

**2010-2011**

**NEWTOWN NEIGHBOURHOOD  
CENTRE INC**



**December -  
January**



**SUDDEN  
FICTION 2<sup>nd</sup>  
PLACE ENTRY**

**XMAS &  
VOLLIE  
LUNCH DATES**

**NEW  
PROGRAMS  
2011**

**BOARDING  
HOUSE  
AWARD  
WINNERS**

**FUN IN THE  
SUN**

**CHRISTMAS  
SHUT DOWN  
TIMES**

**[NEWTOWN FESTIVAL 2010]**

# CENTRE NEWS

Hi All,

We have put together a great December/January edition of the Newtown Neighbourhood Centre Newsletter to wrap up a fun-filled, action packed year at the Centre.

We would like to say thank you to everyone who participated in all of our programs over the year, with the biggest thank you going to all the wonderful people who supported the Newtown Festival, our major fundraiser which significantly contributes to our programs.

Held on a very hot and sunny Sunday, on the 14<sup>th</sup> November just passed, I believe the Festival just improves each year - the amazing amount of talented performers, the Dog Show and the Writers Tent have always been just a few of my favourite things at the Festival.

This year, I just loved the “Great Aussie Clothes Swap” and the “Bling Your Bike” features. I have to admit I was especially proud of the *ThankYou Water* concept and that every bottle purchased at the Festival provided a month’s worth of water for someone in need. It astounds me that 900 million people cannot access safe drinking water whilst Australians spend \$600 million each year.

Even though it was a very warm day people still danced and of course shopped, and with this jollity in mind, there are many people I would like to thank for making the Newtown Festival an enormous success.

Firstly, the biggest thank you must go to our wonderful and dedicated volunteer team. I would like to thank every one of you, from the bucket collectors, traffic marshals, stage hands, Emcees through to the admin support workers. I really think this year the volunteers just shone. All of us here at the Centre talked about how much easier and more relaxed our roles were. And in fact, this is the first year that I have ever been able to shop not once, but twice! So whilst I thank you, my credit card it not so pleased with you all!

I would also like to thank our wonderful Festival staff team: Sue, Cathy and Jacqui. I would also like to thank them for their patience in working under sometimes difficult circumstances. I don’t know how they do it but I think every year the Festival improves that little bit more.

## TABLE OF CONTENTS

- 2** Centre News
- 4** Administration News
- 5** Newtown Festival
- 8** Sudden Fiction 2<sup>nd</sup> Place: Elstown
- 9** Community Development Update
- 12** Men’s Health: Prostate Care
- 13** Health Feature: Red Blooded Roulette
- 15** Boarding House News
- 16** Recipe Corner: Perfect Summer Grilled Pork Chops and Mixed Bean Salad with Relish
- 17** Multicultural Neighbour Aid
- 18** Enviro Report: Fun in the Sun
- 19** NNC Christmas Group Times
- 20** NNC Groups Calendar

I would also like to give a special thanks to our volunteer assistant Amber, and all of our interns and to James who is on the Newtown Festival Steering Subcommittee. Your special commitment and enthusiasm are greatly appreciated, and your hard work and dedication always make the Newtown Festival a major success.

I would also like to thank the Newtown Police for providing the invaluable service they do at the Festival. I especially would like to include my thanks to the local community who, for one day a year, accommodate the massive crowds and general influx of people that come hand-in-hand with a large community festival.

Lastly, I would like to thank all of the people who so generously donated to the Centre. Please don't forget that all the money raised at the Newtown Festival goes back to the community via the services we offer.

We recently held a very successful Mental Health Month throughout October to the theme of: "*Good friends help us bounce back*". John, one of our placement students, worked with Richelle and a number of other staff members and volunteers to put on weekly Wednesday events upstairs.

I would like to congratulate the Roomies team on their receiving the "*Consumer Involvement and Engagement Award*" at the Mental Health Matters Awards held on Friday, 29<sup>th</sup> October. It was a wonderful celebration and recognition of Roomies, and the artists creating such fantastic works for the community to enjoy.

As another year draws to a close, the staff and Management Committee would like to thank you all for your support throughout the year and wish you a peaceful and happy New Year.

Most projects will be hosting their own Christmas parties, so please talk to our staff for details on your party and what dates your service will be resuming.

Have a happy and healthy festive season. See you all in 2011!

**Lisa Burns**  
*Executive Officer*

*A just community that includes and acts*



### **CHRISTMAS BBQ**

**11am, Monday, 6th December**

**Come along and help us celebrate!**

*Oscillate Wildly, Perama and Union Hotel, are catering the event. The Roscoes – winners of the Street Smart Music Competition are our entertainment. Clothesline charity organisation will be donating food hampers to the cause. We look forward to seeing you there!*



### **VOLUNTEER CHRISTMAS LUNCH**

**1pm, Wednesday, 1st December**

**Urban Bites Café, King Street.**

This free event is our opportunity to thank our dedicated volunteers for the hard work and commitment they show to NNC during the year. I look forward to seeing all our volunteers, and thanking them for their support and dedication.





## ADMINISTRATION NEWS

Hi All,

As you all know, I stepped in to replace the regular Centre Administrator, Sam Jenkins over 2010, while she took a well-earned break. Well, I have seen Sam recently, and that lady looks a million dollars! Yet with the fabulous Festival over, and the end of the year fast approaching, it means it's time for me to bid farewell to the lovely NNC and consider new ventures in this big world of ours.

Thank you to Lisa, Ken, Shashanka, Paul, Richelle, Joel, Carlos and indeed – to everyone - for your support in the time that I have been filling in as Centre Administrator.

I have really enjoyed working with such a lively, dedicated and creative team of individuals at such a vibrant Centre. I have grown and learnt so much about putting justice into action. I have also marvelled at the ability of our students to innovate and use their pracs so effectively – the banter in the office with them, my colleagues and visitors has kept every day a real pleasure.

On a serious note, I sincerely hope you've been able to keep pace with the activity we've undertaken in the programs and how I've presented this dynamic, fast paced Centre in the Newsletter.

Most of all, I hope I have been able to give as much back as NNC has given me in the short time that I have been here.

Best wishes and good luck,

**Julia Gilchrist**  
Centre Administrator

### One-on-one Volunteer opportunity!

One hour a fortnight or more!

#### Interested?

The Boarding House Project is looking for a male volunteer to be matched up to a male client in his 30s.

This fun and short activity involves taking our client out to a nearby to the Petersham end of Marrickville Park; for a walk; bus rides; or for visits to a quiet cafe.

We're looking for someone knows the local area well. You need to be good at negotiating physical space (the client is partially visually impaired); patient; compassionate and have a dash of humour!

For information or enquiries, contact:

#### **Carlos Felix**

BHP Co-ordinator  
Boarding House Project

☎ (02) 9550 4884

(Business hours, Monday-Friday).

# NEWTOWN FESTIVAL 2010

## An all day celebration of community, diversity, creativity and sustainability!

### Thank you to all of the wonderful supporters of the 2010 Newtown Festival.

Newtown Festival is well and truly established as Sydney's premier community festival, and is a great example of a true community event. At least 70,000 gathered on a very hot day at Camperdown Memorial Rest Park, to support the Newtown Neighbourhood Centre's annual fundraiser, and celebrate with the Newtown community.

Festival Day 2010 was a fantastic celebration, with non-stop entertainment, hundreds of market stalls, food from around the world and a great community vibe. Camperdown Memorial Rest Park provided a green canvas backdrop for the vibrant creativity, colour and cultural diversity of the Festival's five entertainment areas.

There were opportunities galore for Festival goers to pick up some unique Christmas gifts at the 260 Market Stalls, while sampling a delicious range of foods from around the world.

The park was full of a wonderfully diverse mix of individuals – the young and young at heart, local residents and visitors from afar, community groups, environment groups, political groups, artists & artisans and the broader community – all gathering together to celebrate. Newtown came alive with many residents joining in the festivities, by hosting parties around the park and the suburb throughout the day.

The Festival is made possible by the generous contribution and goodwill from many sectors of the community and local residents.

More than 150 Performers offered their support to the Newtown Neighbourhood Centre by donating their time and talents to play for free on Festival day.

A wonderful Volunteer Team of approximately 130 volunteers provide great support as traffic and stall marshals, and many other roles across the day.

So thank you very much to everyone who contributed to another hugely successful Newtown Festival – bands, volunteers, NNC staff and board members. And of course, everyone who came along to enjoy the Festival and made it the wonderful day that it was!

Don't forget to mark up your diary with next year's Festival date, on the second Sunday in November 2011.

**Sue Andersen and Cathy Willis**  
Festival Directors

Newtown Festival has a long standing tradition as a platform for Australian artists to gain exposure with the opportunity to perform at one of Sydney's biggest free community events 🎉

5

### 2010 ENTERTAINMENT

The 2010 Entertainment Line up was sensational. Local and nationally acclaimed bands played on the Main, Essentials and Vocal Local stages.

Festival performers served up **non-stop live** music across four stages - including the kids stage - with rock, indie, funk, soul, blues, jazz alternate, hip-hop and reggae.

#### BANDS AND ARTISTS

- ➔ Chocolate Strings
- ➔ Richard in Your Mind
- ➔ Thundamentals
- ➔ Mojo Jujū
- ➔ The Paper Scissors
- ➔ Snowdroppers
- ➔ Skipping Girl Vinegar
- ➔ megastick fanfare
- ➔ Laneous & The Family Yah
- ➔ Guineafowl
- ➔ Liz Martin
- ➔ Stiff Gins
- ➔ WIM
- ➔ Get Folked

The artists above - and **so many more** - provided amazing entertainment with enthusiastic crowds soaking up the sounds across the Park.



**Vocal Local Village** showcased grassroots Newtown talent; while Roomies Artspace provided a creative space with Wrap with Love knitters and other creations. Roomies Artspace is a project of the NNC.

The Vocal Local Stage was once again produced by local collective *Figure8*, with 100% solar powered stage.

The **Writers' Tent** was again organised by *Better Read than Dead*. Its popular and well attended program included panels and up close and personal discussions with authors.

Writers' Tent talent this year featured local poets, authors and Australian literary icons including **Hugh McKay, Gesche Jacobsen, Annabel Crabb** and **Walter Mason**.

Newtown Festival featured in its support for both the **Sydney Vision Song Contest** and the **Sudden Fiction Writing Contest**, held earlier this year.

The Grand Final winner of SydneyVision, Dyan Tai, won the opportunity to perform at the Newtown Festival after beating out 21 entries screened at the *Dendy Newtown*.

The Festival Writers' Tent featured a segment on the Sudden Fiction Writing Contest, where the authors of the four winning stories were able to read their stories to the public.

The always popular **Newtown Dog Show** opened the Festival at 9.30am in front of the main stage.

Nearly 100 dogs and owners entered the competition, and participated in a fun range of events such as the doggie dashes and fun competitions like the 'dog and owner look alike'. A good crowd gathered to support this annual highlight of the Festival.

The **Kids Zone** was a very lively and popular feature at the Festival with its mix of entertainment, activities, and workshops for the young and the young at heart.

The **Kids Stage** performers proved highly popular for the littlies and the not so little, and there were plenty of fun activities available around the Zone, including cup cake creations, jumping castles and pony rides.

Festival goers gave a Gold coin or note donation at the Festival entrance gates.

A good amount of money was raised for the Newtown Neighbourhood Centre.

All funds raised go directly into NNC for activities and programs delivered to disadvantaged people in our community. Thanks to everyone who donated!

**ECO COMMITMENT**

Newtown Festival committed to a strong environmental focus this year to reduce its ecological footprint.

**Key Sustainable Features** of the Newtown Festival included:

- Sustainable printing of posters & programmes
- Solar generator in Vocal Local Village, all other generators are biodiesel,
- Recycling stations,
- Biodegradable packaging,
- Creative workshops and
- Information re-using materials diverted from landfill,
- A worm farm and
- Stallholders are only permitted to use recyclable utensils, containers and cups.

The **Eco Area**, presented by The Watershed and Planet Ark, ran an increased program of workshops and activities from their tent this year, including green cleaning, keeping chooks in the city, and more.

The **Clothes Swap Party** was a huge success again with double the amount of people attending the swap, compared to last year's Festival.

The **Bower** was also present accompanied by members doing a live sculpture made from pre-loved items.

A very special thanks to our wonderful 2010 Sponsors...  
Please remember to support the people and businesses behind NNC  
and the Newtown Festival

**MAJOR SPONSOR**

**GOLD SPONSOR**



**SILVER SPONSOR**

**BRONZE SPONSORS**



**MEDIA SPONSORS**



Inner West Courier

**COMMUNITY SPONSORS**



The Watershed  
Supporting Sustainable Environments



marlborough hotel

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## SUDDEN FICTION WRITING CONTEST

### 2<sup>nd</sup> Place: *Elstown*

Elstown. Sturdy two storey terrace with dark hard bricks and old bay windows. Home. Place I retreat to, hide. A room within a building within a suburb of similar old dilapidated terraces, places people live their lives. I find myself once again drawn to Elstown. In cities there are places that people choose to go. Places that might embrace, or at least leave alone their humanity.

Colorful people leading colorful lives, flies on a wall of shit called life. Francis is my neighbour. She was known to me in passing. Tall woman on a red bike. Brown cords, don't bomb the whales stickers, shopping at Alfalfa House. I'd pegged her as a dyke feminist, all straight up and down. When I first moved to Elstown we passed each other on the old staircase. We said our hellos, made quick judgements, doss-house junky, hard dry lesbian, smiled at each other and got on with life. Boarding house, doss-house, bed-sit, squat. I have a space that is rented, tenuous agreement with the bone crunching right hand of Satan, real-estate agents. My private piece of space. It holds the physical contents of a life, dreams and desires. Within my box I am king and I keep my castle bolted against a world of people much like myself, trying to survive.

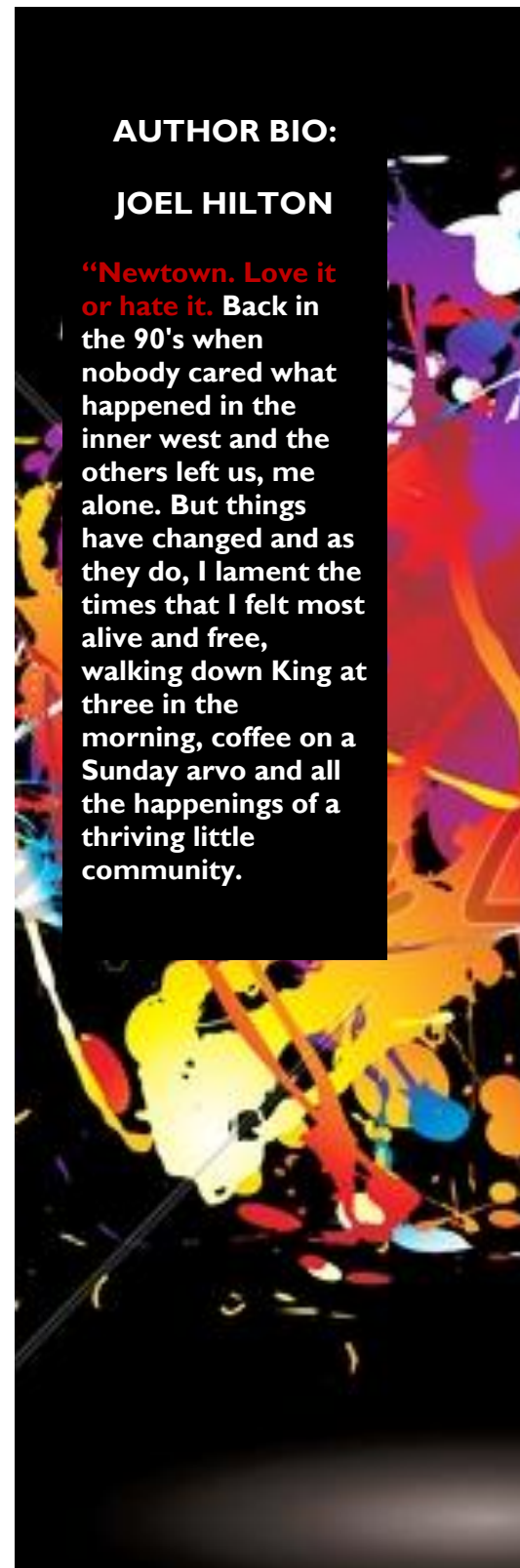
My inner west. My playground and refuge. These places were full of old punks, skins, Goths and love children of the seventies. Communities of lost artists, lost love, and some waiting for an answer. They left us alone in the nineties, until the red eye of development cast its glow in our direction. Places I walked and slept. Now the tide has turned and what was shunned is now fashionable.

Old men, single women. Divorcees. Drinking in pubs and parks. Queens Head Hotel where a young punk called Michelin dropped in the toilets. The Duke, Charlie selling smack in the front bar. Schooner of Coopers. McWilliams sherry, cheaper by the flagon. Cask of dry white, Lambrusko on the grass. Cheap scotch in a chipped mug. Early openers, back alleys and park benches. Central Station, ex-wife, three kids. Matthew Talbots, lining up for a feed and a shower. Shaking on Sunday mornings. White Oxe, rolling bumpers on the street. Bottle shop opens at ten, long neck to chase the dreams away. Sitting in the sun with a glow from the morning's first drink and wondering. Desperation. Take a long hard drink, roll a champion. Think I'll sit here a bit longer, maybe tomorrow, yeah maybe tomorrow things will be different.

#### AUTHOR BIO:

#### JOEL HILTON

**“Newtown. Love it or hate it. Back in the 90's when nobody cared what happened in the inner west and the others left us, me alone. But things have changed and as they do, I lament the times that I felt most alive and free, walking down King at three in the morning, coffee on a Sunday arvo and all the happenings of a thriving little community.**



# COMMUNITY DEVELOPMENT UPDATE



## Hi All!

I hope everyone has beat the winter blues and can gear up for warmer weather and the fast approaching festive season!

The last two and a half months at NNC has been host to a stream of events, a sample includes: October's Mental Health Month entertainment; Anti-Poverty Week activities, the annual *momentous* Newtown Festival; and a successful AES community barbecue.

In addition, NNC has maintained a flurry of Centre based programs, outreach services and groups that continue to promote inclusive and supportive opportunities for our local community.

Over these past months, our Front Counter has remained an active and central point for information, referral and resource access for local individuals and families. It is a must to acknowledge that without the talent, time and dedication from our students and volunteers, the aforementioned NNC operations would not be possible.

## Up and Coming 2011!

*Yoga*

*English Classes*

*Women's Craft Group*

*Free Computer Classes*

*Free Career Counselling*

9

Sadly at this point, we say a big farewell to John and Bronwyn who have just finished their placements at NNC after four enjoyable months of hard work, innovation and dedication.

Both students have had a noticeable impact on many facets of NNC as well as on many of our client groups and will consequently be missed by many at NNC! However, you both have big futures ahead and we wish you both the best of luck.

We would also like to farewell a long time valued volunteer, Frank. Frank has been our star Bingo caller for over two years, and is now taking a well earned break. Frank, we wish you well and hope to see you back here soon.

For more information about the activities mentioned overleaf, please contact the Community Development Coordinator on (02) 9516 4755, or email [richelle@newtowncentre.org](mailto:richelle@newtowncentre.org). You can also simply visit the Front Counter between 10am-1pm or 2-5pm Monday to Friday.

**Richelle Figliuzzi**

*Community Development Worker*

*A just community that includes and acts*

# Latest Program Highlights

## **Marrickville Festival**

In partnership with *Marrickville Council* and the *Community Drug Action Team*; NNC was represented at the Marrickville Festival. NNC promoted our groups and programs at the event, as well as conducting research on community issues. Research gathered will be used for the upcoming *Meet The Candidate Forum* being held at NNC ahead of the 2011 NSW Election.

## **Anti Poverty Week 16-22 October 2010**

2010 Anti Poverty Week was marked at NNC through a morning tea and provision of hampers and clothing from the organisation *Clothesline* and *Marrickville Council*. Hampers were filled with yummy and fresh produce given free to all, with clothing provided outside NNC's main entrance by the fantastic organisation, *Clothesline*: a van full of men's and women's clothing available to people in need to choose outfits for a range of occasions completely free of charge! We would like to thank Marrickville Council's Bag Buster Program, our NNC volunteers, and staff as well as the guys at Clothesline for their assistance in making this event a great success.

## **Aboriginal Employment Strategy Community Barbecue**

NNC would like to thank our student Bronwyn and the staff from *Aboriginal Employment Strategy (AES)* for organising a barbecue at NNC to promote the AES Service. As usual our volunteers worked tirelessly, feeding over fifty people, as well as increasing knowledge about the AES for potential service users.



## **Mental Health Month, October 2010**

The theme for Mental Health Month 2010 was 'Good Friends Help Us Bounce Back'. With this in mind, John, our dynamite student organised 'Tea 'n' Tete- a-Tete' every Wednesday to showcase the value of friendship and building relationships.

Each Wednesday in October NNC provided free coffee, tea and cake for our community in an effort to create a space where people could get together informally and either chat with a mate, meet someone new or simply enjoy a social atmosphere among friends.

The weekly events provided refreshments and sensational African drumming; stand up comedy, mental health awareness-raising from partner organisation *Grow*; and a popular visit from some NRL celebs in the final week!

NNC would like to thank our volunteers and partner organisations – *Barmuda*, *Black Star*, *Post Cafe*, *Woolworths*, and the *Roosters NRL* and *Newtown Jets* - for helping to make these events a great success for our community.



## New Program Info!

### MEET THE CANDIDATE 2011 @ NNC

Election time is upon us with the NSW State Election being held on 23 March, 2011.

NNC believes this election is an opportunity to make NSW a safer and fairer state for all residents. We will be involved in two ways:

**Candidates Q&A in Print:** We will invite local candidates to answer some questions about various issues impacting the community. Responses will be published in the NNC Feb/March Newsletter and on our website.

**Candidates Open Forum:** We have invited local candidates to attend an Open Forum to be held at NNC on 23<sup>rd</sup> February, from 7-9pm. This will provide all residents an opportunity to ask candidates questions about issues in their community which are affecting them.

### Interest Free Loan 'Step Up' Officer on Thursdays!

The one stop shop welcomes a 'Step Up' Loan Officer on the first Thursday of the month between 2-4pm. The Step Up Program offers interest free and low interest cash loans to individuals and families receiving Centrelink benefits.

Step Up Loans are a great way to access a range of resources such as household items, education expenses or even to purchase a motor vehicle. The loans range from \$100.00 – \$3000.00, and provide you with the *step up* that you deserve!

More info: Joy at Rosemount Youth and Family Service ☎ (02) 8571 7814. Or attend NNC's combined services hub on the Thursday 9<sup>th</sup> December from 2pm – 4pm.

### New Counsellor

NNC would like to welcome a new counsellor, Lindy, to the team. Lindy has been counselling for two years at the Wayside Chapel and has now spread her wings over to Newtown every Wednesday from 2-5pm. To check for appointments, call NNC on 9516 4755 or email [richelle@newtowncentre.org](mailto:richelle@newtowncentre.org)

**One Stop Shop** Our Thursday MATCH program continues to be a fixture at NNC, providing Centrelink, Housing NSW, Tenancy Rights and mental health information all in one accessible time and place. No appointment necessary.

**Housing NSW** NNC maintains its Housing NSW service every Monday from 1-4pm, and at our Thursday One Stop Shop from 1-4pm. No appointment necessary.

**Tai Chi** This delightful program is still being held on Tuesdays from 1-2pm, and is always welcoming newcomers.

**Wrap With Love** Pat, Meng and the gang keep WWL going strong; and the team always conjure up beautiful designs and blankets to send to vulnerable communities worldwide. If you're interested in joining, check meeting times at the back of the Newsletter, or ring Richelle at NNC (9516 4755).

### Thursday Counselling

Our Thursday counsellor, Jo, still continues every Thursday from 2-5pm and we look forward to continuing this into the New Year. Appointments are booked up before Christmas. However, please call Richelle if you would like to enquire about counselling appointments in the New Year.

# Men's Health

## – Prostate Testing Awareness



**83% of Australian men believe that prostate cancer is our most important men's health issue.**

In 2010, almost 20,000 Australian men were diagnosed with prostate cancer, and more than 3,300 men dying as a direct result of the disease.

In November 2009, the Prostate Cancer Foundation of Australia - *a support body for men experiencing prostate cancer and their families and friends* – released a survey showing despite statistics and community sentiment, Australian men still find it difficult to absorb and respond to the benefits of prostate testing.

Men who were diagnosed also found it tricky to understand risks and treatment options, because of language used; other life pressures; and the shock of actual diagnosis.

**Matters of the prostate are personal. Thinking about it can be confronting for men and their support groups.**

As part of a community-targeted response, several public health initiatives, including the September Prostate Cancer Campaigns, focused on men being aware of:

- Early detection programs
- Regular testing
- The diverse and tailored ways available to manage the disease.

If you have specific concerns, please contact your GP or consulting doctor for further information.

### PROSTATE CANCER SURVEY 2009

- 40% of the men surveyed felt the information on the benefits of prostate cancer testing was way too confusing.
- 41% of men also reported feeling conflicted about treatment choices after they were diagnosed with prostate cancer.

[WWW.CANCERCOUNCIL.ORG.AU](http://WWW.CANCERCOUNCIL.ORG.AU)

### What is the prostate?

The prostate is a gland in the male reproductive system. It makes and stores a component of semen. It is located below the bladder and in front of the bowel.

The prostate surrounds part of the urethra, the tube that empties urine from the bladder. A healthy prostate is about the size of a walnut and if the prostate grows too large, it can affect the flow of the urine.

[WWW.PROSTATECANCER.ORG.AU](http://WWW.PROSTATECANCER.ORG.AU)

### When should I get tested?

The Prostate Cancer Foundation of Australia:

- Get tested if you are 50 years of age with no family history of prostate cancer.
- Get tested if you are 40 years of age and do have a family history.

**How often should I get tested? What should I discuss?** Go to your GP to discuss prostate cancer risks and have an assessment of your personal risk every year.

[WWW.PROSTATE.ORG.AU](http://WWW.PROSTATE.ORG.AU)

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# Red Blooded Roulette

## The Danger of Ordering Drugs Online

John Hristoforidis  
NNC placement student

**We often hear about the dangers the internet has for children and young people, but in reality the dangers apply to everyone.**

This is certainly the case with treatments for 'private bedroom business', where men have been targeted and are known to be vulnerable.

The offer of cheap erection drugs via spam emails is common. It's also an appealing way to purchase such drugs without the embarrassment of seeing a doctor or going to a pharmacist.

But there are some serious downsides. By passing your Doctor means important underlying medical problems are missed. Diabetes, High Blood pressure and high cholesterol are frequently diagnosed this way.

There is also a more sinister side. Many medications on the internet are counterfeit and some have toxic containments.

The Daily Mail, UK reported back in 2006 that *"the World Health Organisation estimate[then] that up to 50% of drugs bought online are fakes."*

Counterfeiters get away with it because the PDE5 Inhibitor ingredient which makes anti-



13

### ARTICLE SUMMARY

- **There is extreme danger in ordering medicines online.**
- **Pills with unknown ingredients risk your health.**
- **Get a GP's recommendation on a trusted product.**
- **See your GP if you've tried online pills and had a bad reaction, or found they don't work.**

erectile dysfunction drugs work, is a big hit overseas - particularly in developing countries - where the size of the black market for PDEIs is massive.

*[article continued next page]*

*A just community that includes and acts*

Securing Pharma, a free information service on supply chain and brand security in the pharmaceutical industry, backs this up; reporting in 2008 that:

*"Seizures by law enforcement officers indicate that PDE5 inhibitors are the most commonly counterfeited class of drug in Europe, with 35.8 million sildenafil (Viagra) tablets alone intercepted between 2004 and 2008."*

Bear in mind that the medicine market in developing countries is usually small. But they have less stringent sector regulation, which affects customers.

For example, ingredients in individual tablets sold are often not itemised on bottle labels. Also, sometimes factories and companies listed on medicine packaging do not actually exist.

It is for these reasons that buying your anti-erectile dysfunction drugs online or from a billboard can be highly dangerous or life threatening.

Erectile dysfunction treatment purchased online can have more detrimental effects than being fake.

A majority of online purchasers of overseas manufactured treatments can be at high risk of developing diabetes, becoming seriously ill, falling into a coma or even dying.

Reasons for this include:

- Incorrect dosages of ingredients
- Incorrect ingredients
- Placebo pills being put into packaging that looks real.

Your body is the only place where you have to live, so take care of it, so read our safety tips and think twice before you click.

But most of all speak to your doctor, they have (seriously) heard it all before and can advise on the best course of action for individual circumstances.

## SAFETY TIPS

- ✓ Get a GP's recommendation and think twice before you click.
- ✓ Visit your GP or doctor, even if you have purchased and found no side effects or results.
- ✓ Don't be discouraged or too embarrassed to seek proper professional help.
- ✓ At your GP appointment, ask if they have heard of the product you are considering purchasing.
- ✓ As a consumer, know you always have a right to know what is in the drugs you are taking.

14

## More Information

A number of sources were used to research and develop this article. For more information, please visit the below web article:

<http://www.nejm.org/doi/full/10.1056/NEJMc0807678>

If you are uncertain about this information, or would like specialist professional opinion, ring your doctor or GP to book a consultation appointment.

# BOARDING HOUSE NEWS

Leigh Connell

Boarding House Project Manager

October was a great month for Roomies artists and the studio. The launch of **Mental Health Month at Parramatta** saw the Roomies Tent come alive!

Locals and artists ran workshops in brooch making, knitting and beautiful fascinators.



## Watch out Socceros - there are new kids on the block from Sportsability!

The weekly program, run by BHP with other agencies, links up Boarding House residents to Marrickville PCYC. It has been going from strength to strength all year, and it is only as 2010 ends that the opportunity of kicking the soccer ball and hitting the bowling jack at SportsAbility concludes.

But next year, Sportsability is back – and the bar will be raised...with opportunities for friendly matches against local groups and teams! Support us in bending it like Beckham in 2011!

Many thanks to the PCYC and the Steel Park Cafe for the support they offer and to the volunteers who assist this program.

NNC recently hosted a **Forum on Unlicensed Boarding Houses**. The Forum examined some issues affecting people living in unlicensed boarding house and was attended by over 60 people; from NSW peak bodies to advocacy, tenancy and legal support, and on the ground service providers.

Homelessness NSW, PWD, Tenants Union and Shelter were the four guest speakers giving the historical perspective of the fight for UBH tenancy rights. They also outlined future strategies to tackle issues.

All participants engaged in specific focus groups addressing issues affecting UBH residents. Results and agreed actions from these focus groups have been distributed back to forum attendees. Focus group results from the Forum were also published on: [www.newtowncentre.org](http://www.newtowncentre.org).



On Friday October 29<sup>th</sup>, Roomies artist Clarrice and Leigh headed off to NSW Parliament House for a lunch and presentation of the **Mental Health Matters Awards**.

It was a wonderful celebration and recognition of Roomies, as we won the "Consumer Involvement and Engagement" Award.

With only 10 Award categories across the State, there was a real sense of occasion to be with the other award recipients and congratulated by the Hon. Barbara Perry, Minister Assisting the Minister for Mental Health, and MC Jessica Rowe.



In November, Roomies was represented by Roomies Arts Facilitators, Natalie and Anne, who co-presented at **The Art of Good Health and Wellbeing Conference** in Melbourne. Natalie and Anne presented alongside other studio spaces for people with disabilities, sharing ideas and challenges in running a supported studio on a shoe string.

## Recipe Corner: Perfect Summer Grilled Pork Chops or Mixed Bean Salad with Relish (4 Servings)

**MIXED BEAN SALAD:** Open and strain cans of red, fava, cannellini, chickpea and kidney beans. Combine beans into a large mixing bowl, seasoning with a tablespoon of lemon juice, cracked pepper and chopped fresh coriander to taste. Slice and toast enough Turkish bread for your guests. Make the relish in proportions indicated to garnish the Salad and for other meals at table.

### CHOPS

4 cups water  
2 Tbs salt  
2 Tbs granulated sugar  
Four 6-ounce bone-in rib pork chops, about  $\frac{3}{4}$ -inch-thick, trimmed  
3 cloves garlic, chopped  
2 tsp dried thyme  
2 tsp dried crushed rosemary

### RELISH

1 $\frac{1}{4}$  cups peeled fresh pineapple chunks, chopped  
1 medium tomato, chopped  
1 medium kiwi fruit, peeled and chopped  
2 Tbs chopped red onion  
3 Tbs chopped fresh basil  
 $\frac{1}{2}$  tsp red wine vinegar  
 $\frac{1}{2}$  tsp honey  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp freshly ground black pepper

### METHOD

1. **Brine Pork Chops:** Combine 1 cup of the water, the salt and the sugar in a medium bowl; let stand, stirring once or twice, until the sugar dissolves, about 5 minutes.
  - a) Combine pork, garlic, thyme, and rosemary in a large zip-close plastic bag; add the dissolved sugar mixture and the remaining 3 cups of water.
  - b) Squeeze out the air and seal the bag; turn to coat the pork. Set in a large bowl to catch any spillage. Brine the pork in the refrigerator for at least 8 hours or up to 24 hours.
2. Spray grill rack with canola oil nonstick spray; preheat the grill to medium-high heat.
3. **Relish** (prepare while chops cook): Combine pineapple, tomato, kiwi fruit, onion, basil, vinegar, honey, salt and pepper in a medium bowl and set aside.
4. Remove the pork from the brine. Discard the brine and pat both sides of the pork dry with paper towels. Place the pork on the grill rack until an instant read thermometer inserted into the side of a chop registers 160°F, about 5 minutes on each side. Serve at once with the relish.

**Equivalent servings:** One chop to 5 table spoons of relish per person. One heaped, large serving spoon to 5 table spoons of relish and two slices of Turkish bread. Enjoy!



# MULTICULTURAL NEIGHBOUR AID PROJECT

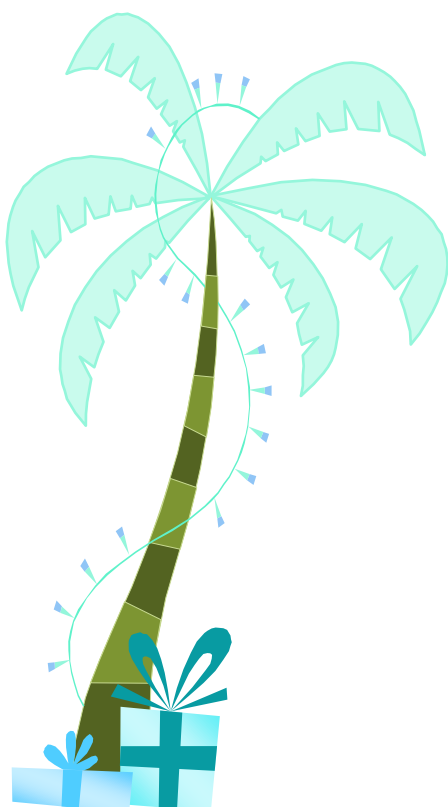
17

**Communities from Former Yugoslavia**

*Sretan Božić i Novu 2011 godinu!*

The Multicultural Neighbour Aid Project would like to wish all of our Day Care Centre members a Merry Christmas and all the very best for the New Year.

We hope to see you all in 2011, ready to participate in the activities of the Multicultural Neighbour Aid program!



**Day Care Centre - MONDAY**  
Restarts on Monday **17<sup>th</sup> January 2011**

**Day Care Centre -THURSDAY**  
Restarts on Thursday **27<sup>th</sup> January 2011**

**“Wrap with Love” Monday group**  
Restarts on Monday **17<sup>th</sup> January 2011.**

*A just community that includes and acts*

## ENVIRO REPORT: Fun in the Sun

### Surf Safety Tips:

- Always swim or surf at patrolled beaches
- Swim between the red and yellow flags. They mark the safer area for swimming.
- Never swim, surf or fish alone
- Read and obey the signs.
- Be aware of rip currents (know how to spot one and how to escape from one)
- Don't swim under the influence of alcohol or drugs.
- Never run or dive in the water, even if you have checked before as water conditions can change.
- If in doubt stay out
- Seek advice from the lifesavers and lifeguards

### The Family Beach Trip

Travelling with kids is always a challenge. They may be particularly excited and impatient when they know they are going on beach holidays:

- Have cool water bottles and healthy snacks to munch.
- Try a simple car game to make the time pass.
- Many kids like looking for letters of the alphabet on signs. If several people get involved it can be loads of fun.

### Slip, Slop, Slap SPF+30!

Australians love their sun, and our skin safety is really important. We tend to be outdoors most days on beach holidays, especially during the peak sun-burn times of 10:00 a.m. and 4:00 p.m.

- Apply sun block before you leave the rental property or tent or cave in the morning before a day at the beach.
- Use sun block with a high SPF rating, or which is suitable for your skin
- Wear a rash vest or t-shirt to prevent getting burnt when you're playing on the beach, digging sand castles, or enjoying the view.
- Wear a baseball cap or sun hat.
- Replace your sun block cover after each swim when you're sitting on your beach towel drying off, or having a cool drink – SPF needs time to sink in to become effective.
- Wear sunglasses to protect your eyes.

# HOME POWER SAVINGS PROGRAM

**Do your energy bills worry you?  
Been thinking about doing more for the  
environment but need a cheap and  
practical way to act?**

**Book an appointment for a free Home Power Assessment before 1 February 2011 and go into the draw to win one of 5 grocery vouchers worth \$1,000.**

## How will the Program Help?

By joining the program you will save up to 20% a year on your household's power use. An assessor will visit your home and work with you on reducing your bill, and will provide a power savings kit. This Kit will save you up to 10% in energy bills a year!

## Environmental Benefits

Carbon pollution is one of the causes of climate change. Acting to reduce power use in Aussie households cuts down carbon pollution created by appliances and whitegoods each year. By saving the amount of power used to run your whitegoods and appliances in your home, you actively reduce the amount of carbon in the atmosphere, and help the Australian environment.

## What's in it For Me?

Through the **Home Power Savings Program**, 220,000 eligible households in Australia will save up to 20% a year on power use. Every **eligible household** joining the program will get the below:

## FREE INCENTIVES

- **Home Power Assessment by an energy expert** to identify power saving tricks in the home.
- **Power Savings Kit** to kick start power saving devices, including:
  - 'Eco switch' to turn off standby power
  - 4 energy efficient light bulbs
  - Low flow showerhead
  - Shower timer
  - Tap aerator
  - Draught-proof strips around the door
  - Door snake.
- **Personal Power Savings Action Plan**

## Spread the Word

Once you've had **your assessment**, tell your family and friends to join the program. If they do and say that you referred them, you'll get another entry into the draw to win one of 5 grocery vouchers worth \$1000!

## WHO CAN JOIN THE PROGRAM?

To be eligible for the program you must live in NSW and contribute to the power bills for the property.

At least **one person in your household** must have one of the following cards:

- Centrelink Pensioner Concession Card
- Centrelink Low Income Health Care Card
- Department of Veterans' Affairs Pensioner Concession Card
- Department of Veterans' Affairs (Gold) Repatriation Health Card
- Department of Veterans' Affairs (White) Repatriation Health Card
- OR
- be a recognised **energy utility hardship customer**

Have your card ready when you ring up to book an appointment.

19

## MORE INFORMATION

Visit [www.environment.nsw.gov.au](http://www.environment.nsw.gov.au) for further info on the specifics of the **FREE** incentives.

## Program Information

Home Power Assessment Bookings

Call 1300 662 416

Home Power Savings Program

FAQ flyer: [www.environment.nsw.gov.au](http://www.environment.nsw.gov.au)

## Stakeholders

Home Power Savings Program

Stakeholder Factsheet FAQ:

[www.environment.nsw.gov.au](http://www.environment.nsw.gov.au)

Subscribe to receive stakeholder and program updates. Email and you're your contact details:

[powersavings@environment.nsw.gov.au](mailto:powersavings@environment.nsw.gov.au)

## INTERPRETING SERVICE:

Call 1300 622 416 to reach Fieldforce call centre. Their bi-lingual staff are available to help with booking an appointment for a home power assessment.

*A just community that includes and acts*



# NNC GROUPS & END OF YEAR ARRANGEMENTS

We are closed between 24<sup>th</sup> December until 4<sup>th</sup> January. We will reopen for the New Year on 3<sup>rd</sup> January 2011, with our Front Counter opening at 10am, as per usual. For further information to the below schedule of specific programs or groups, please contact NNC on (02) 9516 4755 and ask for the relevant staff member. You can also visit our website: [www.newtowncentre.org](http://www.newtowncentre.org), for updates.

GROUP	FINISH DATE	RESUME
Wrap with Love	16 <sup>th</sup> December	13 <sup>th</sup> January
Light Exercise	25 <sup>th</sup> November	13 <sup>th</sup> January
Counsellors	Jo: 23 <sup>rd</sup> December Lindy: 22 December	Jo: 13 <sup>th</sup> January Lindy: 5 <sup>th</sup> January
Bingo	17 <sup>th</sup> December	7 <sup>th</sup> January
Tai Chi	14 <sup>th</sup> December	25 <sup>th</sup> January
Women's Group	17 <sup>th</sup> December	4 <sup>th</sup> February
MATCH	Centrelink: 20 <sup>th</sup> December  Housing: 20 <sup>th</sup> December  Neami Workers waiting on roster	Centrelink: 6 <sup>th</sup> January  Housing: 10 <sup>th</sup> January  Neami
Housing NSW	20 <sup>th</sup> December	10 <sup>th</sup> January

**NEWTOWN NEIGHBOURHOOD CENTRE CHRISTMAS CLOSE**  
**NNC is closed between 24<sup>th</sup> December – 4<sup>th</sup> January 2011.**  
 The Front Counter will be reopened on 4<sup>th</sup> January, 2011.  
 Have a happy and healthy Festive Season and Happy New Year!  
 See you in 2011!