

Mansfield Adult Community Education

Community Connect 55

Issue No. 23 | July 2022



Photo by: Bonnie Clark

NAIDOC Week



Local event info on page 5.

In this edition...

- Editor's Letter
- Message From MDH and COVID Recovery Tips
- Community News
 - NAIDOC Week
 - Services Australia Bus
- Health & Wellness Tips
- Recipe
- Have some Fun!

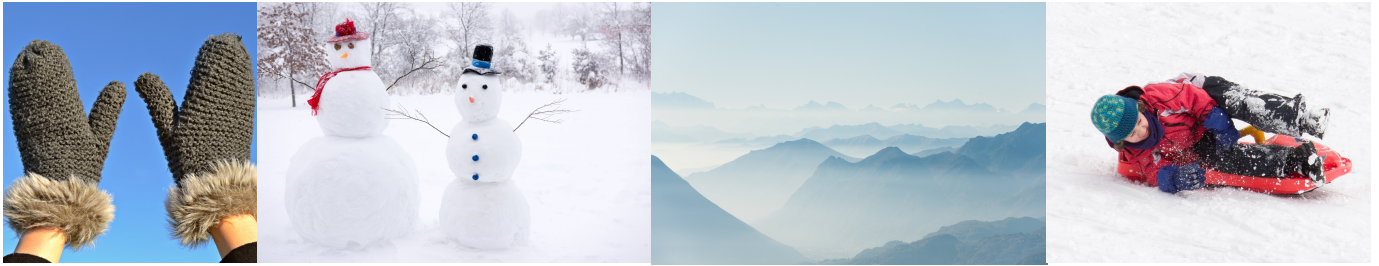
Australian Government Mobile Service Centre

Need help with My Aged Care? The bus is coming to Mansfield!

Read more on page 6



From the Editor



Hello readers,

Welcome to issue 23 of our newsletter! This month we have the privilege of celebrating two significant observances. Nelson Mandela Day, and NAIDOC Week.

Nelson Mandela has many accolades. He's an iconic figure that triumphed over South Africa's apartheid regime. He was a human rights lawyer, a prisoner of conscience, and an international peacemaker. And he was the first democratically elected president of a free South Africa (no biggie). So you see why the United Nations General Assembly would want to celebrate his life. Commemorated on **July 18** – Nelson Mandela's birthday – Nelson Mandela International Day celebrates the idea that each individual has the power to transform the world and the ability to make an impact. So, in honor of his 67 years of public service, the Nelson Mandela Foundation and the U.N. ask that you spend 67 minutes of your time helping others. What a great way to reflect the values of community this month! How will you spend your 67 minutes?

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. Mansfield are hosting some great FREE community events to celebrate NAIDOC week. I encourage you all to attend and support the history and culture of our local Aboriginal and Torres Strait Islander groups.

I hope you all take the time this month to learn something new about our local history, and lend a helping hand to someone in the community.

Bonnie

MACE

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

Editor Bonnie Clark

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Phone MACE on 5775 2077



Coronavirus Updates

Local Vaccination Clinic CLOSED

Message from MANSFIELD DISTRICT HOSPITAL - June 17 2022

"Yesterday at 4:00pm we closed the doors to the Vaccination Clinic for the last time. Since opening on April 27th last year our staff undertook 2 0 8 5 1 COVID-19 vaccinations ensuring that over 95% of the Mansfield community was vaccinated. As one of several vaccination hubs set up under the oversight of #goulburnvalleyhealth people came from far and wide to be vaccinated. Setting up a public health clinic such as this was something we never imagined doing. However the past 30 months have thrown a number of curve balls. We cannot thank our local community and businesses enough for the support and generosity shown to us. It has been a team effort."

Have you tested positive to COVID-19 recently?

Below are some tips for recovery.

COVID symptoms and recovery times can vary from person to person. Some people may not even realise they have COVID-19, while others need to be treated in hospital. Generally, most people with mild symptoms will recover in a few days – particularly if they're fully vaccinated.



What you need to know

- The COVID-19 infectious period can vary but most people are considered to be infectious from 48 hours before their symptoms start. Those with mild symptoms are usually considered to be recovered after 7 days, providing their symptoms have stopped.
- Symptoms in children and babies are typically milder than those in adults. Some infected kids may not even show any signs of being unwell.
- While less common, some people can develop longer-term health problems caused by COVID-19 which continue for 2 to 8 weeks after infection.
- You can return a weak positive COVID-19 test result after you've recovered, caused by non-infectious fragments of the virus in your body. Further tests can confirm that you're no longer infectious.
- You can start exercising again if you've had at least 7 days with no symptoms. Begin with 15 minutes of light activity like walking and see how you feel. If you have chest pain or palpitations for more than 10 minutes, contact a doctor immediately.

Information sourced from <https://www.healthdirect.gov.au/covid-clarity/recovering>

Community News

WHAT'S ON at BONNIE DOON COMMUNITY CENTRE

WORKING BEE— SATURDAY, JULY 9, FROM 10AM TO 12NOON

After two years of lockdowns and limited services, the Community Centre is in dire need of a little bit of extra care. The inside and outside of the building, as well as the grounds, are crying out for your attention. There are plenty of small and not so small jobs around to accommodate all abilities. From cleaning the cupboards or the garage to raking leaves and pruning roses, from washing windows to trimming vegetation... there's plenty to go around. Come for two hours or just 15 minutes, every effort is appreciated. There will be cake!

COOKING—MONDAY, JULY 11 @ 11 AM

It's the middle of winter, you may love or hate it but one thing is for sure: the cold and foggy weather invites you to enjoy comfort food. Lisa has a surprise dish in store for you. All you have to do, is follow her guidance and help prepare a comforting dish which you then share with your fellow cooks. The cost is only \$2 and you are guaranteed to have an enjoyable morning!

MUSICAL TRIVIA NIGHT—THURSDAY, JULY 14, 7PM

Are you in need of a fun social night out? Look no further! Our musical trivia night is sure to bring a smile to your face, a tap to your toe and a strain to your brain as local muso, Dennis Hammond, fires off questions related to the music from the 60s through to the 90s. Please bring your own drink and nibbles to share. As we don't have limitless space, we ask that you book your spot.

To book or enquire about programs, activities, events and services, please call the Community Centre on 5778 7722

IN PERSON FORUM ON CHANGES TO RECYCLING AND WASTE SERVICES

This is a face to face community forum on changes to recycling and waste services in Mansfield Shire. The forum will provide detail on this project and discuss service changes in detail.



The event will begin promptly on the hour with the opportunity to meet other participants and have coffee and snacks for 15 minutes beforehand.

Fri 8 Jul 2022
1.45pm - 3.00pm
Delatite Hotel
Function Room
95 High Street, Mansfield

NAIDOC WEEK

3 - 10 JULY 2022

The Mansfield community is invited to come together and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

SUNDAY 3 JULY
10AM - 1.30PM

NAIDOC WEEK LAUNCH

W SPECIAL GUESTS
AUNTY BERNADETTE FRANKLIN, MIRANDA CONNAUGHTON & AUNTY JO HONEYSETT

Proudly supported by
Community Bank Mansfield & District Bendigo Bank

Welcome to country,
smoking ceremony & Flag Raising Ceremony with Aunty Bernadette Franklin

Visitor Information Centre
10am - 11am

Join us as Aunty Bernadette Franklin officially welcomes us to Taungurung land and we raise the flag and cleanse the area with a smoking ceremony to signal the start of our NAIDOC week celebrations. Hosted by Aunty Jo Honeysett

Indigenous morning tea with Guest speaker Aunty Jo Honeysett
MACE
11.30am - 1.30pm

Aunty Jo Honeysett has worked in various Indigenous organisations for over 40 years and believes in speaking truths and communities working together. Along with an indigenous ingredients inspired morning tea with Megan Knapp of The Kitchen Door and a special NAIDOC coffee blend from Merchant Coffee Roasters.

TUESDAY 5 JULY | 2PM

STORYTIME

WITH MIRANDA CONNAUGHTON - CHAIR OF GADHABA LAN

Join Miranda as she takes you on a journey through a selection of books close to her heart.

Suitable for kids 10 and under.

WEDNESDAY 6 JULY | 6.30PM

THE SAPPHIRES

MANSFIELD ARMCHAIR CINEMA

Screening of the movie Sapphires with soul, funk & blues music at Luna Bar before the film.

FRIDAY 8 JULY

ART WORKSHOPS

MON MUNGAN (HEALING BRACELET) WORKSHOP | 10AM
with Cassie Leatham

YOUTH ART WORKSHOP | 1PM
with Aunty Jo Honeysett.
12 - 25 years old only.

ALL WEEK

LURUK-IN ART EXHIBITION

AT MANSFIELD SHIRE COUNCIL FOYER

Proudly presented by artists Aimee McCartney & Terrie Stewart.

ALL WEEK

JACK MACALE ART EXHIBITION

AT MANSFIELD VISITOR INFORMATION CENTRE

MONDAY 4 JULY 5.30PM - 7.30PM
Official opening with Aboriginal Exhibitions Gallery Director Hans Sip

ALL WEEK

RADIO MANSFIELD

Indigenous interviews & content

ALL EVENTS ARE FREE

HOWEVER SOME HAVE LIMITED SPOTS

BOOK HERE



Community News

Australian Government Mobile Service Centre

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

MANSFIELD

Near the Courthouse, Highett Street

Thursday, 28 July 2022 9 am to 4 pm

Friday, 29 July 2022 9:00 am to 3:30 pm

For more information, go to servicesaustralia.gov.au/mobileoffice



Services
Australia

servicesaustralia.gov.au/mobileoffice

RIDDLE me THIS

Re-arrange the letters,
O O U S W T D N E J R, to spell just one word.
What is it?

Answer on page 12



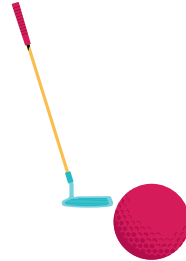
Health & Wellness

Are you struggling to get out and about in this dreary weather?
Here is a great activity you can do inside!

Target Golf!

What you need:

- Large Box
- Scissors
- Paint
- Golf putters and balls



Instructions:

- Cut the flaps off one side of a cardboard box
- Cut squares/rectangles into the open end, enough room so that a golf ball could roll through
- Paint and decorate the box however you would like
- Wait for the box to dry
- Set a marker on the floor to putt from!

Mark each hole with a score and play against your friends for some added fun!

REMINDER! Ways to Ease the Sneeze! Tips from a local Naturopath.

What can you do?

- Start your natural medicines the moment you feel yourself getting sick – the quicker you get on top of the infection the better you will feel.
- Get plenty of rest and sleep, taking as much time away from work or school as necessary;
- Eat nourishing whole foods with plenty of vegetables and easily digested proteins, like fish or eggs;
- Consume plenty of fluids such as water, herbal tea and homemade chicken and vegetable broth;
- Consume plenty of garlic (bonus points for raw!) and onion as they help boost immune function; and,
- Try steam inhalations to reduce congestion.



Carrun Squires
NATUROPATH | CLINICAL NUTRITIONIST
www.carrunsquires.com

WHO AM I?

I am an American actor and filmmaker.

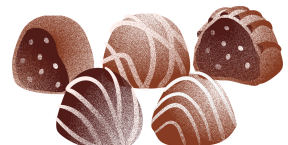
After some minor roles, I landed the lead role in *Splash* (1984) as a man who falls in love with a mermaid, played by Daryl Hannah. The movie became a surprise hit.

I made dozens of movies in the 1980s and 1990s including *The Bonfire of the Vanities*, *Philadelphia* – for which I received my first Academy Award – *Sleepless in Seattle*, *Forrest Gump*, and *The Da Vinci Code*.

I have been married for the past 35 years and we have four children.

Initials – TH

Answer on page 12



Recipe

Mulled Wine

Mulled wine is the perfect drink to warm up with when it's cold!
Use empty jars from the kitchen or use Mason jars. Decorate as you like. Tie a little tag around the jar with the recipe for a stylish gift!

Ingredients (inside bottle)

- 200g Sugar
- 6 whole cloves
- 1 stick cinnamon
- 3 fresh bay leaves
- 1 vanilla pod, halved lengthways
- 1 star anise

Other ingredients needed

- 2 bottles Chianti or any dry red wine
- 2 cups of water
- One orange



Instructions

- In a large saucepan over medium heat, add the contents of the Jar, plus the peeled rind of an orange and it's juice.
- Pour in just enough red wine to cover and simmer for about 5 minutes.
- Turn heat to low, add the water and the rest of the wine, and warm up for 3 to 4 minutes (Do not let it boil).
- Remove cinnamon sticks, cloves, bay leaves and star anise.
- Serve warm in wine glasses! Leftovers can be drank the following day.

Non-alcoholic

Ingredients

- 1 litre of apple juice
- Strips of orange peel
- 1 cinnamon stick
- 3 cloves
- Honey to taste

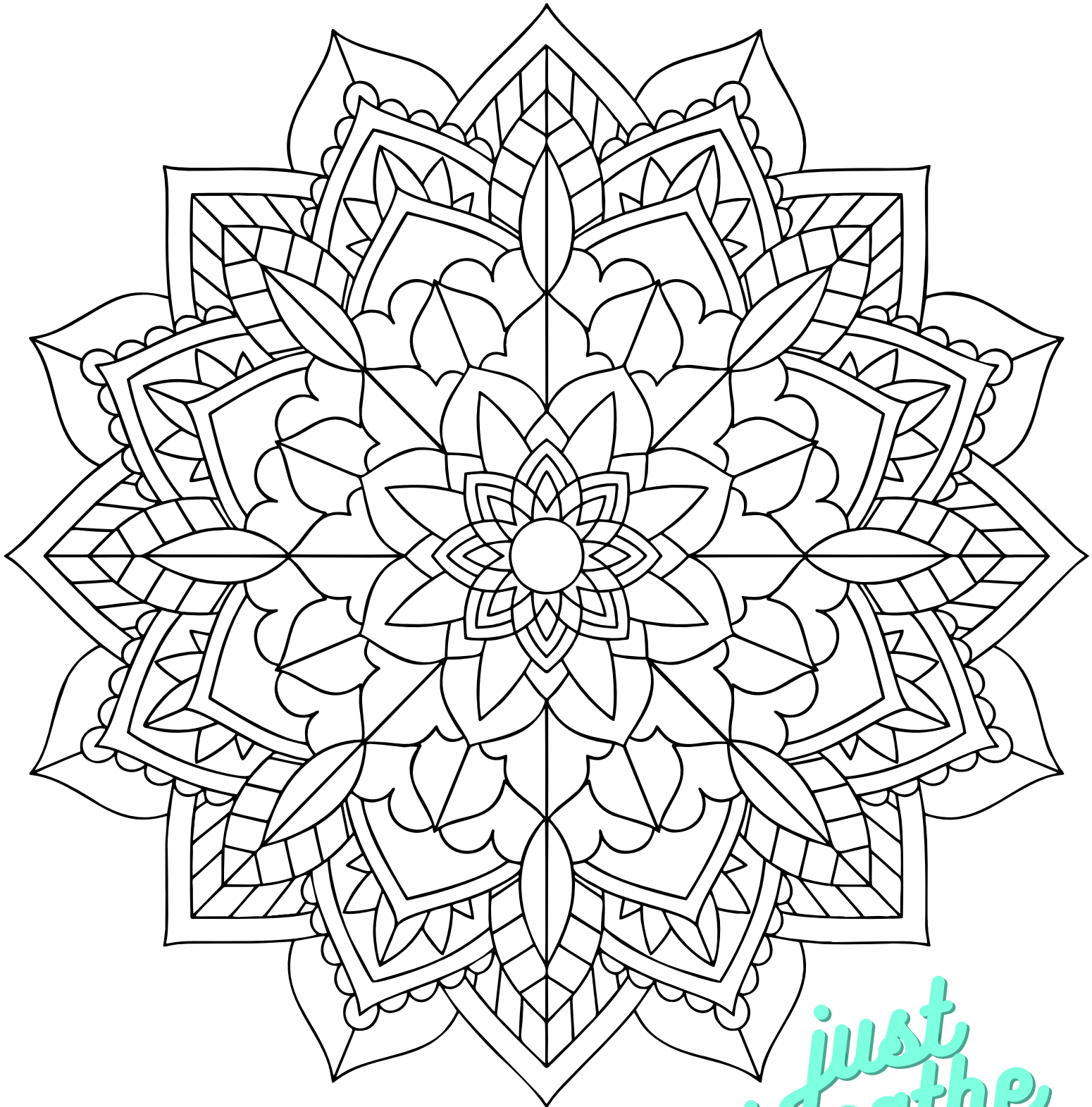
Method

- Simmer the first four ingredients for 5-6 minutes until the flavours have infused.
- Add honey to taste.
- Serve

Enjoy!

Time for some FUN!

colour me in



*just
breathe*

Answers

WHO AM I?

Tom
Hanks

RIDDLE

Just
one
word



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	www.health.gov.au	Phone: 1800 020 080
My Aged Care	www.myagedcare.gov.au	Phone: 1800 200 422
Victorian Department of Health & Human Services	www.dhhs.gov.au	Phone: 1800 675 398
Council on the Ageing COTA	www.cota.vic.gov	Phone: 1300 135 090
National Seniors Australia	www.nationalseniors.com.au	Phone: 1300 765 050
Dementia Australia Helpline	www.dementia.org.au	Phone: 1800 100 500
Beyond Blue	www.beyondblue.org.au	Phone: 1300 224 636
Lifeline	www.lifeline.org.au	Phone: 131 114
Scam Watch	www.scamwatch.gov.au	Phone: 1300 432 273
Stay Smart Online	www.staysmartonline.gov.au	Phone: 1300 292 371

For up to date information on Coronavirus:

For Victorian updates: www.dhhs.vic.gov.au/coronavirus Phone: 1800 675 398

For national updates: health.gov.au/news/latest-information-about-novel-coronavirus

For international updates: who.int/westernpacific/emergencies/novel-coronavirus

World Health Organisation resources: who.int/health-topics/coronavirus