



# INSIDE GOSSIP

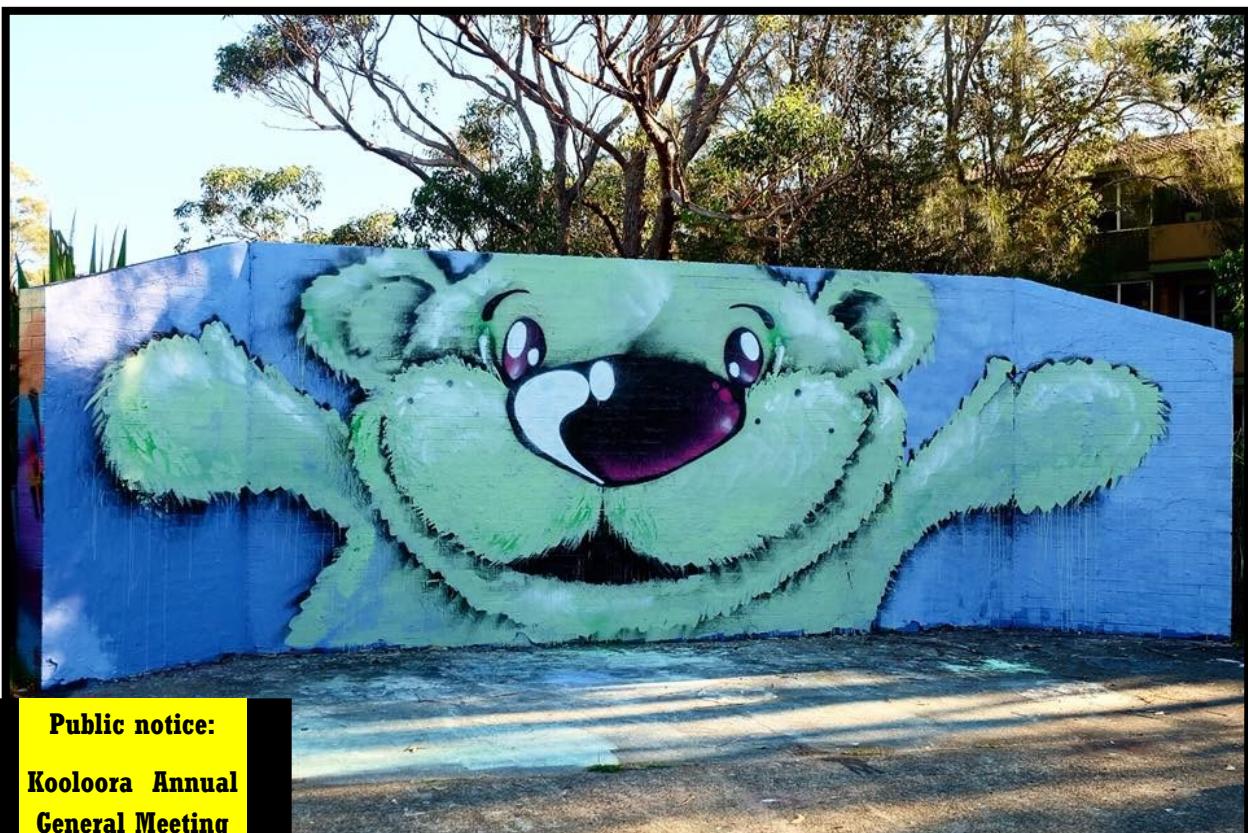
A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

Issue 54—July 2018

Kooloora Community Centre, 167 Bilga Crescent, Malabar NSW 2036

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[www.kooloora.org](http://www.kooloora.org)



**Public notice:**

Kooloora Annual  
General Meeting  
will be held on  
20 August 1pm  
at Kooloora  
Community  
Centre

## Kooloora News

We are excited to announce our brand new after school program named Kids Zone! More on page 2.

We would like to acknowledge our group of Seekers for their generous financial donation to Kooloora that will help resource our playgroup and our new afterschool Kids Zone.

We welcome Charm, Naomi and Lee, our three new staff members who have joined Kooloora since the last issue of Inside Gossip.



# KIDS ZONE

**To put it simply, Kids Zone is a safe place full of fun and great food!  
And it's free! (If you are a kid).**

Kooloora Community Centre is starting Kids Zone - an exciting new after-school program for children aged 6 -13. Initially the program will run on Mondays between 3.30pm and 6.30pm at Kooloora Community Centre, 167 Bilga Crescent, Malabar. This may later change if there is interest for a different day.

The program is run by our qualified and caring staff, supported by The Department of Health Planning.

Children will have the opportunity to play, cook and eat together. This will include indoor and outdoor games & sports, cooking, and nutrition education. All children will be provided with a meal, and what's more, the children will have the opportunity to get involved in the cooking part as well, not just the eating!



**If you would like further information or  
would like to register your interest please  
contact**

Andre (Kooloora Community Centre Coordinator) on (02) 9661 9160 **OR**

Kylie Jessop (Health Promotion Officer, SESLHD) on (02) 9540 8263

***\*\* Note: Kids Zone will only run during  
school terms.***



# KOOLOORA VACATION CARE

## July 2018 Program

**“To provide 5 – 14 year olds in the local community with childcare services during the school holidays which are enjoyable, at their interest level and safe.”**



My favourite day was “ I’m A Vacation Care Kid ... Get Me Out Of Here” because it was really fun trying all the disgusting foods. The worst was the raw egg I had to drink. *Jasmine, 11*

My favourite day was the Girls and Boys Day because we spent the day doing different things. Like the girls made chose to make slime and the boys played football. It was really fun making pavlova with David too. *Michaela, 9*

My favourite day was 80’s Disco because it was really fun dressing up and dancing the grapevine in the dance off. I also won the limbo. *Margot, 10*

My favourite day was Koolooras’ Got Talent because I got to dance the Floss Song with my friends. *Tyler, 8*



# KOOLOORA SUPPORTED PLAYGROUP



Monday and Wednesday  
10am-12pm

Kooloora's playgroup is now facilitated by our new playgroup facilitator Lee, who brings a wealth of experience and skills which will be very well used at Kooloora. Lee's passions are in getting kids active and planning energetic playgroups. You might have noticed that Lee comes alive in the song and dance time :)

Wednesdays are veggie-and-cheese pizza days at the playgroup. Pictured here is Fely, one of our lovely volunteers making fresh pizza for the kids. Because who doesn't love pizza?



We would like to acknowledge the help of our wonderful Kooloora volunteers and Volunteers from TAFE who have helped us run our playgroup.

A reminder to parents and caregivers, with your consent we have posted some lovely photographs of your children and

yourself on Kooloora's Facebook page and newsletter. The photographs are not used without your consent.

We look forward to much fun and future activities that Lee will bring to the playgroup. Hope to see you all there!



# VEGED OUT



## BROCOLLI & SWEET POTATO SOUP

1 brown onion, finely chopped

500g broccoli, stems finely chopped. Florets coarsely chopped

500g gold sweet potato, peeled, finely chopped

4 cups (1L) vegetable stock

1/2 cup (140g) Greek-style yogurt

1. Heat a medium saucepan over medium heat. Add the onion, broccoli stems and sweet potato to and cook, stirring, for 5 mins or until the onion softens.

2. Add the stock and 2 cups (500 ml) water. Bring to boil. Reduce heat to low. Add broccoli florets. Cook for 15 minutes or until sweet potato is tender. Set aside to cool slightly.

3. Use a stick blender to carefully blend the soup until smooth. Divide among serving bowls. Place yoghurt in a small bowl and stir in 2 tbsp. water. Add to the soup and gently swirl. Season.

At Kooloora, we aim to making healthy options more affordable to the community and getting more nutrition for your money. Our Vaged Out program has been successfully running for over a decade with the help of our dedicated volunteers who share the vision of living a healthy life through healthy diet.

The content of the bag is different each time, depending on what is fresh and seasonally available. The “cherry” on the top of the bag is the delicious loaf of bread kindly donated by the Brasserie Bread in Botany Road.

Kind reminder to everyone who ordered in the past to please return last week's clean bags when picking up your next order so we can use it for the next Vaged out. Or you may bring your own bags upon pickup.

Check out this easy and delicious recipe that you can whip up in your kitchen using the contents of your Vaged Out bag. Share us some of your recipes too!

**If you are interested to join up or simply learn more call us on 9661 9160. VEGED OUT runs every second Friday except during school holidays at \$12.00 per bag and is available to everyone.**

# TAI CHI

Tai Chi classes run every Thursday during school terms from 10am to 12 noon. The Tai Chi routine provides several physical and mental benefits such as muscle toning and stress reduction. Did you know that Tai Chi dates back over 700 years, some say even up to 1500 years. Tai Chi is a type of Qigong (Chi Kung) practiced by millions of people worldwide every day. Qigong in Chinese means energy or breath skill of which Tai Chi will help you develop.

Mindful breathing is said to be key to relaxation. The breathing techniques learnt can be used anytime, anywhere!

Go to Kooloora's Facebook page to see our Tai Chi in action! Classes are free (gold coin) and everyone is welcome.



## ENGLISH CLASSES

If English is not your first language, this **FREE** class is for you!

Kooloora offers 2 hours of English classes every Thursday from 10am-12nn during school terms. Our English class is run by qualified volunteers for anyone wanting to improve their English in a friendly and relaxed environment.

Classes will focus on everyday English, pronunciation and conversation.

Call us 02 9661 9160 for more information.

## Fitness for Seniors

Are you looking to improve your balance, flexibility and posture?

We have low impact aerobics class to improve strength, flexibility and coordination every Tuesday 9am-10am and gentle exercises from 10am-11am for the very frail and those experiencing physical disability or recovering from illness.

We offer bus service to pick you up from home if you need assistance.

Call us for more information.



# Volunteer Lunch 2018

On 28 May, with over 60 guests in attendance, we had a wonderful event including a delicious lunch and recognition of our dear volunteers!

Thank you to everyone who donated for the volunteer raffle prize, our dear Olga Dunn bagged the prize for this year!

We would like to acknowledge the support of Mayor Lindsay Shurey, Cr. Dylan Parker, Cr. Carlos Da Rocha, Cr. Noel D'Souza, Cr. Danny Said, Garry Ella, Kingsford Legal Centre.

The passion and dedication of our volunteers who provide time, resources, and experience is the key to our growth and the attainment of our vision of a safer, healthier and connected neighbourhood.

Again, thank you for your continued support and dedication in helping Kooloora. We couldn't have done it without you!





## BE A PART OF OUR GROWING GROUP OF SEEKERS!

We are looking for new members to join our Seekers group.

A social group for women over 45 years old meeting every Monday at Kooloora Community Centre

# THE SEEKERS

during school terms. The seekers busy themselves with trips, outings, craft but mostly it is an opportunity to catch up with friends. For more information call us on 02 9661 9160 or visit us at Kooloora.

## Active Kids \$100 a year Voucher

The NSW Government is helping kids get active with the new Active Kids program.

### WHO'S ELIGIBLE?

- a NSW resident
- aged between 4.5 and 18 years
- enrolled in school (from Kindergarten to Year 12, including those who are home-schooled or enrolled in Secondary school education at TAFE NSW),
- hold a current Medicare card

Guardians and carers can apply for a \$100 voucher per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities. [To use the voucher:](#) Give your voucher details to an approved Active Kids Provider. *The voucher can be used at any time during the calendar year it was issued. The program runs year-round, so kids can get active at any time!*

Need help applying for the voucher? Active

Kids enquiry line: 13 77 88

Email: [activekids@sport.nsw.gov.au](mailto:activekids@sport.nsw.gov.au)

### WHAT YOU'LL NEED?

- ◆ a MyService NSW account
- ◆ Your child's Medicare card details,
- ◆ Your child's height and



## Looking for Space?

Are you a community group with no government funding and looking for a space for your group activities, meetings or weekly catch-ups?

For the love of the community, we might have available space on some afternoons and evenings!

We have a fully functional kitchen, computers, hall to fit up to 60 people, community garden and everything you might need for your group.

Call 02 9661 9160 or visit our centre for more information.