

INSIDE GOSSIP

A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 59

SEPTEMBER 2019

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www.kooloora.org



KOOLOORA NEWS

We are pleased to report that the extension of the Kooloora Community Centre has been completed. The communities received 30 square metres of usable floor space for more and larger everyday programs and activities. We thank our local MP Michael Daley and to the Community Building Partnership Program for providing the funding for the project.

Our next project to enhance the community infrastructure is already in the pipelines. With the support of Sport Australia, Kooloora is going to build a modern multisport court for the benefit of the local youth and everyone who loves sport. When finished, the sporting facility will be used for soccer, basketball, tennis and volleyball. If everything goes to plan, we expect to have the facility built early next year.



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@kooloora community centre



Sunshine and warmer weather is upon us, this entices the young ones to play outdoors. A playdate with friends in the park, playing on swings, riding a bike, feeding breads to the ducks or just running around is so much fun. A run along the sand on your favourite beach, building sandcastles or

splashing water is time well spent before the weather gets too hot for your little ones to be in the sun. Just remember to slip, slop, slap and wear a hat. Perhaps, when you get home after your outdoor activities, mum might have a delicious treat for you and your friends, maybe a fruit popsicle. I have a recipe for you that you may enjoy.

These fruit popsicles have strawberries, pineapple, blueberries, avocado and raspberries, but you can try pretty much any combination depending on what fruit you have. This popsicle has:

150g pineapple
150g strawberries
125g blueberries
1 small avocado
125g raspberries



- Blend the fruits one at a time in a blender (clean out the blender between each fruit to ensure the colours don't mix).
- Some of the fruits (pineapple and avocado) are a little difficult to blend so add a splash of water to help.
- Layer the first blended fruit into the bottom of the popsicle mould and place in the freezer until it is solid (approx 45 minutes). Once frozen, push a popsicle stick into the first layer of fruit.
- Add the second layer of fruit and freeze and keep repeating until all layers have been frozen.

Try it at home and let me know how you go! See you at Playgroup! Love, Ms. Lee

KOOLOORA VACATION CARE April 2019 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."



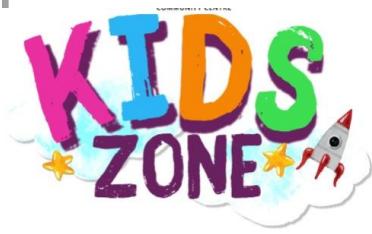
My favourite day was My Kitchen Rules day because I like all the foods and making the food. *Harmony, 7*

My favourite day was Kooloora's Got Talent because I like dancing and all the games we played. *Manaiah, 7*

My favourite day was Putt Planet day because it was really fun and I hit my ball and it went down the tube. *Leon, 7*

My favourite day was Winter Wonderland Day because I like making the snow globes. *Lilly, 7*

My favourite day was Kooloora's Got Talent because I get to see everyone's talent and what they are really good at. *Reuben, 9*



NAIDOC AT KIDS ZONE

Under the theme - *Voice. Treaty. Truth. Let's work together for a shared future*, we celebrated NAIDOC with Kids Zone showcasing the remarkable talents of the younger generation. With the participation of the SaltWater Didj from Chifley Public School under the supervision of Pauline Beller, we celebrated with the local community the beauty of the indigenous culture through dance and to show our support to the local Aboriginal and Torres Strait Islander Community.

Thank you to Aboriginal Affairs NSW for giving us the NAIDOC week grant to support Kooloora in celebrating NAIDOC this year.



Data from the NSW Population Health Survey shows that 75 per cent of children in NSW are not meeting the daily recommended level of physical activity, which is 60 active minutes each day. Further, 22 per cent of children aged 5-16 years are reported as being overweight or obese.

The Active Kids program, launched in 2018, aims to increase participation of school-enrolled children in sport and physical activity by providing parents with vouchers to help cover the cost of registration and membership fees.

With 44 per cent of children spending more than two hours a day on sedentary leisure activities, the Active Kids program plays a crucial role in shifting physical activity behaviours of children and instilling healthy lifestyle habits.

Families can now access two separate \$100 vouchers for each school-enrolled child. This means more kids can get involved in physical activity and learn healthy habits from a young age. The vouchers may be used with an approved Active Kids provider. Check out <https://sport.nsw.gov.au/> for more information.

From 1 July 2019, parents can claim two \$100 Active Kids vouchers for each school-enrolled child annually. The vouchers can be used to help cover costs towards membership and registration fees for sport and recreation. The two vouchers can be used for the same activity as long as they are redeemed for separate terms, or for two different activities within the same term.

Voucher one can be used all year and voucher two can be used July to December. After 1 July 2019, the second voucher can be claimed immediately after the first voucher. This means kids can get active year-round. With over 10,000 approved Active Kids providers children in NSW can swim, twirl, jump, kick and hurdle into loads of sport and active recreation activities. Whether it's for scouts, martial arts, golf or volleyball – you're sure to find an activity they will love!

Claim your Active Kids voucher and start playing today!

Source: <https://sport.nsw.gov.au/sectordevelopment/activekids>

KOOLOORA ANNUAL GENERAL MEETING 2019

This year's Annual General Meeting was attended by about 70 volunteers, service representatives and local, state and federal officials.

Of course, centre stage, as was appropriate, were Kooloora volunteers and in particular the members of Kooloora's Management Board comprised of dedicated volunteers who truly have Kooloora and its community at their hearts.

The office bearers' roles on the Management Committee were confirmed and Kooloora continues to grow and deliver better and more targeted programs to the local community. Thank you to all the members of the Management Committee for their precious time in steering Kooloora's matters.



Liver Health Day at Kooloora

In partnership with Hepatitis NSW, we delivered a healthy liver clinic at Kooloora on 27 August. There was a great interest from the community in accessing health services at the community centre.

Thank you to NSW Liver Health and South Eastern Sydney Local Health District (SESLHD) for sponsoring and delivering this event and for choosing Kooloora to promote Liver Health Day.

Do you have any comments or suggestions about any future health related events that you would like to see happen in Kooloora? Talk to us and we will try our best to make it happen. Email us on koolooracomunity@outlook.com



Get Online Day at Kooloora

Get Online Week is an international digital inclusion campaign organised by Good Things Foundation. Last year, over 750 events were held across the country giving thousands of Australians the opportunity to try one new thing online as a next step to improving their digital skills. This year's campaign will take place from 14 - 20 October 2019, and all Get Online Week Event grant holders will engage their communities and spread the message that gaining digital skills can improve people's lives. Through BBQ's, digital scavenger hunts, morning & afternoon teas and open days, we'll help people in our communities with limited digital skills to make the most of the internet. Watch out our social media page for Get Online Day at Kooloora. You can bring your mobiles, laptops, tablets and ask any questions!



Bid for Good Sydney Airport Grant

They say that when one door closes, a window opens. We received a good news that Kooloora is one of the lucky recipients of the Sydney Airport Grant. This new grant would allow us to continue our after school program-Kids Zone- to service the children around the local community. Kids Zone has now turned one year and is running as strong as it has on the first day.



Other amazing organisations that are receiving funding are *Dandelion Support Network, Learning Links, Marrickville legal Centre, The Harding Miller Education Foundation, and Top Blokes Foundation*. Thank you to Sydney Community Foundation for supporting organisations that make a difference in the local community.

CURIOS ABOUT COMPOST?

By Nadia Sandona



When food waste ends up in landfill, it releases harmful greenhouse gasses. Recycling your food waste at home instead of putting it in your red waste bin can make a big difference.



How big is the problem?

About 3% of Australia's total greenhouse gas emissions comes from organic matter rotting anaerobically (without air) in landfills. To put that in context, that is about as much as the entire country's aviation industry. About 50% of average household waste in Australia is made up of organic compostable materials including food scraps.

Love Food Hate Waste?

By putting these food scraps into compost bins you can make rich compost to add to your garden soil or potting mix..

If space is an issue try adding your scraps to a worm farm or bokashi bucket.

Adding worm wee and worm castings to your garden is like giving your garden a rich vitamin boost!

By keeping your food scraps out of landfill you will be reducing your impact on the environment and turning your food scraps into a useful resource.

Remember, your bought food has already had a long, expensive journey to get to your plate so let's try to minimise it's already high environmental footprint by making the most of it!

Buy what you need and use what you buy to minimise waste.



Where to start?

If you live near Kooloora Community Garden you can bring your food scraps down and place into the compost bins on site. Just wrap scraps in newspaper and put in bin paper and all. (Please no meats or dairy)



Want to know more?

Be part of the compost revolution!

Go to www.compostrevolution.com.au/easternsuburbs

At this website find lots of great information and links.

Also purchase heavily discounted compost bins, worm farms, bokashi buckets and live WORMS!

Delivered free to your doorstep!



Free wifi in key Randwick City spots

Visitors to Little Bay, Coogee and Maroubra beaches can now access up to 2 gigabytes of free public wifi per day. Shoppers and visitors to the Coogee Bay Road town centre will soon be able to access the free public wifi once the streetscape upgrade is complete. Free public wifi is currently available at all three of Randwick City Council's libraries, the Des Renford Leisure Centre, Heffron Park and is being extended progressively to Council community halls. The free wifi is part of a package of new technology measures being rolled out thanks to a \$300,000 Smart Cities and Suburbs Program Grant from the Australian Government Department of Infrastructure, Regional Development and Cities, along with a further \$300,000 in matched funds from Randwick City Council.

Source: <https://www.randwick.nsw.gov.au/>

Council rules about dogs

FYI to dog owners. Here are some common FAQs regarding dogs.

Does my dog need a collar? (Yes!)

Even though all dogs should be micro-chipped, the law still states that your dog needs to wear a collar with a name tag with contact information. The collar means that if your dog runs away or escapes, it can be identified easily and returned by a resident, without needing to be scanned for its microchip. The fine for not wearing a collar is minimum \$180.

Do I need to always use a lead?

There are a lot of beautifully trained dogs, who happily trot behind or in front of their owner while going for a walk. But even if this describes your dog, you still need to keep your dog on a lead at all times, unless you're in an off-leash park. You never know when another less well-behaved dog (or human) will come along and scare or spook your dog and send it off running. Additionally, there are plenty of young kids or adults who may not be comfortable around dogs of any kind. Keeping your dog on a leash is the only way to ensure it is kept safe at all times. The fine for not using a lead is minimum \$330.

Do I need to register my dog?

In addition to microchipping by the age of 12 weeks, dogs and cats must be registered with Council within six-months of ownership. You can register your pet with Council online or in person at our Customer Service Centre at 30 Frances Street, Randwick.

Can dogs go on beaches?

We often get asked this question by dog owners. We know that exercising your dog on a beach can be a great experience for both the dog and dog owner. However, Randwick City's 10 beaches are among the most visited and popular beaches in the country. They are also much smaller than most beaches outside of Sydney. For these reasons Council does not allow dogs on our beaches – whether on or off leash. Other councils who have larger beaches or less populated areas provide off leash beaches including Bayside, Sutherland and Woollahra councils.

Where can I take my dog off-leash?

We understand that your dog is an important member of the family and ensuring you exercise your dogs, while having lots of fun with them is important. We have a number of off-leash parks across Randwick City. All off-leash dog areas are clearly marked and describe where dogs can be kept off-leash. At all other times, your dog must be kept on a leash.

Source: <https://www.randwick.nsw.gov.au/about-council/news/news-items/2019/august/dogs-we-answer-your-questions>

Are you a renter who has been to the NSW Civil and Administrative Tribunal for a tenancy dispute in the last three years?

TELL US...

Been to the Tribunal?
Take our survey and you could win \$50...

Do you have a spare 10 minutes to complete a survey? You'll go into the running to win one of two \$50 gift cards.

We want to hear about your experience going to the Tribunal, what advice or support you had, and how it impacted the outcome of your hearing. The survey closes 1 October, so check out <https://www.tenants.org.au/>

and get your answers in to go into the running for one of the gift cards!

Please also share this survey with other tenants you know who have been to the Tribunal.

This research project is being undertaken by the Tenants' Union of NSW in collaboration with two student researchers from the University of Technology Sydney. The research will involve observation and face-to-face surveys at the Sydney registry of the Tribunal as well as the online survey.

Source: <https://www.tenants.org.au/tu/news/been-tribunal-take-our-survey-and-win-50>



Wife Pension and Widow B Pension are stopping



centrelink

This means you may transfer to another payment or your payment will stop on 20 March 2020. If you get one of these payments, you will receive a letter to tell you how this change affects you.

Widow B Pension

If you get Widow B Pension on 19 March 2020, you'll transfer to Age Pension on 20 March 2020. This won't change the amount you get.

Wife Pension

Your age and where you live will determine your eligibility to transfer to a new payment or not.

If you live overseas

If you get Wife Pension and are 66 or older, you'll transfer to Age Pension on 20 March 2020.

If you're 65 or younger on 20 March 2020, your payment will stop.

If your payment stops, you may be able to claim a different payment while you're living overseas.

If you live in Australia

If you get Wife Pension and Carer Allowance you'll transfer to Carer Payment on 20 March 2020. Your Wife Pension will stop but you will get Carer Payment with your Carer Allowance.

If you only get Wife Pension, the payment you transfer to depends on your age. If on 20 March 2020:

- you're 66 or older, you'll get Age Pension
- you're 65 or younger, you'll get JobSeeker Payment.

Your payment amount will stay the same after you transfer.

Go to <https://www.humanservices.gov.au/> for more information.

Source: <https://www.humanservices.gov.au/individuals/news/wife-pension-and-widow-b-pension-are-stopping>



Recognising outstanding community members

There are many selfless people in Randwick who help improve the lives of others and make our City a better place to live. These quiet achievers often go unrecognised yet they contribute to our shared vision of a harmonious, strong and successful community.

The Randwick City Council Community Service Awards pay tribute to these outstanding community members and encourage others to follow their lead.

Award categories

The Community Service Awards are in three categories:

- **Australia Day Community Service Award (Individual)** - to be eligible, the nominee must already be 25 years or older on 26 January of the Awards year.
- **Australia Day Community Service Award (Group)** - only one group will be chosen as the recipient of this award.

Australia Day Young Citizen of the Year Award - to be eligible, the person must be 16 to 24 years old on 26 January of the Awards year.

How to nominate:

Nominate online using links found on Randwick City Council's website.

Nominations close 5pm on Wednesday 30 October 2019.

Awards presented on Australia Day 2020.

Winners are announced at Council's annual Australia Day Community Service Awards presentation and Citizenship Ceremony on Sunday 26 January 2020. Location to be announced.

- Individual recipients of the Australia Day Community Service Awards will each receive a special medallion and a certificate in recognition of their outstanding contribution to Randwick City.
- The recipient of the Australia Day Community Service Group Award will receive a single medallion and a framed certificate.
- Recipients of the Australia Day Young Achiever Award will each receive a framed certificate.
- All nominee finalists and their nominators will be invited to the presentation.

Nominees are expected to be present on the day of the presentation event.

For further information about these awards please contact the Community Development Team on 1300 722 542 or email communityserviceawards@randwick.nsw.gov.au or go to <https://www.randwick.nsw.gov.au/> for more information.

Source: <https://www.randwick.nsw.gov.au/community/grants-and-awards/community-service-awards>

Too smart to be scammed?

#ScamsWeek19



Many people believe they would never fall for a scam. But scams are always changing and everyone is a target.

Scammers are getting smarter and using new technology.

12-16 August was Scams Awareness Week. It's a timely reminder to stop, think and check when it comes to scams and identity theft.

How Ellen was scammed

Ellen got a scam email she thought was from myGov. The email said 'the Australian Government and myGov' needed to verify her identity. The email asked Ellen to click on a link. The link sent her to a fake website that looked like myGov. The fake website asked for her myGov username and password. Then she uploaded copies of her:

- driver licence
- Medicare card
- utility bill
- bank statements.

After Ellen uploaded the documents, the fake website told her that in 14 days she would receive her identity verification.

Ellen never received notice about her identity verification. So, after 14 days, Ellen called our Scams and Identity Theft Helpdesk to check. The helpdesk confirmed the email was a phishing scam, designed to steal her personal information to commit identity fraud.

We suspended Ellen's myGov account to prevent any unauthorised access. We also issued Ellen with a replacement Medicare card and flagged her Medicare record for suspicious activity. Our staff then referred her to IDCARE for further support.

How to protect yourself

Scammers often pretend to be government organisations like us. They'll use lots of different ways to trick you, such as phone calls, text messages or fake emails and websites.

Your money isn't the only thing a scammer wants. Like Ellen, your identity can be at risk too.

Scammers can use your identity information to open fake profiles in your name. They can use these fake accounts to commit fraud. If someone asks for your personal details, or your identity documents, you should be cautious.

For example, be wary of who you share your Medicare information with. Don't be afraid to ask why someone needs your Medicare details.

Here are a few simple things you can do to protect your identity:

- keep your Medicare card information safe, and always be careful about what personal information you share with others
- use strong passwords, change them often and don't re-use them
- type in the URL instead of clicking on a link in an email or text message, for example my.gov.au
- hang up a phone call if it doesn't feel right, or you feel threatened
- check your social media privacy settings.

How to get help if you've been scammed

Call our [Scams and Identity Theft Helpdesk](#) if you think you've been scammed or your identity is at risk.

You can also [email us](#) to report a myGov, Centrelink, Medicare or Child Support related scam.

Reporting scams can help other people avoid them.

Source: <https://www.humanservices.gov.au/individuals/news/too-smart-be-scammed>