

# INSIDE GOSSIP

## A QUARTERLY NEWSLETTER FOR THE KOOLOORA COMMUNITY

ISSUE 69

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# HAPPY HOLIDAYS!

HERE'S TO JOY AND GOOD CHEERS THIS SEASON!  
MAY YOU ENJOY THE HOLIDAYS WITH YOUR  
LOVED ONES!

It feels like it was not long ago when we all wished 2020 ended as soon as possible, thinking 2021 would be so much better! We are not going to make the same mistake this year. We'll just hope that everyone is well and sound into the new year and that things will be as close to normal as possible.

Despite all the difficulties this year, Kooloora stood shoulder to shoulder with our community. Thank you to everyone who helped deliver our services to the most vulnerable. Our strategic plan for next year can be briefly summarized to "We won't roll our sleeves down, we'll just keep going". Merry Christmas and Happy new year from Kooloora.



On Wednesday the 8<sup>th</sup> of December, we celebrated Kooloora's Playgroup Christmas Party, it was an eventful morning as we did not expect such a big turnout. It was so lovely to see all the Playgroup families both old and new come to celebrate Christmas with us.

We had a big spread of food prepared by Felicity and Let plus yummy plates of food and snacks brought by families to share.

Playgroup Christmas party is not complete without our very special visitor from the North Pole, Santa George. Santa came with a big sack of presents for the kids and all the kids got a opportunity to meet and greet Santa and even have their photos taken with him. At Playgroup, it doesn't matter whether you've been naughty or nice, everyone gets a present from Santa!

Aspasia from Bewitched Face Painting has once again made the children happy with her colourful face paint art.

Another fun Christmas party for our Playgroup community to remember. This year has been another tough year for all of us but we are proud of the supportive community we have built at Kooloora.

We also wish all the kids moving to kindy next year the best of luck and we hope you have the best time in school.

We wish everyone a safe and happy Christmas filled with joy and peace with your families. Playgroup is back on Monday, 31 January 2022.



## KOOLOORA VACATION CARE

**"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."**

Kooloora Vacation Care Program for January 2022 is now open for enrolment. Existing families can now make their bookings via Smart Central. New families please send an email to [koolooravacation@outlook.com](mailto:koolooravacation@outlook.com) to get the enrolment link. We have limited slots for excursions so please make sure you book early to avoid missing out. For questions and inquiries, please call 0423 385 308 or email [koolooravacation@outlook.com](mailto:koolooravacation@outlook.com)

<p><b>PUBLIC HOLIDAY VACATION CARE CLOSED</b></p>	<p><b>TUESDAY 4th LASER TAG INCURSION</b></p>  <p>Join us for a fun incursion with the experts from Laser Warriors. We will have 2 hours of laser tag on our own site with laser guns and vests, just like the real thing. Who will be the winner??</p>	<p><b>WEDNESDAY 5th BOWLING AT STRIKE, MOORE PARK</b></p>  <p>Please be at the centre by 9.00am. Join us for two games of bowling at Strike, Moore Park. Show us your bowling skills and be announced the winner. Will you get a strike ?</p>	<p><b>THURSDAY 6th DAY @ FRENCHMANS BAY</b> Enjoy a day in the bay and on the sand at La Perouse.</p>  <p>Please be at the centre by 9.00am. Bring your towel, change of clothes and lots of water to drink. Wear your swimmers, thongs / sandals and sunscreen.</p>	<p><b>FRIDAY 7th SUMMER PIZZA PYJAMA PARTY</b></p>  <p>Jump out of bed and come to Vacation Care in your summer pyjamas ... bring your pillow and doona. We will make healthy pizza for lunch.. Let's play our favourite games of Hide and Seek, Tug Of War, the Screaming Game and the Chocolate Game. We will end the day with a movie you can relax and watch in your pyjamas.</p>
<p><b>MONDAY 10th 'ALOHA' HAWAIIAN DAY</b></p>  <p>Dress in your best Hawaiian shirt or full outfit</p> <p>Make your very own flower leis, drink fruity punch, make and eat fruit kebabs, show us your best hula dance and make a tropical sun catcher to take home.sza</p>	<p><b>TUESDAY 11th DES RENFORD AQUATIC CENTRE</b></p>  <p>Please be at the centre by 9.00am</p> <p>Have fun swimming and on the inflatable course.</p> <p>Bring your towel, change of clothes and lots of water to drink.</p> <p>Wear your swimmers, thongs / sandals and sunscreen.</p>	<p><b>WEDNESDAY 12th DAY @ FRENCHMANS BAY</b> Enjoy a day in the bay and on the sand at La Perouse.</p>  <p>Please be at the centre by 9.00am</p> <p>Bring your towel, change of clothes and lots of water to drink.</p> <p>Wear your swimmers, thongs / sandals and sunscreen.</p>	<p><b>THURSDAY 13th INFLATABLE WORLD</b></p>  <p>Please be at the centre by 9.00am.</p> <p>We love Inflatable World.. Jumping around on the inflatable maze, inflatable basketball court and the inflatable slide is great fun.</p> <p>Dont forget to wear socks and bring lots of water.</p>	<p><b>FRIDAY 14th CARTOONING INCURSION</b></p>  <p>Learn the fun art of cartooning with the experts from Cartoon Kingdom.</p> <p>Have a go drawing your own cartoons and share them with your family.</p>
<p><b>MONDAY 17th DOES YOUR KITCHEN RULE ?</b></p>  <p>In small teams you will decide on your best dish to make and present it to everyone who will taste and score each dish out of ten.</p> <p>Plus, a special Indigenous guest chef will teach you a traditional treat. YUM</p> 	<p><b>TUESDAY 18th MOVIES AT MOORE PARK</b></p>  <p>Please be at the centre by 9.00am.</p> <p>Come along and enjoy watching a movie with your friends at vacation care</p> <p>Movie to be advised.</p>	<p><b>WEDNESDAY 19th DAY @ FRENCHMANS BAY</b> Enjoy a day in the bay and on the sand at La Perouse.</p>  <p>Please be at the centre by 9.00am</p> <p>Bring your towel, change of clothes and lots of water to drink.</p> <p>Wear your swimmers, thongs / sandals and sunscreen.</p>	<p><b>THURSDAY 20th DES RENFORD AQUATIC CENTRE</b></p>  <p>Please be at the centre by 9.00am</p> <p>Have fun swimming and on the inflatable course.</p> <p>Bring your towel, change of clothes and lots of water to drink.</p> <p>Wear your swimmers, thongs / sandals and sunscreen.</p>	<p><b>FRIDAY 21st GO KARTS INCURSION</b></p>  <p>Join us for a fun incursion with the experts from Kiddie Karts.</p> <p>We will have 2 hours of go karting on our own site just like the real thing.</p> <p>Who will be the fastest??</p>

# KIDS ZONE

Kooloora Kid's Zone is an after school program that runs for two hours once a week; it offers children an opportunity to engage in sports and craft activities, receive help with their homework, socialize with other children and eat a healthy dinner before going home. Additionally, this program offers children in the local community a safe environment to attend after school.



This year, Charm welcomed her baby boy into the world, which meant we had to say goodbye to her for a short time. Lucky, we found Bianca a fantastic fit for the role. Furthermore, we were excited to welcome back our children from last year, along with a few new families. This year we focused on embedding Aboriginal and Torres Strait Island culture into our curriculum.

With another lockdown this year, we sadly had to close our doors to Kids Zone. As soon as lockdown ended, our doors opened, and we have been slowly welcoming back the children and families we missed so much.

On the 13<sup>th</sup> of December, we celebrated our 2021 Kids Zone Christmas party. It was such a fun afternoon where we played a variety of games like musical chairs, musical statues and some fun outdoor games. We ended the day with a beautiful dinner.

Moving into the new year, we hope to continue to grow our attendees through connecting with the local primary schools. Moreover, encouraging a healthy lifestyle through exercise and healthy eating is a goal we continue to work towards.



Overall, the Kooloora Kids Zone is a program we will continue to run as its benefits for the children and families within our local community are undeniable.





#### VEGED OUT DATES FOR 2022:

February:	4, 18
March:	4, 18
April:	1, 29
May:	13, 27
June:	10, 24
July:	22
August:	5, 19
September:	2, 16
October:	14, 28
November:	11, 25
December:	9

Thank you to everyone who continuously support Kooloora's Food Program. Thank you to all our volunteers who work tirelessly to provide quality and affordable food to the community.

If you are interested to purchase a bag, please send an email to [koolooracomunity@outlook.com](mailto:koolooracomunity@outlook.com) or call 02 9661 9160.



Seniors Exercises and Gentle Exercises will be back to Kooloora next year. First day back will be on Tuesday, 01 February 2021 from 09:00 – 11:00am

Regular exercise helps you to:

- Stay fit and independent
- Improves your balance
- Reduces your risk of a falling
- Keeps your heart and lungs healthy
- Makes you feel good
- Helps you control diabetes
- Helps keep your bones strong.

If you would like to join the Seniors Exercises, please call AIM on 02 9382 8131



If you are finding it difficult to put food on your table, we have donated fruits and veggies and cooked meals throughout the week.

During this time of uncertainty, we would like to give priority to vulnerable members of the community who are having a hard time getting access to basic food supply. If you know someone who might need food and could not go to the grocery, please let us know.

If you are interested to receive a text reminder from us, please call us or come to the centre and give your name and mobile number. You may reach Kooloora on 0481 756 759 or email [koolooracomunity@outlook.com](mailto:koolooracomunity@outlook.com)



# Annual General Meeting 2021



With the ever changing restrictions and long lockdowns, we had to postpone this event a few times. On 2nd of December, we finally held Kooloora's Annual General meeting which was a great opportunity for everyone to gather and celebrate again before the year ends.

Aunty Ali Goulding did a beautiful Acknowledgment to Country and welcomed us to the Bidjigal land the land we all met on. The Seekers sold there amazing knitted items they had worked hard for sold for charity and the raffle got drawn and won by Bianca our new staff member that joined us this year!

The Woodturners put a beautiful BBQ along with the help of our volunteers and students in the kitchen. Geoff from Woodturners also presented George Collinson with a beautiful gift for his years of service with Kooloora. We thank George for his selfless dedication for many years to the community.

We also elected a new Management Committee after 3 years. With Jo Bowen stepping down from her position, we welcome Geoff Cook as our newly elected President of the Management Committee.



# HEAL COUNTRY 2021

On Sunday 28<sup>th</sup> November we celebrated Kooloora's "Healing country" event. We started off the day with a Welcome to Country done by Aunty Maxine Ryan, she kindly welcomed us to land we all met on the Bijigal & Gadigal land and paid respect to elders past, present and emerging and to the Aboriginal people in the room.



We had three amazing Aboriginal performers Uncle Matty Doyle and Brock and Bianca who did an incredible Aboriginal tradition dance performance. They mesmerized the crowd with their Didgeridoo performance and their Spirit, Crow, and Fishing dance! The crowd even got the opportunity to get up and learn the Ochre dance. The dancers really set the mood for day and brought the community together! Aunty Maxine also had set up a workshop for the kids doing rock paintings and Aboriginal art, it was a massive hit with the kids!

We were also fortunate enough to have Angela a local artist set up an amazing display about the importance of recycling and taught so much about what we can be doing as a community with our plastics and how recyclable art can be therapy.



We all enjoyed a yummy BBQ that the Woodturners cooked so perfectly. It was a wholesome day with over 100 people coming out to celebrate and was lovely to have the whole community together to celebrate our 2021 Healing country event!



## Kooloora's Pride

The annual Kingsford Community Service Awards provide an opportunity to thank the local volunteers for their vital contribution to Kingsford Smith.



Held on Tuesday, 07 December 2021 at Randwick Community Centre, Kooloora's pride -Felicia De Guzman and Lolita Summons were honoured by Matt Thistlethwaite for their selfless efforts in helping the community.

Felicia who has been an active volunteer of Kooloora for 13 years and Lolita who have have been with us for 3, have proven themselves worthy to be called modern heroes. They help us with Playgroup, Kids Zone, Second Bite and everything else that needed help with.

Thank you Fely and Let! You are truly Kooloora's pride!

## Centrelink public holiday closures, reporting and payment arrangements

Centrelink is closed during the following dates:

Monday, 27 December 2020.

Tuesday, 28 December 2020.

Wednesday, 29 December 2020.

Monday, 03 January 2021.

You can use your Centrelink online account through myGov to:

- Report your income.
- View your reporting dates for the next 12 weeks.
- Change some of your appointments.
- Apply for an advance payment.
- Request a document.

You can also use Express Plus mobile apps and phone self-service.

You can still report your income to Centrelink, even when they are closed. However, if you do this on a public holiday Centrelink will pay you after the public holiday.

You can view your reporting dates 12 weeks in advance online. You can do this in your Centrelink online account through myGov or the Express Plus Centrelink app.

If you don't have one, you can create a myGov account. You can still report your income to Centrelink, even when they are closed.

See also: <https://www.servicesaustralia.gov.au/individuals/public-holiday-reporting>

## Kooloora's Christmas Closure



The last day of office will be on 18th of December 2020.

Programs and services will resume on Monday, 01 February 2021 except Playgroup which will be back on Wednesday, 03 February 2021.

Vacation Care will be from 04-21 January 2021.

Please check our website for any changes in schedule during the holidays.