



IRISH AUSTRALIAN WELFARE BUREAU & RESOURCE CENTRE NSW INC

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NEWSLETTER

March 2009

Dear Members & Friends

We are all stunned by the horrific bushfires that have caused so much grief, anguish and devastation in Victoria recently. Few, if any, of us can possibly imagine what the people in those towns in Victoria have experienced

We at the IAWB extend our deepest condolences to all who have lost family members, friends and loved ones in these devastating fires and also the floods in Queensland. All those people are in our prayers and thoughts at this time.

Our thoughts and prayers go also to the fire fighters, police, emergency service workers and the many volunteers who are at the frontline in the relief effort. We are all immensely grateful for the tremendous work they continue to do in impossible circumstances.



Tír na nÓg

The IAWB's outreach centre at Penrith - Tír na nÓg - reached a milestone recently as they celebrated their 10th birthday.

This was celebrated at a lunch which the President, Isobel Madill and her committee organized at the Penrith Gaels Club. It was a day full of surprises and merriment while enjoying great food, great company and great entertainment. Of course the best surprise was kept until last when all the attendees were presented with a beautiful cookbook which was specially designed for this celebration. What interesting recipes are in this book!

Congratulations to all who were involved in making this such a memorable celebration. We wish Tir na nÓg every success in the years to come.

Tír na nÓg is social gathering for seniors in the Nepean area who meet every second Tuesday and participate in a variety of activities, such as indoor bowls, quiz, bingo etc. They also enjoy many trips to various places, go on picnics and river cruises.

If you are interested why not come along and join in the fun. All are welcome.

DROP IN CENTRE

A number of seniors join us every fortnight at our Drop In Centre in Bondi. These people enjoy a variety of activities, i.e., playing cards, chequer, bingo, jig saw puzzles, knitting and sharing lunch and a chat with fellow country people.

Our drop in centre is open every second Wednesday at 2 Wellington St, Bondi. All seniors are welcome to come along for fun, friendship, a cuppa and a chat. It is an opportunity to catch up with old friends and make new friends.

Future dates for the Drop In Centre are: 18th March, 1st, 15th & 29th April 2009.

Any queries regarding the Drop In Centre please call **02 9300 8019. All are welcome!**



ST PATRICK'S DAY PARADE AND FAMILY CONCERT IN HYDE PARK

Once again we look forward to celebrating St Patrick's Day. The parade will take place on Sunday, 15th March commencing at 11.30am. This will be a spectacular and very entertaining event.

We invite you to join the IAWB in the Parade and show your support for your Bureau.

The parade will end at Hyde Park where the Family Day will be held.

The IAWB will have a hospitality tent in the Park that day. We invite you all to join us and enjoy a cuppa while you will meet many old and new friends.

The IAWB will also have an information tent in the Park where you can get more details on the work we do in the community and how you can help.

We express our gratitude to the St Patrick's Day Parade Committee who very kindly provide us with our tents free of charge on the day.

We extend our best wishes to Gerard Ryan, President and all the committee for a very successful day and thank them for giving up their time to organize this event.

We wish you all a very happy and safe St Patrick's Day.



200 CLUB RAFFLE



Our annual 200 Club Raffle will be drawn at our annual fund raising dance which will be held at Penrith Gaels Club on 13 June 2009.

The prizes in this raffle are:

1 st Prize	\$2,000
2 nd Prize	\$750
3 rd Prize	\$250

As the number of tickets is strictly limited to 200, we encourage you to contact the IAWB as soon as possible to purchase tickets. Tickets cost \$50 each.



DATES FOR YOUR DIARY

13 June 2009

We will hold another fabulous event at Penrith Gaels where our annual 200 Club Draw will take place and a lucky winner will receive \$2,000. The evening will be full of surprises and frivolity. We acknowledge the Penrith Gaels Club for providing the Jim Anderson Room for our use on the evening. More details on this function later.

1 November 2009

The IAWB's annual Mass will be celebrated in Rookwood Cemetery.

4 December 2009

We will hold our 10th annual fund raising function at Harold Park. More details on this later.

FAREWELL

We say a fond farewell to Judy Devereux as she leaves Bondi to return to her home in Galway. Judy has spent Christmas in Bondi with her son Father Tom. Judy, we wish you a very safe trip back to Ireland.

MEMBERSHIP

This is a reminder to those members who have not renewed their membership for 2009. Membership is due to be paid on or before 31 March 2009.

A message from the President

*Dear Members & friends
I hope you are all keeping well.*

Sometime ago I visited my Chiropractor to help to alleviate my back pain. Chiropractors work mostly with the spine and pelvis.

Due to their importance the brain and spinal cord are protected by bone, the brain by the skull and the spinal cord by the spinal column. The spinal column is made up of 24 vertebrae interspaced by pads called discs which allow the spinal column to move.

A very special function takes place in the human body that is absolutely essential to good health. It is the circulation throughout the nervous system of Cerebro Spinal Fluid.

Cerebro Spinal Fluid is created in the brain and supplied to the nervous system through the gentle pulsing action of 3 pumps. The first pump is located in the skull at the source of the supply, the second pump is located at the junction of the skull and the neck and the third pump is located at the pelvis. This pulsing motion takes place every four seconds.

So our bodies are supplied with nourishment by the Cardio Vascular System, the Lymphatic System and Cerebro Spinal Fluid System!

Happy reading and exercise!

God Bless you all.

Brendan Keaveney

NEED INFORMATION?

NEED HELP?

DO YOU KNOW SOMEONE WHO NEEDS HELP?

Call Margaret on 02 9300 8019

Mission Statement

Our aim is to provide confidential, sympathetic, caring support and service to needy individuals and groups within the extended Irish community.