



CHANGE IS IN THE AIR - HI FROM COORDINATOR

Hi All

To use a well-worn phrase - where has time gone? A belated welcome to the new year and need I point out its already March, wow. Things are moving along at Playgroup, we have said goodbye to a few familiar faces only to welcome a whole pile of new members. Exciting news this month is that Playgroup has its own website



Lara's son Luka toddling

www.northbondiplaygroup.org.au so get online and check it out. We have a new Treasurer and are looking for someone to look after Fundraising and someone to look after our lovely garden. So what are you waiting for? Get involved, its wonderfully rewarding to watch something grow.

All the best for this year, Lara



Luka 3 years

CRAFTY MARCH SEA MURAL



Playgroup is going to run regular craft activities. March is a new craft month. Check out our beautiful sea mural at Playgroup. Add your session's touch by decorating a sea creature or some shells - don't forget to add your child's name. Look out for the March craft box above the microwave in our room. The activity will be updated on our website so check in or call Margaret, our crafts coordinator for more information 0422 507 300.

LIGHTHOUSE NEEDS BOOKS

The Lighthouse Community Group runs homework classes every Monday at our Playgroup. They are in need of books in good condition to help teach the children, especially encyclopedias and dictionaries but any resource or school text books. For any members interested in donating books, please leave them at Playgroup with a note, all will be gratefully received. For larger donations phone Melody on 9386 0656.

SEEKING NEW COODINATOR

After much discussion with her family, Lara will be retiring as Coordinator this month as her full time workload has become too much to give the time she would like. Lara will still be involved where she can and will put her hand up for another committee position, possibly even sharing the coordinator's role. She will see to the completion of a couple of projects including our new website. So, the position of Coordinator is open now to all members. Please email or phone Lara if interested 0402 409 076.

PLAYGROUP HAS WEBSITE!

www.northbondiplaygroup.org.au
Our committee has been busy building a fantastic website for North Bondi Playgroup which has gone live this week!
www.northbondiplaygroup.org.au includes information and resources for our members as well new people in the area interested in joining. We hope this site will provide a one stop for new members seeking information and for current members to keep up to date with things happening at Playgroup. Any ideas for the site would be great email Lara.

Add your child-friendly review
We are setting up a page on the website for you to add your review of a local business. Currently you can email your review and how it rates in terms of friendliness to under 5s out of 5 stars but shortly we will have guestbook for you to add your coments live online. Email Lara your reviews.
Email: lara@larastephen.com

MEET YOUR PLAYGROUP...

Wed 1 - Amy, Session Leader

Amy and Dylan have been coming to playgroup for a year, since Dylan was only a few months old. Amy says she has found it to be a really positive experience during this special and challenging time in her life. Without family in Sydney for reassurance and support, having a place to go with other new Mums to talk to on a weekly basis has been amazing. It has been fun place to hang out with their friends every Wednesday morning. They are looking forward to many more fun times and watching all the babies in our group grow and develop together.



Amy and Dylan from Wed 1

SAVE OUR GARDEN

You may have noticed our garden is looking a little dry and tired. Kiri, after years of helping to improve our facility with her husband at Playgroup, is no longer able to garden. If anyone has a green thumb and would be interested in coordinating our gardening efforts, looking at a simple watering option and pulling the occasional weed, please telephone Lara 0402 409 076.



FOOD FOR THOUGHT

Carrot and Courgette Croquettes

75g carrot, peeled
75g courgette, trimmed
1 medium onion, peeled
2 tblsp lightly beaten egg
75g potato, peeled
2 tblsp plain flour
3 tblsp ground almonds
salt and pepper - veg oil for frying

Grate the carrot, courgette, potato and onion. Put into sieve and squeeze out the excess moisture. Put the veg in a bowl and mix with the almonds, flour and egg. Season to taste. Using your hands, form into 6 rissoles and saute in vegetable oil until golden on both sides and cooked through.

recipe contributed by Amy Wed 1

2006 FEES DUE

Fees for 2006 are \$85 per member which includes membership to Playgroup NSW, the Eastern Suburbs Zone and to North Bondi Playgroup. Please note all memberships are due now. Members are allowed up to two visits before being required to join. 2006 membership forms are available at Playgroup. Part time memberships are available for those who won't attend regularly; please ask your session leader.

MARCH - A GOOD TIME TO DETOX!

Saimaa Khan - Naturopath/Director of the Last Resort writes about her organic day spa across from our Playgroup

A good detox twice a year (ideally in spring and autumn) will make a huge difference in terms of health and wellbeing, positive mood and keep chronic illnesses at bay. Summer is coming to an end, and along with it all the festivities. Autumn is a great time to detox, getting the body ready for the winter period where the body needs nurturing. However, if you are pregnant or breastfeeding you should not detox as your body has other priorities. Moreover, if you have blood sugar imbalances caused by diabetes or eating disorders, you would need to be strictly supervised by a naturopath while detoxing, and would have your diet specially adapted.

Detox Tips:

1. Drink plenty of pure water.
2. Start the day with a teaspoon of apple cider vinegar in a glass of warm water to alkalise the body.
3. Eat plenty of fruit, vegetables (especially from the brassica family) and wholegrains such as oats and brown rice.
4. Get lots of sunshine.
5. Sweat through exercise, saunas and baths
6. Colon hydrotherapy can help you rid yourself of accumulated release tension and increase blood circulation and lymph flow, thus supporting the natural release of toxins.
7. Massage allows you to release tension and increase blood circulation and lymph flow, thus supporting the natural release of toxins.

Yours in Health & Wellbeing,
Saimaa Khan

WAVERLEY IS LOOKING AT UPDATING BONDI PLAYGROUND

Waverley Council are about to make changes to the kids' play area to the north of the pavilion. Waverley are asking parents in the area what improvements they would like to see. Have your say on the improvements to the playground facilities in Waverley - complete the Bondi Park Playground and Picnic Area Survey at waverley.nsw.gov.au or a hard copy in at the Playgroup room and you can attend the Council forum on 4 March - more info on Waverley website or phone Annette 9369 8217.

FROM THE EDITOR



Welcome to the first newsletter of the year! I hope you enjoy the read. Contribute your articles and ideas to our newsletter. Contact me on 0412 971 793 or mel@isn.com.au

MARCH SPECIAL!

THE LAST RESORT IS OFFERING A SPECIAL TO HELP KICK START YOUR DETOX FOR PLAYGROUP MEMBERS ONLY.

Enjoy a Complimentary foot massage (valued at \$50) with every colon hydrotherapy treatment booked.

Valid to 31st March 2006,

Conditions apply. Please present this voucher or Playgroup Express Newsletter.

Bookings essential phone 93006033

NEW TREASURER

A big welcome to our new Treasurer, Louise Kelly from Friday 2 who has kindly put her hand up to look after playgroup money for this year after Michelle Gellar retires from two years at the position. A big welcome and thank you to Louise taking on this important job.

CONTACT YOUR PLAYGROUP COMMITTEE!

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|-----------------------|----------------------|------------------------|--|
| COORDINATOR | Lara Stephen | 0402 409 076 | lara@larastephen.com |
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| FUNDDRAISING | IS THIS YOU?? | | |
| CRAFTS AND PURCHASING | Margaret Stewart | 0422 507 300 | margarets@smartchat.com.au |
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