Welcome

Welcome to the Doonside Newsletter Volume 9 2013 !!!

Doonside Cottage

**Mondays** FREE Art Class from 10am-12
**Tuesdays** FREE Eco gardening from 10am-12
**Wednesdays** Playgroup at Winganna from 10am-12
Koori Outreach on the first Wednesday of each month from 10am-12
Community Info Session and FREE Lunch on the second Wednesday of each month (14th August at 11am session by Blacktown Police)
**Thursdays** TAFE Outreach Beginner Computer Course 9am-12 3:30pm
Any Questions contact - Karee 9621 2937

Doonside Community Health

**Aboriginal Eye Clinic**
A partnership between Ngali War Aboriginal Child and Family Centre, Western Sydney Medicare local and Doonside Community Health
Available to people of Aboriginal and/or Torres Strait Islander descent, their partners and children.
**Eye testing is covered by Medicare and Eye testing includes examination for** - Glaucoma, Diabetic eye check, Macular degeneration, Cataract detection, Children’s Vision.
**FREE glasses include:** distance spectacles, reading glasses, computer glasses and children’s glasses. (Multifocal glasses not available)
Friday 16th August 2013 at Doonside Community Health Centre 30 Birdwood Ave Doonside
To book an appointment call 9621 8514 and ask for Ngali War staff

For further information contact Gerry, Nursing Unit Manager Ph: 9621 8556
Families Connect

This year we have moved our Doomsday Playgroup from Doomsday Cottage to Woodcroft Neighbourhood Centre.

**Woodcroft Playgroup**

**Thursdays 10am – 12pm**

Woodcroft Neighbourhood Centre – 65 Woodcroft Drive Woodcroft

For further information contact Angelique on 9520 6020

**Triple P Parenting Group - A FREE 6 week program in Term 4 2013**

Triple P helps parents promote your child’s development and communication skills, manage your child’s behaviour and emotions, build a good relationship with your child and take care of yourself as a parent.

21st October to 19th November 2013 Mondays 10.00am – 12.30pm

Quakers Hill Family Centre 32 Highfield Road Quakers Hill

Limited free child care available

Registration: William or Raquel on 9526 6523 (Quakers Hill Family Centre)

**Newpin Burinise Unitingcare**

Newpin Doomsday welcomes mothers of children 0 to 5 years who need to make positive changes so their children can live with them and be safe and happy. Mums commit to being at the Centre at least two days each week, from 10am to 2pm.

Is NEWPIN for you?

Sometimes challenges, including issues from childhood or your current situation, can get in the way of positive and safe parenting. You may need to make changes in your life to keep your children safe and happy. It may be that your children are not able to live with you and you make these changes.

Newpin is a friendly centre with supportive staff and a well equipped playroom where you and your child can enjoy being together. You will join a support group, and a weekly support group.

If you are ready to make positive changes for you and for your children, please contact the Coordinator or Family Worker on (02) 9571 7019.

**Wingarra Pre School**

Doomsday Public School and Wingarra Aboriginal Preschool had a great NAIDOC day with Wharim Preschool visiting us and joining in the wonderful experiences we had such as painting, nature bracelets, colouring in and learning about the Aboriginal Tjap, painting and decorating rocks, didgeridoo and boomerangs. Aboriginal Dancers, play-dough, obstacle course and games. Our community provided a brilliant lunch and we had a beautiful sunset cake made too.

During term 2 we also visited the Aquarium which was really amazing. The children and staff all enjoyed the experience and can’t wait for our next excursion.

Are you interested in volunteering? The Pre School are looking for volunteers. If you would like to help out at the pre school contact Christine on 9522 2515.

*Wesley Mission Newsletter* July 2013

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Chicken and mushroom pie

8 chicken thighs, skin on, bone in
Salt flakes
Freshly ground pepper
Extra virgin olive oil
1 litre chicken stock, hot
1 small (or 1/2 larger) brown onion, finely diced
2 cloves garlic, finely chopped
2 tbsp, finely diced
65g butter
450g large pine or field mushrooms, carefully cleaned, finely diced
3 sprigs tarragon, leaves only
40g plain flour
2 tbsp double cream
2 tbsp heaped dijon mustard
1 handful flat leaf parsley, chopped
2 handfuls frozen peas
1 thick piece (about 1.375g) puff pastry
1 egg, whisked

1. Season the chicken thighs and brown, skin side down in a little oil in a large pan over medium heat — about 8 minutes. Flip over and add the hot stock. Simmer gently for 25 minutes or until the thighs are cooked.

2. Remove the cooked chicken and strain the stock. Skim off most of the fat from the stock (you can cool it first, if you like, making it easier to lift the fat from the top). Return the stock to the pan and reduce to about 400 millilitres.

3. For the filling, add about 40 millilitres of oil to a frying pan and cook the onion, garlic and leeks for about 10 minutes over a low heat, stirring occasionally to prevent burning.

4. Add 25 grams of the butter, the mushrooms and the tarragon and cook for a further 5 minutes. Season with salt and pepper.

5. Preheat the oven to 190 degrees fan-forced or 210 degrees conventional.

6. In a medium pot, melt 40 grams of butter over a medium heat until starting to colour, add the flour and oil to make a roux. Cook for 1 minute, stirring all the time, then add the strained stock. Cook for 2 to 3 minutes or until the mixture is smooth, whisking constantly. It should be smooth and thick.

7. Take the sauce off the heat and leave to cool a little. Whisk in the cream and mustard, and add the mushroom, thyme, parsley and peas. Tear or chop the chicken and add to the mix. Combine thoroughly and check and adjust the seasoning — the mix will be quite thick but luscious.

8. Cut the pastry sheet three centimetres larger than your pie dish to make a pastry lid. Brush the edge of the dish with the egg, lay the filling in and drop the lid on, clipping to seal. Decorate with the pastry scraps. Make an incision in the top to release steam and brush with egg. Bake for 30-35 minutes or until golden and puffed.
Snow Globe

Baby food jar: You may have to buy a "Stage 3" size food jar if your trinket is too tall to fit in the Stage 1 or 2 jars.

Light vegetable oil: Save your fancy imported Italian olive oil for the salad salad.

Glitter: Otherwise known as "Vegas Snow."

Trinket: Something small and waterproof to put inside the snow globe, like a small glass animal figurine or even a plastic toy soldier from the dollar store.

Hot glue gun and glue sticks: Remember, kids and hot glue don't mix. So make sure you do the gluing.

Funnel and hair dryer

1. Have your child help you rinse out the baby food jar and lid really well.
2. Remove the label from the jar. Scrubbing it off with hot water may do the trick. If not, blow-dry the label with your hair dryer, rub the adhesive, and then pull the label off.
3. Have your child select a trinket to be featured in the snow globe.
4. Then, while your kid watches, hot-glue the trinket to the inside of the jar lid.
5. Help your child fill the jar with vegetable oil. If your preschooler insists on doing the pouring himself, grab the paper towels and enlist the aid of a funnel. (Don't attempt this while wearing a silk!)  
6. Have your child pour enough glitter into the jar to make the scene really sparkle, but not so much that it doesn't flow nicely.
7. Screw the top on the jar, flip it over and you've got a Winter Wonderland, Gerber-style.
8. If you can pry it out of her hands, have your child wrap the snow globe and she's got herself a lovely handmade holiday gift for someone special.