

Phoenix News

Magazine

53rd Edition - March / April 2018

FREE

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Wirripaang PS



Community News Magazine for
Windale, Gateshead, Mount Hutton,
Gateshead West & Tingira Heights!



If you have an interesting story to tell or you just want to have an event added to the calendar, you have 4 ways to let us know

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0409446404**

**EMAIL:
wgtm.news@gmail.com**

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wicainc.wix.com/wica**

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WHAT IS WICA???

The Windale Interagency and Community Alliance Inc (WICA) brings together representatives from various government and non-government agencies, members of our local communities and local business owners to work together for the advantage of the residents of Windale, Mt Hutton, Gateshead, Tingira Heights & Gateshead West and act as the peak governing body.

WHAT DOES WICA DO??

- Promotes and supports safer and stronger communities.
- Brings together key organisations and individuals to improve the quality of life for the residents our local area.
- Ensures that those organisations and individuals work collaboratively together in the provision of services and resources.
- Shares expertise.
- Involves community residents in the planning and operational aspects of our local area.
- Provides an expert group to advise on services, strategies and programs to assist the residents of our local area.
- Holds various community events and advocates for residents.
- Involves schools within the area , such as Windale, Mount Hutton, Wiripaang & Saint Pius

The Windale Interagency & Community Alliance Inc. acknowledges and respects the rights, independence and positive contribution of other organisations and individuals in our local communities.

SARJO

« CONVEYANCING »

2/2 GLEBE ST, KAHIBAH | 4943 8880

SARAH SMITH JODIE HILLYARD

Interested in advertising in the Phoenix News?

Advertising Prices

\$300 for a full page \$200 for a half page
\$150 for a third of a page \$75 for a quarter of a page
\$40 Business Card Size (Back Page)

Discounts are available for advertising in multiple editions.



26/2/2018
Belmont Neighbourhood Centre
4947 0031
359 Pacific Highway Belmont North

Media Release

Belmont Neighbourhood Centre is officially opening their children's play area after recent upgrades. The centre was successful in receiving Community Building Partnership funds of \$10,000 which was used to install new children's play equipment.

'It is a much needed improvement to our beloved centre, and the kids are thrilled to have new equipment', said Chris Brown, Centre Coordinator.

This upgrade of new play equipment was made possible with funding of \$10,000 from the Community Building Partnership program. The program awards grants to deliver positive social, environment and recreational outcomes for the community.

After consulting with local community and playgroups, 10 items of play equipment have been installed to help develop balance and coordination. 'We installed ten smaller play items, rather than one big one, so that children could spread out across the playground', said Brown.

Play equipment was selected with children on the Autism spectrum in mind. 'Every Thursday we have a supported playgroup for children on the autism spectrum, or kids who need extra behavioural support. Selecting equipment which would give them a range of sensory stimulation and feedback was really important to the project', said Brown.

The Belmont Neighbourhood Centre is a community run, not for profit organisation which provides services and support to the people of Belmont area and beyond, through children's playgroups, providing information and advocacy, volunteer opportunities, free computer access and a range of wellbeing services.

'The children are not the only ones who benefit from this new equipment. The parents do too, as they connect with other parents from the area, learn and support each other', said Brown.

The official launch is Monday 5th march, at Belmont Neighbourhood Centre, 359 Pacific Highway, Belmont North.
See www.bnc.asn.au for more info.



Before



After

359 Old Pacific Hwy, Belmont North • PO Box 347, Belmont NSW 2280

• Email: programs@bnc.asn.au • Website: www.bnc.asn.au • Phone: (02) 49470031

ABN: 53 112 764 218



For information on hotel events and entertainment go to the LMT Facebook page or web site.
www.lakemacquarietavern.com.au

PORTION 31

Monday to Sunday Lunch
 12 - 2.30pm &
Monday to Saturday Dinner
 5.30 - 8.30pm



Check out our Weekly Specials.

KIDS EAT FREE

Dinner MONDAYS

Children under 12 receive a FREE meal with each meal purchased by an adult.

Everyday Specials

ALL BEANS	only \$6	PIZZA	only \$10
CHICKEN SPAGHETTI	only \$11	ALL SANDS	only \$10
BURRITO	only \$11	SPYGLASS SANDS	only \$10

FOLLOW US PORTION31

Tuesday Night
 \$12 Steak & Schmitti
 w/ chips, salad & choice of beer

Coffee & Cake
 Check our special menu for our yummy cakes



Thursday Night Members Draw

Friday Night - Meat + Beer Raffle
 + \$\$ JACKPOT Draw \$\$

Sunday's - Free Jukebox - Free POOL 1pm-5pm
 \$4.50 Schooners 3pm-5pm + Fishing Club Raffle

LIVE MUSIC EVERY FRIDAY NIGHT

Courtesy Bus: Friday & Saturday from 6pm

Phone: (02) 4948 7666
 66 Wilsons Road. Mt Hutton

What's On?

SUNDAY

Maitland Markets

Maitland Show Ground
 1st Sunday of the month (Feb to Sept)
 1st & 3rd Sunday (Oct, Nov, Dec)
 8.00am - 2.00pm

Newcastle City Farmers' Market

Newcastle Showground, every Sunday.

TUESDAY

Coolock Craft Group

Every Tuesday
 Contact: 49474365

Merrigum Centre/ Op-Shop

Op-Shop
 Windale Anglican Church
 9.30am til 12.30pm

Jarjums Playgroup

Every Tuesday
 9.30am - 11.30am
 Milabah Schools as Community Centre
 Contact: 49487786

WEDNESDAY

Merrigum Centre/Op-Shop

Drop in centre and Op-Shop
 Every Wednesday
 Windale Anglican Church
 9.30am til 12.30pm

Samaritans Supported Playgroup

Every Tuesday
 9.30am - 11.30am
 Milabah Schools as Community Centre
 Contact: 49487786

Charlestown Combined Pensioners

Meets every 3rd Wednesday of the month
 Windale/Gateshead Bowling Club
 10.30am

All Pensioners Welcome

WICA Meeting Dates for 2018

11th April, 13th June, 8th August, 10th October, 5th December.
 Windale/Gateshead Bowling Club
 10.00am

SATURDAY

WICA Markets @ Mt Hutton

1st Saturday of the month
 Main Carpark of Lake Macq Tavern
 8am - 1pm

Merrigum Centre Markets

8am—11.30am
 March 3rd, May 19th, August 18th & November 3rd

Redhead Markets (industrial car park)

2nd Saturday of the month.

All Saints Anglican Church Market

Belmont
 3rd Saturday of the month (except December).
 8.00am—12noon

Windale Anglican Church Markets

Last Saturday of every 2nd month.
 8am til 12noon

Lake Macquarie Farmers Markets

2nd & 4th Saturday of the month
 Speers Point Park
 8am - 1pm

SAFE TALK

Would you like to gain skills on how to support others in the community to address the issue of suicide?

Do you want to be part of a strong supportive community?

If we have 10 people interested in attending, this can be run at no cost, right here in Windale. When you register your interest, mention attending the Windale workshop.

SafeTALK is a 3.5 hour alertness workshop that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper. SafeTALK-trained helpers can recognise when someone needs help and can take action by connecting the person with thoughts of suicide to life-saving intervention resources, such as caregivers trained in ASIST.

Workshop features:

- Minimum 10 - maximum 30 people per session.
- Presentations and guidance from a LivingWorks registered trainer.
- Hands-on skills, practice, and development.
- Access to support from a local community resource person.
- The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe.

Content and discussion on suicide prevention is delivered in the SafeTALK workshop and even though this is within an educational, skills based framework it could be triggering for some people who have a lived experience or have been touched by suicide in some way. It is recommended that if the experience is recent or if discussion of suicide is difficult, it is a good idea to contact the training facilitator prior to undertaking the workshop and discuss some possible options for further information and support.

A *community resource support person* is also available during the session, and this person is someone that an organisation or community group can identify and invite along or I can invite one of my contacts along. The support person is there in case someone does leave the room and is feeling affected by the training.

SafeTALK doesn't cover any local cases, individual experiences, or suicide methodology (how people have died/injured themselves), it isn't a therapy session and we don't ask people to disclose any personal information. We definitely don't unpack the ethics of suicide.

This training is also free-of-charge for those living or working in the Lake Macquarie region, it is been funded by the NSW Ministry of Health until June 2020.

For more information call:

Dayle Fogarty

Specialist Youth Support Officer

CALM (Community Activities Lake Macquarie)

Phone: 49503888 email: brightminds@calm.org.au





WINDALE PUBLIC SCHOOL



AW346965

Safe, Respectful, Responsible Learners

A PROUD MEMBER OF THE WAIYARANG COMMUNITY OF SCHOOLS



Captain - Krystal Miller



Captain - Bradley Tyler



Vice-Captain - Kyte Sparks



Vice-Captain - Craig Castle



Prefect - Emilia Johnson



Prefect - Jye Adam



Prefect - Bindah Donaldson



Prefect - Taleisha Dundas

Kilfera Street, Windale. Phone 02 4948 8864

Windale Public School Leaders 2018



Pat Conroy MP Federal Member for Shortland

Shadow Assistant Minister for Climate Change & Energy, Shadow Assistant Minister for Infrastructure



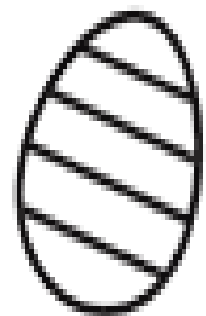
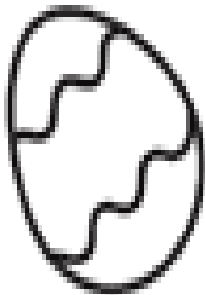
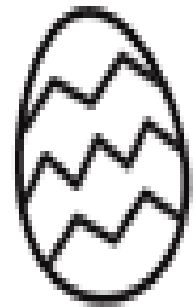
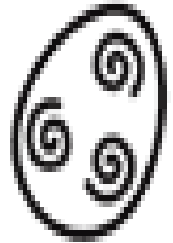
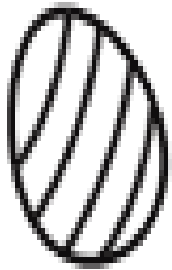
Mail: PO Box 747 Cardiff NSW 2285 **Electorate Office:** Suite 7, Level 1 342 Main Road Cardiff NSW
Phone: (02) 4954 2611 **Fax:** (02) 4954 2655 **Tollfree:** 1300 301 798
Email: pat.conroy.mp@aph.gov.au www.patconroy.com.au

Windale Public School Swimming Carnival

Wednesday of week 2 was Windale Public School's Annual Swimming Carnival at Charlestown Swimming Centre. Congratulations to all competitors, a great day was had by all. The carnival was filled with impressive individual performances, high levels of encouragement from our new house sports leaders and fierce competition between the Sports Houses. Thankyou to the parents who provided support and encouragement to the students on the day. Your presence is always welcome and encouraged.



Happy
Easter!



Aiming for The Baggy Green

It's the weekend and time for the kids to head off for their chosen sport. Two young cricketers in Windale are packing their sports bags with their pads, bat and ball and heading off for another day in the sun playing their favourite sport with their mates.

Matt Ayliffe (16yrs) and Brock Ayliffe (14yrs) are two local Windale boys who are both members of Belmont Cricket Club. The boys have been playing cricket for 6yrs and say their biggest supporters are their Mum and Dad.

"They used to drive me to Sydney and back when I was playing Representative cricket with Newcastle District Cricket Association," says Matt.

Matt and Brock agree that everyone should play a sport. Brock says that it important for kids to play sport, "It keeps you fit and healthy and it's a great way to make friends."

Matt says, "You need to have something to look forward to, it doesn't have to be cricket, so any sport will do."

Both boys say that if you haven't played cricket before you should give it a go. "It doesn't matter how old you are," says Matt. "I recently met a man who has just started playing cricket and he is 56."

Brock says, "You never know until you try."



We wish both the boys well in their future cricketing careers and look forward to seeing them one day playing for Australia!



Biala INSPIRED AGED LIVING

Over 65 and looking for company? Feeling a little socially isolated lately and wanting someone to talk to?

Why not join Biala's Inspired Aged Living program where you can be picked up and dropped off to your doorstep.

Biala is committed to seeing you stay in your own home for as long as possible by providing excellent care, stimulation, community inclusion and social interaction.

We offer home style cooked meals on a daily basis along with club lunch outings, shopping trips, bingo, card games arts & crafts, along with many other exciting experiences

Biala 02 4943 9741 or MY AGED CARE **1800 200 422**

Become a part of this motivating experience

Biala SOCIAL SUPPORT



Social Support caters for community members living with a disability between the ages of 16 & 65.

The emphasis of Biala's **NDIS registered** program is to encourage & engage participants in activities which motivate coping & self-management skills. Social Support are consistently out & about in the community having FUN!

Our exciting program includes: **MOVIES BOWLING SPORTS ARTS PIZZA NIGHTS CLUB OUTINGS SWIMMING PARK GAMES LUNA PARK SYD AQUARIUM KOALA PARK DOLPHIN WATCH**

P: 4943 9741 A: 17 James St Charlestown E: reception@biala.com.au



What a swimming carnival!

What a beautiful day it was on Monday at our annual Swimming Carnival. Students represented Wiripaang with pride, with an excellent level of attendance and participation. We were very proud of our students as more and more students are labelled as 'blue band' swimmers. It was great to see a continued improvement in the quality of swimming with many students benefiting from participating in swimming for Friday Sport. Many school records were broken on the day, with senior students Hayley and Ian doing particularly well. The Swimming Champion House and Age Champions will be presented at an upcoming assembly – more information to come. Thanks to all staff for their hard work on the day and to the numerous parents and carers who assisted on the day.



Leadership

Congratulations to our School Executive Leaders, our Sports House Leaders and our Student Representative Council (SRC) members who were officially badged today at our induction assembly.

The actions you perform as leaders will inspire others to dream more, learn more do more and become more.. embrace your role as a leader.



Sports News

The Knights representatives, including players, gave a wellbeing talk to students in years 3-6 on Wednesday focusing on the importance of respect, belonging and health. They encouraged participation in team sports and gave away lots of prizes for answering quiz questions. Thanks for visiting our amazing students!



Good afternoon

On behalf of the National Rugby League & Newcastle Knights, we'd like to thank you and your School for allowing us to visit today to deliver the NRL Wellbeing presentation.

We hope that your students and staff enjoyed the visit.

We look forward to seeing the Knights returning to the glory days in 2018!

Kind Regards
Luke



National Rugby League Ltd

Luke Lawrence

Game Development Officer- Central Hunter NSW

32 Industrial Drive
Mayfield NSW 2304
PO Box 152, Wickham NSW 2293



The Australian Rugby League Commission acknowledges the Traditional Owners of country throughout Australia. We pay our respects to their Elders past and present.

**Q
W
I
K
C
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T
Z**

**FOR ALL FAMILY
HAIR CARE**

**NO APPOINTMENTS
(WALK-INS)**

PH: 4948 5550

**CNR LAKE & SOUTH STREET
WINDALE**

BE AMBITIOUS

BE INSPIRED AND READY FOR YOUR NEXT TRAINING AND CAREER GOAL

WOW Work Opportunities for Women

10581NAT – Vocational Engagement



COURSE DESCRIPTION:

This course offers learners a program of developing skills and planning for their future training and career options.

The course is 10 weeks in duration and will include essential computer operations, employability skills and community focus for potential training and employment opportunities.

Identify your strengths, learn new skills and start your career planning.

HOW TO GET INVOLVED:

Please attend one of the following information sessions.

- Friday 2nd March or
- Friday 9th March, 2018

Please call if you need another suitable time

To allow for information & enrolments please attend at 10 am to 11.30 am

Swansea Community cottage
228 Pacific Hwy, Swansea

COURSE SNAPSHOT

10581NAT- Vocational Engagement

Cost: This training is subsidised by the NSW Government.

Course start:
Monday 12th March 2018
9.30 am – 2.00 pm

CONTACT US TODAY!

REGISTER YOUR INTEREST

or for more information
Contact: Cassandra or Nadene
Phone: 4923 7414
Website: www.hunter.tafensw.edu.au
Email: cassandra.ralph@tafensw.edu.au

TAFE NSW

RTO 9902. This document is correct at the time of printing: February 2018
*Terms and conditions may apply.



Kylie & Penny- (Formerly of Belmont Nth Hairport Salon)
Men, Women & Children's Hair Cuts & styling, full colour services,
Reiki & Readings very Wednesday's with renowned physio-healer; Ellen.
Exclusive Wedding packages available

40480898

CNR OLD BELMONT RD & NIKKIN ST, BELMONT NORTH 10am - 7pm (by App)- MON- THURS
(Behind Community Centre) 9am-5pm -FRI
8am-11am -SAT

Jodie Harrison MP
MEMBER FOR CHARLESTOWN

Phone: 02 4942 1242 **Fax:** 02 4942 1060 **Mail:** PO Box 135 Charlestown NSW 2290

Electorate Office: Unit 3, 313 Charlestown Rd Charlestown 2290

Email: charlestown@parliament.nsw.gov.au **Office Hours:** 9am-5pm Monday to Friday