

CENTREPIECE

Your voice for a better community!

2012 Term 1

Youth Program

Mon Homework Club
3.30 5 pm

Wed & Fridays Drop
In Activities
3.30-5.30pm

Youth Drama

Saturday
9 am-10 .30am

Groups / Activities

Cook & Chat,
Wednesday
10.30am-1 pm

Mental Health

Recovery Discovery
Mondays 10.30am -
12.30 pm

Senior Activity Group

Tuesdays 10 am-2 pm
Craft activities, games
& monthly day trips

Vegie/herb garden

Bi Monthly Workshops
See Inside

Combined Pensioners

Wednesday
9am- 1.30 pm
Bingo, carpet bowls,
Day trips & holidays

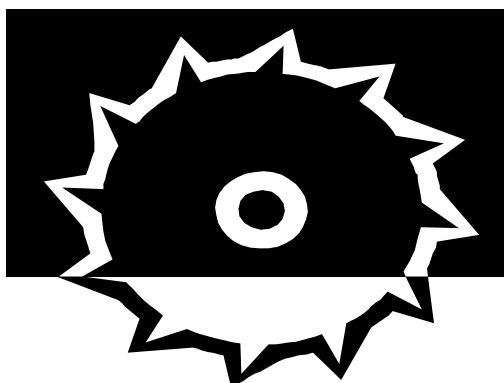
Light Pace Exercise Class

Tuesday
12.15—1.15pm

Our Mission

Unanderra Community Centre will be the hub for providing a range of social, educational, recreational & support services for our community.

THE HUB OF UNANDERRA



COMPUTER Classes are held

in our 'state of the Art' computer room with Tutor Jeff Gale

Generally courses are two hours per week, in six (6) week blocks.

Costs *only a low \$75* a course.
Ask about \$5 pensioner discount.

Courses include:

Basic Windows, Intro to Ms Word,
Advanced Ms Word,
Internet/email, and Intro to HTML

Phone :42 712 213

New Fax:42711 571

Website: www.ufara.org.au

Email: unanderracc@gmail.com

Our Vision

Unanderra Community Centre will support its Community to become safe, happy trusting, caring, empowered & self-determining

*Unanderra Community Centre's
Community and Youth Projects
are funded by
NSW Human Services*

COMPUTER COURSES

**NEW COURSES
AVAILABLE**

Include
**ONLINE SCRAP
BOOKING**
(3 weeks @ 2hrs)

COMPUTER SECURITY
(3 weeks @ 2hrs)

**Classes for 2012
every 7 weeks.
To register please call
4271 2213**

REGULAR GROUPS

OTHER REGULAR GROUPS

- ◆ **Alcoholics Anonymous**
Mondays 8-10 pm
- ◆ **AMORC**
3rd Sat Monthly 3.30-6pm
- ◆ **Combined Pensioners**
Wednesdays 9.15am- 2pm
- ◆ **Gospel Mission Church**
Sundays 10am-1pm
- ◆ **Illawarra Computer Enthusiasts**
2nd Fri Month 7.30pm
4th Sat Month 1pm
- ◆ **Illwra Machine Knitters**
1st Fridays 10.30am-2.30pm
- ◆ **Joytime** *Thurs 9.30-10.30*
- ◆ **Rhee Tae Kwon-Do**
Mon & Wed 6-7.30pm
- ◆ **Unanderra Tiny Feet**
Friday 9-11am
- ◆ **Weight Watchers**
Tues 6-7pm, Sat. 8-9am
- ◆ **Wollongong Amateur Astronomy Club**
1st Thurs mnth 7.30-9.30 pm
- ◆ **Wollongong Welsh choir**
Tuesdays 7-9.30pm
- ◆ **Yoga (Iyengar)**
Wednesdays 6-7.30 pm
Thursdays 10-11.30 am
- ◆ **Zumba**
Mon 9.30 am
- ◆ **Dance Factor**

COOK and CHAT

starts 21 March

You are welcome to come along and join this small friendly group. Share your skills & recipes and learn more tips about healthy cooking on a budget?

Our Cooking group is FUN.

Billy is an experienced cook who leads & supports this group to be adventurous in cooking and also emphasizing economical and healthy eating is the Key.

We are also creating a recipe book for 2012 .
Wednesdays 10.30 -1.30 pm
\$3 includes lunch

CDSE Funding by
Wollongong Bowling Club

Visit the Centre & pick up a copy of **LOW COST & FREE MEALS DIRECTORY**

VEGIE GARDEN
'LET'S GET DOWN TO EARTH'
Come Along and Join Us



If you like gardening we are looking for a volunteer co-ordinator and crew to help look after our vegie / herb garden

We need **YOUR 'Green thumbs'**.

New exciting 2012 garden workshops and activities focussing on sustainability at home and in the community and starts Tuesday after Easter.

Working Bee
16 March 9.30am and
18 May 9.30am
XXXXXX

Seniors Activity Group
Tuesdays 10am-2pm
Friendly, Welcoming+FUN

If you are over 55 years of age and are looking to:

- ◆ Meet new people
- ◆ Make new friends
- ◆ Have FUN
- ◆ Try new ideas / share yours



- ◆ Day trips (monthly)

Come and join this great group of women. If this sounds like your 'Cup of Tea' please drop by or give us a call on 42712213

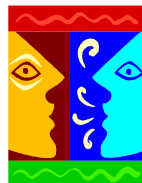
Community Transport provided (locally).

REGULAR GROUPS

MENTAL HEALTH RECOVERY DISCOVERY GROUP

**“Wellbeing: Invest in
Your Life”**

IF YOU are or have been experiencing Isolation or loneliness in your mental health recovery from Depression or anxiety or Bi-polar or Schizphrenia you are welcome to drop in any Monday.



We meet weekly to support each other in a friendly social environment.

We create A SENSE OF ACCEPTANCE, BELONGING & CONNECTION, Through LISTENING SHARING & LEARNING from EACH OTHERS EXPERIENCES.

Mondays 10.30am-12.30 pm at Unanderra Community Centre.
YOU ARE WELCOME TO JOIN US .

UCC YOUTH PROJECT

DROP IN ACTIVITIES

Mondays 3.30pm –5pm
(Homework Centre)
Wednesdays 3.30-5.30 pm
(Drop in)
Fridays 3.30-5.30pm
(Drop in)

CONTACT Julie the Youth Worker on 4272 5582 or just

COME & CHECK US OUT, use the computers, play some Pool or hang out watching a DVD.

If you're interested in Volunteering in any way please call for information.

IYENGAR YOGA

For Bodywork that soothes the mind & invigorates the whole being.

Wed 6.00-7.30pm
Thursday.
10-11.30am
Cost: \$15/13
(incl. equipment).



Johnny Batchelor
0415 344 722

NEW & EXCITING & FUN! ZUMBA is NOW HERE.

JULES FITNESS

No Joining fees

Fitness on your doorstep!



ZUMBA BASIC

Mondays
9.30-10.30am

All new members are Welcome to come and join us.

Adults—\$10 per session or 10 Card \$85

Kids—\$5 per session or 10 Card \$45

Web—www.julesfitness.net
Mobile—0423129493

xxxxxx

DANCE FACTOR

By Jessica Walker

JAZZ/ HIP HOP/
COMTEMPORARY/ BALLET/
TAP
STRENGTH AND STRETCH/
ADULTS ONLY
EISTEDDFODS AND FUN

ENROL NOW!

0411 808 343

info@dance-factor.com.au
www.dance-factor.com.au
LOCATED IN UNANDERRA

COMMUNITY INFORMATION

CSG exploration licences cover the entire Illawarra.

Drilling approvals have been granted in and around our drinking water catchment. A production field would result in **up to 200 production wells** in this area alone.

This community has **so far** halted the plan to develop a gas field in our drinking water catchment. But, unbelievably given the mounting evidence of the risks, **the state government still supports the industry.**

COAL SEAM GAS

COMMUNITY CONFERENCE
SUNDAY MARCH 25
3 SESSIONS FROM 10AM-4PM
WOLLONGONG TOWN HALL

FOR INFO CALL 0425 329 963 OR
GO TO www.stop-csg-illawarra.org

Its up to us. How will we be heard? What are the next steps? Everyone is invited to this community conference to discuss CSG in the Illawarra. Your voice is needed and it will make a difference.

This event is being organized by residents concerned about CSG mining.

STOP CSG!

ILLAWARRA

UNANDERRA RAILWAY STATION UPGRADE AND LIFTS.

On behalf of residents of Unanderra and surrounding suburbs, a delegation of residents and myself attended the **NSW 2012 Regional Action Plans- Community Meeting in Wollongong with NSW Ministers** held last Thursday 1st March.

As well as speakers from the floor addressing this priority issue of lifts at Unanderra railway station, we were able to pass on our written submission of concerns about the withdrawal of NSW funds for the much needed installation of 2-3 lifts to Unanderra station.

Thanks to Jan Waples, who personally made sure that each Minister and respective local members present were each handed a copy of this submission. We were grateful to have this opportunity and we feel we had a good hearing from Greg Pearce MLC, Minister for the Illawarra and Minister for Finance and Services; Brad Hazzard,

Minister for Planning & Infrastructure as well as Gareth Ward, Member for Kiama, who were all very interested and appreciative of the case we presented, however no commitment or priority was assured us.

The installation of lifts at Unanderra was previously included under the "Easy Access Program" of Railcorp and assurance of funding included in the 2009-10 budget, promised by several ministers.

If anyone would like to further support this action we would be pleased if you could, by writing in person to:-

**The Hon. Greg Pearce
Minister for Finance and Services
Minister for the Illawarra
Governor Macquarie Tower
Level 36, 1 Farrer Place**

Donate your unwanted computers etc to
5/13 Ralph Black Drive,
North Wollongong 2500
Tel: 1300594636



VOLUNTEER OPPORTUNITIES

VOLUNTEER POSITIONS AVAILABLE

- ◆ Maintenance / handy person

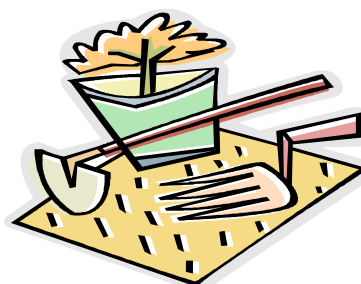
We are also looking for an Outdoor Maintenance Person to sweep up leaves outside etc, and do odd task around the centre.

- ◆ Deliver Newsletter
Letter box Drop
- ◆ We also need your help to do some Archiving—if you can help

GREEN THUMBS

We need YOU for the Gardening Group.

Come along and join us.
Come see the Newly built raised garden beds.



BILLYS RECIPE

SLOWED LAMB SHANKS

4 Lamb Shanks
Fresh Thyme
3 Tablespoons Olive Oil
2 Litres of Vegetable Stock
3 Gloves of Garlic
Salt and Pepper

3 Glasses Red Wine
½ teaspoon of mixed Herbs
1 large Carrot
3 Celery sticks
1 Bay leaf

In a frying pan add oil, 3 gloves chop garlic, grated carrot and chop celery with ½ teaspoon of mixed herbs. Cool for about 5 minutes. Then you add the Lamb Shanks and cook for a further 10 minutes.

Then take a larger pot and add all the items to it, add vegetable stock and wine plus 1 bay leaf. Bring to the boil then turn down to simmer and cook for 3 hours.

Serve on a bed of mash potatoes and sour cream.



INFORMATION



UNANDERRA COMMUNITY CENTRE SENIOR CYBER CLUB

We are a group of like minded seniors who in using the computers and internet provided, are able to help each other explore the wider uses of the computer to help us in our everyday computer activities.

Some of these computer activities could be: Family History, Life Story, Internet Search, Email, Scrap Booking Online, or just Computer Interactions (learning).

The Club meets on a Thursday morning from 9.30am till 12 noon. Morning tea is provided.

The yearly membership fee is \$30 single or \$50 married couple.

All welcome from the beginner to the experts.

COMPUTER COURSES



COMPUTER Classes are held in our 'state of the Art' computer room with Tutor Jeff Gale. Generally courses are two hours per week, in six (6) week blocks.
Costs only a low \$75 a course.
Ask about \$5 pensioner discount.

Introductory Courses include:
Basic Windows, Intro to Ms Word, Advanced Ms Word,
Internet/email, and Intro to HTML

NEW COURSES AVAILABLE

Include **ONLINE SCRAP BOOKING** (3 weeks @ 2hrs)
COMPUTER SECURITY (3 weeks @ 2hrs)

Classes for 2012 every 7 weeks.
To register please call 4271 2213

INFORMATION UPDATE

If you need something signed by a

JUSTICE OF THE PEACE ?

Visit Unanderra Pharmacy
Central Rd or Unanderra
Nursery Princes Hwy.

Manna House Coffee Shop at the Figtree Anglican Church

You're invited to join us for a
meal "and a talk".
Thursdays 5.15pm-7pm

Free Buses available to &
from the Church.

Pick up at Unanderra Railway
Station at 5 pm and 5.20 pm
every Thursday.

FOOD HAMPER MINISTRY at Church of Christ

O'Briens Road,
FIGTREE.

Wednesdays
10.00am-12.00 noon



ph
42265022

NILS

No interest Loans scheme.
Comes to Dapto

The aim of this Community
Loan Scheme is to provide
no interest loans to people on
low incomes who are living in
these areas.

The maximum loan is
dependent upon your ability
to repay.

Maximum loan is \$1000.

The loans may be used to
purchase essential household
items such as:

- White goods e.g. fridges,
washing machines, stoves
- Hot water services
- Essential electrical goods
- Furniture
- Medical equipment
- Other worthwhile purposes

Contact Sandra 42712213
for referral forms/information
before making your
appointment either at Port
Kembla Community Centre
or at Ribbonwood Centre
"Careways", your
application will be considered
for approval by independent
committee.

"Light Pace" Exercise Sessions in 2012



TUESDAYS 12.15—1.15PM

TUESDAY

at Unanderra Community
Centre.

Don't Miss This opportunity.
\$50 per term for 10 sessions
Or \$5 each week

These sessions are conducted
by a qualified fitness instructor
and Dietician- Pearl Tanil.
Her sessions will include a
variety of techniques including
Swiss Ball, medicine balls,
weights, bands & circuit work

PHONE Sandra 42712213
**Bookings and advance
payment are essential.**

LOCAL HISTORY

CAPTAIN COLE'S EARLY HISTORY OF FARMBOROUGH

Upon Blackman's purchase he renamed the Farmborough Farm and the naming of the road, Farmborough Road to his farm is well named. This large holding remained intact till 1915 when John Blackman died and this is when breaking up of this estate began. To the south 219 acres sold to the Clifford Family facing Reddalls Road, then the next parcel of land of 166 acres was sold to J.E.Griffin facing West Dapto Road. Thus by 1915 Captain Coles original holding of some 400 acre was broken up into smaller parcels of land and the present Farmborough home is on some 75 acres which has occupied by some 3 or 4 owners since 1915.

JOHN BLACKMAN

John Blackman was an early settler in Unanderra locality at Farmborough Farm. The family arrived in the colony in 1833 and in 1856 took over Farmborough Farm from Captain Cole. But it is reasonable to assume the naming of the locality; Farmborough Heights comes from the Blackman holding. His daughter, Miss Fairie, taught at Unanderra School between 1895 and 1900. The locality here has something in common with the historic town of Mudgee, for it was James Blackman the first white man to enter the Cudgegong Valley in 1821, and was a close relative of John Blackman of Farmborough. Mudgee as is know is the second oldest settled town in Australia west of the Great Dividing Range and was first settled in 1822 by George and Henry Core. It is fourteen years older than Melbourne. James Blackman Park in Mudgee commemorates this man's early exploits in the Cudgegong Valley. In Unanderra Blackman Parade is named after this family.

CHRISTOPHER CULLEN

Was a noted citizen of the Figtree Unanderra locality and a member of a pioneering Jamberoo family. The early Cullens received a grant of land in Jamberoo and located where the township is today. Cullen embarked on many public activities in the area, he was the first secretary of the local school board. He served on the former Central Illawarra Council and was elected Mayor on twelve occasions. He was President of The Dapto Agriculture Society and very active in dairying organizations in the local area. He had three sons and two daughters who all passed through the local school and there are many descendants of Cullen throughout the Illawarra . The present Mayor of Kiama, Ald. Val Noble, is a grandson. He also was a brother of Sir William Cull, Justice and Lieutenant Governor of New South Wales in the 1920-1925 periods. The name Cullen is commemerated in Unanderra by naming a street after him.

EDWARD HAMMOND HARGRAVES

E.H.Hargraves was born in 1816 at Gosport Hampshire . He went to sea at 14 and arrived in Sydney in 1832 he then went on a voyage to the Torriiss Strait gathering beche-de-mer and tortoise shell and then came back to Bathurst and worked on a station of a Captain Hector. Authorities on the conflict as to which he did first. An article by Mr.A.P. Fleming in the "March Bulletin of Illawarra Historic Society says Hargraves left Bathurst and went to Illawarra taking up 100 acres of leasehold land near Dapto with a frontage to Dapto Creek. Mr. Fleming continues, here he married and in the Australian of 27th December, 1836, there appeared the following marriage notice; By Special License by the Rev. McGarvie a.m. Mr. Edward Hammond Hargraves third son of John Edward HArgraves formerly Captain of the Sussex Militia to Clara youngest daughter of John Mackie Esq. of George Street, Sydney. Hargraves took his bride to the Five Islands near Dapto and opened a general store but historians do not state where about the store was, he was an imposing man of 6'5" tall.

On the 11th November, 1839, Hargraves sold his holding and moved to East Gosford, here there is some conflicting views, "The Australian Dictionary of Biography" states his time in Illawarra as from 1836-1841. From Gosford he went to the Manning River but in 1849 he went to California where the great gold rush was on. Evidently the gold seeking was in his blood. Returning to "Australia at the beginning of 1851 he headed for the Bathurst Orange areas. It was here he started with some local men Lister and the Tom Brothers washing for gold in the tributaries of the Macquarie River, but on 12th February 1851 gold was found at the junction of Summer Hill and Lewis Ponds Creeks about 20 miles north-east of Orange and a locality which Hargraves called Opher.

To be cont.....



computer**bank** illawarra

Low cost and free computers for the Illawarra

**ComputerBank is a not for profit, volunteer based organization.
Our commitment is to bridge the digital divide.**

ComputerBank Illawarra provides computer systems to disadvantaged and low income individuals. As we receive no government funding recipients will need to be able to pick up their computer from our office in Fairy Meadow.

**We recycle and provide free computers,
rebuilding them to suit the low income applicant's requirements.**

**Upgrades on computers available from \$40.
Dual Core or Core 2 from \$150 (depending on requirements)**



http://www.cbi.org.au/free_computer.htm

Download an application form from our website.

Open Wednesdays and Fridays between 10am and 3pm.

You can phone us on 4284 8676

FOOD BARN

BIGGER

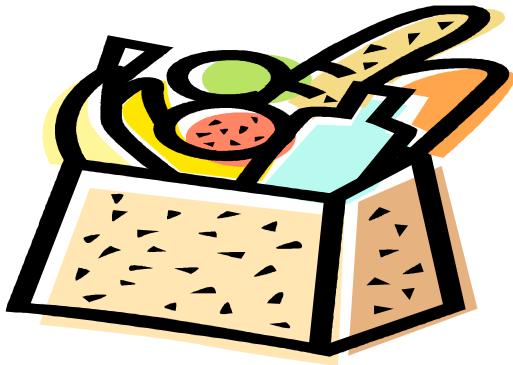
BRIGHTER

BETTER

LARGEST BULK FOOD DISTRIBUTION CHARITY IN THE ILLAWARRA

- ◆ Food Parcels of choice available
- ◆ FREE BOX of Fruit and Veg (conditions apply)
- ◆ Open Tuesday–Friday 10–3 pm
- ◆ No single items available

**\$30 per bag full
3 bags per visit
No Limit number weekly visits**



Unit 6 Building 2 Kemblawarra Business Park

243 Shellharbour Road
Warrawong NSW 2502
(Behind the Harvey Norman Warehouse)

Ph : 02 42743887
0419 601040
foodbarn@hopecentre.com.au
www.hopecentre.com.au

MEN , GUYS AND FELLAS

We invite you to come along and tell us some of your ideas about what different activities you Guys would be interested in attending and how often here at the centre.

Are you interested in a Men's Coffee Morning?

First will be held on Wednesday 28 March 2012 at 10.30am.



Call Sandra at the Centre on 42 712213 or drop into the centre for further information.

Magic of Colours

An assumption that different colours have different affects on our physical and emotional condition is as old as the pyramids.

In ancient Egypt, the patients were placed in a temple in special rooms that were painted in different vivid colours. In India, doctors wrapped patients in coloured pieces of material. Greek doctors prescribed bath painted in a particular tone of water. In China doctors used for the healing a coloured glass.

Such therapy has been very popular. It is surprising that thousands of years ago, doctors in many countries with the same diagnosis for patients prescribed the same palette. Meanwhile, modern scientists, using the latest achievements of science are trying to figure out why, and most importantly, how colour therapy is actually helpful.

Magic of colours

Why do colours have on us such a magical effect? Each of them has its own "frequency". After passing through the visual analyser, the colour frequency waves affect certain organs, which can catch them, and glands, which control hormones. Some colours evoke bad memories and cause negative emotions, and other colours shades, by contrast, elevate mood and improve health.

Use the power of colours at home or work and surround yourself with a variety of plants. Flowers will inspire you in secret, filled with cheerfulness and serenity.

Absorb the energy of colour. Cut squares of thick paper cards and paint them in different colours. From time to time look at them and choose the one that you will enjoy the most. It is the energy of the colour you are lacking in order to be in harmony with the world and feel good about yourself.

Play with colours. Take paint or markers of many different colours and a sheet of paper. Unleash your imagination. Put a riot of colours on paper. With the image released if your concrete or abstract - it does not matter. It is the process of self-expression.

Go for a walk to the bush. Green has beneficial effects on vision and the nervous system. So spend more time outdoors, especially if your eyes need a rest or you are experiencing stress.

Update your wardrobe. Choose the clothes of different colours and shades. Now you know that the bright clothing can be a good remedy for many ailments, such as the blues.

Your life will be colourful, you also get rid of many ailments, gain better health without the help of doctors and medicine, colour therapy if you learn the basics and learn how to use the power of colour will be your advantage.

Rainbow prescription

Purple The symbol of leadership.

Health. Combining red and blue, and promotes union of body and spirit. Sighted and feelings, but suppresses the appetite, and normalizes the heartbeat. However, its excess can cause depression.

Psychology. Useful for fatigue, calms over-emotional people.

Council. To brighten up the loneliness, it is easier to be apart from the one you love, surround yourself with flowers and trinkets of purple. Suffering from insomnia? Hang in your bedroom wall lights, carpet or painting in pale violet colour spectrum and you will be dreaming in no time.

Red The symbol of energy and vitality.

Health. Helps with colds. However, it may raise blood pressure; cause an outbreak of anger and irritation.

Psychology. It improves your mood, pushes you to the accomplishment of great things.

Council. If you wrap a sore throat a red scarf, it will heal faster.

Orange The symbol of action, enthusiasm and freedom.

Health. Stimulates appetite, maintains hormonal balance, improves mood.

Psychology. Helps to build a new life, when everything seems shattered: you are going through a divorce or bereavement. In orange-coloured clothing it is easier to overcome shyness.

Yellow The symbol of style and sophistication.

Health. Yellow - the wonderful "nurse." It cleanses the body of toxins, controls weight.

Psychology. Gives a lively mind, facilitates rapid assimilation of information, stimulates joy and happiness. To be sure of the success of the brainstorming session, please make the environment more than the usual yellow tones. This colour attracts new ideas.

Green Symbol of harmony and stability.

Health. Lowers blood pressure, relieves headaches caused by strong emotions.

Psychology. It soothes and helps to relieve stress.

Green - the colour of the decision-making. If you feel hesitant, walk through the woods, wear jewellery with green stone, take a bath with pine extract.

Light Blue The symbol of truth, peace and satisfaction.

Health. Helps with stress, anxiety, relieves inflammation and stops bleeding.

Psychology. Places to thinking, promotes rest and relaxation.

Blue The symbol of justice.

Health. The strongest painkiller of the colour spectrum. In colour its therapy used for bronchitis, asthma, lumbago, migraine, eczema and bruises.

Psychology. Healing of painful memories helps to cope with emotional turmoil and promotes inspiration

Blue - the colour of desire. Remember this when you want to succeed.

ADVERTISING

The Rotary Club of Wollongong South

Meets Wednesdays
6.30pm at
Murphy's Bar and Grill,
Princes Hwy Unanderra.

President:: Bob White
Secretary:
Jenny Eshman
Contact: 0428285772



WEDDINGS
PORTRAITS
EVENTS

ANNA FITZGERALD
photography

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www.annaphoto.com.au

E-mail: annafoto@tpg.com.au

We happily
recommend



Internet Service Provider
Loadednet.com.au
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Community Centre

FIRST CHOICE OFFICE SUPPLIES

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And Home Office
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Supplies

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OPEN 7 DAYS

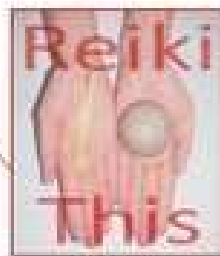
19/21 Farmborough
Road
Ph: 42727 903
Fax: 42725 863



ALEX AND LIZ
PH: 4271 1857

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- Gardening
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- DVD's & CD's
- And much more...

116 PRINCES HIGHWAY, UNANDERRA
ABN: 40 841 154 338



Reiki
for Animals and Humans

Louise Croker
Reiki III Master
Member of Reiki Australia

Reiki Healing sessions for
Humans and Animals

Reiki Attunement Workshops

Mb 0409 829 521
reikithis@bigpond.com