



COMMUNITY NEWS

CAMERON PARK • CARDIFF • ELMORE VALE • FLETCHER • MARYLAND • MINMI • WALLSEND

MAY 2017 TO JULY 2017





Safe and Connected Communities

Inspiring Families, Children and Communities to Create Positive Lasting Change

THE CANOPY HEAD OFFICE: Cameron Park Community Centre, 107 Northlakes Drive, Cameron Park, NSW 2285
ENQUIRIES: P 02 49 081 140 E info@thecanopy.org.au W thecanopy.org.au

VENUE HIRE The Canopy offers community groups, residents and organisations the opportunity to hire facilities at reasonable rates. The facilities are suitable for functions, meetings, celebrations, conferences, regular activity groups and exhibitions. Locations include Cameron Park, Elmore Vale, Fletcher, Maryland, Minmi and Wallsend

For all venue hire/bookings enquiries P 02 4908 1140 or E bookings@thecanopy.org.au

W <http://thecanopy.org.au/book-venue/>

CHILD AND FAMILY SERVICES The Canopy provides parenting programs at various locations across Lake Macquarie and Newcastle as well as advice, information, supported playgroups and referral for families with children.

Families are supported both in their homes and at various locations including Cardiff and Maryland.

For more information about Child and Family Services P 02 4954 5277.

COMMUNITY PROGRAMS The Canopy initiates and supports community programs and projects in response to local needs such as: community cafés, community festivals, volunteering, a food distribution program, community surveys and a quarterly community newsletter.

For more information about community programs: P 0249 081 140 OR 0249 558 111

ABOUT THE CANOPY NEWS

This newsletter is distributed quarterly free of charge as a community service but relies on advertisers to fund the cost of production and distribution.

If you are a small business, please consider advertising your services knowing that you will be supporting a local community based venture.

ADVERTISING RATES

1/8 page (business card) \$44

1/4 page (approx.14.8cm by 10.5cm) \$77

1/2 page (21cm by 14.8cm) \$121

Full page (A4 page) \$250

Prices based on supplied artwork and subject to change in 2017

ALL NEWSLETTER ENQUIRIES INCLUDING ADVERTISING AND EDITORIAL CONTRIBUTIONS E choices@thecanopy.org.au

THE CANOPY LOCATIONS

CAMERON PARK COMMUNITY CENTRE	107 Northlakes Drive Cameron Park	P 02 4908 1140
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CHILD AND FAMILY SERVICES	262 Main Rd Cardiff	P 02 4954 5277
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MARYLAND NEIGHBOURHOOD CENTRE	207 Maryland Drive Maryland	P 02 4955 8111
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FLETCHER COMMUNITY CENTRE	55 Kurraka Dr Fletcher	P 02 4908 1140
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ELMORE VALE COMMUNITY CENTRE	129 Croudace Rd Elmore Vale	P 02 4908 1140
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ELMORE VALE COMMUNITY HALL	122 Cardiff Road Elmore Vale	P 02 4908 1140
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MINMI PROGRESS HALL	96 Woodford Street Minmi	P 02 4908 1140
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WALLSEND PIONEERS MEMORIAL HALL	54 Cowper St Wallsend	P 02 4908 1140
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We recently asked Peter Pilgrim, Secretary of the Cameron Park Probus Club to explain a little more about Probus. This is Peter's second year as secretary.

Peter says he has *"a great passion for Probus and what it has to offer by way of Fun, Friendship and Fellowship to its members."* Previously in 2011, he had been President at Cardiff Probus Club where they had reached their maximum membership limit (could not fit any more in the room). It was decided to look into forming another club in the area to cater for the ever increasing new member applications, so he took on the challenge and put the wheels in motion to start a club at Cameron Park.

Probus meetings are usually of about 2 1/2 hour duration. They begin with a guest speaker for about 45 minutes followed by question time. Then there's a break for morning tea and social interaction for about 30 minutes followed by the regular meeting where the past month's activities are discussed and planning occurs for the following month's activities / outings.

There is an annual membership fee of \$50 per person plus a once only joining fee of \$20 (to provide members badges and Probus Pin). The club tries to have a variety of activities to suit all tastes. Being a predominately elderly membership, they also try to cater for people with



Formation of a new Probus club must be sponsored by a Rotary Club and sponsorship was provided by Wallsend Rotary. Peter states: *"We started in June 2012 with 29 foundation members and have gone ahead strongly ever since with 61 current members. I am immensely proud of our club and the members."*

Probus was originally formed by a group of retired Rotary Club members who felt there was a social need to meet after retirement. Rotary is an organisation of professional business people so an abbreviation of this was Probus. There is no set age limit but the organisation is open to retired or semi-retired people. The average age of our club is 73 years, with a range from 60 to 90. Membership is open to all residents of Cameron Park and surrounding areas. The club has members from Maitland, Toronto and Swansea as well as a strong local representation.

limited mobility and disabilities. Activity costs are always targeted to suit all incomes. Every month regular activities are planned such as walks, coffee, lunch at the pub, craft, movies etc. Additionally there are other activities coming up:

May 15	ABC Studio tour
June 25	Newcastle Coaches Mystery Tour
June 26	Barefoot bowls Edgeworth Bowling Club
July 14	Buttai Barn Christmas in July
August 8	Ten Pin Bowls Warners Bay
August 27	Newcastle Coaches Mystery Tour
Sept 20	Halekulani Bowling Club Cabaret
October 29	Newcastle Coaches Mystery Tour
November 16	Mortells Sheepskin Factory Tour

Cameron Park Probus Club meets at Cameron Park Community Centre monthly on Wednesdays at 10am.

*For further information about the **Cameron Park Probus Club** P 0428 979 011 or E cameronparkprobusclub@gmail.com.*

*For **Maryland Bluegum Hills Probus Club** P 0402 476 631*

CAMERON PARK LITTLE FREE LIBRARY

The Little Free Library is at Cameron Park Community Centre. This little treasure chest has been found in neighbourhoods all around world and now it's our turn. We have a bookshelf in our corridor, near reception. Bring a book or take a book: books donated through the library are always free. We are planning in the future for a Little Free Library outside the centre so that it's accessible outside of our office hours, if you'd like to donate materials or labour for the library box please get in touch! P 02 4908 1140

ratemyagent 2017 WINNER AGENT OF THE YEAR CAMERON PARK

TROY DUNCAN



Troy Duncan of First National Real Estate Lake Macquarie has won the Agent of the Year – Suburb Winner for Cameron Park in the RateMyAgent 2016 Agent of the Year Awards. The awards, which are the largest real estate awards in Australia, recognise those agents and agencies that have ranked the highest based on customer reviews and feedback.

"I'm delighted to be named the top agent in the Cameron Park market," said Mr Duncan. "This award recognises the hard work of my team and the dedication we have to the local property market. We're thrilled so many of our customers appreciate our work and have rated us using the RateMyAgent site. To be voted number one by your customers is a real testament to the service we provide."

The RateMyAgent Agent of the Year Awards compares over 26,000 agents and agencies across the country. They highlight the leading real estate agents and agencies in each suburb, city and state across Australia, and on a national level. Winning a title means you've been recognised for outstanding results and

excellent customer service throughout 2016, and it puts you in the top 11% of agents in Australia. A huge achievement!

"The RateMyAgent Agent of the Year Awards are the only awards which use verified customer reviews and feedback, so they're an honest gauge of the customer service an agent has provided," said RateMyAgent CEO & Co-Founder, Mark Armstrong. "These awards are the only industry awards to put sellers' needs first, using customer reviews as a leading indicator of an agent's success over 2016."

The awards, which are in their third year, are the only major customer choice awards for the real estate industry in Australia. Rather than being judged by industry peers, the awards are calculated based on the reviews that customer provide on the RateMyAgent website.

View Troy Duncan's profile here:
www.ratemyagent.com.au/real-estate-agent/troy-duncan-bz502/reviews

First National Lake Macquarie are proud sponsors of Edgeworth Public School - their football team and the Random Act of Kindness Award.

We are honoured to be able to give back to our community and it's future leaders.

We would like to thank our community for their continued support over the past years - we couldn't have done it without you all!



Last month, the Random Act of Kindness Award went to Avi Linsley from West Wallsend High School. The award was given to Avi for keeping one of the EPS Kindergarten students safe on the bus going home from school.

"No act of kindness, no matter how small, is ever wasted."

First National Lake Macquarie is located at Edgeworth Town Square
Shop 2, Building B, 720 Main Road, Edgeworth NSW 2285

Phone: 4950 8555 Fax: 4950 8666

Email: admin@lakemacquariefn.com.au

www.lakemacquariefn.com.au





Upcycle Newcastle is a project of Transition Newcastle focusing on the creative re-use of everyday items to decrease consumption of new materials, and reduce waste. Through all workshops, participants are encouraged not to buy any new things but to be resourceful with what they already have, ask for what else they may need from friends and relatives, or to source second hand. Sharing of materials with other participants is also promoted.

Projects offered include how to turn a T-shirt into yarn (to then use for various projects), make an adult's top and a child's pair of pants. Participants can complete more than one project if time is available. Some sewing machines will be provided however participants are encouraged to bring their own sewing machine and accessories if they have them. (e.g. scissors, pins, tape measure etc) Old T-shirts will be available for participants to purchase at \$1 each OR bring your own T Shirt to upcycle.

This a Lake Macquarie City Council and NSW EPA Waste Less Recycle More initiative funded by the waste levy.

Saturday 27th May, 2 – 5pm at Cameron Park Community Centre.

Book via E: upcycling@transitionnewcastle.org.au or P: 0411 434 013.



A MESSAGE FROM CLAYTON BARR MP State Member for the Electorate of Cessnock:



Together with my staff, Anne and Perri, we are here to help you with any issues you may be having with the State Government or any of its Departments. We also help with Justice of the Peace Applications, NSW Seniors Card enquiries and Requests for Congratulatory Messages for 50th and 60th Wedding Anniversaries, and 80th, 90th and 100th Birthdays. I am available for appointments at the Sugarvalley Neighbourhood Centre located at 65 Carrington Street, West Wallsend. If you need to see me, please contact my Electorate

Office by phoning 4991 1466 or Toll Free 1300 550 114 to arrange an appointment. You can follow me on my Facebook page "www.facebook.com/claytonbarrmp", go to Twitter and search @claytonbarrmp or check out my website at www.claytonbarr.com.au Cheers, Clayton

ANGEL GOWNS HUNTER CENTRAL COAST OPEN DAY AND GOWN COLLECTION MINMI PROGRESS HALL



Angel Gowns Australia Inc is a nationally registered Charity and not-for-profit organisation. They provide services to bereaved families who have suffered the unimaginable stillbirth or death of their baby, families who are or have gone through the Neonatal

Intensive Care Unit or families who are impacted on by a child's life-limiting illness or special needs. From donated wedding dresses we lovingly hand craft Angel Gown garments which are then donated to hospitals, funeral homes and directly to families through special orders.



Angel Gowns Hunter Central Coast is hosting a special Open Day on May 20th from 10.30 to 2pm at Minmi Progress Hall.



Come along to meet our volunteers and see a display of beautiful Angel Gowns and Wraps. They will be accepting donations of wedding and bridesmaid/formal gowns on the day but please note it will take some time before your gown is transformed and they can only accept the following:

Gowns must be made of satin. Taffeta, chiffon etc is not a suitable fabric for our Angel Gowns or Wraps. Coloured gowns must be a soft colour suitable for a baby; Flower girl's dresses that are a size 8 and over can be accepted, anything smaller is just too small to cut up. Also greatly appreciated are any donations of sewing supplies such as overlocker thread, cotton, lace and small buttons. There will be a

raffle and a stall of handmade items to help raise some much needed funds. For more information please visit their facebook page: <https://www.facebook.com/Angel-Gowns-Hunter-Central-Coast-Inc-1633507820287803/>

Being aware of your strengths has a big impact on your mental health and wellbeing. One of the benefits of figuring out your strengths is that it's a great way to boost your mood and self-esteem. Figuring out your strengths isn't always easy

Some people are pretty aware of what the best parts of their personality are, as well as the worst. For others, it can be hard to pin point exactly what their good qualities are. However, it's more common for people to be aware of their weaknesses and flaws. Whatever your situation, maximising how you use your strengths will help you build your happiness, so it's worth taking the time to figure out where your strengths lie. Scientists have identified twenty four different personality strengths. (see diagram)

After you've looked at the list, you need to figure out which of them most reflect your own personality. These are known as your 'top' strengths, and they're the ones you will want to be most aware of.

To work out what your dominant (or top) strengths are, use the following tips: Ask other people. People in your life are likely to notice stuff about your personality which you haven't. Chat to a family member, friend, teacher, or even a counsellor about what they see as the best parts of your personality.

It's likely some of the things they tell you will be strengths of yours. Figure out what you get compliments for. Do people ever compliment a particular part of your personality? It's pretty likely to be a strength of yours. Figure out what you are most proud of. It might be a strength.

If you're proud of something you did/achieved (for example, winning your grand final footy match), then think about what parts of your personality you used to achieve it. Did it require focus, creativity, bravery etc.? These personality traits could be your top strengths. Ask yourself, when do you feel most like yourself? The things about your personality that make you most happy are likely to be your top strengths.

Take a strengths quiz. Check out the VIA Survey of Character Strengths on psychologist Martin Seligman's Authentic Happiness website for more clues on where your strengths may lie – www.authentichappiness.org. The quiz is free! (Article courtesy reachout.com)



CURIOSITY	BRAVERY	KINDNESS	FAIRNESS
LOVE OF LEARNING	PERSISTENCE	LEADERSHIP	GRATITUDE
OPEN-MINDEDNESS	INTEGRITY	SELF CONTROL	HOPE
ORIGINALITY	ZEST	PRUDENCE	SENSE OF HUMOUR
SOCIAL INTELLIGENCE	ABILITY TO LOVE/ BE LOVED	MODESTY	SPIRITUALITY
PERSPECTIVE	TEAMWORK	APPRECIATION OF BEAUTY	FORGIVENESS

A MESSAGE FROM JOEL FITZGIBBON MP Federal Member for Hunter



It's hard to believe we are almost a quarter way through 2017, but in that time I've been fortunate to engage with and hear more about the wonderful work community groups and individuals who are doing throughout Cameron Park, Cardiff, Wallsend and surrounding areas. I remain determined to provide a strong voice in Canberra for local constituents by continuing to campaign on a number of issues locally. Most recently I've highlighted the importance of children's education by pushing for the continuation of Gonski needs-based funding, by fighting to ensure hardworking, everyday Australians keep their much deserved penalty rates and by addressing serious issues with National Broadband Network (NBN) connection and access to reliable and affordable internet within the Hunter electorate and throughout rural and regional Australia.

My team and I are always keen to assist with issues or questions relating to Federal Government departments or to put you in contact with someone who can. Please ring, write, visit my website or call in. In addition to my Facebook page Joel Fitzgibbon MP, you can keep up to date with what I'm working on by following me on Twitter @fitzhunter or by checking my website www.joelfitzgibbon.com for information. Also feel free to contact the office, phone 49 911 022 or post to 3 Edward



Paintings 1-3 by students Barbara, Linda and Nancye Painting 4 by: Laraine

Art classes which are suitable for all ages have been running at Elmore Vale Community Centre since 2011. Laraine Palmer is a local artist who offers an opportunity for pensioners, retirees and people on low incomes to be able to participate in discovering their inner artist.

Students learn to paint at their own pace with a choice of acrylics, oils, watercolours, pastels or can get creative with mixed mediums such as adding fabric, tissue paper and other mediums to their paintings. With a Degree in Fine Art specialising in painting and fibres textiles plus many years of teaching art classes, Laraine has a wealth of experience to share with her students in a relaxed, non-competitive atmosphere.

Laraine is a great believer in art as a form of relaxation: *"Art stimulates the creative mind and allows the student to enter a place where art assists them to lower stress and relax. The students all enjoy expressing their talents and it helps them to communicate in a different and personal language."*

She adds: *"This is a great benefit for all people, especially those who wish to communicate on a different level, have problems expressing themselves or just wishing to be together with like minded people and further their art experience."*

Because fees are charged per lesson (\$20 per 3 hour class) rather than in advance, there is flexibility with attendance. There is also the ability to bring friends and family along, for example during school holidays when children or grandchildren may be interested in an art lesson with their family member.

Laraine loves running the classes: *"I really enjoy assisting my students' gradual process to completing their chosen project. There are trials and setbacks along the way but this is a challenge for them to conquer. Learning new ways to fix what they think is a mistake which sometimes turns out not to be a mistake after all. It's great to see the satisfaction on their faces when a work is complete."*

Friday Classes: 9.30am - 12.30pm Elmore Vale Community Centre, 129 Croudace Road, Elmore Vale

Wednesday Classes: 9am - 12 noon Adamstown Combined Pensioners Hall, 153a Brunner Road, Adamstown. (access is from Narara St) *Please bring all your own equipment, a cover for the table and a coffee mug. Tea, coffee & biscuit provided.*

P 02 4960 1524 **M** 0417 998 321 **E** arts4u_laraine@yahoo.com.au

A MESSAGE FROM SHARON CLAYDON MP Federal Member for Newcastle



This year we've had a fantastic win for Fletcher, Maryland, Minmi and surrounding communities. You might recall that last October, I presented a petition in the Australian Parliament calling on the Health Minister to allow *Your Chemist Shop Fletcher* at Fletcher Village, 221 Minmi Road, Fletcher, to dispense important and sometimes lifesaving medicines that are available under the Pharmaceutical Benefits Scheme (PBS). The petition was signed by almost 4,000 residents – each one calling for the same timely, reliable and affordable access to PBS medicines that most other communities take for granted. Off the back of a strong community campaign and ongoing representations in Parliament, *Your Chemist Shop Fletcher* was finally approved to dispense PBS medicines.

Congratulations to all those who signed the petition and pushed for this change. Don't forget, my office is always able to assist with any issues and questions you may have relating to federal policy or government departments. You can contact my office by phoning 02 4926 1555, emailing Sharon.Claydon.MP@aph.gov.au, visiting my website www.sharonclaydon.com or dropping by my office at 427 Hunter Street, Newcastle.

ACTIVITIES AT THE CANOPY COMMUNITY CENTRES AND HALLS

All activities and times correct at time of printing but are subject to change.

CAMERON PARK COMMUNITY CENTRE

MONDAY

6.30am Active OOSH Cameron Park
P 0409 286 959

9.30am Mini Munchkins Playgroup
E cameronparkminimunch-
kins@gmail.com

3pm Active OOSH Cameron Park
P 0409 286 959

3.30 Northlakes Physie
P 0412 704 940

4pm CADA Dance Academy
P 0412 502 528

6pm DESIRE Health and Fitness
P 0401 627 920

TUESDAY

6am DESIRE Health and Fitness
P 0401 627 920

6.30am Active OOSH Cameron Park
P 0409 286 959

9am Sloan Law (appointment only)
P 4908 1140

9am Northlakes Salvos Mums Group
(fortnightly)
P 4957 5181

3pm Active OOSH Cameron Park
P 0409 286 959

5.30pm Toogee Taekwondo
P 0418 686 241

WEDNESDAY

6.30am Active OOSH Cameron Park
P 0409 286 959

9.15am BBB Family Boxing
P 0415 600 149

10am Cameron Park Mixed Probus
(monthly) E cameronparkpro-
busclub@gmail.com

10am Savvy Circles Network
(monthly) P 02 4946 1345

3pm Active OOSH Cameron Park
P 0409 286 959

6pm Body Beyond Bootcamp
Boxing P 0415 600 149

6.30pm Cameron Park Community
Association (monthly)
E cameronparkca@gmail.com

7pm Body Beyond Bootcamp Stretch
P 0415 600 149

THURSDAY

6.30am Active OOSH Cameron Park
P 0409 286 959

3pm Active OOSH Cameron Park
P 0409 286 959

6pm DESIRE Health and Fitness
P 0401 627 920

6.30pm Zumba with Lenora
P 0400 918 256

6.15pm GKR Karate
P 0421 555 462

FRIDAY

6am DESIRE Health and Fitness
P 0401 627 920

6.30am Active OOSH Cameron Park
P 0409 286 959

10am Mini Munchkins Playgroup
E cameronparkminimunch-
kins@gmail.com

3pm Active OOSH Cameron Park
P 0409 286 959

5.30pm Toogee Taekwondo
P 0418 686 241

6.30pm Sankha Ridma Sri Lankan
Drumming P 0437 800 053.

7pm Northlakes Christian Church
Youth Group
E rob@northlakeschristian.com

SATURDAY

9am Cameron Park Fellowship
P 0409 592 799

2.30pm Northlakes Salvos - Tribe
(monthly) P 4957 5181

SUNDAY

9am Northlakes Christian Church
E rob@northlakeschristian.com

5pm Pentecostals of Newcastle
P 0404 880 912



WALLSEND PIONEERS MEMORIAL HALL

WEDNESDAY

9:30am Insight Exercise Physiology
P 0404 467 001

THURSDAY

6:30pm RollerFit All Levels

7:30pm RollerFit Dance

FRIDAY

6:30pm Connecting With the Other
Side (monthly)
E info@louisehermann.com

SUNDAY

9am Newcastle Stamp and Coin Fair
(monthly)

ELERMORE VALE COMMUNITY HALL

MONDAY

6.15pm Newcastle Men's I-Group

TUESDAY

5pm Group Circuit Training
P 0403 501 703

6pm Group Circuit Training
P 0403 501 703

7.15pm HCCF Referees Club

FRIDAY

9:30am Little Angels Playgroup
E littleangelsplaygroupnsw@gmail.com

SATURDAY

8am Group Circuit Training
P 0403 501 703

FLETCHER COMMUNITY CENTRE

MONDAY

9:30am Playgroup

6:15am Judo

TUESDAY

6:00am Pilates
E info@leftboxsquash.com

6:30pm Lake Macquarie Physical Culture

WEDNESDAY

4pm Lake Macquarie Physical Culture

FRIDAY

4pm Just Dance It P 0411 311 745

SUNDAY

9:30am Grace Baptist Church

ACTIVITIES AT THE CANOPY COMMUNITY CENTRES AND HALLS

CONTACT DETAILS FOR ACTIVITIES ARE LISTED BELOW. WHERE NO CONTACT IS LISTED PLEASE PHONE 02 4908 1140

MARYLAND NEIGHBOURHOOD CENTRE

MONDAY

8:15am Healthy Hearts Special
P 4955 8111

9am Healthy Hearts P 4955 8111

10am Healthy Hearts Meditation (3rd of month) P 0413 137 324

10am 1st of month Charity Knitting

4pm Little Taeks Kids Taekwondo
P 0418 686 241

4.30pm Centre Stage Performing Arts

5pm Toogee Taekwondo
P 0418 686 241

7pm St John Ambulance

TUESDAY

9:30am Playgroup

12pm Tech Time P 4955 8111

2pm Hunter Prostrate Cancer Awareness Support Group P 4969 5451

3.30pm Centre Stage Performing Arts

TUESDAY continued

6pm Centre Stage Senior Jazz

6:30pm Aboriginal Painting
P 4955 8111

WEDNESDAY

8.15am Healthy Hearts Special

9am Healthy Hearts

10am Mums and Bubs Playgroup
P 4955 8111

10am Sheilas in the Shed
(Bunnings 3rd of month)

5pm Toogee Tae Kwon Do

7:30pm Newcastle Budgerigar Club

THURSDAY

10am Sheilas in the Shed
(1st of month) P 4955 8111

5pm Performability P 4955 8111

FRIDAY

8.15am Healthy Hearts Special

9am Healthy Hearts

10am HUB playgroup P 4951 6989

10am Maryland Bluegum Hills Probosc Club (2nd of the month) P 0402 476 631

7:30pm Newcastle Budgerigar Club

SATURDAY

1pm Christian Biblical Church of God
(fortnightly) P 0411 236 485

SUNDAY

9am Church on the Rock
P 0477 923 324

10am African Australian Christian Fellowship P 0469 781 374

IF YOU WOULD LIKE TO HIRE A SPACE IN THIS VENUE, VISIT
thecanopy.org.au



**VOLUNTEER GARDENERS,
RECEPTIONISTS,
FUNDRAISING ASSISTANTS &
ADMINISTRATION ASSISTANTS
WANTED.**

Call Anna or Craig on 02 4908 1140

ELERMORE VALE COMMUNITY CENTRE

MONDAY

7am Elermore Vale OOSH
P 4951 4165

2pm Elermore Vale OOSH
P 4951 4165

6:30pm Chi Gong &
Meditation P 0416 120 193

TUESDAY

7am Elermore Vale OOSH
P 4951 4165

2pm Elermore Vale OOSH
P 4951 4165

6pm Yoga
P 0421 076 244

WEDNESDAY

7am Elermore Vale OOSH
P 4951 4165

10am Elermore Vale Social
Support Bingo
P 4961 2686

2pm OOSH P 4951 4165

6:30pm Yoga
P 0421 076 244

THURSDAY

7am OOSH P 4951 4165

10am Elermore Vale Social
Support Social Day
P 4961 2686

2pm OOSH P 4951 4165

THURSDAY cont'd

6pm Australasian
Native Orchid
Society – Newcastle

6pm Sew It Seams
Quilting Group

FRIDAY

7am Elermore Vale
OOSH P 4951 4165

8am Scrapbooking
and Cardmaking
(monthly)

9:30am ARTS4U Art
Classes
P 0417 998 321

MINMI HALL

MONDAY

6pm Kathryn Barker Personal
Trainer P 0466 318 953

7:30pm Morris Owners Club of the
Hunter (monthly)

TUESDAY

5:30pm Pole Dancing Classes
P 1300 267 653

WEDNESDAY

6pm Kathryn Barker Personal
Trainer P 0466 318 953

7pm Newcastle & Hunter Region
Antique Bottle & Collectables Club

7:30pm Hunter Valley Torana Club
(twice monthly)
P 0432 333 729

SATURDAY

8am Kathryn Barker Personal
Trainer P 0466 318 953

9am Newcastle Classic
Motorcycle Club



Maryland Neighbourhood Centre is located at 207 Maryland Drive, Maryland NSW. We have ample space to accommodate your needs with plenty of parking on site. Newcastle City Council owns the building and staff are funded by NSW Department of Family and Community Services. The Maryland Neighbourhood Centre provides a safe and supportive environment where we offer services, opportunities and resources to improve the lives of our community members. We serve the community in the belief that together we can make a difference. For more information P 02 4955 8111.

WELLNESS WEEK



Wellness Week, held at the end of February, saw about 150 people attend events held throughout the week. The aim of the week is to get people using the hall to participate in healthy activities as well as being given the opportunity to learn something

about their own health. The centre had health checks provided by the Maryland Chemmart Chemist doing diabetes and blood pressure checks whilst National Hearing did hearing checks. CPR training was provided by Julie Hayes it was an excellent opportunity for many of the participants to update their certificates. The Tartan Promenaders and Eagle Rock dance groups demonstrated the fun they have dancing and then got people up to join in with them.

During the week we also provided the opportunity to join in with Healthy Hearts and then participate in a healthy breakfast. CADA proved to be very popular so we have included the recipe just in case you might want to try it for breakfast at home one morning. You can make a batch and keep the rest in an air tight container in the fridge. It actually gets tastier after a day or 2! You will need a food processor with sharp blades.

Ingredients:

- 1 handful of shredded coconut
- 1 handful of raw almonds
- 2-3 dates – pitted – try and keep the dried fruit down, as it is high in sugar
- 1 apple – cut into quarters

Add all the ingredients into the food processor and mix well serve with yogurt or coconut cream.

TECH TIME

Tech Time is commencing on Tuesday 2nd May at 12midday. This is an excellent opportunity to learn how to use your smart phone, tablet or laptop computer more efficiently. Just bring your device along, if you are a beginner you can start with the basics. More advanced uses can find out together how to get the best out of your device. The cost is \$5 which includes your cup of coffee.

CULTURAL CONNEXION

Cultural Connexion has been an overwhelming success with young people and someone significant in their life coming along and working with them to achieve some

considerable artistic outcomes. The men

worked together to make a didgeridoo and then learn to play, whilst the women did basket weaving. They were tutored by two very respected elders, Alec Nean and Michelle Earl, who helped the young people to connect with their culture.

The project finished with a community BBQ where everyone got to display what they had learnt. It was very exciting to look at the finished baskets and then hear the young men and their fathers and grandfather playing their didgeridoos together.

The overall aim of the project was not only to help the youth connect with their Aboriginal culture but also to improve family relationships and give families more confidence to build a strong support system to help the young person manage their transitions through life.



YOUTH WEEK 2017 "Abilities on Show"

Youth Week 2017 "Abilities on Show" has been sponsored by Newcastle City Council and the Canopy. This is an exhibition of young people focusing on things they can do. A number of young people with all kinds of abilities entered their photos for exhibition. Its been very exciting celebrating the abilities that young people have. We have a photographic display in the front foyer of the centre. The photos, which have been taken on their or their friends smart phones, are displaying a variety of exciting activities that the young people are involved in. There are some aspiring soccer players, artists, models and performers while some of the photos display some of the things they just like to do.

If you want to pop in to the Maryland Neighbourhood Centre and see the exhibition our hours of operation are from 9:30am till 3:30pm week days. The week commencing the 8th of May the exhibition will move over to Cameron Park Community Centre for public viewing in that area.



PERFORM-ABILITY

Perform-Ability is an excellent performance based activity that helps young people with a disability achieve their dreams. They already have several events where they will be performing at this year. There is room for some more young people to join in, so if you have a young person with a disability who likes to dance and sing then please bring them along Thursday evenings at 5pm at the Maryland Neighbourhood Centre.



BLUE GUM HILLS NEIGHBOURHOOD WATCH COVERING MARYLAND, FLETCHER, MINMI

Blue Gum Hills Neighbourhood Watch is the newest group to be formed as part of Neighbourhood Watch Australasia. It is endorsed by Police NSW and comes under the guidance of Police NSW Newcastle City Local Area Command. We are a completely independent group, are run by local volunteers and are a not for profit organisation that has no funding except for grants, sponsors and fundraising. Blue Gum Hills covers Maryland, Fletcher and Minmi and due to the size of the area is broken down into six zones of which each will have its own zone coordinator who live in that zone. We currently have 168 members in our first month of operation.

While we look at crime in the area and get monthly reports from the Newcastle City Police Crime Prevention Officer this is not our only focus. We also want to encourage people to get to know their neighbours and help each other and become a community and this will help reduce crime and other concerns in the community. We have sponsorship packages available for anyone or business who would like to form a partnership with us. So if you would like to sponsor us or become a member please contact us.

Our Incident reports from NSW Police go from the 16th of one month to the 15th of the next for consistency purposes. The crime stats for Feb-Mar 2017 are as follows:

Maryland had 91 incidents, 10 of which were traffic offenses, 8 Domestic Violence which also resulted in 8 Child/Young person at risk. There were only 5 stealing offenses of which 4 were steal from cars, 1 stolen motor vehicle and 1 break and enter.

Fletcher had 42 incidents, 7 of which were traffic offenses, 6 Domestic Violence which resulted in 4 child/young person at risk. There were 13 steal offenses of which 12 were steal from cars, no stolen motor vehicles and 2 break and enter.

Minmi had 2 incidents that have been listed as occurrence only.

The details of these reports are discussed further at our meetings. **The next meeting is on Wednesday 24th May 7pm at the Fletcher Community Centre Kurraka Dr Fletcher.** If you have any questions or have concerns that you think we can help with in your neighbourhood please contact us either through the website or the email address above.

CONTACT: [E bghnhw@outlook.com](mailto:ebghnhw@outlook.com) [W https://bghnhw.wixsite.com/mysite-1](https://bghnhw.wixsite.com/mysite-1)



SHEILAS IN THE SHED

Sheilas in the Shed is very exciting with lots of ladies coming together to not only enjoy each others company but also to learn along the way. Last month they did some beautiful mosaics using old tiles and crockery. They then had a morning at Bunnings making bird feeders and this week they made some Easter chocolates. The next Sheilas in the Shed will not be on until May 4th as it is not on during the school holidays. Look up the Facebook Page "Sheilas in the Shed" and it will keep you posted on what is happening.

While it is good to have something to come together for Sheilas in the Shed is not just about doing craft, it is about supporting each other. There are times when we just need to be able to chat and feel the warmth of those around us and that is what the group is for offering a listening ear and a cuddle when we need it. If you are interested in joining Sheilas in the Shed they meet every 1st Thursday of the month

10am at Maryland Neighbourhood Centre and every 3rd Wednesday of the month, 10am at Bunnings Wallsend where you will get the opportunity to drill, hammer and glue and hopefully go home with something you have made.

WRAPS OF LOVE

Last year a group of women got together at the centre and made 10 beautiful bright blankets to donate to "Wraps of Love", an Australian based charity. The charity donates the hand made blankets to people in need throughout Australia and the World. The ladies are planning to work towards donating to another charity this year, so if you would like to join a fun group of giving people this may be the group for you. The ladies meet on the 1st Monday of the month at Maryland Neighbourhood Centre.



MARYLAND NEIGHBOURHOOD CENTRE OTHER SERVICES

For a full list of activities at Maryland Neighbourhood Centre please see the centre spread of this newsletter.

HRNILS are No Interest Loans. One of these loans can help those on benefits or a low income when they need to replace white goods or register their cars.

A Child and Family Worker is available for anyone in the Maryland area with children aged under 12. The Child and Family Worker can offer parenting advice and support.

P 0249 558 111 for an appointment.

Taxi Vouchers are available if you are having difficulty getting to a doctor's appointment or the hospital or some other emergency.

Food Distribution Program for those who need it in the Blue Gum Hills Community, with the generous support of OZHarvest and Coles Fletcher through the SecondBite program. Food can be picked up on Mondays, Wednesdays and Fridays. *You will need to call in or ring the centre to collect a number anytime after 9:30am. Food can be collected at 1:30pm. There is no control over the quantity of food available.* More information **P 02 4955 8111**.

A MESSAGE FROM SONIA HORNER MP

State Member for Wallsend



Hello to all the wonderful Canopy readers! As the elected State Member for Wallsend I am able to assist you with a range of State issues.

My staff can organise for congratulatory messages such as 50th, 60th and 65th Wedding Anniversaries and 90th and 100th Birthdays.

Parliament has resumed for 2017 and I have been speaking on issues that are important to the Wallsend Electorate such as housing affordability, Police resources and the jobs for the rail rolling stock contract. I have continued to push to have the Lake Macquarie Transport Interchange at Glendale funded and it is great that all the Hunter Mayors have again made it the number one infrastructure priority in the Hunter. I recently launched my website

www.soniahorner.com.au and I hope it becomes a useful tool for the community to stay up to date with what is happening in the Wallsend Electorate. Please drop me a line if there is something that I can add or something I should be aware of. If there is a state issue you need assistance with don't hesitate to get in touch with my office on 4950 0955. I am here to make sure your voice is heard. Warmest regards.

Sonia Horner MP State Member for Wallsend

We first spotted Piper Butcher at the annual Going Off At The Swamp Festival in April where members of the audience were in awe of a sensitive yet confident solo performance that held them captivated for the entire set. Comments included the pure tone which Piper has to her vocals and her ability to engage with the crowd considering her age. *When she was 2 she had the sweetest voice & always sang with me*" muses her mum Michelle. Piper sang on a stage at age 4 with a singing group, started playing keyboard at 7, drums at 9 then she picked up the guitar and taught herself how to play it at age 10.

Today at age 12, Wallsend's Piper Butcher confidently performs in a variety of settings from festivals and shopping centres to busking at the Byron Bay Bluesfest. Supported by her parents who are committed to *"doing whatever is needed"* to give her a creative outlet to express herself, Piper's range of interest in music genres is broad: *"I don't specifically have a favourite genre. I love a variety of music, getting a broad music appreciation from my Mum"*

Piper's favourite musicians are Winterbourne *"because Jordan & James express themselves so well through music."* And Pink: *"she always puts 100% into her performance & is such a strong role model. She has a very unique sound. The most exciting experience I had was my first public performance at The Hood Milk bar. Harry Hookey gave me his guitar to play & he played the harmonica. I love to collaborate with other talented musicians and one day go on tour with a well established artist."* Piper, not content with performing other people's music, has now started writing her own original songs. She has 4 originals she is currently working on. We're sure we'll be hearing much more of Piper Butcher into the future! To listen to Piper, visit her music facebook page: <https://www.facebook.com/Piper-Butcher-516888475102471/>



HEALTHY BENEFITS OF PILATES: FLETCHER COMMUNITY CENTRE

*What is this thing called "pilates"? We really weren't sure so we decided to interview Melody Francis who runs Pilates classes at **Fletcher Community Centre**:*



What is pilates? Pilates is a form of exercise which focuses on strengthening, stretching and stabilizing the body. The principles of Pilates are correct alignment, centering, concentration, control, precision, breathing and flowing movement. The class I run is a "mat" class which means we just use our own bodies we don't need props or weights. We spend time working on activating and strengthening our deep core muscles, our glutes, backs, arms and legs. It is a total body workout

without getting super sweaty.

What are its benefits? Regularly practicing Pilates will help you improve your posture, muscular control and strength. We are trying to re-educate your body on how to use its muscles properly. Eventually, everyday activities and sport endeavours become more efficient and safer movements for

Many professional athletes, dancers and celebrities regularly practice Pilates around the world for the benefits of building lean muscle and improving muscular control.

How long have you been practicing and teaching Pilates?

I have been teaching Pilates since 2016. I was attracted to Pilates initially during my career as a professional squash player competing on the world tour. I used Pilates for rehabilitation initially then got hooked on the other benefits. Pilates held me together as an athlete. I enjoyed enormous physical and mental benefits from practicing it and now I love sharing those benefits with other people.

Do people need to be fit to do pilates or is it okay for all fitness levels?

We spend most of our time lying on the mats so it is an excellent class to ease yourself into a new fitness regime. All of the exercises can be modified to suit ALL fitness levels. It doesn't matter how un-fit or how super fit you are we can modify the exercises so they are challenging but you are still safe and in control. The classes are about you as an individual not how anyone else compares to anyone else.

What is the cost? Classes cost \$15, cash or EFTPOS, you can pay on the day. I often run promotions, so if you want to purchase a multi-class pass just ask what this month's special is. You can join us at anytime :) I keep my class sizes small so you won't ever feel neglected. Reserve your spot online at www.leftboxsquash.com

MESSAGE FROM PAT CONROY MP Federal Member for Shortland



Wow this year has gone fast. It's hard to believe we're already in April. In the coming month, I will be out about in Shortland, including attending the *You're Kidding Me* expo on May 17th.

You're Kidding Me is a family expo organised by Lake Macquarie City Council. It is an invaluable event with local service providers coming together to showcase to families the variety of resources that can be accessed in this area. It will be held at the Event Cinema Glendale from 9am to 1pm, so please come down and say hello. My stall will provide federal government information for families and you will have the opportunity to raise issues directly with me or my staff.

In May, I will also be holding a series of budget forums as an opportunity to brief you about the upcoming Budget and how it will affect our region. These forums will be held at Charlestown, Doyalson, Swansea and Valentine, if you are interested in attending, please give my office a call on 4954 2611 for further information.

I have recently commenced an online newsletter that provides information as to what I have been up to and gives community organisations an opportunity to advertise upcoming events. Please email my office if you want to be added to this list or if you have a local event that you want advertised, pat.conroy.mp@aph.gov.au

Finally, are you a member of a committee, or an organisation that is interested in receiving grant funding? My monthly grants email provides information from various government departments, businesses and organisations regarding current grants that are available to apply for. Contact Melanie in my office for more information by calling 4954 2611

Hopefully I will see you at the *You're Kidding Me* expo, one of my budget forums or when I am out and about. *Pat*

THANK YOU TO THE SMITH FAMILY

The Canopy would like to thank The Smith Family who have donated a motorised bike suitable for a small child, to The Canopy's Family Work Team. The Smith Family thought it would be a great fundraiser prize to raise money for much needed resources that the Family Work team could



utilise in their work with local families.

Photo: Julie (Child and Family Worker) and Tammy (Social Work Student), accepting the donation.

The Canopy has a team of Child and Family workers who are able to work with families with children aged 0-12 years for 3-6 months on issues affecting their family and to assist in reducing the stresses of parenting. Some areas a family worker may be able to assist are household routines, behaviour management, advocacy, information relating to domestic violence and the effects on families and support families to meet and better understand the needs of their children. For more information P 0249 545 277.

PARENTS AS TEACHERS

EVERY MONDAY DURING SCHOOL TERMS
AT WEST WALLSEND

Meet other parents, share a morning tea together, make toys from everyday items, have fun playing with your child, be welcomed in a supportive environment.

For more information

P 0249 545 277



YOU'RE KIDDING ME EXPO

The Canopy will have a stall at the annual *You're Kidding Me* Expo on 17th May with playdough giveaways, playdough recipes and information about their services. Now in its fifth year, the Expo brings together a diverse range of services, resources and programs available to families in Lake Macquarie under the one roof. The expo is free and helps to inform Lake Macquarie families and expecting parents of the varied services and resources available to them and allow them to access on-the-spot advice from a range of experts such as advice on child development, speech, behaviour, nutrition, health and parenting. 9am-1pm on **Wednesday 17 May 2017 at Event Cinemas**

Karen van Woudenberg, Deputy CEO, Playgroup NSW talks about the benefits of playgroups:

“Playgroups allow parents to introduce their children to a range of activities they may not do at home. It’s also a safe way for parents to allow their children to engage socially with other people and try new things. Parents can broaden their social network, meeting other parents with children in the same age group.”

1. Allowing children to develop social skills at their own pace

Your baby may be a social butterfly or the type that prefers to play on their own - and that is perfectly fine. Each child has their own approach towards developing their social



skills. Karen explains that, *“Playgroup is really about following the lead of the child.”* It allows children to develop their social skills at their own pace, and this usually occurs between the ages of one to three. From ages three to five children begin to truly interact with others their age, and experience what happens when

they do. This is also the time when social boundaries are learned - a very important lesson for adulthood.

2. Building a child’s emotional confidence

The real work begins at home, as the best thing for developing children is to have great relationships with their family members. This gives the child a sense of attachment and stability, whether we are talking about developing relationships with parents, grandparents, aunts, uncles or other carers. A major benefit of playgroup is that children come assisted by their parents or other carers. From an emotional point of view, this strengthens the relationship between the child and their carer, because it creates a shared experience. At the same time, the child meets new people at playgroup, which allows for a safe test of separation from their carer. This is an important trait for building confidence in children, encouraging them to be independent from an early age.

3. Encouraging physical activity

Moulding playdough, running, jumping, singing, twirling and more! Your child can get very active when at playgroup. Don’t worry if they’re not the physical activity kind. The range of activities on offer at each playgroup varies. *“Some playgroups have lots of really great outdoor space,”* explains Karen, *“while others are more indoor, so children get the opportunity to try a variety of activities. They can develop their fine motor skills through puzzles, craft and playing with toys.”*

4. Supporting children’s imagination and creativity

The key strategy for developing creative thinking in children is allowing them to play in an unstructured way. At playgroup children can play dress-ups or develop play scenarios with dolls, DUPLO and other toys. *“We know that children develop 80% of their brain in the first three years of life,”* says Karen, *“so we want to give them the space to get the brain firing.”* Creative thinking is of key importance to the next generation, as they will need this skill to be successful in their personal and professional lives.

5. Learning through role-play

Role play is a simple way for kids to engage with the world; this is why you may see your child fixing cars like Daddy, teaching the plush toys a new geography lesson, or administering them their “much needed” medication. Role play develops children’s imaginations and puts them in real-life situations where they need to solve problems and think of solutions. Playgroup is the perfect place to bring more characters into a child’s expansive world. *“We know that working through experiences with role-play has very strong benefits,”* says Karen. *“It allows children to make sense of situations, understand what is happening around them and what these experiences mean for them.”* Karen hopes parents will encourage their children to practice role-playing, as, *“it is important for children to be active learners and thinkers right from the start.”*

Playgroup NSW offers over 800 playgroups throughout the state. To find a playgroup near you, please visit: playgroupnsw.org.au or check out one of the local playgroups:



Playgroups at The Canopy Venues:

- Cameron Park Community Centre,
- Elmore Vale Community Hall
- Maryland Neighbourhood Centre
- Fletcher Community Centre
- Parents As Teachers playgroup at West Wallsend.

WALLSEND CAMERON PARK MARYLAND FLETCHER ELMORE VALE MINMI

Wallsend Pioneers Memorial Hall



Cameron Park Community Centre



Maryland Neighbourhood Centre



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For more information P 0249 081 140, E bookings@thecanopy.org.au or visit

www.thecanopy.org.au



Fletcher Community Centre



Elmore Vale Community Centre



Elmore Vale Community Hall



Minmi Progress Hall

WALLSEND PIONEERS MEMORIAL HALL OPEN DAY

Drop in on Thursday 15th June 3 – 6pm to meet staff from The Canopy, who have taken on management of the hall, and take a tour of the newly renovated hall. Afternoon tea and refreshments will be available.

CAMERON PARK 2017 TWILIGHT FESTIVAL

Planning meetings have commenced for the Cameron Park Twilight Festival 2017. Join us on the second Wednesday of each month from 1 – 2pm in the staff kitchen to have your say and help with the organization of this year's event. P 02 4908 1140 for more information.



2017 ENTERTAINMENT BOOK The Canopy is excited to announce fundraising with the 2017 Entertainment Book. Support The Canopy for just \$65 and receive hundreds of dollars worth of savings at the same time! Enquiries P 02 4908 1140 or E annad@thecanopy.org.au

LOOKING FOR COMMUNITY STORIES Do you have an interesting story to tell? Know someone who deserves recognition, have an event coming up or know a great support group? We'd love to hear from you! E choices@thecanopy.com.au

IRONING SERVICE

Hi, I'm Vickie and I can help with your ironing.

My home is **smoke and pet free**.

I charge **\$25** for a flat oval basket
 or **\$30** for a flat rectangle basket.

\$5 pick up/delivery charge.

Current police check

Phone: 0412 583 020



Maria Chila
 Centre Director

34-36 Boundary Road, Maryland NSW 2287
 Phone: 02 4951 7783 Fax: 02 4955 5101
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 Website: www.marylandchildcare.org.au

