

# the nest

## CNC Community News

Issue 8 • Winter 2010



# VOLUNTEERING: NOW, MORE THAN EVER!



**National Volunteer Week (10-16 May 2010) is the largest celebration of volunteers and volunteerism in Australia.**

Every year the Crows Nest Centre takes this opportunity to thank its hard-working volunteers with a special invitation-only luncheon just for them. This year the luncheon is again hosted by our friends at Billy Blue Brasserie

who also hold their hospitality classes in our kitchen.

More than 5 million Australians volunteer across the country, with Meals on Wheels volunteers alone delivering 3.9 million meals last year.

At this point in time, more than ever, volunteers are needed to secure the fabric of Australian society. Paul Lynch, Minister for Ageing and Disability Services has praised volunteers for delivering essential support to frail people and people with a disability. Mr Lynch told Parliament "No community can effectively function without volunteers - you cannot put a high enough value on the

hours they donate in support and services."

The Crows Nest Centre also needs volunteers - now more than ever. If you know any community-minded people please talk to them about volunteering for the Crows Nest Centre. All our volunteers report how much they enjoy being able to make a contribution to the lives of others. We particularly need drivers for Meals on Wheels, Linen Service, Transport and Social Support. We also need people who have time to assist with the BBQ on Thursdays at the Organic Market.

**Please contact our Volunteer Coordinator, Anita Maria on 9437 7505, email: [a.maria@crowsnestcentre.org.au](mailto:a.maria@crowsnestcentre.org.au).**

## CHRISTMAS IN JULY IS JULY 3 - BOOK NOW!

TRANSPORT, A SCRUMPTIOUS LUNCH, AND ENTERTAINMENT PROVIDED.

**BOOK NOW BY RINGING GEOFF ON 9437 7510.  
SEE PAGE 2 FOR MORE DETAILS.**



**WHY IS DIXIE ALL DRESSED UP?  
SEE PAGE 6**

# A CELEBRATION OF SENIORS

## A GREAT SUCCESS!



For Seniors Week 2010, the Crows Nest Centre celebrated the fine contribution our seniors make to our community. This year we celebrated by hosting a Japanese Gift Wrapping Class, and High Tea.

On Monday 21 March we learned the fine art of Japanese Gift Wrapping. We had a lesson in wrapping a book and bottle. Everyone who participated had a great day and took their new creations home. Hosono Wrapping will be back again for anyone interested in a Japanese Gift Wrapping Culture Lesson.

For details please contact Zaneta on 9439 5122.

On Friday 26 March we hosted a High Tea for seniors, which included a four-course meal, and performances by the Older Women's Theatre Group, a Flamenco Dancer and an Irish song and dance performance. Thanks to Sophia, Chalice and Raymond for their entertaining contributions. Thanks also to North Sydney Council, North Sydney Girls' High School, volunteers and staff assisting on the fabulous day.



**THIS IS ONE OF THE LETTERS WE RECEIVED ABOUT THE FUN-FILLED WEEK.**

*"Thank you for inviting me to your wonderful High Tea on Friday 26, March. I had a lovely day chatting to some of the seniors and enjoyed the fun musical items from the Older Women's Network. What great role models they all are for the Seniors Week theme of Life, and how important for them to highlight some of the issues involved in being a senior. As Bette Davis once said "old age isn't for sissies" (my favourite quote)!*

*It was also great to see some young people involved in the day, with a beautiful young Spanish Dancer displaying her expert skills, and other young people helping to serve the food. Young people always help to create a happy vibe, and there was certainly a joyous atmosphere in the room. The Irish singing and dancing created opportunities for sing-a-longs and prompted happy memories of simpler times.*

*The Mayor, Genia McCaffery, was very pleased to be invited to the High Tea, but unfortunately had to leave a little early to visit her own "senior" - her mum.*

*I also popped down to the Centre on Monday to have a look at the beautiful Japanese Gift Wrapping Class, and was most impressed by the results. I hope this activity continues to happen at the Crows Nest Centre, and if so, I'd love to come and "have a go" one day.*

*So congratulations on a great Seniors Week, North Sydney residents are very fortunate to have such a wonderful Community Centre right in the heart of Crows Nest. Please thank the staff for all their hard work."*

Kind Regards  
Narelle Spooner  
Coordinator of Arts & Culture  
Community & Library Services  
NORTH SYDNEY COUNCIL



# THANKS FOR THE PILLOWS



Last newsletter we put out a call for help to purchase 50 new pillows for our Linen Service clients to help them sleep well and we were delighted with the generous response.

Yoko Washimi, Coordinator of the Linen Service, says, *"Many of our clients who could not afford to buy new pillows were grateful to receive a new pillow. It made an immediate difference to the quality of life of dozens of our clients"*

One client was so excited that she wrote to the Centre. *"As you know I am most appreciative and most grateful for your linen service. Linen volunteers are such special people. I look forward to their visits."*

## ROTARY CHRISTMAS IN JULY FOR SENIORS



We love a traditional Christmas dinner, but in the typical midsummer Australian heat on Christmas Day, many families focus on seafood and salads, because it is just too hot for a traditional big roast with pudding.

The middle of winter when it is nice and cool, however, is a terrific time for tucking in to a sumptuous big feast. That's why Rotary and the Crows Nest Centre are sponsoring a seniors' Christmas in July lunch at the Centre at 12 noon on Saturday July 3. Delicious Christmas fare will be prepared by staff and students from the William Blue College of Hospitality in North Sydney and served by volunteers from Rotary and The Centre.

There'll be entertainment and transport to and from your home if you need it. Just fill in a form at The Centre, or **phone Geoff on 9437 7510**. See you there! Bring your friends!



**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.
- \$100 will provide movie tickets for an outing for frail elderly people.
- \$200 will provide one month of Meals on Wheels for a struggling member of our community.
- \$300 will provide a portable PA system for outdoor events.
- \$400 will provide sound equipment
- \$900 will provide new tablecloths for the dining room and events

## INTRODUCING TIM



Our new venue manager, Tim Lewis of Mona Vale seems to be the perfect fit for our team. Not only does he have qualifications and experience in event management and retail but he has a passion for community engagement and running organic food markets.

On Thursday nights you can hear him on Radio Northern Beaches where he hosts BITE, a community radio program.

"This job is a good fit, it's part-time, suits my experience and I am enjoying working with everyone, meeting retailers and organising the new organic market held on the Village Green on Thursdays," he said.

When he has free time, Tim enjoys water sports, surfing, spear fishing and sailing.

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

The Pat Brunton Community Space is undergoing a makeover. As part of the revamp, here are some of the new and exciting fixtures.



### Special Lunches

Lunch is always great at the Centre, but here are some even more special lunches to look forward to!

Every second Monday of the month is Pie Day and a special Carvery menu is offered every fourth Monday of the month. Pie days feature a selection of tasty pies and at the Carvery the chef carves the meat on the spot, to be served with roast veggies and matching gravy or sauce. This is exceptional value with the main course and dessert all for \$7.

### Cafe coming soon

The Pat Brunton Community Space kitchenette will soon be a café. You will have the choice between a café latte, cappuccino, or flat white. A display fridge with lots of goodies and treats is also planned. The Crows Nest Rotary Club is assisting with renovations. Our new coffee machine is arriving soon so look out for it, along with other changes. Hot drinks will be a silver coin donation for those paying for lunch and a gold coin donation for everyone else, Volunteers will receive free coffee or tea.

### Broadband for Seniors

At the Crows Nest Centre we will soon have an Internet Kiosk. The Broadband for Seniors Kiosks is an Australian Government initiative aimed at providing seniors with free access to the Internet and helping them gain confidence in using computer technology. Free introductory lessons will be held at the Centre. Stay tuned.

### Shuffleboard!

Come play shuffleboard! Coming soon to the Pat Brunton Community Space.

### Dancing with Firefly

The Firefly Dance Club is now running dance classes every second Thursday in the Pat Brunton Room starting May 27. The classes are free, generously offered by the club as a community service. The classes are paced to suit the participants and in whatever style those that attend like – so there is no excuse for not getting into some dancing.

Contact Geoff for more details: 9437 7510.

### Podiatry: Health Talk

We are aiming to have health talks each month in the Pat Brunton Room on Fridays. The first of these will be on Podiatry on May 7. Look out for the next one.

Contact Zaneta for more details: 9439 5122

### Cammeray Public School Visit

Students from Cammeray Public School will visit on Friday June 25 to provide a choral performance from 11-12noon. Come along and enjoy their wonderful voices and encourage our young people.

### Indoor Bowls

Now the second and fourth Monday of the month. Join the growing group.

Contact Geoff for more details: 9437 7510.

# 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>					
<b>INDOOR BOWLS</b> (10.30 - 11.45am) 2nd and 4th MONDAY         <b>PIE DAY</b> 2nd MONDAY	<b>TAI CHI</b> (10 - 11am) \$10  <b>MAHJONG</b> (10am - 12pm)  <b>INTERMEDIATE ENGLISH CONVERSATION*</b> (10 - 11.30am)	<b>STROKE GROUP</b> 1ST WEDNESDAY (10am - 12pm)  <b>MOVIE TRIP</b> 2ND WEDNESDAY Bookings Essential  <b>CLASSIC MOVIES</b> 3RD WEDNESDAY (10am)  <b>BUS OUTING</b> 4TH WEDNESDAY OF EACH MONTH (Details below)	<b>FELDENKRAIS</b> GENTLE EXERCISE (9.45 - 10.45am) \$10  <b>CANASTA</b> BEGINNERS (10.30am - 2.30pm)	<b>YOGA</b> (11am - 12pm) \$10  <b>TAI CHI</b> BEGINNERS (12 - 1pm) \$10  <b>CARVERY</b> 4TH FRIDAY	<b>BUS OUTINGS</b> for frail aged clients needing assistance. See below for details.
<b>COMPUTER CLUB CLASSES 10AM - 2PM BOOKINGS ESSENTIAL TEL: 02 9460 8866</b>					
<b>LUNCH 12 - 1.30PM PAT BRUNTON DINING ROOM 3 COURSES \$8</b>					
<b>BEGINNER ENGLISH CONVERSATION</b> (1.15 - 2.15pm)  <b>HOMEWORK HELP FOR MIGRANTS</b> (3.30 - 4.30pm)	<b>HEART MOVES</b> (11.30am - 12.30pm)	<b>YOGA</b> (11am - 12pm) \$10  <b>INTERMEDIATE ENGLISH CONVERSATION</b> (10 - 11.30am) & (1 - 2.30pm) at Mosman Volunteers Room (cnr Military & Spit Rds)		<b>LUNCH</b> Transport provided for HACC clients  <b>INTERMEDIATE ENGLISH CONVERSATION</b> (10 - 11.30am) at Lane Cove Community Centre (164 Longueville Rd)	

Drop in Activities - Jigsaw Puzzles • Scrabble • Cards • Board Games!

\*English Conversation Classes - available during school terms only - Gold Coin donation

For information phone us on 9439 5122

## 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**

JUNE 23	Off to Botany Bay National park and maybe see some migrating whales. Then Lunch at Caringbah RSL
JULY 28	Manly and North Head with Lunch at St. Patrick's or Harbord Diggers
AUGUST 25	Fairfield City Farm to peruse the gardens and see the animals. Lunch at the farm.

JUNE 12 (A) & 26 (B)	Off to Botany Bay National park and maybe see some migrating whales. Then Lunch at Caringbah RSL
JULY 10 (A) & 24 (B)	Manly and North Head with lunch at St. Patrick's or Harbord Diggers
AUGUST 14 (A) & 28 (B)	Fairfield City Farm to peruse the gardens and see the animals. Lunch at the farm.

# ERNEST PLACE POEM



## 2 ERNEST PLACE

by Peter Joyner

This is the story of the Crows Nest Centre  
A haven for the Long Distance Renter  
Here we have Christmas dinner in winter  
With the Tokens Band, excellent entertainers

Myriads of activities to keep you occupied  
They will not let your standards slide  
They give of themselves, return it in kind  
Your fulfilment gives them peace of mind

Charity begins at home  
Here you will never be alone  
By all means look after number one  
This Place looks after everyone

\*Pax Vobiscum (Latin for Peace be with you)

# KNIT IN



The 702 ABC Knit in is on again, knitting squares for the "Wrap with Love" programme which provides colourful wraps to communities in need around the world. If you would like to knit with others at the Centre, contact Zaneta on 9439 5122. You can also drop your knitted squares off at the Centre.

## REFUGEE WEEK

During Refugee Week the Centre will host the film "Burma VJ" during Refugee Week which highlights the push factors for refugees and shows firsthand the daily struggle to stay alive that people face when living under a repressive government. This will be followed by a talk given by Persian refugees who will share their experience as refugees from Iran. Don't miss this event.

## CHOCOLATE BUNNY, HERE THEY COME!

Thanks to Loreto Kirribilli and St Mary's Primary School, our clients enjoyed chocolate bunnies and Easter Card with ears and tails. There were lots of big smiles and our seniors felt the care of the younger generation. Here is a letter that one wrote:

*Dear Oliver,*

*I hope you have an **egg**citing Easter too.*

*Thank you for your kind message.*

*If you go on an egg hunt I hope you find lots of eggs.*

*My dog Dixie is dressed up especially for you for Easter.*

*Maurice.*



# STUDENTS VISIT FROM JAPAN



Every year students from Shimabara Nursing College in Japan visit the centre to learn about how our programmes support the community. They always find good friends at the Centre as you can see by the photos.

## HARMONY OF OUR DIVERSE COMMUNITY EXPRESSED THROUGH DANCE, MUSIC AND FOOD...

More than 250 people attended a Migrant Information Day at the Crows Nest Centre on Friday March 26 as part of Harmony Day 2010.



The day was officially opened by the Deputy Mayor of North Sydney and CNC Board member, Councillor Andrew Rob Johns who said that migrants and international visitors made a significant cultural and economical contribution to the North Sydney community.

The day provided information on migrant services such as health, language, employment and counselling.

A highlight of the day was the multicultural arts demonstration with live music and food stalls with Korean, Japanese and Taiwanese communities represented.

Thirty students from the Chatswood Intensive English Language Centre performed on the Village Green. Visitors were also treated to traditional Persian music, and Korean and Flamenco dancing. The Japanese community demonstrated the art of Origami and the Taiwanese showed how to make Chinese dumplings.

Harmony Day is held across Australia to celebrate community participation and a sense of belonging for everyone.

# SUPPORTER THANKS

Crows Nest Rotary Club	Coffee Machine for Café
Bruce Maurer Funerals	Equipment for seniors week
Dash Fashions	Prizes for seniors week
Mosman/ Neutral Bay Inter-Church Council	Cash donations to the Centre
Harry Snowdon	
Mrs Nance Kimber	
Mrs Gavia MacPherson	
Mrs Beryl Lauder	
Mr and Mrs Stevenson	
Mrs Faye Derrin	
Mrs Gwenda Littler	
Mrs Shirley King	
Mrs MacLurkan	
Ms Florence Dolly	
Ms Hilda Irvine	
Ms Lucy Klinger	
Mr Henry Wooldridge	
Mrs Dorothy Blackborrow	
Big Music	Loan of PA system for events
Northside Baptist Church	Bed for a client in need
Tina Mulholland	Help with graphic design
North Sydney Demonstration School	Cards and eggs for Easter
St Mary's Primary	
Cammeray Public	
Loretto Kirribilli Jnr	
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: 9439 5122 in partnership with  
Northside Baptist Church Phone: 9901 4299

# RECYCLE YOUR SPECS



You can give someone in the developing world the gift of sight by dropping your used prescription glasses in the box in the Centre's brochure room. The glasses

and cleaned and tested and so far 2.5 million pairs have been sent to Africa, Europe, the Middle East, the Indian Sub continent, East Asia, and the Far East, including China, the countries of the Pacific Rim and Southern Asia and Oceania.

# COMPUTER CLUB



With the year now in full swing, The Crows Nest Centre Computer Club has recently added two new programmes to its already extensive list of computer courses.

Firstly a new course, Creating a Website, where you can learn the basics of creating and maintaining your own website. And secondly, Open Access sessions where you can use the club's computers to practise your computing skills or use the Internet under the supervision of one of the club's tutors.

Recently the club was fortunate to receive a donation of six second-hand Dell laptop computers from Compuware Asia-Pacific Pty Ltd. Donations such as these are always welcome as they help keep our costs (and fees) as low as possible. Once David Charrett (our hard working technical officer) has installed the necessary programs, we intend using them in the class room and are exploring possible short term loans to students who have yet to purchase their own computer.

Further information on our programs can be found by visiting the club's website

[home.people.net.au/~cnccc](http://home.people.net.au/~cnccc) or reading our excellent newsletter, *Bits and Bytes* (Editor Teresa Wilson). This newsletter is regularly posted to club members. If you are not yet a club member, you are still free to call into the club's room at the Centre and pick up a copy.

# VOLUNTEERS NEEDED NOW

- **Meals on Wheels drivers (Mon-Fri)**
- **Linen Service, especially drivers (Wed-Thu)**
- **BBQ Helpers (Thu)**
- **Transport drivers (Mon-Fri)**

## DO DROP IN

The Crows Nest Centre is a hub where you can come enjoy a relaxing space on your own or the company of others, or bring a whole group along for a special function. The Pat Brunton Community Space is open from 9am to 1pm each day and rooms on level 2 are available for hire at community rates to community groups.

# CONTACTS

### Reception

Eliza Pienaar 9439 5122

### Activities

Geoffrey Whiting 9437 7510

### Community Engagement

Zaneta Figiel 9439 5122

### 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

This newsletter is printed on 100% recycled paper.