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**Welcome**

Welcome to the Doonside Newsletter Volume 9, 2013 !!!



**Doonside Cottage**

**Mondays** FREE Art Class from 10am-12

**Tuesdays** FREE Egg gardening from 10am-12

**Wednesdays** Playgroup at Wingarra 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 Beginners Computer Course 9am-12.30pm

Any Questions contact – Karen 9621 2937

**Doonside Community Health**

**Aboriginal Eye Clinic**

A partnership between Ngallu Wai 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 16<sup>th</sup> August 2013 at Doonside Community Health Centre 30 Birdwood Ave Doonside**

To book an appointment call 9621 8514 and ask for Ngallu Wai staff

For further information contact Gerry, Nursing Unit Manager Ph.: 98818656



## **Families Connect**

This year we have moved our Doonside Playgroup from Doonside Cottage to Woodcroft neighbourhood centre.

### **Woodcroft Playgroup**

**Thursdays 10am – 12pm**

Woodcroft Neighbourhood Centre- 65 Woodcroft Drive Woodcroft

For further information contact Angelique on 9626 6620

### **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 25th 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 9626 6620 (Quakers Hill Family Centre)**

## **Newpin Burnside Unflingcare**

Newpin Doonside 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 until 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 in group programs focused on parenting, and a weekly support group.

If you are ready to make positive changes for you and for your children, please contact the Co-ordinator or Family Worker on (02) 9671 7018.

## **Wingarra Pre School**

Doonside Public School and Wingarra Aboriginal Preschool had a great NAIDOC day with Whalan Preschool visiting us and joining in the wonderful experiences we had such as beading, nature bracelets, colouring in and learning about the Aboriginal flag, painting and decorating rocks, didgeridoos and boomerangs, Aboriginal Dancing, play-dough, obstacle courses and games. Our community provided a brilliant feast and we had a beautiful celebration 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 Charlene on 9622 3575

### Chicken and mushroom pie



6 chicken thighs, skin on, bone in  
 Salt flakes  
 Freshly ground pepper  
 Extra virgin olive oil  
 1 litre chicken stock, hot  
 1 small (or 1/4 larger) brown onion, finely diced  
 3 cloves garlic, finely chopped  
 2 leeks, finely sliced  
 65g butter  
 450g large pine or field mushrooms, carefully cleaned, finely diced  
 3 sprigs thyme, leaves only  
 40g plain flour  
 2 tbsp double cream  
 2 tsp heaped dijon mustard  
 1 handful flatleaf parsley, chopped  
 2 handfuls frozen peas  
 1 thick piece (about 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 stove and reduce to about 400 millilitres.
3. For the filling, add about 50 milliliters of oil to a frying pan and cook the onion, garlic and leeks for about 10 minutes over a slow heat to caramelize and soften.
4. Add 25 grams of the butter, the mushrooms and the thyme 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 sizzle, add the flour and stir to make a roux. Cook for 1 minute, stirring all the time, then add the strained stock. Cook for 2 to 3 minutes at a simmer, 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 mix, 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 centimeters larger than your pie dish to make a pastry pie lid. Brush the edge of the dish with the egg, lip the filling in and drop the lid on, crimping 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 endive 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 to mollify 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 herself, grab the paper towels and enlist the aid of a funnel. (Don't attempt this while wearing 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.

[http://www.pamper.com/parenting-your-kids/winter-fun/knowwag\\_in.html](http://www.pamper.com/parenting-your-kids/winter-fun/knowwag_in.html)