

# GLOW NEWS

THE OFFICIAL NEWSLETTER OF GLOW NEIGHBOURHOOD GROUP



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## OVERWATERING IS THE BIG KILLER!

BY PLANT SWAP WICKHAM

Spring is here!

When watering your indoor plants ensure that you are always checking your soil beforehand. You can simply place your finger in the soil and feel if it is damp, if it is damp most indoor plants do not require further water.

## NEXT GLOW MEETUP

BY GLOW

You will find us at the 'Spring Fling' on Sunday September 8th.

This event is being held at The Lass O'Gowrie Hotel which is on Railway Street in Wickham.

Event starts at 12pm with plenty of activities for the whole family into the afternoon. See you there! More info on final page.



# NEW IN TOWN - THE OM ROOM

## BY THE EDITOR

Yoga & meditation space 'The Om Room' located in **Wickham Street** opened in mid-August.

There are traditionally eight limbs of yoga. In our Newcastle Yoga Studio, we focus on all areas but primarily asana (postures), pranayama (breathing), dharana (concentration) and dhyani (meditation).

The teachings of yoga are a physical and

philosophical practice which focus on developing one's spiritual wellbeing in conjunction with physical and mental health. There is nothing complicated, unattainable or mystical- it aims to provide a simple and holistic practice that creates a greater connection to one's everyday life.

The word Om is a mantra, said to be the sound of the universe. Somehow, ancient yogis know what scientists today are

telling us- everything that exists pulsates and creates a rhythmic vibration. Chanting 'Om' allows us to recognise our connection with the subtleties of the universe around us.

We love Yoga and we love Newcastle. We want to bring peaceful, but vibrant and fun yoga to the Wickham and Newcastle community – including Hot Yoga, Dog Yoga, and the practice of deep Meditation. Come join us!



## NEW IN TOWN PROPERTY HUB ON THROSBY

### BY THE EDITOR

As the strata living increases, the commercial side to Wickham grows. As the town grows and changes, so will the business's within.

We have some old and many new businesses scattered throughout our beautiful streets. This month we would love to introduce our readers to a new business hub on Throsby Street.

The hub located at **1/29 Throsby Street** contains three small business's, these being Insync Property, Inspectrite and Skyline Contracting.

Insync Property is a property management business ran by the wonderful Jennifer Fitness. Jennifer predominantly looks after rental properties within the 10km radius of their Wickham office.

You will find Jennifer within the office Monday to Thursday during business hours.

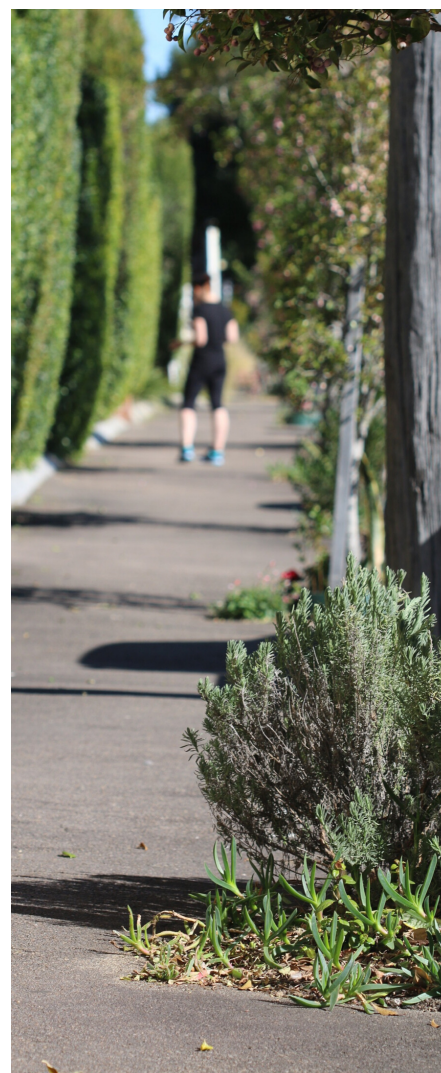
Inspectrite complete pre-purchase building inspections for those who are looking to purchase property. Inspectrite will assist you to find piece of mind when purchasing your next property. You can find the lovely Lou in the office drafting the reports Monday to Friday during business hours.

**“ WE LOVE BEING BASED IN WICKHAM, THE GROWTH IN THIS AREA IS INCREDIBLE. ITS THE PERFECT LOCATION FOR OUR PROPERTY HUB!**

Skyline Contracting assist with all things property maintenance specialising in three main disciplines; cleaning, grounds maintenance and handyman. David Kent is in and out of the office Monday to Friday during business hours.

“

**THE WORD YOGA ORIGINATED FROM THE SANSKRIT WORD YUJ, WHICH MEANS TO BIND.**



## LOCAL EVENTS:

**Trouble at The Lass:** (band)  
When: September 7th, 7-11pm  
Where: The Lass Hotel  
Cost: Free

**RANN Fundraiser  
Annual Trivia Night:**  
When: September 14th, 6pm  
Where: The Croation Sports Club  
Cost: \$20 full price, \$10 concession  
Buy your tickets before September 8th!

**Olivia Kolo Acoustic Jukebox:**  
When: September 20th, 10.00am  
Where: Happy Kitchen  
Full buffet brekkie available!

**Bucky Ball:**  
When: September 27th, 6.30pm  
Where: The Marina function area  
Cost: \$85  
Buy your tickets before September 11th.

## WEEKLY HAPPENINGS:

**Trivia at the Albion Hotel:**  
When: Every Wednesday at 7pm  
Where: The Albion Hotel  
Cost: Free

**Trivia at the Yacht Club:**  
When: Every Tuesday at 7pm  
Where: The Newcastle Cruising Yacht Club  
Cost: Free

## CATCH THE LIGHT RAIL TO:

**The Olive Tree Market:**  
When: September 7th  
Where: Civic Park, from 9am  
Cost: Free

Would you like your event listed?  
Email [info@glow.org.au](mailto:info@glow.org.au) with details  
or Call Lyn 0412 170 569

# WARM QUINOA, SWEET POTATO AND KALE SALAD

NOTENOUGH CINNIMON.COM

### Ingredients

1/2 tbsp extra virgin olive oil  
1 medium/large sweet potato peeled, chopped  
1 tsp sweet paprika  
1 tbsp pure maple syrup  
3 packed cups kale stems removed, chopped  
3 cups cooked quinoa or 1 1/2 cups uncooked quinoa  
3 cups vegetable or chicken stock or water (only if you're using uncooked quinoa)  
1/4 cup red onion chopped  
1 cup fresh pomegranate arils

### Dressing

1/4 cup fresh orange juice from about 1-2 oranges  
1 tbsp extra virgin olive oil  
freshly cracked pepper  
sea salt

1- If you don't have cooked quinoa, start with that. Place quinoa in a fine-mesh strainer and rise thoroughly with cool

water for at least 2 minutes. Drain. Rinsing quinoa before cooking will remove its natural bitter or soapy taste.

2- Transfer to a saucepan, cover with stock, cover with a lid and bring to a boil. Reduce heat and cook for 15 minutes on the lowest setting. Turn off the heat and let stand covered for 5 minutes. Fluff with a fork and set aside.

3- Heat olive oil in a non-stick skillet. Add sweet potatoes and paprika. Season with sea salt and freshly cracked pepper, to taste. Stir to cover the sweet potatoes with the spice.

4- Cook on medium heat until brown on the outside and soft on the inside, about 10 minutes. When they are almost ready, stir in maple syrup and finish cooking. Add kale and cook until wilted, about 5 minutes.

5- Add 3 cups of cooked quinoa, stir and cook until warm. Turn off the heat and add onion and pomegranate.

6- In a small bowl, whisk together orange juice and olive oil. Season with sea salt and freshly cracked pepper, to taste. Drizzle over warm salad, toss and serve immediately.



## DID YOU KNOW?

**HISTORY:** Wickham was a Misspelling of Whickham, a suburb of Newcastle upon Tyne in the north of England and means village by the creek.

Wickham was proclaimed a Municipality in the NSW Government Gazette, 27 February 1871, largely by the efforts of James Hannell, who became Wickham's first mayor.

**GLOW:** Is a neighbourhood group formed by residents of the Wickham and Throsby Village areas.

GLOW was formed in 1994 with the aim to embrace the local beauty and improve our spectacular neighbourhood on the harbour.

The next GLOW meeting is 14th November. All welcome.

**COMING SOON:** Stay tuned for our October newsletter with something for everyone! Some of the planned additions will be a local business directory and articles on local happenings.

Would you like to volunteer writing articles for GLOW News? Get in contact with us on 0424 813 331 or [info@glow.org.au](mailto:info@glow.org.au) - we would love to have you!

# GLOW HAS A NEW WEBSITE!

## BY THE EDITOR

Hey- did you know that we are out of the dark ages? Our new website is ready to go!

You will be able to find information about the neighbourhood, future events, purchase event tickets, find local businesses and read blog posts plus much more via the website.

visit [glow.org.au](http://glow.org.au) and take a look!

## Are you a local business?

Please get in touch! The businesses directory section is very small at the moment but we are ready to list your business.

email details to [info@glow.org.au](mailto:info@glow.org.au).



## A DOCTOR ON OUR DOORSTEP!

### BY THE EDITOR

Did you know we have our very own local doctor?

You can find Wickham Clinic on **Charles Street** in Wickham- right near Coffee & Keys Cafe.

Wickham Clinic offer general and specialised medical services which encompass the general practice, skin care specialist and psychology facilities.

'We are a team that have a wide diversity of clinical skills and interests, and when we bring these together at Wickham Clinic to create a professional group that can provide our community with exceptional Care.

We look forward to helping you become a healthier you.'

Current opening hours: Tue-Thur 9.30am-6.00pm.

## WATER RESTRICTIONS COMMENCE SEPTEMBER 16

### GENERAL INFORMATION

Water restrictions will be introduced in Newcastle and Lake Macquarie for the first time in 25 years in response to the state's worst drought on record.

Level one water restrictions will be in effect across the entire Lower Hunter area from September 16.

What does level one restrictions mean?

- Outdoor watering is permitted before 10am or after 4pm with a trigger nozzle hose
- All hand held hoses must have a trigger nozzle
- No hosing of hard surfaces such as concrete, paths and driveways
- All vehicles should be washed with a bucket, trigger nozzle hose or pressure cleaner
- No sprinklers are to be used

## GLOW NEIGHBOURHOOD GROUP:

### SHAPING THE GROWTH OF WICKHAM FOR THE POPULATION WITHIN

# WICKHAM MUMS & BUBS

BY THE EDITOR

A new social group for mums (& dads) to get together.

Children play while parents chat!

First meet up is happening at 4.00pm at the Lass's Spring Fling Event. *Details on first page.*

Look out for a full article in the next GLOW News.



my house and moved in with my sister while it was being built.

I have now been living in my 2 bedroom/2 bathroom unit in "The Edge" in Throsby Street, Wickham for 18 months and absolutely love it.

I bought a pushbike. Having not ridden a bike in over 20 years I can now ride to Nobbys Beach for a swim or just a leisurely Sunday afternoon ride around Throsby Creek.

I have met some wonderful people who are passionate about their suburb and I can see myself living a very long and happy life in my unit in Wickham.

I still have to pinch myself sometimes that this is where I live.



## OUR NEW NEWSLETTER

BY GLOW

We are guessing that if your reading this you are just finishing up reading our September newsletter. Thanks!

Its been a little over a year since our last newsletter was published but from here on out you can count on finding our newsletter in your letterbox on the first Monday of each month.

We look forward to assisting local business growth as well as social growth for the people of Wickham.

Our aim is to showcase the great lifestyle of Wickham and promote activity among our spectacular neighbourhood.

We are always looking for business's to work with or people/ events to write about, please do not hesitate to get in touch if you have a story for us!

So thanks for reading & we look forward to seeing you in the future at one of our GLOW meetups!

## FROM SUBURBIA TO UNIT LIVING

BY ROBYN

It was always a plan of mine to downsize from my 3 bedroom home in Elemore Vale to a unit and hoped it would be near the harbour and city beaches as my friend and I walk each afternoon after work along the harbour to Nobbys Beach.

As it happened my friend saw an advertisement for a unit development and next thing I had put down a deposit, sold

## WOULD YOU LIKE TO SEE A GROCER IN WICKHAM?

We need your help! A local business has approached us with the thought of expanding to offer a grocery section.

We have been asked, what items would you grab on a daily or weekly basis if you has a grocery store that is walking distance?

Please share your feedback by returning this section to us **PO box 122 Wickham** or **info@glow.org.au**. Thank you!

Please tick:

- Milk
- Eggs
- Fresh baked goods
- Bread
- Deli
- Long life goods
- Fruit & Veg
- Fresh to eat home cooked meals
- Snacks

Other/ your comments:

# Spring fling

Come along with the whole family to celebrate the coming of Spring.

- Hot Dogs and Popcorn for the kids
- Food and Drink specials from the easy and Lass O' Gowrie Hotel
- Live Entertainment for kids and adults
- Games in the Garden for all ages

Where:  
Lass O' Gowrie Hotel

When:  
Sunday September 8,  
Noon until evening

## CHRISTMAS LIGHT COMPETITION

### BY GLOW

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Just search 'GLOW'