



COMMUNITY CONNECTIONS

“One kind word can warm three winter months.”

Japanese Proverb

Hi everyone,

The past few months have seen a busy schedule of programs and activities. One of the highlights was the Anzac Centenary Community picnic held on Sunday 26th April. Over 500 people enjoyed a range of activities, food and entertainment on the day. Russell Matheson, Federal Member for Macarthur, officially welcomed everybody and this was followed by the winning entrants of the Anzac Poetry competition reading their poems. We were fortunate to have quite a few volunteers work with us on the day to ensure the success of the picnic and in recognition of their efforts we will be hosting a thank you afternoon tea for all CCC volunteers on Thursday 2nd July.

Another success has been the first ballroom dancing program for seniors which ran over eight weeks from 28th April. Held in the Narellan community hall, each week an average of 20-25 participants were taught how to dance and enjoyed a very social morning tea. The next program is scheduled to commence on the 21st July and so if you feel like putting on your dancing shoes, meeting new people and having a bit of fun, just call us and book your place.

Our program of bus tours for seniors continues to be very popular. The second of our shopping trips took place in June with a trip to Wetherill Park and we continue to offer a quarterly bus service to Leppington Cemetery. Our next trip to Leura for a ‘Winter Christmas’ lunch is already booked out but we have a few more bus tours scheduled for this year with dates soon to be confirmed. We also have a Sessions for Seniors program, and our next information session is on the 18th August where we will have a legal expert presenting on the important topic of “Wills and Power of Attorney”.

A bread making workshop was held in May as part of our “Cooking Corner” program at the Macarthur Centre for Sustainable Living. We have several more cooking workshops planned for this year.

Our workshops are facilitated by a qualified chef and in July we have a Winter Wonders workshop; in September there will be a cheese making workshop; and in November we will end the year with Christmas cooking. If you would like to develop your culinary skills in a relaxed and social environment, contact us to book you place.

Our second networking event for the year was also held at the Macarthur Centre for Sustainable Living, with over thirty people in attendance. The guest speaker, from the Black Dog Institute, was extremely engaging, speaking about his own experience with depression, anxiety and bi-polar. Our next quarterly networking event is on 26th August where we will be presenting on the programs, services and activities that CCC provides. Many people access our services but we have found that a lot of our clients are not aware of the full and extensive range of services that we provide.

The July school holidays are already here and we have planned a range of children’s activities including a scrap booking workshop; hip-hop dancing; a magic show; and a climbing wall. We also have our quarterly community BBQ scheduled for Tuesday 7th July at the Narellan library forecourt area and it would be great if you could come along and enjoy a sausage sandwich from 12.00 noon.

CCC is a member based organisation, and once again it is time for membership renewals. These have been sent out to members but if you are not already a member and would like to join, it only costs \$5 per year. Being a member of CCC gives you the opportunity to actively participate in your local community organisation and will keep you updated about our programs and activities. As well, there are special member rates for some of our activities.

With the winter solstice now behind us, gradually the days are getting longer and it won’t be long until spring is in the air. Enjoy what is left of the cooler months and hopefully we will see you at some of our upcoming programs and activities. If you would like to become a member or would like any further information about any of our programs, please give us a call or drop in and see us.

Cheers

Sue

WHAT'S ON

JULY

Kids Club - Scrap Booking workshop	Wednesday 1st July at Narellan Child Family & Community Centre 10am - 12pm
Kids Club - Magician Show	Thursday 2nd July at Steele Avenue, Spring Farm 10am - 12noon
Edmondson Park - Bungee Run	Thursday 2nd July at Bardia Avenue, Edmondson Park 12noon - 2pm
Volunteers Afternoon Tea	Thursday 2nd July at Narellan Child Family & Community Centre 2pm - 3:30pm
CCC Quarterly Community BBQ	Tuesday 7th July in the Narellan Library Forecourt 12pm – 1:30pm
Kids Club - Hip Hop workshop	Wednesday 8th July at Narellan Child Family & Community Centre 10am - 12pm
Edmondson Park - Rock climbing	Thursday 9th July at Bardia Avenue, Edmondson Park 10am - 12noon
'Find Your Feet' - Ballroom Dancing for Seniors	Every Tuesday from 21st July - 8th September at Narellan Child Family & Community Centre 10am – 12pm
Cooking Corner - Winter Wonders	Tuesday 28th July at the Macarthur Centre for Sustainable Living Mount Annan

AUGUST

Triple P Parenting Program	Thursday 27th August, Thursday 3rd, 10th and 17th of September upstairs in Narellan Library 10am - 12noon
Cultural Bus Tour – Leura	Friday 7th August, Departing Narellan library carpark at 10am
Edmondson Park - Families & Youth in the Park	Wednesday 12th August at Bardia Avenue, Edmondson Park 4pm - 5:30pm
Healthy Cooking for Families	Thursday 6th and 13th of August at the Macarthur Centre for Sustainable Living Mount Annan 10am - 12noon
CCC's Quarterly Networking Event 'Get to Know us Better'	Wednesday 26th August at the Macarthur Centre for Sustainable Living Mount Annan 4:30 - 6pm
Sessions for Seniors - Wills & Power of Attorney	Tuesday 18th August at Narellan Child Family and Community Centre 2pm - 3:30pm

SEPTEMBER

Edmondson Park Fathers Day BBQ	Saturday 5th September at Bardia Avenue, Edmondson Park
CCC's Quarterly Community BBQ	Tuesday 22nd September at Narellan Library Forecourt 12noon - 1:30pm
Cooking Corner - Soft Cheese	Tuesday 29th August at the Macarthur Centre for Sustainable Living Mount Annan 1pm - 3pm
Kids Club - Gymnastics	Wednesday 23rd September Centre 10am - 12noon (Location TBC)
Kids Club - Cooking Workshop	Wednesday 30th September at the Macarthur Centre for Sustainable Living Mount Annan 10am - 12noon
Kids Club - Scare Crow Workshop	Thursday 1st October 10am - 12noon at Bardia Avenue Edmondson Park
Kids Club - Kids Workshop	Thursday 1st of October at Steele Avenue, Spring Farm 10 - 12noon

ONGOING

Children	Bright Eyes Playgroup every Monday @ Narellan Child, Family and Community Centre Playlinks Playgroup every Wednesday @ Curry Reserve, Camden Valley Way Brightstars Playgroup every Thursday @ Narellan Child, Family and Community Centre
Youth	Winter Outreach for young people @ Narellan Child Family and Community Centre (May - September) Case Management and Referral available by appointment
Seniors	ACTIVE OVER 50's Tai Chi 12:30pm - 1:30pm Every Monday @ Narellan Child, Family and Community Centre Tai Chi 10-11am every Tuesday @ Harrington Park YOGA 10:30am 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. Monthly
General	Leppington Forest Lawn Cemetery Bus Service - Dates Below (Bookings Essential) Monday 2nd March, Monday 1st June, Monday 7th September, Monday 7th December Sydney Water Payment Assistance Scheme (PAS) , by appointment only Energy Accounts Payment Assistance Scheme (EAPA) by appointment only Macarthur Legal Centre – Free Legal Advice, 1st Wednesday of every month, by appointment Tax Help Program - Free Tax Help Program at Narellan Library (July - October)

COOKERY CORNER

Chilli Caramel Cashews

Ingredients

300g raw cashews
Vegetable oil, to grease
25g butter
60ml (1/4 cup) honey
2 tablespoons water
1 teaspoon salt
1/2 teaspoon smoked paprika
Pinch of chilli powder



Method

1. Brush a baking tray with oil to lightly grease.
2. Melt the butter in a medium frying pan over medium heat. Add the honey, water, salt, paprika and chilli powder, and bring to the boil. Add the cashews and cook, stirring, for 5 minutes or until golden.
3. Transfer the cashew mixture to the prepared tray. Set aside to cool completely. Tap the cashew mixture gently to separate the cashews. Divide among serving bowls and serve

CANDID CAMDEN



Look up ...it's a blimp! A familiar sight in our skies in recent weeks.

OUR TEAM

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



Sue Robinson
Manager



Catherine Gonzaga
Community Development
Worker
Family Worker



Elleneta Hocking
Bookkeeper



Maria Esma
East Village Community
Facilitator
CCC Youth Worker



Mark Jackson
Community Development
Worker
Edmondson Park
Community Facilitator



Teearn Page
Youth Worker

CCC PHOTO BOOTH

