



### VISITORS TO OUR CENTRE

On Friday, 13 March 2009 it was with great pleasure that we welcomed Éamon Ó Cuív T.D., Minister for Community, Rural & Gaeltacht Affairs and his party accompanied by Máirtín O'Fainín, Irish Ambassador and his wife Anne, and Siobhan Kelly, Vice Consul General of Ireland to the IAWB Centre. We had a very interesting meeting during which Éamon Ó Cuív expressed great interest in the work done by the IAWB and assured us of his support in the future.

#### Special points of interest:

- > Visitors to our Centre
- > St. Patrick's Day Parade
- > Drop In Centre
- > Mid-Year Lunch for Seniors
- > Fund Raising function

## IRISH AUSTRALIAN WELFARE BUREAU & RESOURCE CENTRE NSW INC

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### Dear Members & Friends

Greetings, we hope this newsletter finds you in good health. We are still looking at what effects the budget will have on our lives and coming to terms with the changes it will bring about in personal finances. We hope that the recipients of the pension will benefit from the increases they receive especially in this difficult economic climate.

Life goes on, the budget is handed down, the seasons change and the work of the IAWB continues.

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

What a success the St Patrick's Day Parade and family concert in Hyde Park was! Congratulations to Gerard Ryan and his committee for their dedication and hard work to make this a day when every Irish person was proud of their heritage. Thank you to all who supported the IAWB and visited our hospitality and information tents in Hyde Park. Special thanks to all our wonderful volunteers who assisted us on the day. Among the distinguished guests who visited our hospitality tent we were delighted to welcome Éamon Ó Cuív T.D., Minister for Community, Rural & Gaeltacht Affairs and his party.

We were very pleased to be able to assist Sean O'Mahony and his team who were selling the book 'Call me David' written by Father John McSweeney describing the life of Bishop David Cremin. We shared our information tent with them for some time which enabled them to display and sell this very interesting book.

The St. Patrick's Day Committee will hold their AGM on Sunday 12 July 2009, commencing at 4pm in The Irish Gaelic Club, Surry Hills.

### 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: **10 & 24 June and 8 July 2009.**

Any queries regarding the Drop In Centre please call **02 9300 8019.**

**All are welcome**



### MID-YEAR LUNCH FOR SENIORS

We will hold our mid year lunch for seniors on **Wednesday, 15 July 2009** commencing at 11 am. All seniors are welcome to come and meet old and new friends while enjoying a scrumptious meal and entertainment.

**Booking is essential for this lunch.**

**Cost: Members \$10,**

**Visitors \$15**

**For bookings please call  
02 9300 8019.**

### WE ARE LOOKING FOR...

**Bill Carroll** who came to Australia in the 1960s. Bill lived in the Baltimore Hotel, Bondi Beach in 1967. He worked for Davies Gelatine in Botany 1967/68. He was a friend of Jim & Patrick Murphy from Scotland. Bill socialized in the Bondi Hotel and South Sydney Juniors Leagues Club.

If anyone knows or knew Bill can you please contact us on 02 9300 8019.

If you have seen **Sean Walsh** or know his whereabouts can you please contact any police station. **See attachment.**

**We're on the web!**

[www.iawb.org.au](http://www.iawb.org.au)

**NEW TEAM MEMBER**

We are very pleased to welcome Heather McKeegan. Heather joined our team here at the IAWB on 27 April 2009 and will assist the IAWB in all aspects of our mission in helping the less fortunate people in our community.

**BEREAVEMENTS**

We extend our deepest sympathy to Alice Massey and her family on the death of her son Christy who passed away in London recently.

We also extend our deepest sympathy to Sean O'Connor and his family on the death of his wife Teresa who passed away recently.



**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**. We ask you all to support us by attending this function.

**1 November 2009**

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

**4 December 2009**

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

**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<sup>st</sup> Prize \$2,000**
- 2<sup>nd</sup> Prize \$750**
- 3<sup>rd</sup> 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.

To purchase tickets please call **02 9300 8019** or email [iawb@bigpond.net.au](mailto:iawb@bigpond.net.au)

**FUNDRAISING FUNCTION**

We are holding a fund raising function at Penrith Gaels Club on Saturday, 13 June 2009. Music will be provided by Celtic Country. This function will commence at 8pm. There will be quizzes, raffles and spot prizes throughout the evening. We will also draw our '200 Club Raffle' Admission is \$25.00.

We are very grateful to Penrith Gaels Club and Celtic Country for their sponsorship.

Due to the downturn in the economy the demands on our resources have increased greatly over the past few months therefore we ask you to make a special effort and come along, bring all your friends and enjoy an evening full of surprises and frivolity with old and new friends while supporting a very worthy organization.

**ROSE OF TRALEE**

The Sydney 2009 Rose of Tralee Selection Ball will be held on **Saturday, 27 June 2009** at the Doltone House, Pyrmont.

This will be a very entertaining evening where the Sydney Rose of Tralee 2009 will be selected. We wish all the entrants good luck. For tickets contact Carol on **02 4735 1015** or Tom on **0401 895 126**

*A message from the President ....*

*Dear Members & friends*

*I hope you are all keeping well and not feeling the chill in the air. Winter has arrived. Make sure you keep warm.*

*Heat in our bodies is produced by one means – catabolism of foods. The muscles and glands (liver especially) are the most active tissues, they carry on more catabolism and produce more heat than any of the other tissues. During exercise and shivering for example catabolism and heat production increase greatly. During sleep however when very little muscular work is being done catabolism and heat production decreases. Keep your muscles active and eat well. Beannacht Dé oribh!*

*Brendan Keaveney*

**NEED INFORMATION?**

**NEED HELP?**

**DO YOU KNOW SOMEONE WHO NEEDS HELP?**

Call Margaret on **02 9300 8019**