

# the nest

## CNC Community News

Issue 9 • Spring 2010



## BECOME A MEMBER OF THE CENTRE!

**Who owns the Crows Nest Centre? Is it the council? No!  
Is it the government? No! Is it one of the churches? No!**

The Crows Nest Centre works closely with North Sydney Council but, like many other not for profit community services around the country, is run by a board elected by

members drawn directly from the local community. The members are anyone who takes an interest in the life of the Centre – people who use the services and facilities of the

Centre, volunteers, local business and community members - You!

Become a member now and encourage others too.

## ORGANIC MARKET EVOLUTION

Crows Nest Organic Market on the green on Thursdays is a perfect place to enjoy your lunch, stock up on organic fruit and vegetables, browse a variety of products and hear some talented musicians. We have listened to feedback from local retailers and redoubled our efforts to source more organic vendors and more non-food vendors.

The feedback from community members is overwhelmingly positive. A spot survey by urban

architects found that people saw the markets as one of the great things that attracted them to Crows Nest. Our own survey of people attending the market showed that at least 57% of the people at the market wouldn't be on the streets of Crows Nest but for the market.

As the number and variety of stalls increase we plan to have a regular wine tasting section, a meat rotisserie, organic cheeses, breads and cold meats, and

stretch the market and entertainment all the way to Alexander St!



## JOIN US FOR THE MELBOURNE CUP – BOOK NOW!

CELEBRATE THE FESTIVITIES OF THE MELBOURNE CUP WITH LUNCH AND AFTERNOON TEA. JOIN THE FUN OF THE HAT PARADE, LUCKY DOOR PRIZE AND SWEEPS. TUESDAY 2 NOVEMBER 2010. BOOKINGS ESSENTIAL. **PHONE GEOFF ON 9437 7510**



# AN ORDINARY MAN

## PART 1



*Andrea Duffy, Food Services Manager and Dianne Marriott, Community Services Manager worked together to offer integrated support to this ordinary man.*

This is a true story about an ordinary man living an unhappy life who found the strength and support to change his ways.

Mr P had been receiving Meals on Wheels for a number of years and at times had extreme difficulty paying for his basic living expenses. The Crows Nest Centre had supported him through these episodes to ensure he had enough food.

At 72 years old, on the Aged Care Pension, and living alone, Mr P expressed his strong desire to live

in a stable and secure environment, so the Crows Nest Centre organised to visit him.

Mr P presented as a quietly spoken, dignified and courteous man. His home was clean and he was well groomed and welcoming. He had recently fallen, with twelve sutures in his arm to repair the damage. His medical history indicated he was suffering from long term alcoholism.

Over a cup of tea Mr P talked freely about his life and the events that had brought him to his current situation.

Mr P had five siblings with whom he had not communicated for many years. He explained he was ashamed of himself and the fact he had allowed alcohol to consume his life – something he did not want his family to witness. There had not been any major dispute, he had just elected over the years to avoid family gatherings because he would always consume alcohol and become disruptive. He was alone in the world with no one to care if he lived or not, he felt.

*The final instalment of this story will appear in the next issue of The Nest, in the meantime if you know anyone who needs support like Mr P did, encourage them to get in touch with the Centre sooner rather than later.*

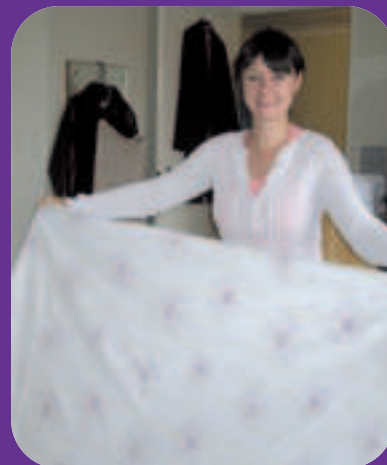
*Ring Dianne on 9437 7502.*

## STOP FOR A CHAT

Our friendly volunteers love to chat with you while they are making your bed or delivering your meal. Please let them know if there are other ways the Centre can help you so our community support manager can follow up on your needs.



## WOULD YOU LIKE YOUR BLANKET OR DOONA WASHED?



If you have difficulty getting your blankets or doona washed as the season changes, the Linen Service can help. Just ask your volunteer or ring Yoko 9437 7514 and we will pick up your blankets or doona, have them dry cleaned and return them to you.

# SHEREE IS NOW A JP

Congratulations to Sheree James, Executive Assistant on her appointment as a Justice of the Peace.

Sheree is available for JP duties on Mondays and Fridays between 1pm and 3pm.

Please call reception on 9439 5122 to arrange an appointment.



## CHRISTMAS IN JULY

Christmas came early to more than 130 seniors who enjoyed a roast dinner, entertainment and Santa Claus at our Centre.

Hosted by the North Sydney Rotary Club, the annual event is a highlight for many isolated elderly people in our community.

Executive Officer, Colin Scott said "as we get older social connections become more important. Christmas in July introduces us to new people who make use of our many services throughout the year".

The event was a great success and only possible through the hard work and generous contribution of North Sydney Rotary Club. Students from the William Blue Hospitality School cooked the meal.



Every dollar of every donation received goes to community support.

Please complete, detach and return this coupon along with your donation.

Return to CNC:  
2 Ernest Place, Crows Nest, NSW 2065

### Thank you for your support.

Please send my tax deductible receipt to:

Mr/Mrs/Ms: \_\_\_\_\_

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb/Town: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

We request your email address for the purpose of communication to reduce our postage costs.

#### Amount of Donation:

\$100  \$50  \$25  \$200 Other: \$ \_\_\_\_\_

#### Payment Options:

Cheque/Money Order (made payable to Crows Nest Centre)  
 Cash

#### Please complete...

- I would like to make monthly contributions to the CNC.
- I would like to receive the CNC newsletter by email (please provide email above).
- I would like to receive the CNC newsletter by post.

CNC complies with the Federal Privacy Act. Your information is confidential and will not be disclosed to other organisations.



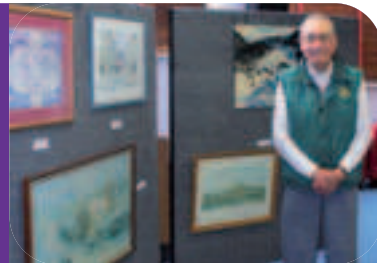
## WISH LIST

- \$50 will provide meals for five people who need support.
- \$200 will provide one month of Meals on Wheels for a struggling member of our community.
- \$200 will provide weights for our gentle exercise classes.
- \$250 will provide new urns for bus outings and events.
- \$300 will provide a portable PA system for outdoor events.
- \$900 will provide new tablecloths for the dining room and events

## NOTICE OF AGM

North Sydney Community Service (trading as Crows Nest Centre) invites all members and supporters to its Annual General Meeting: Tuesday 23rd November 2010 at 10:30am, Fuller Hall, Level 3, 2 Ernest Place, Crows Nest. Community members are welcome to take up membership on the day.

## OUR OWN ART GALLERY



An exhibition of paintings and etchings donated by residents of the Lower North Shore was opened on 28 June in the Pat Brunton Room. The exhibition includes a painting of Hobart 1855, two engravings of Darling Harbour 1888, a 16th century Portuguese map of the world and several contemporary Australian landscapes.

All works are for sale with proceeds going to the Crows Nest Centre. Further donations of paintings are welcome. The display is open to the public from Monday to Friday from 9am to 4 pm.

*Pic: Rex West, gallery coordinator, at the opening of the art gallery in the PB Room.*

## TAX RETURNS – WE CAN HELP

If your tax affairs are simple and you earn less than \$40,000 you could be eligible for free help with your tax return. The service is available at the centre on Tuesdays only. Phone Eliza 9439 5122 for an appointment.

## WHAT'S ON WHAT'S ON WHAT'S ON

### National Stroke Week

**Wednesday 15 September 11am - 1pm.**

Stroke is Australia's second single greatest killer, with approximately 60,000 people suffering a stroke every year. Make sure you know about early warning signs by visiting the information table outside the Crows Nest Centre on Wednesday 15 September (11am-1pm). Local stroke victims will be available to answer all your questions. Ribbons will be on sale with all proceeds going to the NSW Stroke Association.

### North Shore Companions

Enjoy mature age with active life affirming North Shore companions. This new non-profit circle of friends is looking for women and men over 55 who are interested in meeting together regularly. If you are interested in listening, learning, playing music, and games please contact **Zaneta on 9439 5122** for more information.



### Internet Kiosk

**Monday to Friday 9am to 1pm**

Lots of people are getting started with computers using our internet kiosk. Usage is free. On Wednesdays a tutor is available to help.

**Ring Zaneta to book 9439 5122.**

### Health Talk

Health talks are held every first Friday of the month. Join us on 3rd September at 11am for "Natural ways to look after your body".

### Do drop in!

The Pat Brunton room is open Monday to Friday 9am to 1pm for you to enjoy. Crows Nest Centre staff are always ready to help - Zaneta and Geoff are in and out organising all the activities; Andrea, Amy, Sam and James keep the food coming - just ask! We are more than happy to facilitate a group around your interest: books, craft, walking, whatever you come up with! For more information on any of the What's On activities ring **Zaneta or Geoff on 9439 5122.**

### Café - Cake Fridge has arrived

The coffee machine has arrived, so order your café latte, cappuccino, flat white, tea or hot chocolate now for just a gold coin! A display fridge has now arrived so we can offer nice things to eat with your cuppa.

# SOCIAL ACTIVITIES CALENDAR

EVENTS • CLASSES • TRIPS • GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DROP IN FOR TEA OR COFFEE FROM 9:30AM - PAT BRUNTON ROOM</b>					
<p><b>CREATIVE ENGLISH</b> (10 - 11.30am)</p> <p><b>INDOOR BOWLS</b> (10.30 - 11.45am) 2nd and 4th MONDAY</p> <p><b>PIE DAY</b> 2nd MONDAY</p>	<p><b>TAI CHI</b> (10 - 11am) \$10</p> <p><b>MAHJONG</b> (10am - 12pm)</p> <p><b>INTERMEDIATE ENGLISH CONVERSATION*</b> (10 - 11.30am)</p>	<p><b>COMPUTER TUTOR</b> Available</p> <p><b>STROKE GROUP</b> 1ST WEDNESDAY (10am - 12pm)</p> <p><b>MOVIE TRIP</b> 2ND WEDNESDAY Bookings Essential</p> <p><b>CLASSIC MOVIES</b> 3RD WEDNESDAY (10am)</p> <p><b>BUS OUTING</b> 4TH WEDNESDAY (Details below)</p>	<p><b>FELDENKRAIS GENTLE EXERCISE</b> (9.45 - 10.45am) \$10</p> <p><b>CANASTA BEGINNERS</b> (10.30am - 2.30pm)</p>	<p><b>YOGA</b> (11am - 12pm) \$10</p> <p><b>TAI CHI BEGINNERS</b> (12 - 1pm) \$10</p> <p><b>CARVERY</b> 4TH FRIDAY</p>	<p><b>BUS OUTINGS</b> for clients needing assistance. See below for details.</p>
<b>COMPUTER CLUB CLASSES 10AM - 2PM BOOKINGS ESSENTIAL TEL: 02 9460 8866</b>					
<b>LUNCH 12 - 12.30PM PAT BRUNTON DINING ROOM 3 COURSES \$8</b>					
<p><b>BEGINNER ENGLISH CONVERSATION</b> (1.15 - 2.15pm)</p> <p><b>HOMEWORK HELP FOR NEW MIGRANTS</b> (3.30 - 4.30pm)</p>	<p><b>HEART MOVES</b> (11.30am - 12.30pm)</p>	<p><b>YOGA</b> (11am - 12pm) \$10</p> <p><b>INTERMEDIATE ENGLISH CONVERSATION</b> (10 - 11.30am) AND (1 - 2.30pm) at Mosman Volunteers Room (cnr Military &amp; Spit Rds)</p>		<p><b>LUNCH</b> Transport provided for HACC clients</p> <p><b>INTERMEDIATE ENGLISH CONVERSATION</b> (10 - 11.30am) at Lane Cove Community Centre (164 Longueville Rd)</p>	
<p><b>Drop in Activities - Jigsaw Puzzles • Scrabble • Cards • Board Games!</b></p> <p><b>*English Conversation Classes - available during school terms only - Gold Coin donation</b></p> <p><b>For information phone us on 9439 5122</b></p>					

## WEDNESDAY BUS OUTINGS

For seniors able to get on and off the bus without assistance. Leaves the centre 9am sharp.

## SATURDAY BUS OUTINGS

For frail aged seniors needing assistance. Clients picked up from their homes.

**RING GEOFF ON 9437 7510 TO BOOK IN**

SEPTEMBER 22nd Yarramalong Valley  
OCTOBER 27th Geranium Cottage  
NOVEMBER 24th Entertainment Quarter,  
Moore Park

SEPTEMBER 11th (A) Yarramalong Valley  
25th (B)  
OCTOBER 9th (A) Geranium Cottage  
23rd (B)  
NOVEMBER 13th (A) Entertainment Quarter,  
27th (B) Moore Park

# ERNEST PLACE DEVELOPMENT

The Crows Nest Centre is working with North Sydney Council and a variety of stakeholders on plans for the Ernest Place Green. We have been quick to point out the need for shelter and easy access for the many users of the Centre. The plans will go on exhibition in due course and look set to make the green an even more lively, welcoming and comfortable place for everyone in our community.

## TWO NEW FACES JOIN OUR TEAM

Dianne Marriott and James Salisbury are settling in well and enjoying being part of our friendly team.

With a passion for working with people with disabilities and experience in aged care, Dianne says she has found the ideal job as our Community Support Team Leader even though it means weekly commutes from the Central Coast.

“It’s rewarding to be appreciated and to build on the strong community links the Centre has so we can make people’s lives better,” she said.

Dianne is a respite foster carer for adults with disabilities. She enjoys sailing around the Whitsunday Islands, reading crime stories, beach walks and being with her five grandchildren.

James who lives at Willoughby is a ‘hands on’ guy who has been a kitchen hand at Luna Park, cleaner, delivery driver and building maintenance worker.

“The Centre is a great place to work and there are opportunities to chat to interesting people,” he said.

Outside work, James is keen on soccer, driving and relaxing at the beach.



## KNIT IN

Thank you to everyone who knitted squares and wraps for the 702 ABC Knit In. We collected 251 squares this year, which is amazing! This year’s wraps were sent to Chile, Argentina, ‘Youth on the Street’, Northern Beaches Refugee Group, Papua New Guinea, Solomon Islands, Kenya, Zambia, and the Victoria Bush Fire Appeal.

## MULTICULTURALISM WHAT KOREANS CAN LEARN FROM US

In June, Professor Bonghee Moon and nine Korean students from the Sookmyung Women’s University in Seoul, Korea travelled to Australia, to research how we settle new arrivals into our community.

Isabel Almendrades, Settlement Services Coordinator, explained that recently South Korea is experiencing a steady growth in immigration and growing multiculturalism.

“They were keen to learn from us how we help new arrivals settle in, how we implement health, education, information and translating services.

“The group hopes to influence the Korean government to introduce policies to assist ethnic minorities in Korea,” she said.

The University team chose Australia as their research model because of its vibrant and unique multi-cultural society.



# REFUGEE WEEK



## WORKSHOP TO PROMOTE CULTURAL DIVERSITY

Representatives from Chinese, Japanese, Ukrainian and Korean communities attended a special workshop at the Centre on June 21 during Refugee Week 2010'.

The week's overarching theme was "Freedom from Fear" which illustrates how Australia's world-class humanitarian program helps thousands of people each year escape danger and turmoil and live in Australia.

Workshop organiser, Isabel Almendrades, said the aim was to promote cultural identity of individual refugees and harmony, understanding and acceptance of the diversity of Australia's culture.

Speakers included Virginia Young, the Coordinator of Migrant and Refugee Services, St Vincent de Paul, and representatives from Centrelink, North Sydney TAFE, North Sydney Boys' High and the English conversation group from CNC.

A Persian refugee who lives in the local community talked about her refugee experience and students from Chatswood Intensive language school and North Sydney TAFE shared stories. Small groups discussed Australian values and what they could do to create a more cohesive community.

Entertainment included African drumming and a performance by a Persian guitarist who is also a refugee.

Sponsors of the event were the Department of Immigration and Citizenship, the Refugee Council of Australia and the Crows Nest Centre.

# SUPPORTER THANKS

Bakers Delight	Morning tea every Friday!
Constant Reader	Book prizes
Sue Grove	Art work
Montagu Garfish Gloria Jeans Big Music	Australia's biggest morning tea
Dash Fashion	Peruvian Community
Cammeray Public School	Musical Performance
Audrey Eather Dorothy Blackborrow Mary Maher Beryl Lauder Shirley McGlynn Anne Hindmarsh Lance Sambell Lorraine Van Gendt Florence Dolly Mandorino Jeanette Manuel Mr & Mrs C Watkins Nance Kimber Joan Notley William Corlett Mr & Mrs Leslie Miller Nancy Crompton Hans Rottger	Cash donations to the Centre
Elaine Rees	Editorial support for this edition of the newsletter

## MULTICULTURAL PLAY GROUP FOR 1 AND 2 YEAR OLDS

Every Wednesday  
10:30am - 12pm

Northside Baptist Church Centre  
65 Willoughby Rd, Crows Nest

Join other mums & Share a cup of tea!  
Donation: \$5



Crows Nest Centre Settlement Services  
Phone: 9437 7515 in partnership with  
Northside Baptist Church Phone: 9901 4299

# GET BAKING FOR THE CROWS NEST FAIR



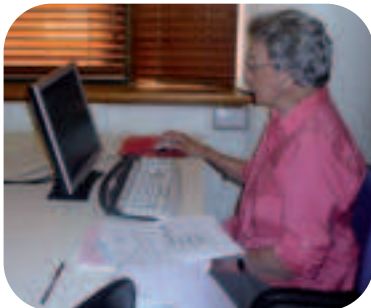
The Crows Nest Fair is fast approaching on 17 October. This year the Crows Nest Centre will be hosting a baking competition with categories including best decorated cake, best plain cake and scones, and prizes in each division. So get your oven warmed up! Also look out for our stall at the Fair, and give your input to our community survey!

Phone Zaneta on 9437 7512 for more information.

## NEWSLETTERS ONLINE

This newsletter is now available on our website. Let us know if you would prefer to receive it by email. Contact Sheree s.james@crowsnestcentre.org.au

# COMPUTER CLUB NEVER TOO OLD TO LEARN



*Lesley Biddle learns new skills at the computer.*

Learning how to email, access the internet or talk to your grandchildren on Facebook need not be daunting. Lesley Biddle is 88 years old and had never used a computer before. Now she is thoroughly enjoying learning new skills through the computer club.

You too can become computer literate. The computer club provides a range of courses including digital photography where you can practise with the club's computers or use the internet under the supervision of one of the club's tutors.

For more information visit the computer club website at [home.people.net.au/~cnccc](http://home.people.net.au/~cnccc) or pick up the excellent newsletter "Bits and Bytes" at the Centre.

# VOLUNTEERS NEEDED NOW

We are always looking for skilled, caring and committed volunteers, particularly people who have time available between 9am and 3pm Monday to Friday. Our biggest need at the moment is for volunteers to transport people to their appointments and to visit isolated people in their homes, but there are always a wide variety of possibilities to choose from. Please ask around your friends to see if anyone could help in this way. Volunteers are always telling us how rewarding and enjoyable volunteering is! Contact Anita Maria on 9437 7505.

## NEED A COMPANION...?

To share a social activity? to offer a friendly phone call or visit? to go shopping or to the bank with you? to help write letters or fix simple household things?

The Centre can arrange help with any of these things. Give Esther a call on 9437 7503.

# CONTACTS

### Reception

Eliza Pienaar 9439 5122

### Activities

Geoffrey Whiting 9437 7510

### Community Engagement

Zaneta Figiel 9437 7512

### Community Support

Dianne Marriott 9437 7502

### Food Services

Andrea Duffy 9437 7507

### Linen Service

Yoko Washimi 9437 7514

### Settlement Services

Isabel Almendrades 9437 7515

### Social Support

Esther Beran 9437 7503

### Venue Bookings

Tim Lewis 9437 7511

### Volunteers

Anita Maria 9437 7505

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