

Mansfield Adult Community Education



Community Connect 55

Issue No. 28 | December 2022



Photo: Craig Bennie

16 Days of Activism

The Centre Against Violence Roadshow is coming to Mansfield



Read more on page 5

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- Happy Holidays
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- Recipe and DIY decorations
- Health & Wellness – for our furry friends!
- Have A Laugh

Community Christmas Picnic

Join other members of Mansfield Shire in a Community Christmas Picnic celebration!



Read more on page 5

From the Editor

The time has come to say goodbye! We welcome you to the final edition of the Community Connect 55 Newsletter, as delivered by Mansfield Adult Community Education.

This newsletter was first published in June 2020, as part of the 'Age-Friendly Communities' project delivered by Mansfield Shire Council. It was originally designed by, and delivered to, those in our community aged over 55, and aimed to keep us updated regarding services, programs, activities, and events within Mansfield Shire.

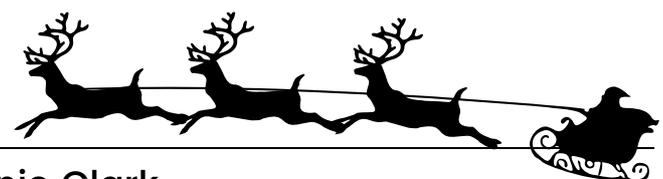
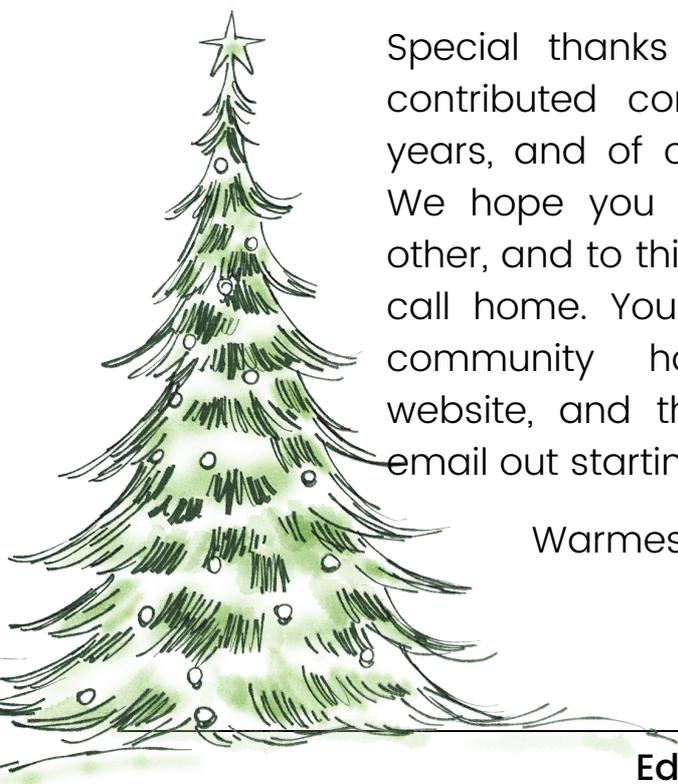
It has been an absolute pleasure collating this information for my community since August 2021. I would like to especially thank past editors, Elin Ree, and Bianca Hurle (nee Sheeran) for their work on the newsletter since its inception.



Special thanks to all those who have contributed content over the last two years, and of course to all our readers. We hope you stay connected to each other, and to this amazing community we call home. You can stay up to date with community happenings via MACE's website, and through our new monthly email out starting in 2023.

Warmest regards and well wishes.

Thank You



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Happy Holidays

Christmas is a time that seems to bring out the best in humanity, which famous poet Edgar Guest (1881-1959) captures in this poem. Christmas is a time of year that people are quicker to think of others above themselves, and they do not worry about the petty things that consume them throughout the year.

A man is at his finest
towards the finish of the year;
He is almost what he should be
when the Christmas season is here;
Then he's thinking more of others
than he's thought the months before,
And the laughter of his children
is a joy worth toiling for.
He is less a selfish creature than
at any other time;
When the Christmas spirit rules him
he comes close to the sublime.

When it's Christmas man is bigger
and is better in his part;
He is keener for the service
that is prompted by the heart.
All the petty thoughts and narrow
seem to vanish for awhile
And the true reward he's seeking
is the glory of a smile.
Then for others he is toiling and
somehow it seems to me
That at Christmas he is almost
what God wanted him to be.



If I had to paint a picture of a man
I think I'd wait
Till he'd fought his selfish battles
and had put aside his hate.
I'd not catch him at his labors
when his thoughts are all of pelf,
On the long days and the dreary
when he's striving for himself.
I'd not take him when he's sneering,
when he's scornful or depressed,
But I'd look for him at Christmas
when he's shining at his best.

Man is ever in a struggle
and he's oft misunderstood;
There are days the worst that's in him
is the master of the good,
But at Christmas kindness rules him
and he puts himself aside
And his petty hates are vanquished
and his heart is opened wide.
Oh, I don't know how to say it,
but somehow it seems to me
That at Christmas man is almost
what God sent him here to be.

Community News

The Produce Store Artisans Market

This fabulous evening market is an extraordinary shopping experience.

The Produce Store Artisan Market showcases local artisans and artists.

So many beautiful items to choose from, the market is so popular that we have added in a second market for 2022.

7 December, 4pm-7pm



RIDDLE me THIS

What time is it when an elephant sits on a fence?

Answer on page 10

WHO AM I

I am an award-winning actor, director and filmmaker who has received three Golden Globes, two Academy Awards, and a Tony Award.

I am known for my portrayal of iconic figures (real and fictional), including Rubin "Hurricane Carter" (for which I received an Oscar Nomination), Malcom X, Steve Biko, and Melvin Tolson.

When I was 14 years old, I was sent to Oakland Military Academy in New Windsor, New York. The decision to go there changed my life, because I wouldn't have survived on the path I was going down.

For two years in a row (2006, 2007), I was voted "America's Favorite Movie Star" in Harris Polls.

I was named People Magazine's "Sexiest Man Alive" in 1996. I remain the only black person to win the distinction to date.

Initials DW

Need a little boost
for Christmas
presents?

We can help
you claim your

**\$250
POWER
SAVING
BONUS**



Community News



Mansfield Community Christmas Picnic

Grab the blanket and BYO picnic hamper to join family and friends and celebrate the magic of Christmas.

Fabulous evening with live music from 5.30pm featuring the MAD Orchestra, kids entertainment, craft market and a visit from Santa approximately 7pm. Carols throughout the evening.

BYO picnic hamper or pre order take-away from local eateries or caterers.

15 December, 5.30pm - 8.30pm

16 DAYS OF ACTIVISM



Respect
Victoria

Preventing
Family
Violence

COMMUNITY ROADSHOW

Baranduda

Mansfield

Devenish

Rutherglen

Whitfield

16 Days of Activism Roadshow Coming to Mansfield

Come along for a cuppa and a chat to celebrate the 16 days of activism at our community roadshow.

These events will include a free community morning tea with a presentation from Hume Riverina Community Legal Service.

It is free to attend, and we invite everyone to come along.

Tuesday 13 December, 10am - 11.30am

Buckland Centre



Community News

EMPOWERING INDIVIDUALS
AND COMMUNITIES IN
RECOVERY



COMMUNICATING IN RECOVERY

Communicating in Recovery is an award-winning professional development workshop designed for people who need to communicate with individuals and communities in an emergency and during recovery.

This course covers recovery communications, feedback loops, identifying audiences, prioritising messages, communication methods and communicating with the media.

Participants will receive a best-practice guide which can be used as a reference following the training.

The guide and workshop are targeted and practical and can be applied to any type of emergency in any geographical area and used in large or small emergencies.

FREE TRAINING

Morning tea, Lunch & Afternoon Tea provided

 Wednesday, 14 December and Thursday, 15 December

 9am to 4.30pm

 Mansfield Adult Continuing Education - 145/147 High Street, Mansfield



SCAN CODE TO REGISTER OR CONTACT

JESSICA DAVISON

E: jdavison@redcross.org.au

Ph: 04339 634 601

Homemade Christmas Pudding



Method

STEP 1

Get everything for the pudding prepared. Chop the almonds coarsely. Peel, core and chop the cooking apples. Sharpen your knife and chop the candied peel. (You can chop the almonds and apples in a food processor, but the peel must be done by hand.) Grate three quarters of the nutmeg (sounds a lot but it's correct).

STEP 2

Mix the almonds, apples, candied peel, nutmeg, raisins, flour, breadcrumbs, light muscovado sugar, eggs and 2 tbsp brandy or cognac in a large bowl.

STEP 3

Holding the butter in its wrapper, grate a quarter of it into the bowl, then stir everything together. Repeat until all the butter is grated, then stir for 3-4 mins – the mixture is ready when it subsides slightly after each stir. Ask the family to stir too, and get everyone to make a wish.

STEP 4

Generously butter two 1.2 litre bowls and put a circle of baking parchment in the bottom of each. Pack in the pudding mixture. Cover with a double layer of baking parchment, pleating it to allow for expansion, then tie with string (keep the paper in place with a rubber band while tying). Trim off any excess paper.

STEP 5

Now stand each bowl on a large sheet of foil and bring the edges up over the top, then put another sheet of foil over the top and bring it down underneath to make a double package (this makes the puddings watertight). Tie with more string, and make a handle for easy lifting in and out of the pan. Watch our video to see how to tie up a pudding correctly.

Ingredients

For the pudding

50g blanched almonds
2 large cooking apples
200g box candied peel (in large pieces) or all citron if you can find it
1 whole nutmeg (you'll use three quarters of it)
1kg raisins
140g plain flour
100g soft fresh white breadcrumbs
100g sugar
3 large eggs

2 tbsp brandy or cognac
250g butter, taken straight from the fridge

For the brandy and ginger butter

175g unsalted butter, softened
grated zest of half an orange
5 tbsp icing sugar
4 tbsp brandy or cognac
2 pieces of stem ginger, finely chopped

STEP 6

Boil or oven steam the puddings for 8 hrs, topping up with water as necessary. Remove from the pans and leave to cool overnight. When cold, discard the messy wrappings and re-wrap in new baking parchment, foil and string. Store in a cool, dry place until Christmas.

STEP 7

To make the brandy butter, cream the butter with the orange zest and icing sugar. Gradually beat in the brandy or cognac and chopped stem ginger. Put in a small bowl, fork the top attractively and put in the fridge to set. The butter will keep for a week in the fridge, or it can be frozen for up to six weeks.

STEP 8

On Christmas Day, boil or oven steam for 1 hr. Unwrap and turn out. To flame, warm 3-4 tbsp brandy in a small pan, pour it over the pudding and set light to it.

sourced from www.bbcgoodfood.com

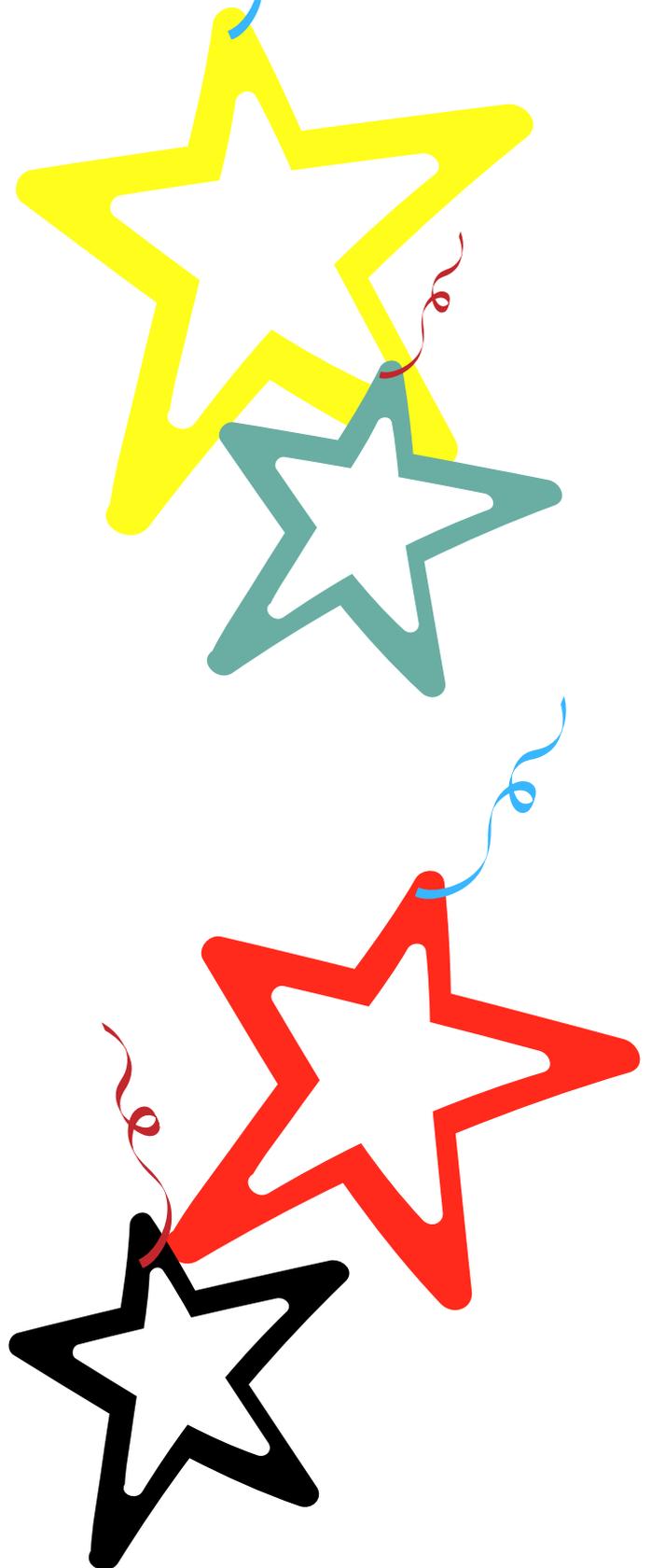
DIY Dangling Star Ornaments

Baking up a simple salt dough is a kid-friendly activity

- Mix 1 cup of salt, 2 cups of flour, and 3/4 cups of water Knead until mixed.

TIP: add different food colours to small batches for an array of colourful stars!

- Roll out dough and cut with star-shaped cookie cutters.
- Use a skewer to poke a hole in the top.
- Bake at 350° for 10 minutes.
- Hot glue decorative sequins, glitter, etc to decorate your star. You can also paint it! Thread ribbon through the hole to make it a beautiful hanging ornament.



Health & Wellness

With summer here, we need to be prepared for keeping ourselves nice and cool...and that goes for our doggo friends too! They often rely on us for assistance, so here's a few tips for our furry friends.

...FOR OUR FURRY FRIENDS



1. Provide plenty of fresh drinking water

Whether you're at the beach or sitting in your backyard, you should always have plenty of fresh, cold water for your dog. If you're out and about, before you go, you can fill and then freeze a dog bowl or ice cream container with a quarter of water. Once the bowl is frozen you can fill the rest up with water. This will make the water on the top nice and cool while the ice slowly melts at the bottom.

2. Water to play in

Playing in water can help to lower a dog's body temperature in the scorching summer heat. Your dog only needs to be in enough water to get their paws and belly wet.

3. Shade and a cool spot to lie down

Dogs will instinctively look for the coolest spot to lie down. And if there isn't one you can create shade by using portable sun shades, patio umbrellas and pop-up canopies. You could string up a tarp or cloth if needed too!

4. An ice pack, cooling mat or wet towel to lay on

This tip is as simple as it sounds. Offering an ice pack, cooling mat or a wet towel to your pet will help to lower their body temperature when it's hot outside.

5. Provide frozen chew toys

Chowing on a frozen toy or ice-block is a great way to both keep your dog cool, and entertained! Frozen dog treats, frozen Lickimats, treats in a Kong or a Chilly Penguin, even just straight up solid ice blocks are a great idea.

6. Avoid exercising on hot days

Make sure to assess the heat and humidity each day before taking your dog out for an activity. If it's hot, 30C with high humidity then it's best that you avoid any form of exercise with your dog.

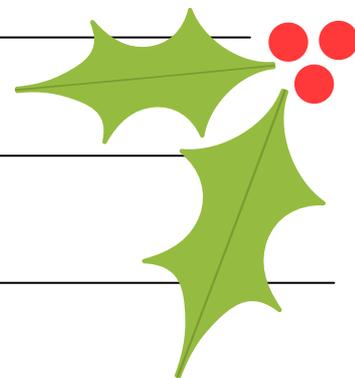
Even on a cooler day, you should also remember to check the temperature of the pavement before walking your dog. Asphalt can specifically get extremely hot in direct sun! A great way to check if the ground is too hot for your dog is by using your hand. If it's too hot for your hand then it'll be too hot for your dog's bare feet.

7. Never leave your dog in a parked car

Even on cooler days, the temperature inside a car can rise dangerously high!



Answers



WHO AM I?

Denzel Washington

RIDDLE

Time to fix the fence

Have a laugh!

Helicopter Ride

Walter took his wife Ethel to the state fair every year, and every time he would say to her, "Ethel, you know that I'd love to go for a ride in that helicopter." But Ethel would always reply, "I know that Walter, but that helicopter ride is 50 dollars and 50 dollars is 50 dollars."

Finally, they went to the fair, and Walter said to Ethel, "Ethel, you know I'm 87 years old now. If I don't ride that helicopter this year, I may never get another chance." Once again Ethel replied, "Walter, you know that helicopter is 50 dollars and 50 dollars is 50 dollars."

This time the helicopter pilot overheard the couple's conversation and said, "Listen folks, I'll make a deal with you. I'll take both of you for a ride; if you can both stay quiet for the entire ride and not say a word I won't charge you! But if you say just one word, it's 50 dollars."

Walter and Ethel agreed and up they went in the helicopter.

The pilot performed all kinds of fancy moves and tricks, but not a word was said by either Walter or Ethel. The pilot did his death-defying tricks over and over again, but still there wasn't so much as one word said.

When they finally landed, the pilot turned to Walter and said, "Wow! I've got to hand it to you. I did everything I could to get you to scream or shout out, but you didn't. I'm really impressed!" Walter replied, "Well to be honest I almost said something when Ethel fell out but, you know, 50 dollars is 50 dollars!"

If you are in need of support, contact below.

Emergency Ambulance		000
Mansfield District Hospital		5775 8800
Mansfield Shire Council		5775 8555
My Aged Care	www.myagedcare.gov.au	1800 200 422
Department of Families, Fairness and Housing	www.dffh.gov.au	1300 475 170
Council on the Ageing COTA	www.cota.vic.gov	1300 135 090
National Seniors Australia	www.nationalseniors.com.au	1300 765 050
Dementia Australia Helpline	www.dementia.org.au	1800 100 500
Beyond Blue	www.beyondblue.org.au	1300 224 636
Lifeline	www.lifeline.org.au	131 114
Scam Watch	www.scamwatch.gov.au	1300 432 273
For up to date information on Coronavirus: Victorian Coronavirus Website	www.coronavirus.vic.gov.au	