

# Belvedere Community Centre newsletter 2 - April 2020

Our doors may be closed but we are still helping to  
'create a confident and connected community'



Belvedere Community Centre is currently closed, as we are following Government guidelines, but we are still here to help you through this challenging time.

We are available via:

- Phone: 9776 8922 - leave a message and we will get back to you as soon as possible.
- Email: [centre\\_manager@belvedere.org.au](mailto:centre_manager@belvedere.org.au)
- Contact section of our web site: [www.belvedere.org.au](http://www.belvedere.org.au)
- Facebook: [BelvedereCommunityCentreInc](https://www.facebook.com/BelvedereCommunityCentreInc)

*If you or anyone you know is isolated and needs support please give them our details or details below.*

## Words from one of our fantastic teachers!

Hi everyone,

How are you spending your days? Now that we are obliged to stay home what activities, projects or hobbies are you planning? The restrictions can be viewed as a deprivation and restriction or you can see it as a reprieve from our often busy lives. We can use this time to catch up on jobs around the home/garden take up a hobby, read more, meditate, sort out "stuff", grow some veggies, exercise, or study to name a few.

Whilst we are now spending more time at home, and unavoidably sitting more, it is more important than ever to keep our body moving. Go for more walks, take at least 10 minutes a day to stretch your body. As you stretch and walk focus the mind on your body, visualise the muscles contracting and fresh blood pumping through the muscles, nourishing as it goes.

Focusing on the breath is another way to stop the mind wandering and worrying. Keep moving - we're all in this together!

Netta - Belvedere exercise and taichi Qigong tutor

## Belvedere Book Club

Did you know Belvedere Community Centre has a book club? They usually meet on the first Wednesday of the month but during this time are downloading books to their devices and catching up once a month over the phone. If you are interested in joining in, get in contact with us and we will link you in.

If you are a member of Frankston Library. Download #BorrowBox app, log in with your library card and get reading or listening to their audio books. Something for all ages!



### IMPORTANT NOTICE - COMMUNITY SUPPORT FRANKSTON IS STILL IN OPERATION DURING THE COVID-19 PANDEMIC

Due to the current pandemic, CSF is offering Frankston residents a telephone (9783 7284) and email ([csf@frankston.net](mailto:csf@frankston.net)) based assistance service. You will be able to speak with an interviewer, who will assess your current needs and discuss how we can provide **Emergency Relief** and essential supports to you, ie:

- ✓ Pantry Items
- ✓ Food Parcels
- ✓ Pre-made Meals
- ✓ Bread
- ✓ Fruit & Vegetables
- ✓ Personal Hygiene Products
- ✓ Laundry Vouchers
- ✓ Payment of Bills

If you don't have access to a phone, CSF can provide you with a Telstra Phone Card with instructions on how to contact us. These cards are available at our premises – 35 Beach Street, Frankston.

*A home delivery service is also available to those people unable to attend our premises.*

Telephones are manned by our volunteer workers during the following hours:

**MONDAY TO FRIDAY - 9.30AM TO 3.30PM**

Here is a good old fashioned recipes that is easy to make and even easier to enjoy!

**Pikelet recipes:**

- 1 Cup Plain White Flour
- 1 teaspoon Baking Powder
- 1/4 tsp Salt
- 1 Egg
- 1/4 Cup Sugar
- 3/4 Cup Milk

**Variations, add to dry ingredients**

- Choc & Raspberry - 1 Tablespoon Cocoa, 1/4 cup Chocolate Chips, 1/4 Cup Diced Raspberries
- Apple & Cinnamon - 1 Apple, Peeled and Grated, 1 teaspoon Cinnamon
- Mixed Berries - 1/2 Cup Diced Fresh or Frozen Raspberries, 1/4 Cup Fresh or Frozen Blueberries
- Banana & Sultanas - 1 Small Mashed Banana, 1/4 cup Sultanas
- Vege & Cheese - Omit the sugar, beat the egg alone - 1/2 Cup Peeled & Grated Zucchini, squeezed of liquid, 1/4 Cup Grated Carrot, 1/4 Cup fresh, frozen or canned corn, 1/2 Cup Grated Cheese, pinch of pepper, optional: fresh or dried herbs

**Instructions:**

- In a medium bowl add the flour, baking powder and salt and stir to combine (if making the variations add these to the dry ingredients now)
- In a separate bowl add the egg and sugar and whisk or use an electric beater to beat until it is pale, fluffy and creamy, approx 1 minute
- Add the egg mixture and the milk to the dry ingredients and mix well until just combined but no lumps remain, allow to rest while you prepare the non stick frying pan
- Prepare a teatowel on a rack or plate, folded in half to add the cooked pikelets to as you go
- Heat the frying pan or griddle over a medium heat, using a kitchen paper towel add a little butter to the frying pan surface.
- For the perfect smooth golden brown pikelets make sure that all the butter is wiped out of the pan with the kitchen paper towel
- Add large table spoon sized amounts of batter to the pan, cooking 4 at a time, monitor the heat to ensure they are not burning
- Once the bubbles form and begin to pop on the pikelets, gently turn them and cook for up to a minute longer until the underside goes golden brown
- Remove from the pan and place within the folded tea towel
- Repeat with gently wiping butter into the pan and wiping off. and continue to cook the remaining batter
- Serve warm or cold with toppings of your choice
- Enjoy!

When this is over,  
may we never again  
take for granted  
A handshake with a stranger  
Full shelves at the store  
Conversations with neighbors  
A crowded theatre  
Friday night out  
The taste of communion  
A routine checkup  
The school rush each morning  
Coffee with a friend  
The stadium roaring  
Each deep breath  
A boring Tuesday  
Life itself.

When this ends,  
may we find  
that we have become  
more like the people  
we wanted to be  
we were called to be  
we hoped to be  
and may we stay  
that way—better  
for each other  
because of the worst.

LAURA KELLY FANUCCI

**Things to be aware of:**

**Online banking security guidelines**

At this time, many of us are discovering online banking. Here are 5 steps to make sure you are safe.

- **Never respond to or click links in unexpected emails or SMS messages. DELETE THEM**
- **When setting up a new payee or biller, always double check details.**
- **If you receive a call and the caller wants to access your computer remotely - HANG UP ITS A SCAM**
- **Think carefully and don't react quickly if you receive a strange or unexpected email or SMS. Chat to a friend or family member and discuss what is going on.**
- **Install anti virus software to protect your computer and keep it up to date.**

**Help and other advice lines:**

**Healthline direct hotline:** 1800 022 222 and speak to a registered nurse

**Coronavirus Health Information Line:** 1800 020 080 if you need information on coronavirus

**Lifeline:** 13 11 14 or text 0477 13 11 14

**Coronavirus App:**

[www.covid19.act.gov.au/news-articles/download-coronavirus-australia-app](http://www.covid19.act.gov.au/news-articles/download-coronavirus-australia-app)