

APRIL NEWSLETTER

This newsletter is to keep you up-to-date on the great work being done by the SMBI community, service providers and stakeholders, working together and creating partnerships to best support our SMBI children aged 0-8 years, and their families.



SMBI Bubs & Families Group

SMBI Bubs & Families was created by a group of passionate SMBI parents and carers, and has been meeting at the Macleay Island Progress Hall for nearly a year now. Just a short walk from the Jetty, the group offers a calm and welcoming space for children to socialise and play while parents connect.

Angel and Raechal are the wonderful community members who are leading the group. Angel brings her strengths as a creative and crafty "ideas lady" and her experience as a mum of 3 is invaluable.

Rachael is passionate about sensory play and play based learning, and having both experienced a natural 35-week special care premie baby and a full term Caesarean baby, feels she can provide many different aspects of support.

Speaking with both of these ladies, it is clear they have the same intentions for the group - for it to remain a safe, non judgemental environment for everyone to feel welcome to connect, for the group to continue to grow and for all to feel they are welcome to contribute and learn from each other.



This community led group is supported by The Progress Association, who have generously donated the use of the Hall space and provide Tea & Coffee. Families can access the child health nurses, connect to other services through our child health connector Kylie, or simply come down and have a chat with a SMBI Listener. The group meets on Tuesdays 9 - 11am. You can find out more information from the flyers attached.



IN THIS ISSUE

- [Page 1](#) - SMBI Bubs & Families Group
- [Page 2](#) - The Big Picture
- [Page 3](#) - The SMBI Shout Out (IOTM & Business Love)
- [Page 4](#) - Out & About on SMBI
- [Pages 5 & 6](#) - Families Space
- [Page 7](#) - Birthday Club



THE BIG PICTURE

In Early March, SMBI Listeners Inc. and the Centre for Impact Innovation, (formerly The Yunus Centre), hosted people from Community, Local, State and Federal Government, Philanthropies, Academics and Non-Government agencies to Macleay Island to participate in the "SMBI Innovation Lab".

We opened the day by welcoming participants with the Macleay Island State School choir welcoming us with songs, including some in Jandai.

The Russell Island State School State Delivered Kindergarten children created the "Our Island Home" mural which was hung proudly and shared as well.

Craig Cunningham and Amy Fernando then shared learnings from the SMBI Listeners' work and experimentation which grounded us in context and helped us consider how we might learn from these Ways of Working to begin identifying systemic challenges and future experiments.

Over the day, participants discussed sustainable place-based work with SMBI as the focus and planning is now underway to continue this work over the next 12 months, we look forward to continuing to share this work with you.

SMBI Listeners Inc. would like to thank everyone who travelled over to spend the day with us and to our wonderful Islands and Community for hosting us all on the day.



"Our Island Home"
created by the Russell Island State School State Delivered Kindergarten children

THANK YOU
VERY MUCH!



Margot Beach, Matthew Cox, Hilton Travis and Matthew Statham presenting their groups discussion about investment in Place Based work.

THE SMBI SHOUT OUT!

ISLANDER OF THE MONTH

Our Islander of the month for April is Alicia from Macleay. Alicia and her family moved to SMBI late last year and she is sharing her wonderful musical talent and passion with our children by starting her Music & Movement classes for 0-6 years. Alicia also volunteers her time at Bay Island Early Learning making chocolates with the kindy kids. Thank you Alicia!



BUSINESS LOVE

The Bay Islands Collective

With ever changing stock, The Bay Islands Collective is a collective store showcasing an eclectic mix of the SMBI Artists, Entrepreneurs and Creatives. Creators Jera and Anna see The Bay Islands Collective as a way to bring all the islands and all their talent together and it's a space for islanders and 'mainlanders' to promote, purchase and get to know each other better.

The store is at 47a Banana Street, Redland Bay
Open most days 9-3pm
thebayislandscollective@gmail.com



OUT AND ABOUT ON SMBI!

Families enjoyed a beautiful day at the Learn2Play playgroup, that operates on Tuesdays from 10.00 - 11.30 at the Jetty Park on Russell. The child health nurses were in attendance, this now happens fortnightly and it is a great way to meet the Child Health Nurses who visit SMBI.



Children had lots of fun expressing with instruments and dancing to songs at the first Music & Movement trial class, held at the progress hall on Friday 31st. Class will begin Friday 21st April 8.45-9.30am \$5 per child.

Contact Ali - Aliflecth83@gmail.com for more information.

It was Harmony Day on the 21st of March and our schools did such a wonderful job celebrating the cultural diversity in our community. The day recognises the importance of cultural respect, participation, and inclusiveness for everyone who calls Australia home.



FAMILIES SPACE



You can see good results dyeing eggs with food colouring but to be honest, we used up all the food colouring in our house tie-dyeing t-shirts recently, so this year we had to improvise and try natural dyes instead. Luckily, our garden and the pantry provided some great options! But of course it was not all smooth sailing so find out what we did!

Method

1. Boil your eggs

Boil your eggs for 5-10 minutes so they are hard boiled. We used the lightest brown eggs from our chooks, as we could. The lighter the egg shell is, the better it will absorb the dye. Although, apparently, the less fresh the eggs are, the better the dye will absorb also.

2. Make up your natural dye mixtures

We started by having a chat about what we could use, what we had and what food we could spare from the pantry and fridge. We decided not to use blueberries because we would rather snack on them while we worked!

Chop the cabbage, parsley and onion skins up as small as possible.

We used about one cup of chopped parsley, onion skins and cabbage and a couple of spoonful of turmeric powder and ground coffee.

Once chopped, place each ingredient in a separate jar or glass.

Add one cup of water and one tablespoon of vinegar to each jar or glass and then place your hard boiled eggs in each mixture. If you are going to make patterns on your eggs, do this before you place them in the dye mixtures.

3. Leave your eggs in the dyes overnight

To get the deepest and richest colours, we suggest that you leave the boiled eggs in the different dye solutions overnight. Bonus of this exploration - you can eat the eggs the next day!

We collected

Parsley
Red cabbage
Coffee (used ground coffee)
Onion (onion scraps)
Turmeric (powdered)

In addition you'll need

Eggs
Water
Vinegar
Knife and chopping board
Elastic bands for patterns
Pot to pre-boil eggs
Measuring cup
Jars or glasses

The choice of colours really depend on what produce you have in your cupboard and garden. We had LOTS of parsley, but decided to leave the flowers for our bees.



FAMILIES SPACE

Observations, conclusions, ideas

Different ingredients: We tried used, ground coffee rather than fresh coffee but it didn't give us good results. Your egg will need a strong cup of coffee – just like your parents in the morning!

Blueberries, red onion and beetroot all give good results as well, but we didn't have those at home.

Create patterns: We put tape and elastic bands around our eggs to try and create patterns on the shells. Sometimes it worked and sometimes it didn't! Maybe you will find other inspiration to create patterns in nature?



We switched from natural dyes to using ice pops in the end as the natural dyes didn't work as well as we would have liked. You might get better results. Let us know how you get on. You can read more about this further down the page.



So we went back to the drawing board and started again. We started by asking each other what other things stain clothes? We came up with grass stains and ice pops.

Using ice pops as dye: Our choice of ice pops was limited. Nobody in our house really likes the cola flavoured ones so using this colour was a good choice! We also realised that if we used narrow glasses we didn't need to dilute the ice pop! The pink, purple, orange and green ice pops worked the best. The pale blue not so well. What works for you?



This time we used elastic band to add a pattern which we were very pleased with. We suggest you cut the elastic bands off the eggs instead of pulling them off after dyeing because they can scrap the shells and thus ruin your beautiful pattern.

What's the STEM?

Natural dyes are still used all over the world. Sometimes the dyes are intuitive. Blueberries give you a lovely blue colour and turmeric makes a great yellow (as anyone who has spilt curry on themselves can attest to.) BUT have a think about the non obvious options, what colour will onion make and what happens if we leave the skin on?

Tip: The colour can change to a deeper hue the longer we leave the eggs in the dye mixture. Why?

Extended learning

You can use the dye over and over again to dye more eggs with different patterns and you can always use your left-over solutions to tie dye some T shirts. If you do use red cabbage, save the red cabbage juice. There are some wonderful experiments you can do with it – go and explore and share your experiences with us at Little Scientists!

Happy
Easter!



SMBI BIRTHDAY CLUB

Join our Birthday Club to go into the draw to win a FREE custom birthday cake and gift pack for your child. You will receive an e-Card on your child's birthday and we register eligible children for the Dolly Parton Imagination Library, which is a program that mails FREE High-Quality books to families with children under five.



Congratulations to Precious who was March's Lucky winner!



A cake fit for a princess!

These awesome cakes are created by The Midnite Baker on Macleay Island, who makes all our Birthday Club cakes! Find "The Midnite Baker" on Facebook for more info



REGISTERING FOR BIRTHDAY CLUB IS SUPER EASY,
JUST REACH OUT TO US!

Steff Hanson
Community Engagement

P: 0483 829 898

E: Community@SMBIListeners.org.au