



Mid Mountains News

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August 2009

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Welcome to the August edition.

We print this newsletter each season as a community service for local residents (Woodford, Hazelbrook, Lawson, Bullaburra). If you have info of local interest, or would like to see other sorts of news on our pages, we'd like to hear from you.

Don't forget to check out our BLOG page.

This page is updated weekly and contains information about local news, events, and happenings in the Mid Mountains. Visit www.mmnc.org.au and click on Visit Our Blog – Latest Community News on the top right hand side of the home page. Also please email info@mmnc.org.au to advertise your local event on the blog. - Mick

“Dollar Wise” Workshops

In these difficult financial times, it can be helpful to explore ways, share tips and get information on how to stretch our money further. Book into a **free** series of “Dollar Wise” workshops to be held from 10.30am – 12.30pm on Tuesday 18th, 25th August, and 1st September here at Mid Mountains Neighbourhood Centre.

We are offering free childcare too, provided by MMM. Bookings are essential and places are limited so get in quick! Phone MMNC on 4759-2592 to make your booking or for more information.

Hazelbrook Town Centre Community Meeting

Hazelbrook residents and business have now met twice to explore developing a wishlist for Hazelbrook Town Centre into the future, and our initial questions and ideas have been presented to Council. This group is looking at ways we can ensure that Hazelbrook residents and businesses have a voice in the future of the town and the group is currently looking at creating some form of a Residents & Business Association to take this forward. This is a very exciting process and it's not too late to join in. For more info, please contact Louise on 4759-2592 or email louise@mmnc.org.au

Did you know...??

The NSW Government is helping households most in need to save power and cut their power bills through the Low Income Household Refit Program.

If you are on a health or concession card, rent from a private landlord or own your home you may be eligible to be part of a pilot program being run in Western Sydney (including Blue Mountains). If you are eligible, you can get:

- a free home visit by a trained assessor to help you find ways to save power
- a power saver kit to help kick-start your savings,
- a power saver action plan to show you other ways to save power and money.

For more info, phone Sustainable Energy and Water Services on 8003 3194.

Free Tax Help ! See page 2

Lawson Festival

We are now in full swing, trying to firm up what's on the program for this year's festival (13 - 15th November).



We are building on our two themes, *Made In the Mid Mountains* and *Sustainability*, and continue to celebrate the wonderful talents and skills of local residents of all ages. There are many ways you can get involved:-

- Kids, start making your very own handmade pets for a new category (Build Your Own Pets) in our “For Pet's Sake” Pet Show. If you like to perform we will also be having our Kids Busking Hour so start practicing! Both events will be on Saturday 14th November.
- If you live in the Mid Mountains and make your own goods & craft, be a stall holder in the “Made in the Mid Mountains” marquee. Phone Louise on 4759-2592.
- If you have an interesting photo of Mid Mountains places, events or happenings in the last 100 years, we would love to include it our Mid Mountains Historical Photo Exhibition. Please contact Ann-maree 4759 3456.
- Join our Lawson Calendar Photo competition. Try your luck - take and submit a photo of Lawson & get it to us by 31st August. Phone Ann-maree on 4759 3456 for more details.
- We urgently need volunteers for various tasks. Come along to our Festival Committee meetings and get involved. Phone Louise on 4759-2592 for dates and info.

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....and don't forget to get your tickets for our major fundraising dinner “REVAMP The 50's” to be held at 7pm, on Saturday 15th August.

Join us at the Community Centre for a sumptuous night of Feasting, Fun and Entertainment. Three courses of revamped 50's food with delightful twists provided by the fabulous Dave Clark.

See and /or join in our 50's mini fashion show, put in a bid for artwork from our local talented artists, learn or revisit your 50's dance moves and listen to the delightful talents of our HSC students.

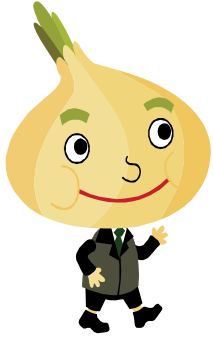
Cost \$45 per head. Book now – don't miss out!!!

Free Financial Counselling

Want help doing a budget? There are three free financial counselling services operating in the Blue Mountains:

- Creditline Financial Counselling Service operating through Lower Mountains Neighbourhood Centre - 4731 2598
- Winmalee Neighbourhood Centre - 4754 4050
- Creditline Central West Service operating through Katoomba Neighbourhood Centre - 6332 3456

Sustainable Food Initiatives



Local Produce Stall

Do you have surplus produce from your garden? Do you want to buy fresh, locally grown veggies, fruit and herbs? Come to the Local Produce Stall at Magpie Markets every third Sunday of the month (next markets: 16th August), in the top playground at Lawson Public School. Lets Get Local!

“Make Your Own Veggie Garden in a Box” Workshop

As our first workshop was very successful, we are planning another one for spring! Learn about the basic ingredients to getting a **Spring** veggie garden going, make and take home your own veggie garden in a box.

10am – 12.30pm Saturday September 26th here at Mid Mountains Community Centre. Cost - \$20 (includes all materials and take home box) – Concessions available for Centrelink card holders.

Bookings essential - Louise at MMNC 4759-2592.

This is a collaboration between Organic John the Gardener and MMNC.

Public Meeting Establishing a Mid Mountains Community Garden

Our first Mid Mountains public meeting on this issue was held on 27th June. If you want to find out more and get involved in getting a Community Garden happening in the Mid Mountains, please contact Louise on 4759-2592 or email louise@mmnc.org.au.

Do You Like Reading With Children?

Community Reading with Children Program has been running very successfully at Hazelbrook Public School since the end of last year. Community members share their love of reading with Kindergarten children and help them to practice reading.

We are now looking for more Community Readers.

If you have one or more mornings a week spare to read with a child, ring Louise at Mid Mountains Neighbourhood Centre (ph: 4759-2592) and book into the next training session (10am – 12.30pm, Thursday 13th August).

Please note all community readers are required to fill in a Prohibited Employment Declaration Form for child protection purposes.

Toolkit for Overcoming Depression

This 8 week course for men explores ways to look at depression, and skills to deal with depressed thinking and feeling. Convened by Boudi Maassen, psychotherapist. Thursdays 7pm - 9.30, starting from **6th August**, at Mid Mountains Neighbourhood Centre, 9 New St Lawson.

It is important to commit to attend all 8 sessions. Bookings are essential. Cost is \$25 per week; if financial hardship is a concern please talk to Mick. 47 592 592 mick@mmnc.org.au

Thanks to Springwood Bowling & Recreation Club for the CDSE grant.

Free Residents Kit! 47 592 592

“Fed Up with Children’s Behaviour”

Are you concerned with food intolerances or how certain foods may be affecting your child?

If so, this talk may be of interest to you as a parent.

Sue Dengate, former teacher and psychology graduate will be speaking at: The Springwood Civic Centre, Macquarie Road Springwood on Tuesday 25th August 7.30 pm

Tickets: \$20 per adult (\$30 couple); ABA subscribers \$15 adult (\$20 couple)

Bookings: ring Vanessa on 0413 111 262 or RSVP: SueDengate@gmail.com

Sue Dengate is also an author of three books concerning the connection between food and child behaviour. As a mother, Sue became interested in food intolerance after recognising the effect of foods on her own children.

Sue’s talk also covers: tantrums, arguments, defiant behaviour, bedwetting, asthma, skin rashes, migraine, sleep difficulties, depression, tiredness, difficulty with concentration and more. She also uncovers new food additives and what’s wrong with fruit. Book now... Seats are limited!

“Community in a Teacup” Thanks

On Tuesday 19th May, Mid Mountains Neighbourhood Centre and BM Food Service hosted “Community in a Teacup”, a celebration of Neighbourhood Centres’ Week and the Biggest Morning Tea which raises money for the Cancer Council.

A fun-filled morning was enjoyed by a large gathering of locals as they enjoyed a delicious morning tea provided by BM Food Services, a Tea Trivia Quiz, and a Tea Tasting Competition. Donations and a raffle managed to raise \$388 for the Cancer Council.

Our thanks go to our sponsors – Cisca, Bygone Beauties, Gershgoods and Twinings Teas who contributed to the event and to all who assisted and attended, making it a real success.

FREE Tax Help

Are your tax affairs simple? Do you earn less than \$35,000? You could be eligible for FREE tax help to complete your tax return. Call MMNC on 47 592 592 to make an appointment (July to October) and get your tax return prepared for FREE.

Mid Mountains Youth Centre

MMYC offers a regular drop in program in which young people aged 12-18 can drop in, play pool, use the internet, paint or just hang out.

Drop in is open Monday 3-5pm & Tues - Friday 2:30-6pm. MMYC also offers Friday night drop in artspace and weekly workshops.

In the October school holidays we will be running a trip to the movies the first week and then ten pin bowling the second week. All activities are free and anyone aged 12-18 are free to attend.

MMYC now also runs Blacktown Youth College Lawson from its centre Monday - Thursday 10- 2.30pm. The college is an alternate school that offers the year 10 equivalent to students who don't fit into mainstream schooling.

For more information on the current workshops and activities being offered by Mid Mountains Youth Centre, contact Brad or Lauren on 4759 1012.

Classifieds

The Joy Anderson Hall is open for bookings on Tuesdays 10.30am - 1pm and Thursdays 9am - 12.45pm) Please phone 47 592 592 or info@mmnc.org.au

Sahaja Yoga Meditation is free and open to anyone. Just turn up! Now on Saturdays weekly 10am - 11.30. At Mid Mountains Community Centre. Sarita 4759 3691.

New Belly Dance & Empowerment for Women Course:

8 week "Fire in the Belly" course. Learn basics of traditional, joyful and feminine Belly Dance and unveil your Feminine spirit. Shemiran Ibrahim brings her acclaimed work to the Mountains. Course starts 2nd week of Aug - strictly limited spaces. \$15 a class early bird (book by 1st Aug). Winmalee Tue 10.15am class.

Lawson Wed 6.30pm or Fri 10am classes.

Ph: 0425 838 159 info@shemiranibrahim.com

Homeschooling Activities at the Centre

12-2pm offers a space dedicated to the homeschooling families of the Blue Mountains. The winter & spring programs are looking into offering a mixture of one off workshops and short courses in areas spanning African dance and drumming, yoga, art and foreign culture days.

All events are open to any homeschoolers and all ages and styles of homeschooling are welcome. All the workshops are run with a natural learning philosophy. Facilitators will be available after the formal class for those wishing to ask more questions or finish up with more time and focused attention on areas of interest. For others there is an opportunity to socialise and hang out in the space which includes an outdoor area. Bookings essential.

For further enquires please contact either Sarah on 0406 268 588 or Lisa on 0418 197 594.

Free Course in Design

Are you interested in design? Want to get into design? Get creative and develop your own personal portfolio - be introduced to computing for design - explore the use of colour - improve your communication skills.

Check out the: Access to Design course. This 18 week free, full-time, introductory course gives you a head start - to help you apply for other design courses and broaden your career options. It's at Nepean TAFE Kingswood - Nepean Arts and Design Centre. Phone 92089396

Parenting Young

'Supporting young parents, supporting each other'

If you are under 24 and pregnant or already have a baby or toddler come to Parenting Young! Make friends, have a break and get useful help & info for you & your child.

Fridays during school terms at Mid Mountains Community Centre, 9 New Street, Lawson

PREGNANCY AND PARENTING GROUP

For pregnant women, their partners and parents of young babies 11.00am - 12.30pm

SUPPORTED PLAYGROUP

For young parents with toddlers and children up to school age 1.30pm - 3.00pm

Join us for a FREE yummy lunch from 12.30pm.

Mid Mountains Happenings Term 3 Program (formerly Hazo Happenings)

Scout Hall Playgroup: every Thursday 10am – 12 noon 70 Railway Pde, Hazelbrook. Resumes 30th July. For families with babies to 5 year olds.

This group is always open to new members. More info 4758-6811

Play and Chat: every Wednesday 9am – 11am, Lawson Public School fun activities for families with babies to 5 year olds.

This is a great way to help any children who will be enrolling in Lawson PS in 2010 transition to school. More info Delphine: 4759-1196

Baby Hour for parents with babies 0-15 months: 3rd Friday each month 10.45am – 12.15pm Hazelbrook Uniting church hall. Meet other parents, share the joys & trials of looking after babies, hear speakers. No need to book.

21/8: preparing nutritious food for your baby, Public Health nutritionist; **18/9:** Is it OK to say no to my baby? Kathie O'Connor; **16/10:** play ideas, Lisa Cairns, Connect; **20/11** TBC

Kids and Confidence, 4 Fridays 21/8 – 11/9, 10am – 12.30pm Lawson Public School, Adelaide St Entrance. Don't miss out on this chance to participate in this very popular and informative course for parents facilitated by Barry Palm, educational psychologist.

Explore strategies to help build your child's confidence. Childcare by MMM. **Must book 47586811**

Wool Felting workshop, Tuesday 25th August 10am – 12 noon, Hazelbrook Scout Hall, 70 Railway Pde. Learn how to make felt from wool fleece and then create a unique wall hanging or placemat.

Materials and morning tea supplied. No experience necessary. Led by Bev Webster. Children's activities by MMM. No need to book.

Managing Night Terrors: Friday 18th September 10am – 12 noon Lawson Public School Adelaide St presented by experienced Child and Family Health nurse, Nikki Paul, Child and Family Health nurse

Wheels and Games Afternoon: Sunday 27 September, 2pm – 4.30pm Noble St, Bullaburra behind Progress Assoc hall.

Bring your scooters, bikes, skateboards and have fun with lots of wheels games. **Cancelled if raining.**

School Holiday Fun day Thursday 15th October 10am – 2pm Camp Fletcher, end of Alexander Ave, Hazelbrook. Multicultural games, activities and food provided.

All activities are FREE

more info 4758-6811 / 0421 943 069

NILS - No Interest Loan Scheme®

Provides no interest loans to people on low incomes living or working between Linden & Wentworth Falls.

Loans are for essential living costs like white goods.

To find out if you are eligible, get an info pack, or to make an appointment phone 47 592 592

Step Up Loans A safe low interest loan between \$800 - \$3000 for personal, domestic or household purposes.

Want to know more? **Contact: (02) 6352 2077**

What's On At Mid Mountains Community Centre

August - October 2009

Day / Time	Group	Contact	Phone	Notes	Hall
Monday					
9:30 - 11.30am	Kookaburra Play Group	Sarah	4759 3122	During School Term	Small Hall
12.00 - 2.00pm	BM Homeschooling Group	Sarah B	0406 268 588	workshops/courses/activities	Small Hall
8.00 - 9.30pm	Alcoholics Anonymous	Chris	0414 181545	Just turn up	Small Hall
6.30 - 7.30pm	Boxercise	Phil	0413 056180	weekly	Large Hall
Tuesday					
9.15 - 10.15am	Gentle Exercise - Yoga	Dianne	4757 1004	school term Not last Tue/mth	Small Hall
1.00 - 3.00pm	GROW Group	Coralie	0421 807 518	Mental Health Self-Help	Small Hall
4.00 - 5.00pm	Mountain Kidz OOSH	Lucy	0401 270570	Out of school care; school term	Large Hall
4.30 - 5.30pm	Katoomba Dance Theatre	Sandra	4758 6849	teens; weekly school term	Small Hall
5.30 - 8.00pm	Aikido kids & adult classes	Sarala	4758 8483	Weekly school term	Large Hall
7.00 - 9.00pm	ROC Community Choir	Rachael	4759 2456	During School Term	Small Hall
7.30 - 9.30pm	Mountain Opera Chorus	Ron	4751 2458	Weekly	Dining Hall
Wednesday					
9.30 - 2.00pm	Occasional Child Care 0-6 years	Michelle	0412 932 801	During School Term	Small Hall
11.30 - 1.00pm	Community Restaurant	Karen	4759 2111	For seniors	Dining Hall
3.30 - 5.30pm	Katoomba Dance Theatre	Sandra	4758 6849	weekly school term	Small Hall
4.00 - 5.00pm	Mountain Kidz OOSH	Lucy	0401 270570	Out of school care; school term	Large Hall
6.00 - 8.00pm	Ashtanga Yoga Class	Paul	4758 7148	Weekly	Small Hall
6.30 - 7.30pm	Boxercise	Phil	0413 056180	weekly	Large Hall
7.00 - 10.00pm	The Greens	Michael	4739 6067	1st Wed of month	Dining Room
7.30 - 9.00pm	Ukelele Group Blue-MUG	Rob	0425 271 316	schl term 2nd4th5th Wed/mnth	Dining Room
Thursday					
9.00 - 12.00pm	Introduction to Computers free	MMNC	47 592 592	18 week course	Small Hall
9.30 - 10.30am	Women's Body Toning Class	Sigh	4759 3216	Weekly school term	Large Hall
1.30 - 3.00pm	Israeli Folk Dancing	Yudit	4759 1952	weekly; ring for details	Small Hall
1.00 - 3.00pm	Mahjong Group	Rosemary	4759 1966	All year round	Meeting Room
4.00 - 9.00pm	Lawson Physical Culture Club	Sandra	4722 6109	During School Term	Large Hall
6.30 - 8.00pm	Overeaters Anonymous	Cate	4758 6965	weekly	Small Hall
7.00 - 9.00pm	Crowd Around Choir	Kate	4759 3937	During School term	Dining Room
Friday					
11.00 - 3.00pm	Parenting Young Support Group	Sarala	0415 324 694	During School Term	Small Hall
1.00 - 4.00pm	Mid Mountains Scrabble Group	Nance	4759 2647	All year round	Meeting Room
1.30 - 5.00pm	Diabetes Group	Marilyn	4754 2150	2nd Fri / mnth; Bi-monthly	Dining Hall
7.00 - 9.30pm	Riding for the Disabled Disco	Maxine	4758 8238	3rd Friday	Large Hall
7.30 - 9.30pm	Blue Mountains Herb Group	Mike	4754 3224	last Fri / bi-mnth - please ph	Dining Hall
8.00 - 10.00pm	Classic Car Club	Rowan	4784 3185	3rd Friday	Small Hall
Saturday					
8.00 - 9.30am	Yoga Classes (Iyengar)	Dianne	4757 1004	Not 4th Saturday	Small Hall
9.00 - 12.00noon	Blue Mtns. Conservation Society	Heather	4739 1493	Sat bef last Fri of month	Dining Hall
10.00 - 11.30am	Sahaja Yoga Meditation	Sarita	4759 3691	weekly	Small Hall
7.30 - 10.30pm	Stampin' Up Card Making	Pauline	4758 6819	1st Sat of month	Small Hall
Sunday					
10.00 - 12.00	BM House of Praise	James	4739 2424	weekly	Large Hall

Large Hall = Mavis Wood School Hall
Dining Room = Grace Tooth Dining Hall

Small Hall = Joy Anderson Meeting Hall
Meeting Room = Alma King Meeting Room

To book space at the Mid Mountains Community Centre ...

Booking for the Joy Anderson Meeting Hall between 9.00 - 3.00, Monday to Friday, or the Meeting Room or Interview room any time, contact the Mid Mountains Neighbourhood Centre on **4759 2592**.

All other bookings contact BMCC Booking Officer on **4780 5735** during Office hours.

Our Generous Newsletter Sponsor

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