



# COMMUNITY CONNECTIONS

*"Spring is nature's way of saying, 'Let's party!'" Robin Williams*

Hi everyone

Spring is definitely in the air and we are now on the downhill run to Christmas and the end of another year. As I had my coffee this morning, the blackboard in the coffee shop alerted me to the fact that it was only 74 days until Christmas Day!

At CCC we have many programs and activities scheduled between now and the end of the year and we are all excited about our upcoming AGM on the 27<sup>th</sup> November where we will officially launch our new website. The website, together with our new Facebook page, will help us to better connect with the local community. The website is interactive and will provide you with the opportunity to provide feedback and to engage with us.

Our AGM is being held at the Macarthur Centre for Sustainable Living and an exhibition of art works from our program "Connecting Women by the stroke of a brush" will coincide with the meeting. The first session of this program has just concluded and I am sure those attending will really appreciate the art works that depict the creative journey of the participants. Everybody is welcome and we would especially like to see our many new members at the meeting and exhibition.

As the end of the year approaches so does the party season – school formals; end of year Christmas parties; and then New Year celebrations. While this can be an enjoyable time it is also a time when incidents of food poisoning increase and so I thought it would be timely to provide a few food safety tips that may help keep you and your family safe.

## Food Safety Tips

- ◆ Wash your hands regularly and always before and after handling food
- ◆ Set your fridge temperature at 5°C and make sure there is plenty of room in the fridge to store food
- ◆ Plan the menu to ensure perishable food can be stored properly and to minimise leftovers
- ◆ Take special care when preparing food for young children, the elderly, pregnant women, and people whose immune systems may be compromised
- ◆ Having plenty of ice available means the drinks do not have to go in the fridge. The fridge door will be opened less often helping to maintain the correct temperature
- ◆ Prepare foods as close as possible to eating time and don't leave food out to nibble on too long. Put out small serves of dips and replace every few hours.
- ◆ Leftovers should be minimised. Generally if food has not been out of the refrigerator for two or more hours, it may be kept
- ◆ Seafood is a popular festive food. It must be handled with care. Transport it home in a cooler and store it in the coldest part of your fridge. Do not leave seafood unrefrigerated for longer than necessary

## Christmas Giving Tree

CCC will again be coordinating the Christmas Giving Tree Project, aimed at collecting gifts for disadvantaged children and families.

This year we will be working in partnership with Camden Council Library Services; Camden Civic Centre; Landcom East Village Sales Centre; Oran Park Town; and a number of local community organisations to collect and distribute the gifts.

If you are in a position to donate a gift, please support this worthy project and make a difference this Christmas! Christmas Giving Trees will be located from early November at

Narellan Library  
Camden Library  
Camden Civic Centre  
Oran Park Town Centre  
Landcom East Village Sales Centre



Our next newsletter will be distributed in January after all the festivities are over. In the meantime, if you would like to know more about the many programs and activities CCC have coming up over the next two months, or if you would like to become a member, please give us a call or drop in and see us.

Seasons Greetings from the CCC Team!

Sue

# PROJECT SNAPSHOT

**NRMA Road Safety Program**



**Mt Annan Walking group  
10 year Anniversary**



**BOWRAL TULIP TOURS**



**CONNECTING WOMEN  
by the stroke of a brush**





## WHAT'S ON

### OCTOBER

<b>TAX Help</b>	Last date - Sat 19th October BOOK NOW!
<b>Wills, Power of Attorney and Guardianship</b>	10am - 12pm Tue October 15th @ Narellan Health Centre
<b>Carers Week- Morning of Art Therapy</b>	10am - 12pm Wed 16th of October @ the ARTycaf, Narellan
<b>FOOD 4 THOUGHT Cooking Club</b>	12:30pm - 2:30pm on Wed the 23rd @ MacArthur Centre for Sustainable Living
<b>Laughter Yoga Workshop</b>	10am - 12pm Wed 23rd October @ Harrington Park Community Hall
<b>Narellan Rythms Festival</b>	3pm - 7pm Sat 19th of October, Elyard Street Narellan
<b>Spring Farm 'Trick r Treat'</b>	4:30pm - 7:30pm Thu 31st October @ Spring Farm Sales Centre

### NOVEMBER

<b>NRMA Give Way the Right Way 5-9yrs</b>	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> November @ Campbelltown bicycle centre
<b>Bunning's Fundraising BBQ</b>	Sat November 9th @ Bunning's Narellan
<b>Discover your Creative Self Workshop</b>	10am - 12pm Tue October 15th @ Narellan Health Centre
<b>FOOD 4 THOUGHT Cooking Club</b>	10pm - 12:00noon on Wed the 23rd @ MacArthur Centre for Sustainable Living
<b>International Girls Day</b>	Fri 22nd November @ Mount Annan High School
<b>CCC Annual General Meeting &amp; Art Exhibition</b>	5pm - 8pm on Wed 27th November @ MacArthur Centre for Sustainable Living
<b>Christmas Giving Tree Project</b>	November - December (see front of Newsletter for details)

### DECEMBER

<b>Lunchtime Community BBQ</b>	12noon on Tue Dec 10th @ Narellan Library forecourt
<b>Spring Farm Christmas Party</b>	From 3pm - Saturday 14th December @ Spring Farm Sales Centre

### UPCOMING

<b>Connecting Women Art Therapy program</b>	6:30pm - 8:30pm from Wed 5th Feb - Wed 26th March @ Oran Park Sales Centre
<b>Camden Anzacs 'Our Story'</b>	Youth Production of a DVD telling the story of Camden Anzacs Commemorating the Centenary of World War One in 2014
<b>... NEWS FLASH! Coming in 2014</b>	New Program of Cultural Bus Tours for seniors Youth Job Preparation Workshops Funded by Camden Council

### ONGOING

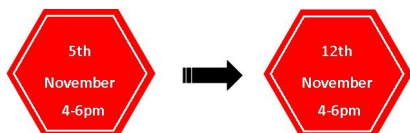
<b>Children</b>	<b>Bright Eyes Playgroup</b> every Monday @ Mount Annan Birriwa Reserve <b>Playlinks Playgroup</b> every Wednesday @ Sedgwick Reserve, Currans Hill <b>Brightstars Playgroup</b> every Thursday @ Harrington Park Community Centre
<b>Youth</b>	<b>Thursday Night Outreach</b> for young people @ the Narellan Library Forecourt (October to April) <b>Case Management and Referral</b> available by appointment
<b>Seniors</b>	<b>Bus Service to Leppington Forest Lawn on Mon 2nd December @ Narellan Library Car park</b> <b>Seniors Issues Group.</b> Meeting on the first Monday of every second month ACTIVE OVER 50's <b>Tai Chi Every Monday @ Narellan Library from 12:30pm - 1:30pm</b> <b>Tai Chi Every Tuesday @ Harrington Park from 10-11am</b> <b>YOGA 8:30am every Mon @ Phoenix Health Club, Smeaton Grange</b> <b>FITNESS 8:30am every Wed &amp; Fri @ Phoenix Health Club, Smeaton Grange</b>
<b>Groups</b>	<b>Camden Just Walk It Walking Group.</b> Every Tuesday @ the Nepean Cycleway <b>Mt Annan Wanderer's Walking for Pleasure Walking Group.</b> Every Friday @ Mt Annan Botanic Garden <b>Macarthur Spinners and Weavers.</b> Every Friday @ Country Women's Association, Camden <b>Polymyalgia Rheumatic Support Group.</b> Every second Tuesday of the month
<b>General</b>	<b>Sydney Water Payment Assistance Scheme (PAS),</b> by appointment only
<b>NEW!</b>	<b>Macarthur Legal Centre</b> – Free Legal Advice Sessions, 4th Wednesday of every month, by appointment only <b>Macarthur Nils</b> - Every Thursday @ CCC Office, Call to make an appointment

Proudly Supported by  
**NRMA**  
INSURANCE

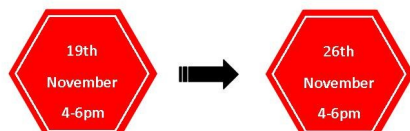


## Give Way the Right Way!

A Road Safety Program  
for children aged 5-9 years



4 week program



**Campbelltown Bicycle Centre**

(Corner Broughton Street and Moore-Oxley bypass Access via King Street)

Registration \$5 per child. Children must attend all workshops.

Places are limited so book early! (Morning tea provided)

Ph: 4647 1283 F: 4647 3496 E: maria.e@camdenconnections.org.au

Community Office 1, 19 Queen Street Narellan NSW 2467

# Connecting Women

*By the stroke of a brush*

**EVENING**

Explore Your creativity through  
**Drawing, painting and sculpture!**

Connect with Yourself and others

**EVENING**

**8 expressive art therapy workshops**  
**4 information sessions**

**EVENING**

Wednesday 5th February	Wednesday 5th March
Wednesday 12th February	Wednesday 12th March
Wednesday 19th February	Wednesday 19th March
Wednesday 26th February	Wednesday 26th March

Each Session will be from 6:30pm -8:30pm @ Oran Park Sales Centre

There is a \$10 program registration fee + each session costs \$5

To Book phone : 46471283 or email us at info@camdenconnections.org.au

**BOOK NOW!**



Community  
Foundation



**FREE!**

# Laughter Yoga Workshop

**BOOKINGS ESSENTIAL**

**Harrington Park  
Community Hall 1**

**EVERYONE WELCOME**

**10am - 12pm**

**Wednesday 23rd October**

*Celebrating Mental Health Month*

Ph: 4647 1283 F: 4647 3496 E: maria.e@camdenconnections.org.au

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# PHOENIX HEALTH CLUB

★ IN CONJUNCTION WITH ★  
**CAMDEN COMMUNITY CONNECTIONS**

*Present...*

**AN ACTIVE OVER FIFTIES PROGRAM**

**YOGA**

MONDAY'S 8:30am

**FITNESS**

WEDNESDAY'S 8:30am

FRIDAY'S 8:30am

**ALL CLASSES  
\$5 pp**

**PHOENIX Health Club 73 Anderson Rd Smeaton Grange**



4647 1283

info@camdenconnections.org.au

Community Office 1, 19 Queen Street Narellan



## COOKERY CORNER

### Strawberry Mint Fizz

#### Ingredients

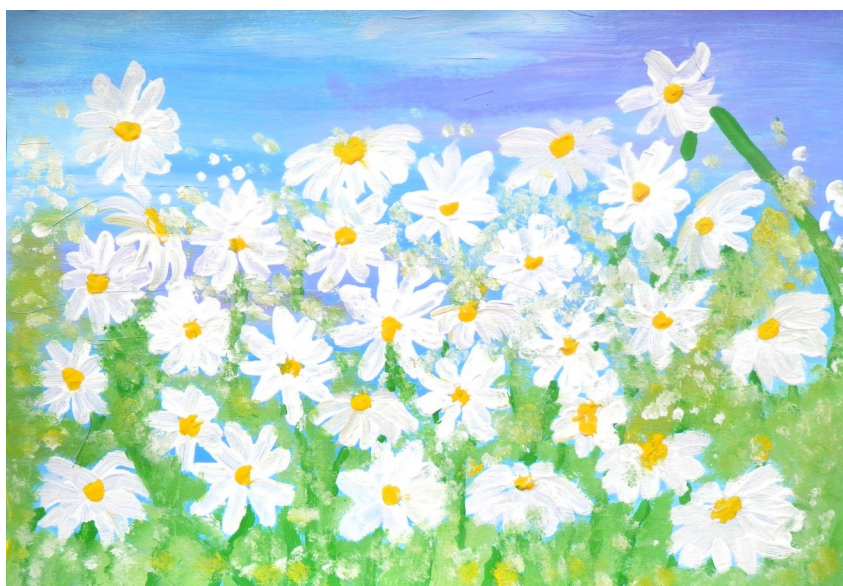
2 large limes, quartered  
1/2 bunch mint leaves  
8 strawberries, quartered  
½ cup white sugar, dissolved in ½ cup hot water  
4 cups cold soda water  
ice cubes



#### Method

- ◆ Squeeze the lime quarters into a sturdy glass jug.
- ◆ Put the juiced limes into the jug along with the mint, strawberries, and sugared water.
- ◆ Crush the fruits together with a muddler to release the juices from the strawberries and the oil from the mint leaves.
- ◆ Release the juices from the strawberries and the oil from the mint leaves.
- ◆ Stir in the soda water until everything is well mixed.
- ◆ Pour into the glasses over ice cubes to serve.

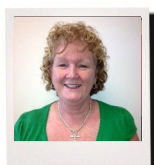
## CANDID CAMDEN



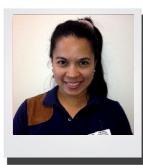
Artwork completed during the 'CONNECTING WOMEN by the stroke of a brush' Art Therapy program . Proudly sponsored by IMB

### OUR TEAM

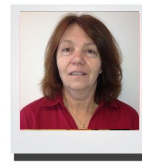
Contact us on 4647 1283 or [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au)  
Community Office 1, 19 Queen Street, NARELLAN 2567



Sue Watt  
Manager



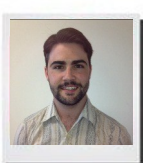
Catherine Gonzaga  
Children's Worker



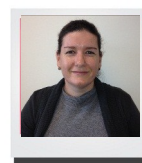
Elleneta Hocking  
Bookkeeper



Maria Esma  
East Village Community  
Facilitator  
CCC Youth Worker



Mark Jackson  
Community Development  
Worker



Rachelle Barber  
Youth Worker

*invitation...*



Camden  
Community  
Connections

# Camden Community Connections Annual General Meeting & Website Launch

**Wednesday 27th November 2013 @ 5.00pm  
at The Macarthur Centre for Sustainable Living,  
Mount Annan**

*The AGM will be followed by  
Connecting Women Art Exhibition  
Proudly presented by*



Community  
Foundation

**RSVP 15th November 2013**

**P: 4647 1283**

**E: [sue.watt@camdenconnections.org.au](mailto:sue.watt@camdenconnections.org.au)**

## **Light refreshments will be provided**

### **Nominations**

Nominations for the Management Committee are being accepted. Nominations will only be accepted by members of CCC. Nomination forms are available from the Camden Community Connections office.

**Nominations close at 4.30 on Tuesday 19th November 2013**

Community Office 1, 19 Queen Street, Narellan

P: 4647 1283 | [info@camdenconnections.org.au](mailto:info@camdenconnections.org.au) | [www.camdenconnections.org.au](http://www.camdenconnections.org.au)