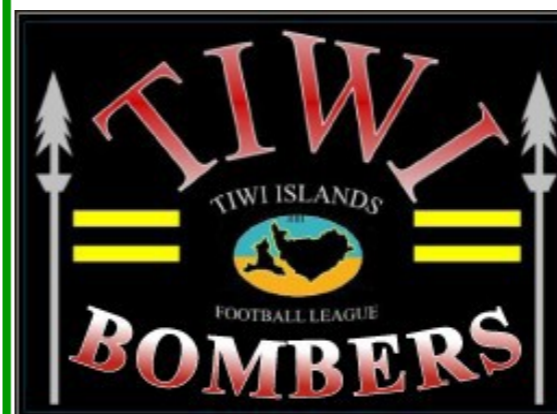


The Melville Island Northern Territory Emergency Services (NTES) have a new toy!

Everyone wants a red shiny fire truck and we now have one. It is located at the Pirlangimpi police station along with a Road Side Accident Recovery trailer. The trailer has equipment such a stretchers and the jaws of life, which the NTES volunteers are keen to learn. There is also a water trailer to help out the fire truck so there are plenty of toys to play with now.

If you want to join NTES telephone Aaron Trenfield on 8978 3773 for more information

### Tiwi Bombers up and coming pre-season and sign on campaign



The training days on the three communities will be as follows:

**Monday / Wednesday / Friday**

**Training Starts @ 5:30pm - Players to bring their boots / socks / jumper to train in**

The trainers in each community during these training sessions to contact on your attending training will be as follows:

**Shane Tippa / Daniel Mc Namee - Milikapiti**

**Gideon Pupangraminni / Bradley Rioli - Pirlangimpi**

**Karl Gundersen / Greg Orsto / Ben McKasker - Nguiu**