

Mansfield Adult Continuing Education



# Community Connect 55

Issue No. 17 | December



## Tree of Thanks

Activities of gratitude  
this holiday season



Page 10

## In this edition...

- Editor's Letter
- Holiday Poem
- COVID-19 Digital Certificate
- Age-Friendly Projects Update
- Get to Know Your Team
- Community News
- Health & Wellness Tips
- Fun & Facts



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# From the Editor

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**Hello readers!**

It is my pleasure to bring you issue 17 of this newsletter, and to welcome in the holiday season!

We have many reasons to be joyful this year. We are able to move freely, without restrictions, and visit our loved ones. Whether you celebrate Christmas, or Hanukkah, or Diwali, or Kwanzaa, or any other wonderful celebratory tradition, this is a special time of year to remember what we are truly grateful for,

Have you begun to hear the sound of carols floating through the streets? Noticed the window displays spreading cheer to our community? What a wonderful time of year to notice and appreciate the good things in our world.

I will be taking time over January to be with my family and loved ones, and hope you can do the same. Our next edition will arrive in February.

We wish you peace, love, and joy for this holiday season.

Bonnie



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## MACE

Mansfield Adult Continuing Education Enabling Communities Program welcomes newsletter content of interest for our diverse group of over 55s.

**Editor Bonnie Clark**  
[project.officer@mace.vic.edu.au](mailto:project.officer@mace.vic.edu.au)  
Phone MACE on 5775 2077



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# An Aussie Christmas

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We sing of jingle bells and snow,  
of warm red suits and ho ho ho;  
but none of this is quite the way  
when it is Christmas here below.

Downunder in good old Ausieland  
it's time for sun and surf and sand.  
It's hot, not cold, it's summertime  
and summer treats are in demand.

Hard work for reindeer in this heat.  
Hot roofs would burn their tender feet  
and racing through the summer skies  
would soon leave them feeling beat.

And as for Santa in fur and such:  
he'd soon feel overdressed a touch.

Being snug and warm  
in blistering heat  
isn't likely to impress him much.

He also needs roos for the job  
of sleigh-pulling; an Aussie mob  
to get him moving all around  
from Sydney town to Iron Knob.

His suit, too, needs an overthrow:  
a new outfit, from head to toe.

Some boardies, a singlet  
and some thongs  
would seem to be the way to go.



So let's not sing of snow and ice,  
instead I'll give you this advice:  
roos, utes and summer  
are the go  
for Christmas songs  
that sound real nice.

So ripper, bonza, beudy, strewth!  
Though you might think  
my song uncouth  
it's true blue and it's ridgy didge  
to sing a song that tells the truth.

Poem copyright Sally Murphy  
[sallymurphy.com.au](http://sallymurphy.com.au)



# COVID-19 Digital Certificate

## How do I access my COVID-19 digital vaccination certificate?

### 1. Create My Gov Account

[www.my.gov.au](http://www.my.gov.au)

Create an account (or login if you already have one).

You will need an active email address AND be able to access it during the set-up process. This is best done from a computer (rather than your phone). You will also need your phone close by – a login access code (set of 6 numbers) will be sent to your phone for account verification.

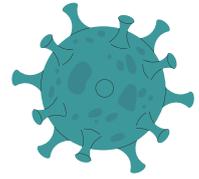
Make sure you record your login details for future reference.

Follow the instructions on the screen to prove your identity. You may need a passport or your Medicare card to do this step.

When you are set up, scroll down the page to “Link another service”.

#### Select Medicare

Follow the instructions. You will need to be able to enter details for all the people listed on your Medicare card (e.g. birth dates). Make sure that you have this information before you start!



### 2. Download Medicare app onto your phone

	Android	Apple
Download the Medicare app onto your phone	Go to Google Play Store > Search ‘Express Plus Medicare’ > Install	Go to Apple Apps Store > Search ‘Express Plus Medicare’ > Get > Install *Note – you may need your Apple ID password
Sign in	You will need your myGov login details for this step. A code will be sent to the mobile number that you used to set up your myGov account with.	
Immunisation History	Scroll down the page and click on ‘immunisation history’. Click on the green button that says ‘View COVID-19 digital certificate’	
Save certificate	Save offline – this allows for your certificate to appear as an app on your phone home screen	
Add to wallet ** See next page for details to add to your Services Victoria app**	Install <b>Google Pay</b> from the Google Play Store. Note you DO NOT have to add a credit card for this app to work for storing the certificate. Click on “Add to Google Pay”. Your digital certificate will be added to Google Pay for easy viewing.	Click on ‘ <b>Add to Apple Wallet</b> ’. If you use Apple Pay on your phone, your digital certificate will be added to the wallet for easy viewing.



# COVID-19 Digital Certificate

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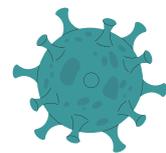
## Adding to Service Victoria App

This is the orange app on your phone that you use to check in at places of business. If you don't already have it, please download (Play Store or Apple Apps Store).

To add access to your vaccination certificate on your Services app, follow these steps:

- Login to your Medicare app on your phone
- Follow the link to "Proof of vaccinations"
- "View History"
- Scroll down and click on "Share with check in app"

Congratulations – you now have access to your COVID-19 digital vaccination certificate on your Services Victoria app.



## What if I don't use a smartphone to check in or don't have a MyGov account?

If you don't have a smartphone and / or don't have a MyGov account, you can request a hard copy of your vaccination statement from Services Australia on 1800 653 809, but it could take up to 14 days to get to you via the post.

If you have any questions, contact MACE on 5775 2077.



# Age-Friendly Community Update

## Leaders Wanted for Weight & Strength Program

Our Weight & Strength Program is growing in popularity, and we need more Volunteer Leaders!

Partnering with Mansfield & District Hospital, this program is ideal for community members who have limited movement or just want an activity that adds strength to their usual exercise routine. All Leaders are inducted into MACE as volunteers, are provided First Aid Training, and have access to the Active Ageing database of WASP units for their accreditation.

**Do you want to help over 55's gain more strength and flexibility?**

**Do you want to contribute to an Age-Friendly Community?**

**Do you have a spare few hours a week?**



Call MACE now on

5775 2077

or email

[projectofficer@mace.vic.edu.au](mailto:projectofficer@mace.vic.edu.au)



# THANKYOU

## to all volunteers!

December 5th is **International Volunteers Day**. This is an annual opportunity to recognise the tireless work our volunteers do.

We have a number of incredible volunteers that support our Age-Friendly Community & MACE Projects. And we know many of our readers volunteer in other areas in Mansfield.

We want to say we appreciate very much all the time and effort volunteers put in, to make our community a better place for everyone.



The Age-Friendly projects improve quality of life and assist people ageing in the best way they can.

For information: [www.mansfield.vic.gov.au](http://www.mansfield.vic.gov.au) and search 'age-friendly communities'

## RIDDLE

Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?



Answer on page 12





# Get To Know Your Team

## BIO

Name

Justine Shelton



Your role within the team

Library Coordinator

What is a fun fact about you?

I love to spend time camping down by the King River with my family.

What do you enjoy most about the program/work you do?

I love working with the Mansfield Library team - we all work hard and want the best for our community.

What is your specialty or passion in regard to your program/work?

Right now our focus is on the library refurbishment and creating the best ever space for our community.

What are your outside personal interests?

Looking after my family, growing vegetables and flowers (especially hollyhocks).

## HEALTH & WELLBEING

What strategies or tips would you like to share on how you manage the following aspects of your life?

Sleep

I think it is best to avoid going to sleep straight after looking at a screen.

Nutrition

I have been vegetarian since I was 14. Lots of different fruits and vegetables, herbs.

Movement

Choose forms of exercise you enjoy.

Stress Management

I like to walk to work each day to give myself time to think about the day ahead. If you are a worrier like me, remember that right now you are okay.



# Community News

## Community Bank Scholarships

Do you, or someone you know, need a little bit extra help to study? Perhaps a son or daughter, grandchild or niece/nephew? Our local Community Bank may be able to help! Scholarships are now open to assist students with the cost of study.

Head to

**[bendigobank.com.au/scholarships](http://bendigobank.com.au/scholarships)**

for more information.



**APPLY NOW**

Community Bank · Mansfield & District

## Need help with the costs of study?

The Scholarship program aims to assist academically motivated students from the Mansfield District, facing personal, medical, social, and/or financial circumstances that make it difficult to undertake further education.

Applications close Friday 21 January, 2022.

[bendigobank.com.au/scholarships](http://bendigobank.com.au/scholarships)



Community Enterprise Foundation™

Community Bank Scholarships will be funded from management accounts of the Community Enterprise Charitable Fund ABN 12 102 649 988 (the Fund), The Bendigo Centre, Bendigo VIC 3550. Sandhurst

## North East Multicultural Association (NEMA)

Mansfield Group are meeting with NEMA and our multicultural community for an end of year Picnic!

**Tuesday 14th Dec  
Botanic Park  
6:00pm**

Bring along a plate of food

Please note, the NEMA office will be closed from Thur 16th Dec 'til Sun 16th Jan 2022.

We have a new mobile number: 0477 995 306 and we may even have a new address shortly, so keep a lookout for more information.

**Just a reminder for those who have borrowed any BOOKS from NEMA they need to be returned by 6th Dec.**

## WHO AM I?

Both of my parents were devoted to serving the sick in fourth century Myra in Asia Minor, which today is known as Turkey.

After their deaths, I began delivering gifts anonymously to needy people.

I became a bishop at the young age of 30.

A congregation of nuns in France during the Middle Ages would send food and money to poor families and children, and when asked about the gifts, they'd say it was from me.

My legend has morphed into one of the most recognised figures in modern Christian Celebrations.

Initials SN

Answer on page 12



# Health & Wellness



MANSFIELD DISTRICT HOSPITAL

## WALK 'N' TALK



**WHAT**

We are a friendly group of people who walk together for our health. We enjoy a cuppa and a chat together after our walk.

**WHERE**

We leave from the Mansfield Library and meet back there for a cuppa afterwards. 2 Collopy Street, Mansfield.

**WHEN**

Every Tuesday morning at 10:00am, except public holidays.

**Cost: FREE**

**This group operates in a COVID-safe manner.**

MANSFIELD DISTRICT HOSPITAL

ALL PARTICIPANTS ARE REQUIRED TO COMPLETE A MEDICAL FORM PRIOR TO PARTICIPATION. CONTACT US ON 03 5775 8800 FOR MORE INFORMATION.

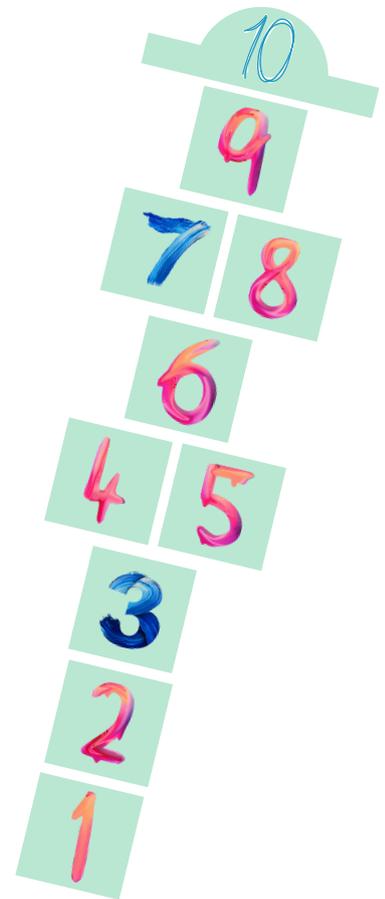
## Hopscotch Exercise!

Get 10 sheets of paper and write numbers 1-10 on each sheet. Lay sheets out on the floor in the shape of a hopscotch game. Great activity to do with the grandkids!

### Exercises

Step into number 1 and start!

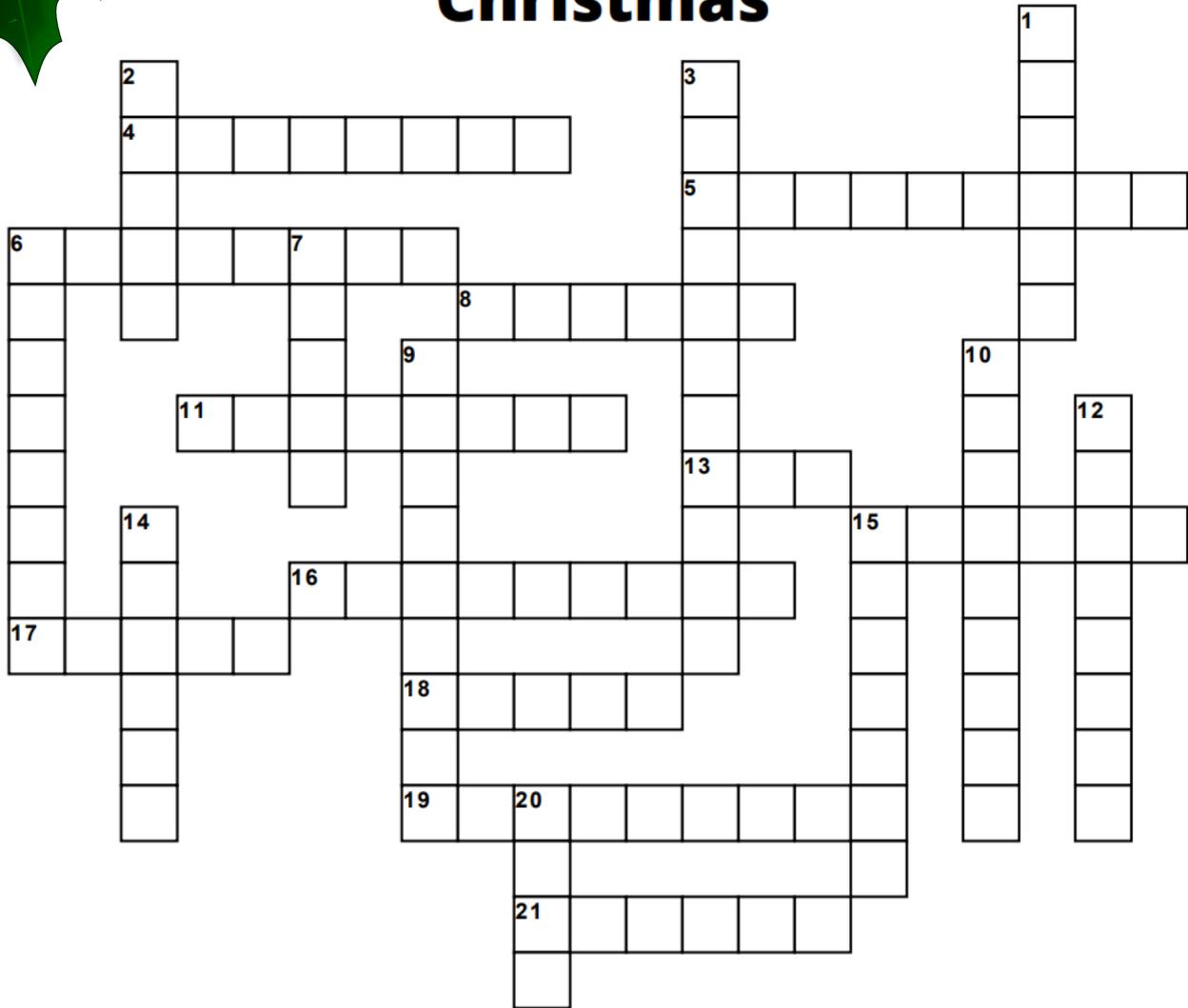
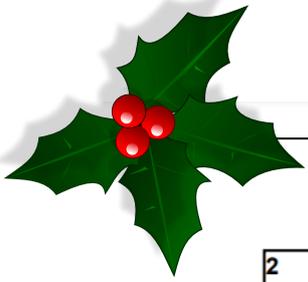
1. Raise your arms up above your head and have a good stretch, bring your arms out to the sides and bring your hands round in a circle so your hands rest in front of you. Do this for one minute.
2. Stretch one leg out in front of you and then your other leg, hold them for a count of 5 and let them slowly return to the starting position.
3. Punch your arms alternatively out in front of you for 3 punches, rest and then repeat 3 times.
4. March on the spot for 4 steps and then repeat 4 more times.
5. Do 5 bicep curls on each arm.
6. Try 6 can-can kicks on alternate legs (3 on each side)
7. Roll your shoulders forward for a count on 7 and then backwards for another count of 7.
8. March on the spot for 8 more steps, lifting your knees as high as you can.
9. Put your hands on your shoulders and straighten your arms out in front of you 9 times.
10. Clap 10 times as you lift your hands above your head and finish with a final stretch up and around in a circle until your hands rest on your lap.





# Time for some FUN!

## Christmas

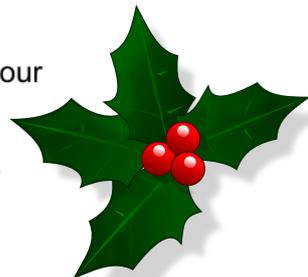


### Across

- 4 - The scene depicting the Christmas story (8)
- 5 - Where Santa lives (5, 4)
- 6 - Keeper of the flocks (8)
- 8 - Traditional meat for Christmas dinner (6)
- 11 - Another name for gifts (8)
- 13 - The colour of Rudolph the Reindeer's nose (3)
- 15 - Made of wax and shines brightly (6)
- 16 - One of the Three Wise Men (9)
- 17 - One of the Christmas colours (5)
- 18 - Evergreen with red berries (5)
- 19 - Stand underneath this to get a kiss (9)
- 21 - Open this calendar one day at a time (6)

### Down

- 1 - Christmas songs (6)
- 2 - Who announces the birth of Jesus (4)
- 3 - House made of sweet treats (11)
- 6 - Hang it up on Christmas eve (8)
- 7 - Little helpers (5)
- 9 - City where Jesus was born (9)
- 10 - Santa's favourite animals (9)
- 12 - The Christmas Season (8)
- 14 - Hang this on your door (6)
- 15 - Traditionally Santa gets into your house through this (7)
- 20 - Bright light in the night sky (4)





# Laugh & Craft

What do you call an obnoxious reindeer?



**Rude-olph**

Why did no one bid for Rudolph and Blitzen on eBay?

**Because they were two deer!**

What is the best Christmas present in the world?

**A broken drum, you just can't beat it!**

What goes "Oh, Oh, Oh"?

**Santa walking backwards!**

What do Santa's little helpers learn at school?

**The elf-abet!**



## Tree of Thanks

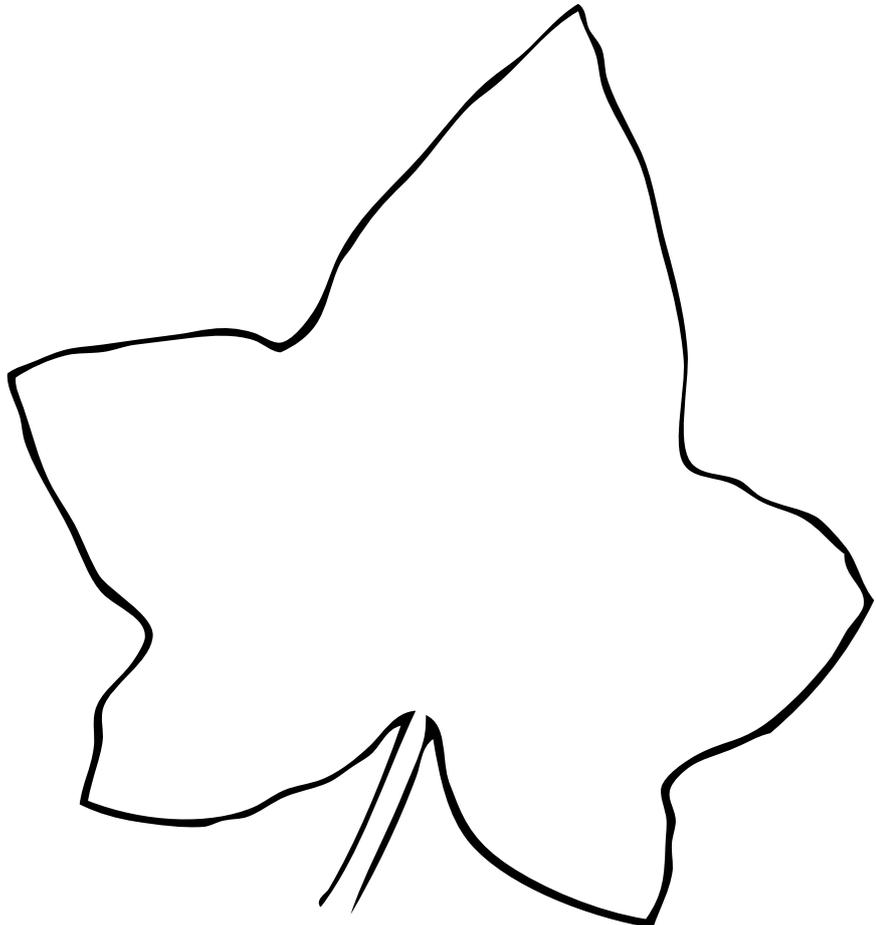
The holiday season is about spending time with those we love. A time to focus on joy and peace.

To practice being thankful this year, you can make a Tree of Thanks! When family and friends come to visit your home, they can take one of these cut out leaves, write what they are thankful for, and hang it on your Tree of Thanks.

Use the below template to copy leaves onto different paper.

Cut the leaves out.

Assign a wall or window in your house to be the 'tree' for the leaves to be hung. Or even better, hang them on your Christmas Tree!





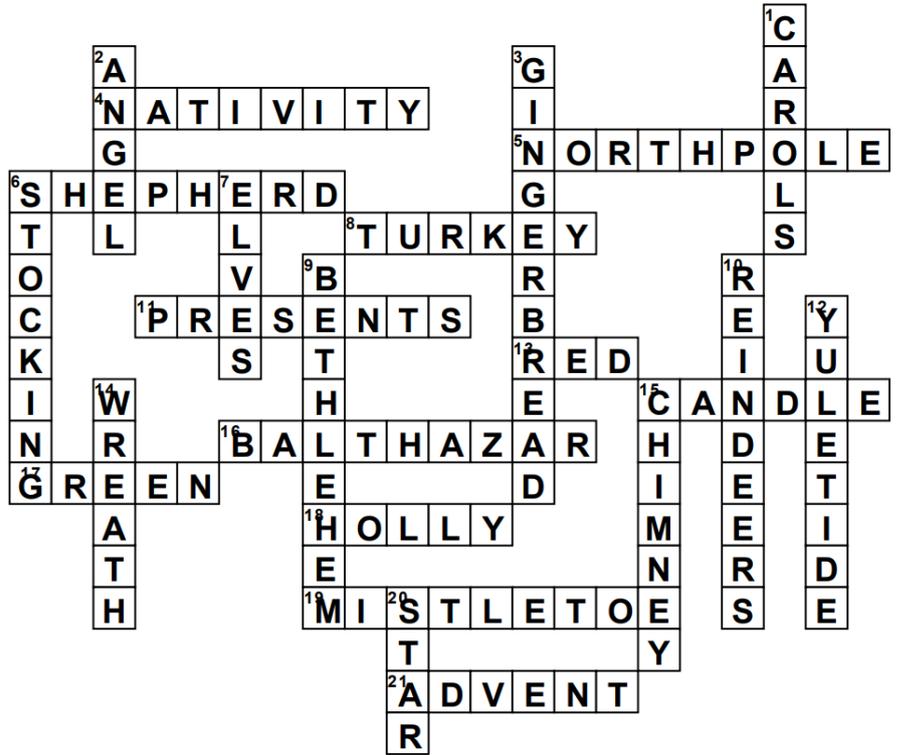
# Answers

## RIDDLE ANSWER

There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy and Mr. and Mrs. Mustard.

## WHO AM I?

Saint Nicholas



If you are in need of additional support, these services may be useful.

Emergency Ambulance		Phone: 000
Mansfield District Hospital		Phone: 5775 8800
Mansfield Shire Council, Coronavirus support line		Phone: 1800 672 243
Australian Department of Health	<a href="http://www.health.gov.au">www.health.gov.au</a>	Phone: 1800 020 080
My Aged Care	<a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>	Phone: 1800 200 422
Victorian Department of Health & Human Services	<a href="http://www.dhhs.gov.au">www.dhhs.gov.au</a>	Phone: 1800 675 398
Council on the Ageing COTA	<a href="http://www.cota.vic.gov">www.cota.vic.gov</a>	Phone: 1300 135 090
National Seniors Australia	<a href="http://www.nationalseniors.com.au">www.nationalseniors.com.au</a>	Phone: 1300 765 050
Dementia Australia Helpline	<a href="http://www.dementia.org.au">www.dementia.org.au</a>	Phone: 1800 100 500
Beyond Blue	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	Phone: 1300 224 636
Lifeline	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	Phone: 131 114
Scam Watch	<a href="http://www.scamwatch.gov.au">www.scamwatch.gov.au</a>	Phone: 1300 432 273
Stay Smart Online	<a href="http://www.staysmartonline.gov.au">www.staysmartonline.gov.au</a>	Phone: 1300 292 371

For up to date information on Coronavirus:

For Victorian updates: [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus) Phone: 1800 675 398

For national updates: [health.gov.au/news/latest-information-about-novel-coronavirus](http://health.gov.au/news/latest-information-about-novel-coronavirus)

For international updates: [who.int/westernpacific/emergencies/novel-coronavirus](http://who.int/westernpacific/emergencies/novel-coronavirus)

World Health Organisation resources: [who.int/health-topics/coronavirus](http://who.int/health-topics/coronavirus)

