



COMMUNITY CONNECTIONS

***“Where flowers bloom, so does hope”
Lady Bird Johnson***

At the moment, nearly everyone I speak to comments on how quickly the year has passed and there are now only eight Saturdays until Christmas!!

September and October have been very busy months for CCC staff and there are still quite a number of programs and events coming up in November and December.

We are looking forward to the International Girls' Day event at Mt Annan High School on the 21st November and this will be followed by our AGM on the 26th November at the Macarthur Centre for Sustainable Living. This year we have invited Linda Campbell from Camden Council as a guest speaker and she will be talking about the “importance of a vibrant and cohesive local community”. This is a particularly interesting topic given the global challenges we are facing at the moment. We are also excited about launching our new promotional DVD at the AGM. This short DVD features testimonials from clients that have accessed our services and will be able to be viewed on our website. 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.

With the lovely spring weather, many of us are taking the opportunity to get out into the garden and I thought this would be a good time to offer some “green-finger” safety tips.

- ◆ *When out in the garden remember to wear a hat and sunscreen and drink plenty of water to avoid dehydration*
- ◆ *Before mowing remove any stones or pebbles from the lawn. Wear solid footwear and always push the mower forward and don't pull it backwards.*

- ◆ *Look before lifting buckets, watering cans, boxes or other things as red back spiders nest in them. If you live near bush land be aware of snakes. Never attempt to pick them up or attack or move them with a stick or shovel*
- ◆ *Store garden chemicals and fertilizers' out of the reach of children and pets. Chemicals should be stored in a secure, dry, cool shed or cupboard dedicated to that purpose*
- ◆ *When using chemicals, read the label and follow all instructions and safety directions. Do not spray chemicals on windy days or when temperatures are above 30°C*
- ◆ *When handling bagged fertilizers, compost or potting mixes, make sure you are wearing gloves and a protective safety mask which surrounds your nose and mouth*

Our next newsletter will be distributed in January 2015!

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 drop in and see us.

Seasons Greetings from the CCC Team!

Sue



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 Lifeline; Camden Council Library Services; Camden Civic Centre; Landcom East Village Sales Centre; Oran Park Town; and a number of other 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 5th November at

- * Narellan Library
- * Camden Library
- * Camden Civic Centre
- * Oran Park Town Centre
- * Landcom East Village Sales Centre
- * Camden Community Connections Office



PROJECT SNAPSHOT

Narellan Rhythms Festival

October 2014



Playlinks - BOOK WEEK

September 2014



Carers Week - Take A Break 'Meditate'

October 2014



WHAT'S ON

NOVEMBER

Penrith Westfield's Shopping Trip	Friday 14th November Departing Narellan Library @ 9am
International Girls Day	Friday 21st November @ Mount Annan High School
CCC Annual General Meeting	Wednesday 27th November 5pm - 8pm @ The Macarthur Centre for Sustainable Living
Bunning's Fundraising BBQ	Saturday November 29th @ Bunning's Narellan
Christmas Giving Tree Project	November - December (see Newsletter for details)

DECEMBER

Sessions for Seniors - Christmas Craft	Tuesday 2nd December 2pm-3:30pm - Location TBC
Cultural Bus Tour - BERRY	Friday 5th December. Departing Narellan Library @ 9am BOOK NOW!
Bus Service to Leppington Forest Lawn	Monday 1st December. Departing Narellan Library Car park @ 10am
East Village Spring Farm Christmas Party	Friday 6th December @ Steele Avenue Park
Christmas Light Tours	Tuesday 9th December & Tuesday 16th December Departing 8pm from Narellan Library Carpark

UPCOMING

East Village Spring Farm Valentines Day Meet & Greet	14th February 2015
Connecting Women Art Class	Starting February 2015
Healthy Cooking for Families	Coming in 2015
Ballroom Dancing for Seniors	Coming in 2015

ONGOING

Children	Bright Eyes Playgroup every Monday @ Narellan Child, Family and Community Centre Playlinks Playgroup every Wednesday @ Manna Gum Reserve, Holdsworth Drive, Narellan Vale Brightstars Playgroup every Thursday @ Narellan Child, Family and Community Centre
Youth	Thursday Night Outreach for young people @ the Narellan Library Forecourt (October to April) Case Management and Referral available by appointment
Seniors	Seniors Issues Group. Meeting on the first Monday of every second month ACTIVE OVER 50's Tai Chi Every Monday @ Narellan Library from 12:30pm - 1:30pm Tai Chi Every Tuesday @ Harrington Park from 10-11am YOGA 8:30am every Mon @ Phoenix Health Club, Smeaton Grange FITNESS 8:30am every Wed & Fri @ Phoenix Health Club, Smeaton Grange
Groups	Camden Just Walk It Walking Group. Every Tuesday @ the Nepean Cycleway Mt Annan Wanderer's Walking for Pleasure Walking Group. Every Friday @ Mt Annan Botanic Garden Macarthur Spinners and Weavers. Every Friday @ Country Women's Association, Camden Polymyalgia Rheumatic Support Group. Every second Tuesday of the month
General	Sydney Water Payment Assistance Scheme (PAS), by appointment only
NEW!	Macarthur Legal Centre – Free Legal Advice Sessions, 1st Wednesday of every month, by appointment



Christmas Giving Tree

Providing for those in need at Christmas

- ❑ Collect a gift tag from one of the Christmas trees located at Narellan Library, Camden Library, Camden Civic Centre, Oran Park Sales Centre, CCC Office & East Village Landcom Sales Centre
- ❑ Buy a gift and wrap it OR even easier, place your gift in a Christmas bag
- ❑ Return your gift to one of the Christmas trees

Gifts should be returned
no later than
Friday 12th December

If you have any enquiries please call
Camden Community Connections on
0246471283



Narellan

OUT-REACH

THURSDAY NIGHTS

DURING DAYLIGHT SAVINGS
@ NARELLAN LIBRARY

5:30 - 7:30

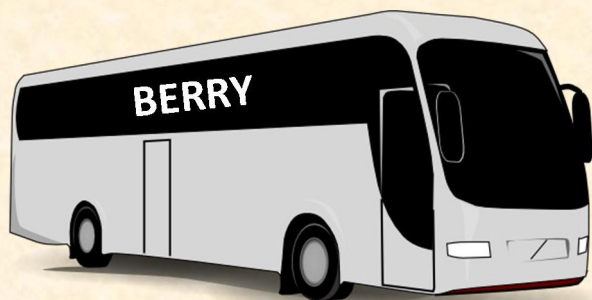
FREE BBQ

YOUTH
SPORT
GAMES

For more information contact Camden Community Connections
P. 4647 1283 E. youth@camdenconnections.org.au

CULTURAL BUS TOURS

for Seniors



BERRY

via Gerringong

Friday 5th December 2014

Departing Narellan Library Car Park @ 9:00am

\$30 for CCC members / \$32 for non members

-Morning tea & Lunch will be provided-



Ph. 4647 1283
info@camdenconnections.org.au
www.camdenconnections.org.au

Macarthur Legal Centre
Free Legal Advice



1st Wednesday of Every Month

9:30am – 11:30am

Camden Community Connections (CCC)

Narellan Child, Family and Community Centre

Phone: (02) 4647 1283

FREE LEGAL ADVICE SESSION

We can help you find solutions to :

- | | |
|---------------------------------------|--|
| • Centrelink Issues | • Discrimination Issues |
| • Consumer Complaints | • Employment Law Issues |
| • Child Support including DNA Testing | • Administrative Law Issues |
| • Traffic Offence/Fine Disputes | • Family Law – Divorce and Children's issues |
| • Neighbourhood Disputes | • Victims of Crime |
| • Debt/Credit Problems | • Minor Criminal Matters |
| • Domestic Violence | • Wills and Power of Attorney |
| • Youth Issues | |



Camden
Community
Connections

Please telephone CCC on (02) 4647 1283 to make an appointment.

If English is not your first language, please let us know that you need an interpreter.

COOKERY CORNER

Ingredients

6 egg whites
1 1/2 cups caster sugar
1 teaspoon corn flour
1 teaspoon white vinegar
2 x 125g punnets fresh raspberries
White chocolate curls, to garnish
600ml thickened cream, whipped
Option: 3/4 cup dry-roasted hazelnuts, chopped



Method

1. Preheat oven to 140°C/120°C fan-forced. Line 2 baking trays with baking paper. Mark a 22cm circle on each piece of paper.
2. Using an electric mixer, beat egg whites until stiff peaks form. Add sugar. Beat for 10 minutes or until sugar has dissolved. Add corn flour and vinegar. Beat to combine. Fold in 1/2 cup hazelnuts. Spread half the mixture inside 1 circle. Repeat with remaining mixture. Scatter remaining hazelnuts over egg white circles. Bake for 35 to 40 minutes or until firm. Turn off oven. Cool in oven with door slightly ajar.
3. Place half the raspberries in a bowl. Using a fork, crush until almost smooth. Place 1 meringue round on a serving plate. Dollop with two-thirds of the cream. Spoon over crushed raspberries. Scatter with half the remaining raspberries. Top with remaining meringue round. Dollop remaining cream in a small circle in the centre of meringue round. Top with remaining raspberries and chocolate curls. Serve.

Contributed by Helen Byfield-Fleming

CANDID CAMDEN



Narellan Rhythms Festival, October 2014

OUR TEAM

Contact us on 4647 1283 or info@camdenconnections.org.au
Narellan Child Family & Community Centre,



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



Tearn Page
Youth Worker

invitation...



Camden
Community
Connections

Camden Community Connections Annual General Meeting

**Wednesday 26th November 2014 @ 5.00pm
at The Macarthur Centre for Sustainable Living,
Mount Annan**

Guest speaker:

Linda Campbell - Camden Council

***'The Importance of a vibrant,
cohesive local community'***

RSVP 14th November 2014

P: 4647 1283

E: sue.robinson@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 18th November 2014

Narellan Child, Family and Community Centre, Queen Street Narellan

P: 4647 1283 | info@camdenconnections.org.au | www.camdenconnections.org.au