

LONGBEACH PLACE COMMUNITY NEWS

September 2021
Issue 3



LOCKDOWN ENTRIES!

We thought it might be a good idea to try and connect with each other by sending in (via email) your stories, pictures, photos... anything that shows what this community means to YOU! It might be something positive or unexpected that has come out of Covid lockdowns, it might be a funny story or a historical piece about a person or place in our community, it might be a picture of something kind-hearted you saw in the street, some encouraging words for those doing it tougher than yourself, a 'how to' guide about something, a drawing you did, a picture of your garden, some craft you made (or the story behind it, or how you learned that craft) or maybe it's a love letter to someone, or a letter to your neighbour...the opportunities are endless!

We'd like to make a little 'ode to Chelsea'...maybe you could send in your ideas for a title...something like 'Longbeach Loves...3196' or 'A chat with Chelsea'...

Let's see how many entries we can tally-it can be anonymous or have your name on it.

The memories are what matter, in this strange time we're living through. We'd love to learn more about you all!

So, email or send in your entries-nothing is too small, to:

reception@longbeachplace.org.au and we'll keep you posted!

B.M.T 2021-REFLECTION

It seems like so long ago but we had a wonderful turn out for our Biggest Morning Tea in July. Our morning tea was generously supplied by the community-minded **Bakers Delight Chelsea** and enjoyed by our members and new visitors alike.

We played the 'Cup & Saucer' game (much like heads and tails) and everyone supported our fundraising by purchasing a teacup with a corresponding number on our poster and our winner received \$50, with the other \$50 donated to the Cancer Council.

Most people's lives have been touched by cancer in some way so it felt great to get together to support such a worthy cause, meet new people and to have a bit of fun and we raised \$160 for the Cancer Council. Give yourselves a big pat on the back!

AN INTERVIEW WITH...



Candice O'Neill-our GC committee Vice President
What is your background? I currently work at Deakin University in teaching support, I've been a project consultant, working with Beyond Blue and Maroondah City Council, and I was a corporate travel coordinator for 15 years. I grew up in Upper Beaconsfield and my pet dog is an 8 year old red toy cavoodle!

What do you love about volunteering at LBP? I enjoy assisting Mirelle with the EAL class, empowering students to develop their communication skills, whilst also having fun-the students are so lovely and welcoming.

How do you inspire people? I try to create safe and enjoyable environments, where people can express who they are, their own opinion-we need to embrace our differences, respect each other and be kind.

What's the mantra you live by? If you're going to do something, do it properly!

SNAPSHOT...BIGGEST MORNING TEA



EVENTS

OCTOBER

Look out for our Seniors Week activities!
Theme: Laughter!!

Seniors Week celebrates and honours seniors throughout Victoria and includes events, activities and entertainment, at very low cost or for free, with free public transport throughout the festival.



RECIPE

Costanza's RISOTTO WITH MUSHROOMS

Preparation: 1 hour

Serves: 4

Ingredients:

600 gm rice

500 gm mushrooms

15 ml. oil

100 gm grated cheese "Parmigiano Reggiano"

1 onion, chopped

5 gm pepper

2 litres vegetable broth

rosemary for garnish

salt to taste.



Method:

Put oil, chopped onion, pepper and salt in the pot and fry. Then add rice and vegetable broth and stir for 15 minutes and continue to stir until cooked.

Then add grated cheese and garnish with rosemary.

Serve piping hot in a bowl.

GROUPS & COURSES @ LBP



- Morning Tea
- Yoga
- Armchair travel
- EAL
- Keyboard (piano)
- Pilates
- Walk 'n Talk
- Art group
- Zumba
- Xero
- Music therapy
- Computers
- Karate
- Craft
- Book group
- Tai Chi
- PC support group

Longbeach Place is looking for volunteers for the following groups:
Keyboard
Tai Chi-daytime classes
Art therapy-all ability adults
Mindfulness
Governance Committee members (expert at minute taking)!
Please call us on 9776 1386 if you're interested.



JOKES

Police Pull Over a Teenager

Police: Where do you live?
Teenager: With my parents
Police: Where do your parents live?
Teenager: With me
Police: Where do you all live?
Teenager: Together
Police: Where is your house?
Teenager: Next to my neighbours house
Police: Where is your neighbours house?
Teenager: If I tell you, you won't believe me.
Police: Tell me
Teenager: Next to my house.

Please send in your jokes to:
reception@longbeachplace.org.au



The 'One Billion Stars' project is underway, though unfortunately the workshop we had planned had to be postponed due to Covid. We are trying to have some kits sent out so please let us know if you are interested.



WE understand how difficult it may be to pay for your energy bills. WE can help you apply for the \$250 energy saving bonus! Check your eligibility and RSVP.

DATE TO BE ANNOUNCED

DOORS OPEN FROM 10AM-2PM - EVERYONE WELCOME

Free Entry Free Parking Light Refreshments

15 Chelsea Road, Chelsea 3196
RSVP ON OUR FACEBOOK PAGE or CONTACT 9772 8939
EMAIL YVONNEM@CHELSEA.ORG.AU

NETWORK INFORMATION

Helping our local schools

The team at the Chelsea Men's Shed were recently asked to build some giant (oversized) toys for the children at Edithvale Primary School.

We ended up creating 3 toys. A noughts and crosses board, a Connect 4 puzzle and a Jenga set.

These have been delivered and the kids are having a great time with them. We have since been asked by the Patterson Lakes Primary school to make some toys for them.

Come and join us at the shed, lots of fun to be had. Call us on: 0408119576.



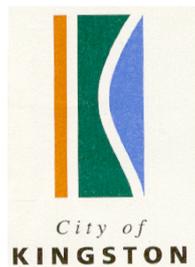
Kingston Living Library Project – Your Story Starts Here

Kingston Libraries is looking for seniors in our community with funny, interesting, and inspiring stories to tell.

If you know someone who would be willing to tell their story for up to 15 minutes, and be video recorded for posterity, let them know! Once recorded, the 'living library books' will be featured on Kingston LibraryTube.

This pilot project is designed to promote understanding, break down prejudice and embrace senior members of our community by valuing their history and culture. It is inspired by the Human Library© concept started in Copenhagen twenty years ago.

The project will culminate in a launch event later in the year and some live storytelling by the participants with a q & a session. Please contact Kingston Libraries on 1300 135 668 or email library@kingston.vic.gov.au and a form will be sent to you to fill out. Thank you for assisting Kingston Libraries with reaching out to the community in this way – your contribution will be invaluable.



CONTACT

Longbeach PLACE inc.
15 Chelsea Road, Chelsea 3196
Phone: 9776 1386
Email: reception@longbeachplace.org.au
Website: www.longbeachplace.org.au