

# LONGBEACH PLACE COMMUNITY NEWS

December 2021  
Issue 4

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## LAUGHTER



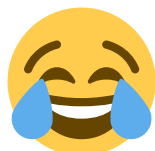
Laughing is good for you!  
Seriously, laughter is a good medicine as it enhances your intake of oxygen rich air, stimulates your heart, lungs and muscles and increases the endorphins that are released by your brain.

Laughter can soothe tension and activate and relieve your stress response.

And THAT is why we chose 'Laughter Yoga' as one of our first activities for our return to post lockdown classes. The group was led by Bronwyn from 'Let's Laugh' who told us the mental health benefits of laughing, then took us through some active laughing yoga and imaginative games.

And we laughed-and after the last 2 years we really needed it!!

Thank-you to Bronwyn, and all the attendees, for making life fun again.



## ONE BILLION STARS PROJECT

Our craft participants have been busy during lockdown weaving ribbon stars for the 'One Billion Stars' project.

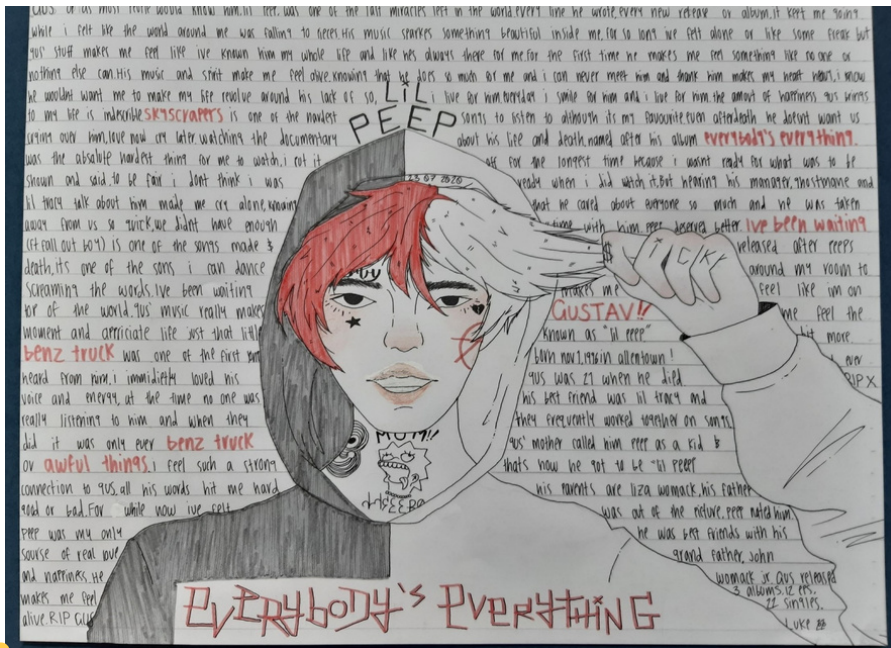
We are part of a global project, that includes most of the Kingston NH & Community centres, that aims to stop all forms of violence in the world, one star at a time.

Weaving brings people together and is a gentle way to start difficult and uncomfortable conversations by creating a safe and respectful space for people to share their feelings.

We are hoping this relaxed form of craft will entice people to come together at LBP to create beautiful installations that will form part of the worldwide One Billion Stars project.



# OAKWOOD SCHOOL'S VCAL LITERACY SELF EXPRESSION - BY LUKE



## EVENTS



### DECEMBER

**13th - Community Morning Tea with special guest!**

**PAUL KENNEDY-Author of 'Funkytown'  
will be here for book signings & to present  
our volunteers with their certificates!!**

**This will be a special morning tea to celebrate the hard  
work of our volunteers & the EAL group finishing their  
classes. RSVP essential on 97761386.**

The 'Get Active' Kids Voucher Program helps eligible families get their kids involved in sport and recreation activities by reimbursing the cost of membership and registration fees, along with uniforms and equipment essential for participation. Eligible children may be able to receive up to \$200 each per round.

Round 3 closes at 5pm on Tuesday 30th November  
See: [www.getactive.vic.gov.au/vouchers/](http://www.getactive.vic.gov.au/vouchers/) for details.

## THUNDERSTORM ASTHMA CAMPAIGN

Grass pollen season is here and brings an increase in asthma and hay fever-the high pollen count and a certain type of thunderstorm can also trigger thunderstorm asthma. This can be sudden, serious and life threatening. take action to prepare and protect yourself and people in your care this season.

1. If you've ever had asthma talk to your doctor about what you can do, including updating your action plan, remember to use your inhaler properly (using a spacer) and regularly to prevent asthma.
2. If you have hay fever see your pharmacist or doctor for a hay fever treatment plan.
3. If you have hay fever, and especially if you experience wheezing and coughing with your hay fever, it's important to make sure you don't also have asthma-see your doctor if you're unsure.
4. It's important for everyone to know the '4 steps of asthma first aid' so you know what to do in an emergency
5. Finally, where possible, avoid being outdoors during thunderstorms from Oct-Dec-especially in wind gusts that come before the storm-go inside and close windows and doors.
6. See this link for more details: <https://www.betterhealth.vic.gov.au/thunderstormasthma>

# RECIPE (from EAL group)

## LIN'S SALT AND PEPPER CHICKEN WINGS RECIPE

### INGREDIENTS

- 6~8 PIECES CHICKEN MIDDLE WINGS
- 1 TSP SALT
- 1 TABLESPOON COOKING WINE
- A FEW BLACK PEPPERCORNS OR WHITE PEPPER
- ROSEMARY OR SCALLIONS AND WHITE SESAME SEEDS

### METHOD

1. WASH AND CLEAN THE CHICKEN WINGS, DRAIN OFF WITH ABSORBENT PAPER.
2. USE A BAMBOO STICK OR TOOTHPICK TO PRICK HOLES ON BOTH SIDES OF THE CHICKEN WINGS.
3. PUT THEM IN A BOWL, ADD WINE, MIX WELL; ADD SALT, THEN MIX AGAIN, PICKLE THE WINGS MORE THAN 1 HOUR.
4. DRAIN OFF THE CHICKEN WINGS AND SPRINKLE WITH BLACK PEPPERCORNS OR WHITE PEPPER.
5. PUT THE CHICKEN WINGS INTO THE AIR FRYER, FRY THEM AT 200 DEGREES FOR 9 MINUTES, TURN THE CHICKEN WINGS OVER AND FRY THEM FOR 5 MINUTES.
6. REMOVE AND SERVE, SPRINKLE WITH ROSEMARY, OR SCALLIONS AND WHITE SESAME SEEDS. DONE!



**Longbeach Place wants to help people learn English. If you, or anyone you know, needs help with conversational English, our EAL teacher is happy to meet up and discuss your needs. Please call us on 9776 1386 if you're interested. Or email us @ [reception@longbeachplace.org.au](mailto:reception@longbeachplace.org.au)**

## DATES TO REMEMBER:

December 13th - **Special morning tea at 11am with special guest Paul Kennedy (ex ABC breakfast sports reporter & author of 'Funkytown') here to sign copies of his book.**  
RSVP essential on 97761386.

December 17th - LBP closed for holidays

January 18th - Centre re-opens for 2022  
**(Tues-Thurs only 10-1pm)**  
Community Morning Tea

January 31st - Centre opens **9am-3pm**  
Monday to Friday  
All groups return to LBP



**The 'One Billion Stars' project continues!! Please join us every Friday between 10am-12pm during school terms and we will teach you how to weave the stars.**

## BUILDING A HEALTHY, SAFE AND INCLUSIVE KINGSTON

Have your say on what actions need to take place and where to build a healthy, safe and inclusive Kingston.

Share your ideas about a wide range of topics: physical activity, healthy eating, mental health, reducing harm from addiction, community safety, reducing family violence, community connection and participation, the health impacts of climate change, social housing, the local economy, access to facilities, open spaces, health and wellbeing information and lifelong learning.

You can participate in a number of ways:

- Completing the [community survey](#) about what needs to be done
- Add your idea to improve health and wellbeing [here](#) - type your idea or add a photo or image

# NETWORK INFORMATION

## Human Rights Week 2021

3-10 December



### Key messages:

- It's time to tackle ageism. Ageism affects everyone, but it's not well known or understood.
- Age is a protected characteristic under Victoria's Equal Opportunity Act.
- Age discrimination can happen at any point in life, but it's most likely to happen to older and younger people.
- In 2021, we marked Australia's first ever Ageism Awareness Day to coincide with the UN's International Day of Older Persons.
- Assumptions or stereotypes about age can impact all areas of our lives – our confidence, career choices and job prospects, health, quality of life and our control over life decisions.
- Every life is of equal value and everyone deserves to be valued and respected for who they are.
- People of every age should have every opportunity to participate in our communities. Our diversity should be seen and celebrated.
- We challenge you see beyond age and to learn about ageism.
- Age is a number and it doesn't define us. For Human Rights Week, I invite you to join me by sharing something about yourself – what do you enjoy, or what are you good at?

### #HRWVic2021

- Facebook – [www.facebook.com/VEOHRC](http://www.facebook.com/VEOHRC)
- Instagram – [www.instagram.com/veohrc](http://www.instagram.com/veohrc)

### Commissioner for Senior Victorians:

- Facebook – [www.facebook.com/SeniorVicCommissioner](http://www.facebook.com/SeniorVicCommissioner)
- LinkedIn – [www.linkedin.com/in/gerard-mansour-02518531](http://www.linkedin.com/in/gerard-mansour-02518531)



## CONTACT

Longbeach PLACE inc.  
15 Chelsea Road, Chelsea 3196  
Phone: 9776 1386  
Email: [reception@longbeachplace.org.au](mailto:reception@longbeachplace.org.au)  
Website: [www.longbeachplace.org.au](http://www.longbeachplace.org.au)