



# COMMUNITY CONNECTIONS

***If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."***  
**Anne Bradstreet**

With less than ten weeks until Christmas, we are quickly approaching the end of the year and if you're like me you will be wondering just where this year went? We have now started planning for next year and what an exciting year it will be as we celebrate CCC's 30<sup>th</sup> anniversary! While we do have our sights set firmly on next year, we also have a wide variety of programs, activities and events planned for the last three months of this year. Check the calendar at the end of this newsletter for details and please contact us if you would like to make a booking.

Our Annual General Meeting will be held on 23<sup>rd</sup> November in the Ironbark Room at Narellan Library and this year we will be showcasing our Social Singers program which started earlier in the year. Everybody is welcome to attend the AGM and we especially encourage all of our members to come along to the meeting which will be followed by a light supper.

As well as Christmas events for residents of the new residential developments at Edmondson Park, East Village Spring Farm, and Willowdale, we have two other special Christmas events planned. On 30<sup>th</sup> November at 2.00pm at Narellan Community Hall there is a Christmas Craft Card Making workshop. This will be an intergenerational event bringing together seniors and young people identified through our youth programs to learn new skills. On Thursday 15<sup>th</sup> December at 11.30am at the Camden Civic Centre there is a Community Christmas Concert featuring the wonderful entertainer Danny Elliott. This event was lots of fun and extremely popular last year and it will really get everyone in the mood for Christmas!

As we approach the festive season when many of us will be going on holidays, it is a good time to reflect on general safety in and around the home. Whatever your plans are, or wherever you may be, think about the safety of you and your family. With an increase in entertaining at this time of the year one aspect of safety to consider is food safety and you will find some handy tips below



## Food Safety Tips

**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

**Having plenty of ice available** means the drinks do not have to go in the fridge. There will be more room in the fridge and 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 sitting in the sun and has been unrefrigerated for two hours or less, 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

**Take special care** when preparing food for young children, the elderly, pregnant women, and people whose immune systems may be compromised

Thank you all for your support during the year. Our next newsletter will be distributed in January 2017! In the meantime, if you would like to know more about the many programs and activities CCC have, or if you would like to become a member, please give us a call or visit us.

Seasons Greetings from the CCC Team! We are looking forward to working with you all again in 2017!

Sue Robinson

## WHAT'S ON

### OCTOBER

Carers Lunch	Wednesday 19th October 12:00pm @ the Arthouse Narellan
Sessions for Seniors - Aromatherapy	Wednesday 19th October 2:00pm - 3:30pm @ Narellan Child Family and Community Centre
Ancient Grains Cooking Workshops	Friday 21st October 10:00am - 12:00pm / 2:00pm - 4:00pm @ Willowdale Community Place 93 Jamboree Ave, Willowdale
Youth Fundraising event	Friday 21st October 5:00pm - 7:00pm at Birriwa Reserve.
Halloween Events	Monday 31st October 5:00pm - 7:00pm @ Willowdale place, Bardia Edmondson Park and East Village Spring Farm Contact CCC for more details.

### NOVEMBER

Experiment Farm Cottage bus tour	Friday 4th November. Departing Narellan Library at 9am <b>BOOKED OUT</b>
Remembrance day screening Camden Anzacs "Our Story"	Friday 11th November 6:30pm @ Willowdale Community Place 93 Jamboree Ave, Willowdale
Secret Life of Pets - Movie Screening	Saturday 12th November 2:00pm at United Cinemas, Narellan <b>\$5pp with a free bag of lollies with every ticket purchased</b>
Pension reform - Centrelink	Wednesday 15th November 2:00pm at Narellan Community Hall
Restaurant Macarthur lunch	Thursday 17th November. Departing Narellan Library at 11:30am <b>BOOKED OUT</b>
Penrith Shopping trip	Friday 18th November. Departing Narellan Library at 9:00am
CCC's Annual General Meeting	Wednesday 23rd November 5:00pm - 7:00pm. The Iron Bark Room (upstairs in the Narellan Library building)
Sessions for Seniors - Christmas Craft	Wednesday 30th November 2:00pm - 3:30pm @ Narellan Community Hall. 16 Queen Street Narellan

### DECEMBER

Get Up Stand Up Graduation	Monday 5th December @ The Iron Bark Room (upstairs in the Narellan Library building)
Christmas Light Tours	Tuesday 6th December & Tuesday 13th December Departing 8pm from Narellan Library Carpark
Seniors Christmas Concert	Thursday 15th December 11:30am @ Camden Civic Centre
Narellan Thursday Night Outreach	Final Outreach for 2015 will be on Thursday 15th December 5pm - 7:30pm @ Narellan Library Forecourt

### ONGOING

Children	<b>Bright Eyes Playgroup</b> every Monday @ Narellan Child, Family and Community Centre <b>Playlinks Playgroup</b> every Wednesday @ Sedgwick Reserve, Currans Hill <b>Brightstars Playgroup</b> every Thursday @ Narellan Child, Family and Community Centre
Youth	<b>Thursday Night Outreach during daylight savings 5pm - 7:30pm @ Narellan Library Forecourt</b> Case Management and Referral available by appointment
Seniors	<b>ACTIVE OVER 50's</b> <b>Tai Chi</b> 12:30pm - 1:30pm Every Monday @ Narellan Child, Family and Community Centre <b>Tai Chi</b> 10-11am every Tuesday @ Harrington Park <b>YOGA</b> 10:30am every Mon @ Phoenix Health Club, Smeaton Grange <b>FITNESS</b> 8:30am every Wed & Fri @ Phoenix Health Club, Smeaton Grange
Groups	<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> Monthly
General	<b>Sydney Water Payment Assistance Scheme (PAS),</b> by appointment only <b>Energy Accounts Payment Assistance Scheme (EAPA)</b> by appointment only <b>Macarthur Legal Centre</b> – Free Legal Advice, 1st Wednesday of every month, by appointment <b>Tax Help Program</b> - Free Tax Help Program at Narellan Library (July - October)

## COOKERY CORNER

### *Traditional Shortbread*

#### *Ingredients*

*250g butter, softened*

*3/4 cup (155g) caster sugar*

*1 teaspoon vanilla extract*

*2 cups (300g) plain flour, sifted*

*1/2 cup (90g) rice flour, sifted*

#### *Method*

*Preheat oven to 160°C. Grease 2 oven trays.*

*Line with baking paper. Using an electric mixer, beat butter, 2/3 cup sugar and vanilla until light and fluffy. Stir in sifted flours*



## CANDID CAMDEN



**Mount Annan Wanderers Walking Group celebrated their 13th Birthday in September 2016**

## OUR TEAM



Camden  
Community  
Connections



Sue Robinson  
Manager



Mark Jackson  
Acting Team Leader



Camden  
Community  
Connections



Firaol Tujuba  
Community/Family  
Worker



Nathanael Edwards  
Community Worker



Kayla Cornish  
Youth Worker



Aaron Frydmann  
Program Assistant



Jo Fawbert  
Bookkeeper  
Administration





# Annual General Meeting

**5:00pm**

**Wednesday 23rd November 2016**

**The Iron Bark Room, Upstairs in Narellan Library  
19 Queen Street, Narellan**

***Highlighting CCC's Youth Program  
and Social Singers Group***

***A light supper will be provided***

**RSVP 13th November 2015**

**P: 4647 1283**

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

## ***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 4.30pm on Tuesday 15th November 2015*



**Narellan Child, Family and Community Centre, Queen Street Narellan**

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