# The buzz

| Painting a Guitar with Ruth | Butter Chicken | Discover the Adelaide Central Market | Edition 05 May 2025 Live Your all.



Have fun by adding your own colours to the images.



## Festival Edition

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Hello Everyone, I'm Phoebe Hanton and I welcome you to the fifth edition of the Barkuma Buzz. In this Edition we'll be exploring the Adelaide Central Market located in the city, where you can explore plenty of stalls, eat some food, or just have fun. We will also let you know of some events happening in Adelaide this year, as well as lots more interesting articles!
You can subscribe to the Barkuma Buzz and have it delivered for free to your door or inbox/email.

Kind regards

Phoebe

Editor in Chief

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Thank you!

Thanks to the Adelaide Central Markets and businesses for their support.
Created in partnership with people living with disability and Barkuma.


Acknowledgment of Country We acknowledge the Kaurna people and their elders, past, present and emerging, who are original custodians of the Adelaide Plains and the land on which Barkuma operates.

# Barkuma Buzz
# Blood Donation
## By Darcy

I recommend anyone who is able to do and who would like to donate blood to so. It is potentially saving someone's life. You get to find out your blood type and also get to see if you're healthy too. Donating blood is free.




### Before you go

Check you are eligible to donate blood. Some recent travel, medications, dental work, tattoos and how you're feeling on the day might affect whether you can and should give blood.

Find your closest donation centre. There are dozens throughout Adelaide, as well as mobile donation centres.

Drink 10 glasses of fluids the day before your donation.

Eat something savoury and drink 750ml (3 good-sized glasses) of fluids in the 3 hours before.

Avoid exercise or strenuous activities in the 3 hours before.

**Get in touch with Red Cross Lifeblood**
**Call 13 14 95**
**Online: https://www.lifeblood.com.au/**

### What to expect

- When you come in, a team member will say hi and give you a questionnaire to fill out.
- You'll go over your answers with a team member in private, so you can ask any questions.
- Before you know it, you'll have made a donation, saved some lives, and be relaxing with a free drink and snack.
- At the blood donation centre they have chips, you make your own milkshakes, biscuits, Tim Tams, party sausage rolls, pasties and pies and sandwiches, also juices and flavoured milk is on offer too plus water too.

### Were the staff friendly and helpful?

Yes the staff were really friendly, nice and helpful.

# Let's Cook!

# Butter Chicken

*By Phoebe*



## Watch & Make

**Scan here to watch how to make this**

## Equipment

- Knife
- Chopping Board
- Large Pot
- Mixing Spoon

## You'll Need

### Ingredients

1 tbsp olive oil 

1kg Skinless Chicken Thigh Fillets Cut into cubes (4cm) 

1 brown onion, diced 

1 jar butter chicken sauce 


350g ripe tomatoes, diced or a tin of chopped tomatoes 

40g butter cut into pieces 

Cooked white rice 

Pappadums 

Naan bread 

# Let's Cook!

## Hot Tip

You can swap the chicken for prawns and add some vegetables like beans and pumpkin.

## How To Make

**PREP TIME:** 5 minutes **COOK TIME:** 20 minutes **SERVES:** 4

1



**Heat** the oil in a medium saucepan on medium-low heat.

2



**Add** the chicken and cook, stirring often, for 5 minutes, until lightly browned.

3



**Add** onion and cook for another 3 minutes.

4



**Add** the Butter Chicken Cooking Sauce and simmer until the chicken is cooked through, about 15 min.

5



**Toss** in the chopped tomatoes while the sauce is simmering.

6



**Add** butter to finish.

7



**Divide** between serving bowls and serve warm with rice.

If you have any papadums or naan I would recommend you cook them and serve with the Butter Chicken.

# The Adelaide Fringe 2025

## By Darcy

The Adelaide Fringe Festival happens every year in February and March. Some of my Adelaide Fringe highlights were:

- The music shows such as Peter Combe shows (fun fact I am related to Peter Combe. I am Peter Combe's second cousin)
- The 60 Four are definitely a highlight of four talented young guys who sing 60s songs.
- Fusion Pops Orchestra is another highlight for me.
- The Flaming Sambucas are also another highlight for me as well.

## By Phoebe

At the fringe I saw various shows and tried different cuisines of food stalls like:

- The Fish and Chips stall.
- The Dumpling stall.
- The Baked Potato stall.
- The Corn stall.
- The Tokyo BBQ food stall.
- The Mac n Cheese stall.

From 21 of February to 23 of March, these events took place in some of the following venues:

- The Garden of Unearthly Delights.
- Gluttony.
- The Wonderland.



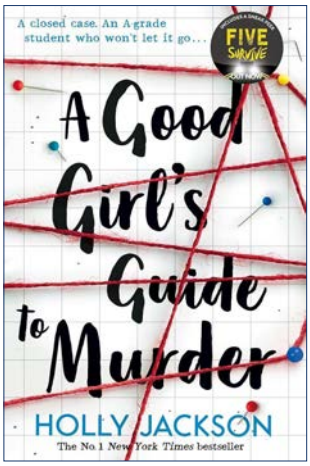
Photo from London's Calling

CULTURE

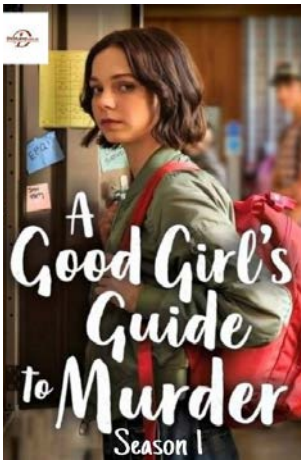
# What we're buzzing about

## Book Review by Amy

**A Good Girls Guide to Murder by Holly Jackson.**




This is a mystery novel.
It is about a high school detective called Pippa, or Pip for short.
She is trying to solve a case from 5 years ago.
It is about a school girl (Andy) who goes missing and is murdered.
Pip then tries to find out who killed Andy.
Pip interrogates the people who were the last people who saw Andy alive.
I enjoyed this book because I got out of my comfort zone by reading a mystery book which is a different genre for me. I highly recommend this book for people who like mystery books.




This book was made into a tv show which you can watch on Stan if you have a subscription.

WIN!

COMPETITION




## Subscribe and win!

By subscribing to The Buzz, you not only gain access to a world of captivating content, you also become eligible for this amazing prize. When you subscribe you receive an entry into the competition, increasing your chances to win this exciting prize. Good luck!

Scan here to enter

Or visit:

barkuma.com.au/the-buzz-magazine/

# Whats on in 2025

## Botanic Gardens Chihuly Nights

**September-April**
Botanic Gardens
Free and ticketed.
Discover a garden of awe-inspiring glass sculptures at this world-class event in Adelaide.



## Kodomo No Hi Japanese Festival

**May 4**
Unley Town Hall
11:00am – 4pm
Tickets: $5 person, $10 family
This year's theme is Okinawa, a tropical coastal region of Japan.
Kodomo No Hi will feature plenty of fun activities, entertainment, and delicious Japanese food and drinks to enjoy. Try origami or a tea ceremony enjoy a day of fun!




## AvCon Adelaide

**July 5-6**
Adelaide Showground
Tickets: Adults $45-$70
Children under 12 free
South Australia's biggest Anime & Gaming convention happens every July. Play console games, explore the Artist's Alley, find bargains on manga and figurines, and watch amazing cosplayers compete on stage.



## Illuminate Adelaide

**July 2-20**
Adelaide City
Free and ticketed events.
Enjoy the city's nightlife as it turns into a magical winter wonderland with art, music, technology, and light shows. It's a fun way to spend time on cold nights with family and friends.

## Treasures of the Viking Age

**February-July**
SA Museum, North Terrace
An exciting archaeological discovery includes jewelry, personal items, and unique curiosities. This exhibition showcases these remarkable objects and shares new research about what they tell us about Viking Age Britain.
I love exploring objects and stories from our ancestors, which inspired me to create artworks for the SALA exhibition.

## Willunga Almond Blossom Festival

**July 26-25**
The Almond Blossom Festival has been running for over 50 years.
They have a family fair weekend where there are rides, food trucks, music, markets, cooking competitions and fireworks on the Saturday. You can also have a go at almond cracking on the Sunday.



## South Australian Living Artist

**August 1-31**
All across South Australia
Entry: free
Celebrate a month of artworks by talented South Australians. Over 500 venues, from local cafes to public spaces, showcase these creative pieces.



## Gawler Show

**August 23-24**
Nixon Terrace, Gawler
Tickets: Adult $20.00
Child $ $10.00 age 5-15
The Gawler Show is a fantastic way to enjoy time with family and friends, especially if you prefer smaller crowds.




## OzAsia Moon Lantern Festival

**October**
Tarntanya Wama/Pinky Flat
Entry: free
The Moon Lantern Trail is a free outdoor event celebrating the Mid-Autumn Festival with giant lanterns, performances, and live music, making it fun for the whole family. It's beautiful to visit during the day and even more magical at night as the lanterns light up the trail along the riverbank.



# Discover Adelaide Central Market

Hire a free trolley.

Scan here and explore the Market with Kylie





**W Cosmetics**

W Cosmetics is a shop for all beauty care needs. It has products from Korea, Japan, and China. The staff on the floor are fantastic and have excellent knowledge of different skin types. I can spend hours testing out lip and blush colours.

Location 23 Gouger Street, Adelaide.
To find out more go to: www.wcosmetics.com.au



**Central Market Flowers**

Central Market Flowers offers many choices and colours. As a flower lover, I found the bouquets affordable. The shop brings in different flowers each time I visit, and it's fun to learn what's in season. Arrive early in the morning so you have more selections to pick from. The owner and staff are friendly.

Location Stall 7 Central Market, Gouger Street, Adelaide.



**Milk Flower Tea**

Milk Flower Tea makes its drinks fresh and delicious. The drinks menu includes many smoothies, yoghurt, fruit and milk teas. Milk Flower Tea also introduces special drinks based on what's in season.
I recommend trying the fresh watermelon iced tea or strawberry smoothie.

Location 85 Grote Street, Adelaide.
To find our more go to: milkflowerdrinks.com.au

**The Central Market**
The Central Market is in the heart of Adelaide City, where you can find local produce from across South Australia. It's loved by many and is a good place to have lunch and buy fresh groceries. Each time I visit, it is a new experience because there are different stalls and unique cultural food.

**Location 44-60 Gouger Street, Adelaide.**
**Open Tuesday to Saturday.**
**To find out more, go to:**
**adelaidecentralmarket.com.au**





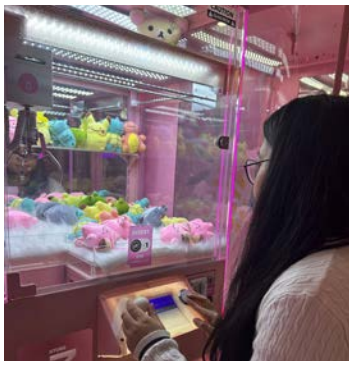
**Nanna Hot Bake**
Nanna Hot Bake has delicious pastries. The first time you try them, you'll become a returning customer. When you have selected what to buy, the team will ask if you'd like them microwaved before eating (how lovely).
My favourite picks are the beef curry puff and coconut custard bun.

Location Shop 30, Central Market Plaza, 61-63 Grote Street, Adelaide.



**Lucia's Pizza and Spaghetti Bar**
Lucia's Pizza & Spaghetti Bar is a lunch place that offers pasta, pizza, panini, sweets, and vegetarian options. I enjoyed the bruschetta, and the servings are generous! The place feels cosy, like stepping back in time and remembering 90s sitcoms.

Location WR3, 44, 60 Gouger Street, Adelaide.
To find out more go to:
lucias.com.au



**Million-Life**
Million-Life is the only place covered in pink and bright neon lights, filled with adorable plushies inside claw crane machines. It's a great spot to have fun with family and friends. Popular nights are Friday and Saturday. Got a spare coin? Try your luck!

Location Tenancies 42-43, Unit 4, Market Plaza 61-63 Grote Street, Adelaide.

# Home

## Sian's journey to living independently



**My name is Sian, and I'm 66. I enjoy listening to music, gardening, playing games on my tablet, and watching TV. I also like to go out and have a good time.**

**What inspired you to move?**
I didn't like living at my previous home as it was too crowded. Now it's not crowded as I live by myself. It's close to shops and public transport. If I get bored, I can walk to the shops, get what I need, and come back.

**What's your favourite thing about your new home?**
Being independent, cooking for myself. Not having anyone to bother me, no-one to boss me about, and tell me what to do. I have a new neighbour too. This move has made a big difference for me, as I now live independently and having Barkuma staff on-site when I need them is important for me. It makes me feet safe and sound. I am learning to cook, manage my diabetes and managing my finances.

**Can you tell us about any hobbies or activities you enjoy?**
I go out with Novita on Fridays for bowling, cooking, puzzles and DVD's.

**Are there any community activities you're excited about participating in?**
I like mindfulness and meditation.

**Do you have any goals or projects you're looking forward to starting here?**
I'm looking forward to starting scrapbooks. I am interested in different breeds of birds.
My favourite is the flamingo. I'm hoping to have a little garden; I want to plant a few tomato plants.

**How has the move to your new home been?**
It was a bit daunting, but it turned out good in the end.

**What advice would you give to others who are considering Barkuma support in their home?**
Don't be nervous. I was nervous at first, but you just need to take it as it comes. Its just wonderful, very exciting and marvelous.

**What is your favourite way to relax or unwind at home?** Making a cup of coffee, putting my feet up, watching TV or playing on my tablet.

## Neville



**What is your favourite thing about your home?**
I have good friends and good staff.

**What is your favourite way to relax or unwind at home?**
Watching TV and doing puzzle books, word finds mostly.

**What is it like having Barkuma staff support you at home?**
It is very good, I like them. They are good friends.

## Sean



**What is your favourite thing about your home?**
I like being in my own unit. It is nice and quiet.

**What is your favourite way to relax or unwind at home?**
Watching YouTube, particularly videos of people playing video games.

**What is it like having Barkuma staff support you at home?**
It has been good so far.
They are helpful when I need help with something, and they help me to go to the appointments.

## Karen



**What is your favourite thing about your home?**
I like living in a new house.
I just moved here from Tanunda.

**What is your favourite way to relax or unwind at home?**
I like doing crafts like knitting.
I like having coffee with my housemate.

**What is it like having Barkuma staff support you at home?**
They are good. They take me shopping.

**Sian, Neville, Sean, and Karen thrive in Barkuma homes, where they receive Supported Independent Living assistance to enhance their daily lives**

Quiz

# Sports Quiz By Ben



Check your answers online

| | |
|---|---|
| 1 | How many premierships have the Adelaide Crows won? |
| 2 | Which AFL player won the 2024 Brownlow Medal? |
| 3 | Which A-league soccer team won the 2024 grand final? |
| 4 | Which team won the AFLW grand final in 2024? |
| 5 | Who won the 2024 Big Bash league? (BBL) |
| 6 | Which netball team won the 2024 grand final? |
| 7 | Which international team won the 2024 T20 Cricket World Cup? |
| 8 | How many AFL Grand Finals have Port Adelaide played in? |
| 9 | Which AFL player won the 2024 Norm Smith Medal? |
| 10 | Which Australian basketball team won the NBL grand final? |

# Basketball By Ben



Hi, my name is Ben Jarrett and this is my first time being part of the Barkuma Buzz magazine.

I'd like to tell you all about the inclusive basketball programme known as IBP which is held at Springbank basketball stadium. I play in the premier league which is the high level. I have been playing basketball since 2005 and continue playing in this competition. I have also coached within the competition for over 10 years, and have been umpiring basketball for 5 years and enjoy it.

I have a podcast about all kinds of sports international and Australian.
I bring out new episodes once a week, and have been running it for 3 years, recently releasing my 100th episode.

Creating the podcasts brings me enjoyment. It's suitable for footy clubs, players and sports enthusiasts.

Listen and subscribe to The BJ Show now.

**Subscribe Here**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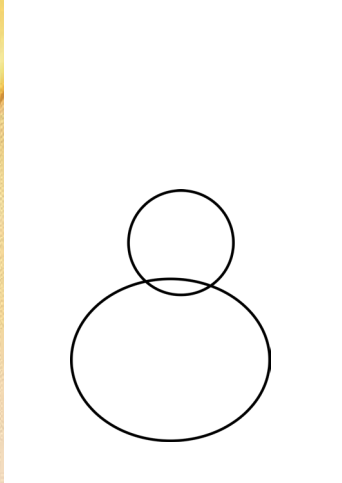
nschutt@finsbury.com.au

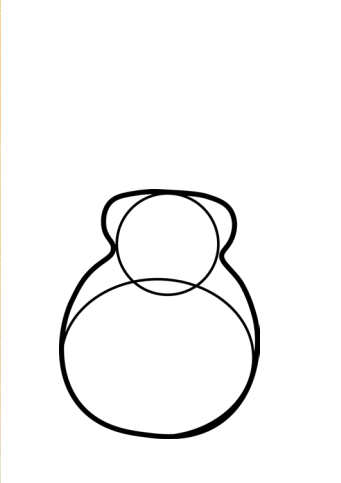
Finsbury Green

## Let's Create

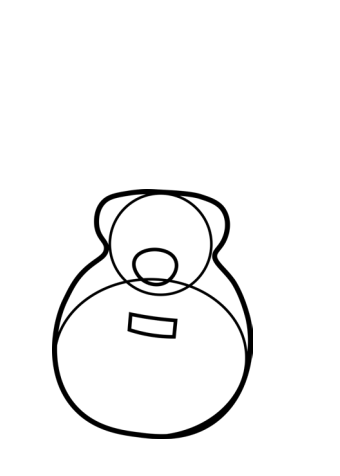
# Beginners Guide to Painting a Guitar with Ruth



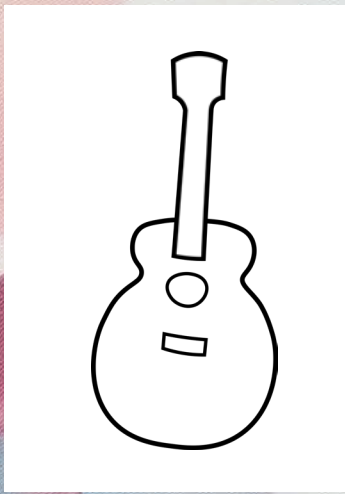
**1** Draw 2 circles 1 small circle on top of the bigger one.



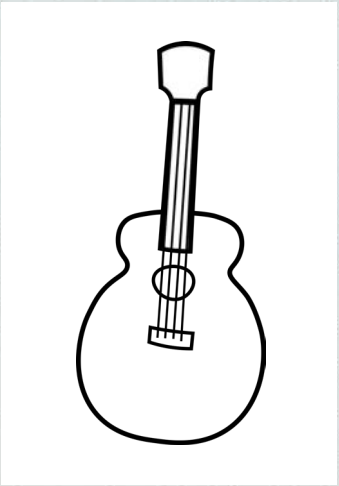
**2** Then draw around the 2 circles to make one shape.



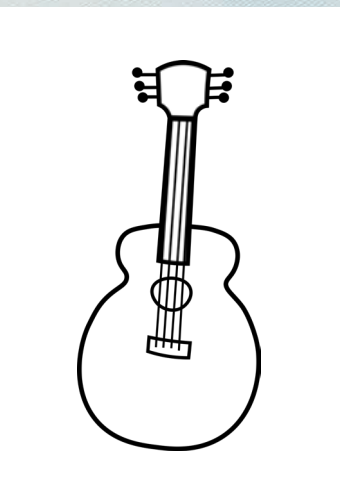
**3** Draw the small circle and square shape inside the main shape of guitar.



**4** Next draw the second part of guitar ending near the top of small circle.



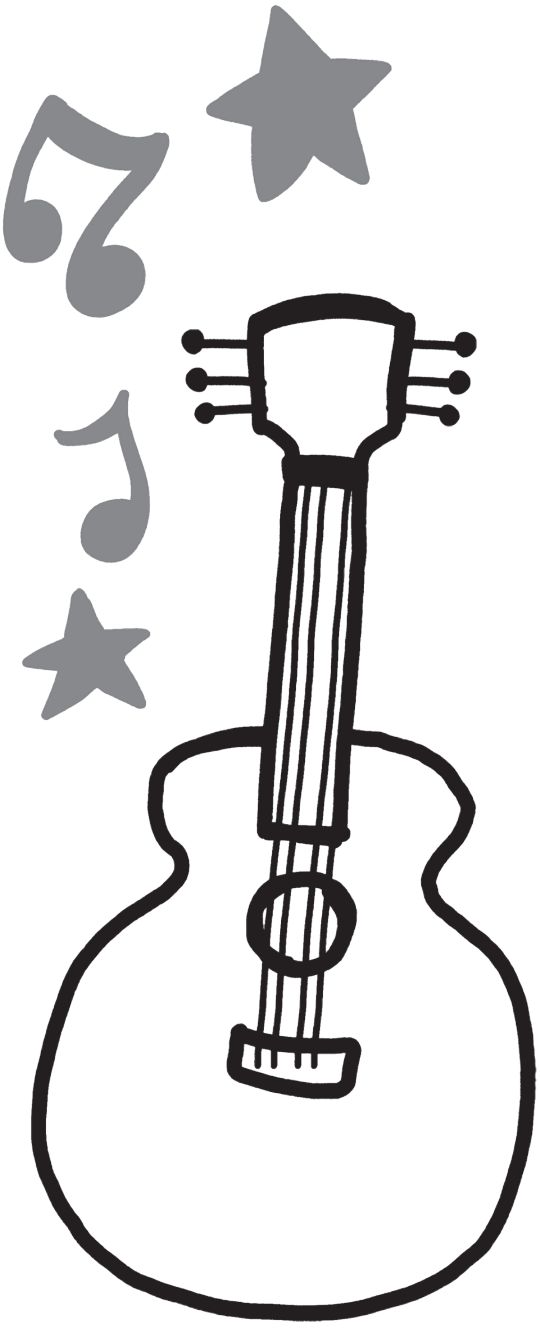
**5** Then draw 4 lines that go over the small circle and ending at the small square shape.



**6** Lastly add the top lines with small dots at each end.

## Watch & Make

**Scan here to watch how to make this**



# You'll Need

1 rubber
1 lead pencil



A4 Paper
**Ruth's pick:** Acrylic or Watercolour pad 300gsm



Acrylic paints
1 warm yellow
1 white
1 Violet



Paint pots or jars



Ceramic Cup filled with water



Paintbrush's
Size 2 Flat brush
Size 10 Flat brush
Size 3 or 4 Liner brush



Coloured markers for the option of coloring in your artwork with all markers.

### You can buy art supplies at

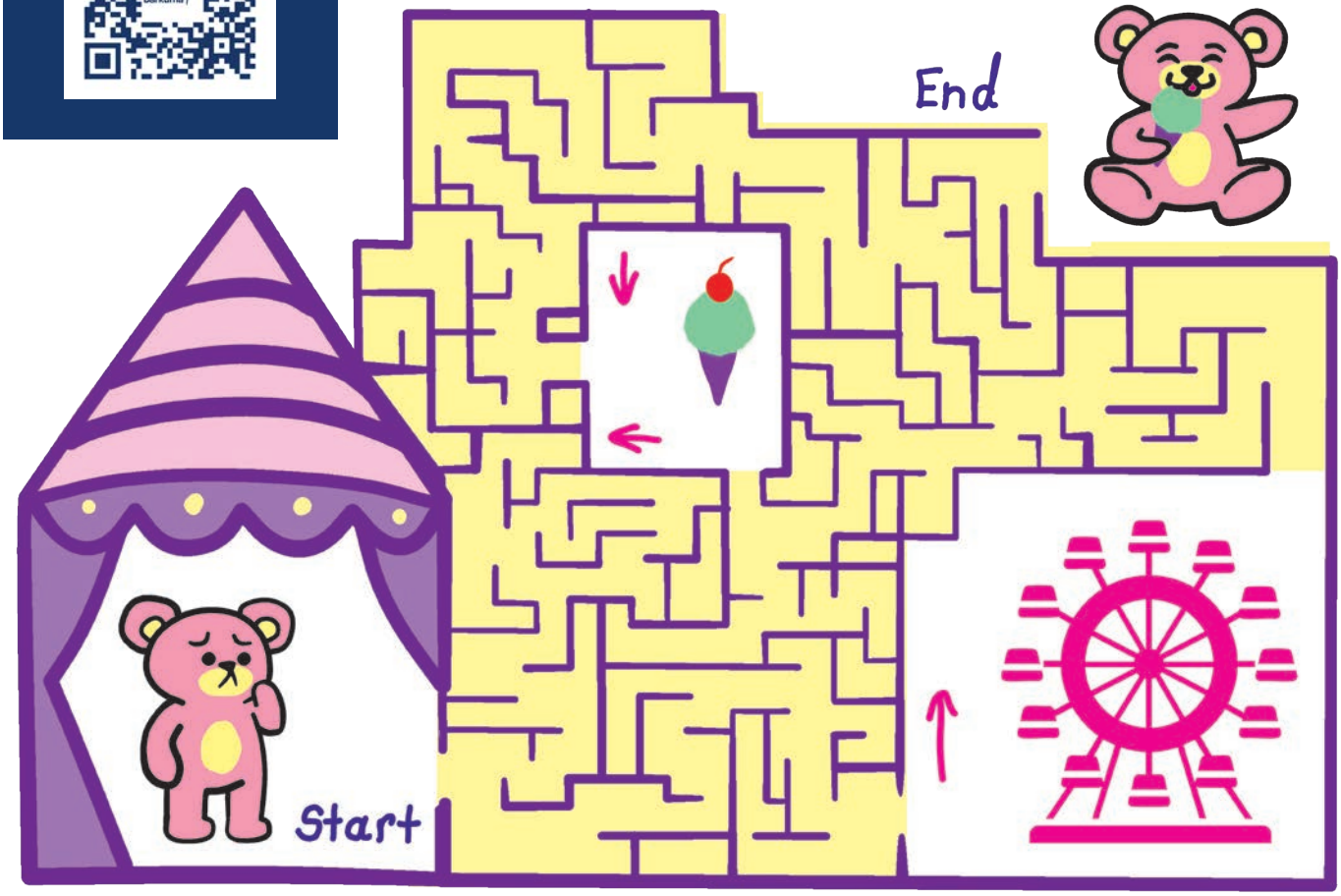
- Officeworks
- Kmart
- Ned's
- Cheap as Chips
- KaiserCraft
- Eckersleys (for premium products)

Check your answers online

# Maze

"Help Baily the bear have fun by going on the Ferris wheel ride and collecting his ice cream"






## Guess the movie title using the emoji pictures

🔍+🐠=

🦁+👑=

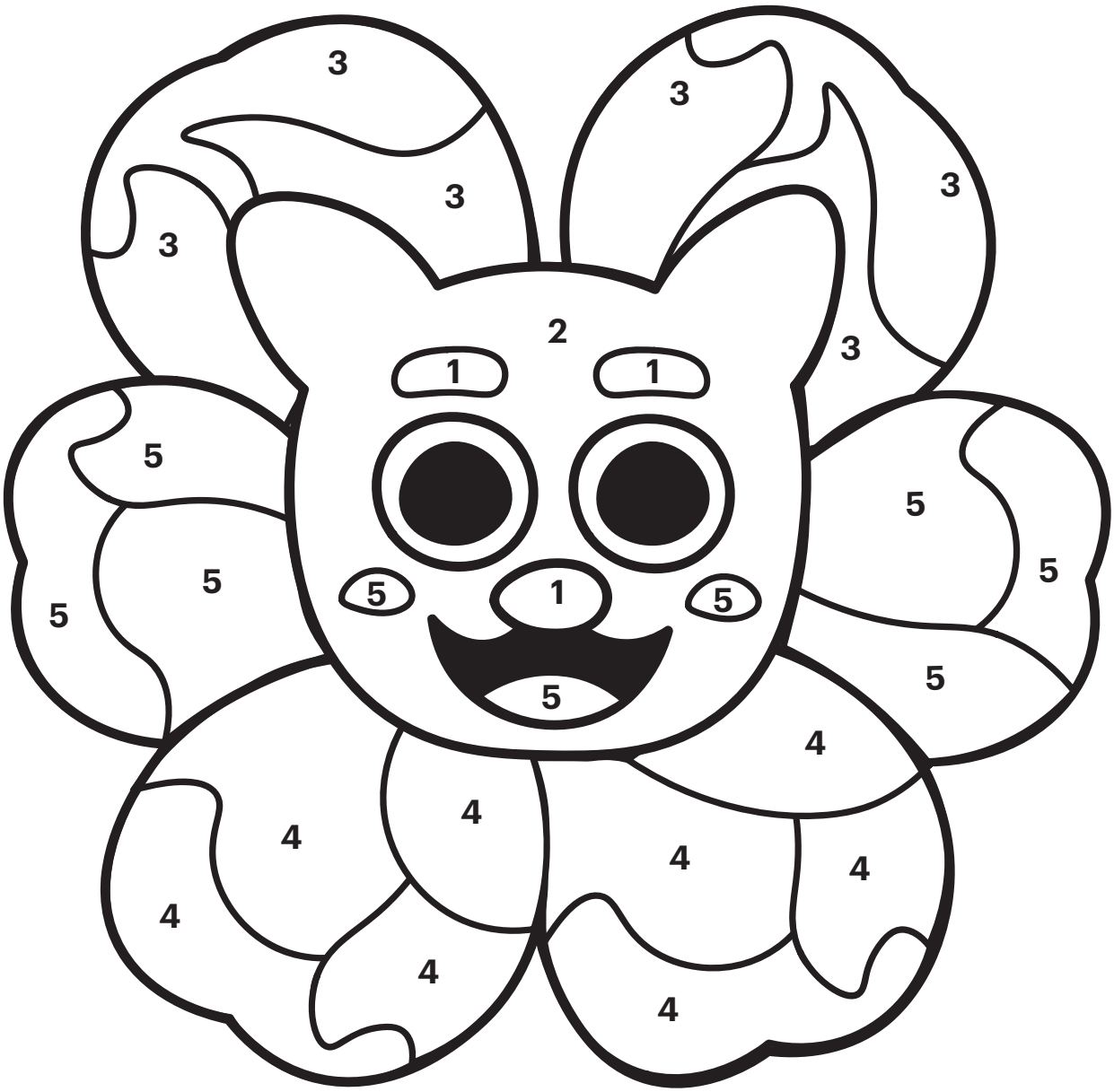
👱‍♀️+🐸=

🕷️+🧑🏿=

🐭+👨‍🍳=

🦕+🏞️=

# Colouring by numbers




1 Brown  2 Yellow  3 Purple  4 Green  5 Pink

# Swimming makes me feel

## By Darcy

**Swimming** makes me feel disconnected from the technology world on the screen and phone.

**Swimming** makes me feel that I am in a world of peace and Zen.

**Swimming** makes me feel I am doing something good for myself.

**Swimming** makes me feel nice and cool.

**Swimming** makes me feel relaxed and energised.

**Swimming** makes me feel happy because I am around other people doing something that I have always enjoyed, because I have always been a water baby that loves to swim.



