

LONGBEACH PLACE COMMUNITY NEWS

June 2021
Issue 2



MEET OUR COMMITTEE!

We'd like to introduce our two new committee members at LBP:

Candice O'Neill and Kim Spillman



Our existing committee members are:

President - Chris Ewin

Vice president - Candice O'Neill

Secretary - Chris Ewin

Treasurer - Kim Spillman

General members - Anna Wonneberger
and Sandra Wearne

Our committee were thanked for their service at our AGM on 27th June and we look forward to a great year ahead.

OPEN DAY 2021-REFLECTION

Our ODT 2021 was a huge success and we'd like to thank all of you who attended. Community spirit was strong and the sun was shining!!

Our sausage sizzle was popular, as was the roaming quarter organised by the Chelsea library 'The Jackson Combo', bringing great tunes and fun times around the carpark.

The presentation by 'Three sides of the coin' about gambling harm was informative and all of our group facilitators who ran classes on the day were excellent.

If you have any feedback we'd love to hear it, via email @ reception@longbeachplace.org.au.

See photos on page 2...



AN INTERVIEW WITH...

Beth Stanley-one of our craft facilitators!

What is your background? I'm from Manila and was an architect but when I came to Australia I worked in various public service Departments: Housing, Employment & Immigration. I worked for them for about 26 years!

Why Community? And what do you love about working at LBP? I always planned to do some volunteer work after retirement so I joined Probus, Central Bayside and Longbeach Place. LBP is like a little community, the staff are warm and friendly and so are the participants.

What do you do for fun? I love cruising around the world. My husband and I discovered cruising in 2011 and it gave us cruise fever! I will hopefully continue this passion when the Covid pandemic is over.

What do you like about living in Chelsea? My (late) husband and I moved here in 2010. I love the beach & the fresh air and seeing the water every day makes me feel like I'm halfway to being on a cruise!

What is the mantra you live by? Be positive, be truthful and do good to others.

EVENTS

JULY



Tuesday 13th - Biggest Morning Tea

We will once again be supporting this important event and ask you to bring a gold coin donation to support our fundraising efforts.

Join us for some fun and games and, of course, a yummy morning tea at 11am!

Huge thanks to Chelsea Bakers Delight for their ongoing support and donations.

See our website for more details.

SEPTEMBER

Look out for our 'Adult Learners Week' activities on our website: www.longbeachplace.org.au

ACTIVITY SNAPSHOT...OPEN DAY TRAIL



Community



RECIPE

Thanks to our EAL group for this lovely recipe!!

Silvia's Romanian chicken soup

Prep: 1 hour: Serves: 6 people

Ingredients:

- 1.300gm pasta
- 2.500gm chicken bone
- 3.1 onion, diced
- 4.2 carrots, sliced
- 5.3 litres water
6. 1 turnip sliced
7. 5gm of parsley
8. Salt and pepper

Method:

First, put the water in a 4 litre pot and put it on medium heat. Then wash the meat, put it in the pot and let it boil for 30 minutes. Strain the meat from the soup (keep warm) and add the onion, carrot & turnip to the liquid and boil again for 20 minutes. Remove the vegetables and put the pasta in the soup and let it boil for 5 minutes. Add salt and pepper to taste. Add meat and vegetables back into soup and warm though, then sprinkle parsley on top.

poftă bună! (Bon Appétit in Romanian)



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

What do dentists call their x-rays?

Their tooth pics!

Do you want to hear a construction joke?

Sorry, I'm still working on it.

Why should you never trust stairs?

They're always up to something!

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

Thank you!



Thankyou to Mei for making the lovely herb bags (made from the herbs in our very own garden!) that we gave away at our Open day in May.

NETWORK INFORMATION

Chelsea Community Support Services are planning to run a workshop called 'Money Matters' at LBP in Term 3. They will help people with financial literacy, there will be morning tea provided and a Woolworths voucher upon completion. To register your interest please call Chantelle on 9772 8939 or email: manager@chelsea.org.au

'One Billion Stars' project

LBP is currently involved with other local City of Kingston community centres to help end violence. If you would like to be involved in folding the paper stars, please join our craft group at 10am on Fridays in Term 3/4. Materials supplied.



An update from **NHVic**, in partnership with **Good Shepherd**:

The PSB (Power Saving Bonus) is now available to any household with a person who holds a pensioner concession card or receives JobSeeker, Austudy, Abstudy or Youth Allowance. It provides a one-off \$250 payment to assist vulnerable Victorians with the cost of living during the pandemic.

<https://compare.energy.vic.gov.au/>

LBP HOUSEKEEPING

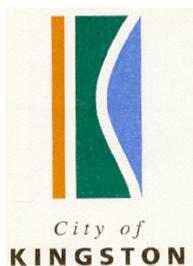
Please remember to be Covid safe and wipe down all tables and chairs after every use. There are cleaning supplies/gloves in the filing cabinet next to the photocopier for all groups to use.

We need to stay 1.5 metres apart at all times and we still have room restrictions in place for that reason. Please check room allowances before booking.

Please close all windows after packing up your room.

We are not open on Public Holidays and most of our groups do not run during school holidays.

Our office hours on school holidays are: Tuesday/Wednesday/Thursday between 10am and 1pm.



CONTACT

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