



Glen Park
Community Centre

Community Chit, Chat & Chew

Come for the news, stay for the food

AUGUST #2 2020



Victorian's are staying home and abiding by the current restrictions under the State of Emergency to slow the spread of Covid-19. This is important to look after our physical health, however we must remember to look after our mental health during these times as well. Staying connected is more important now than it has ever been. Social media is a great way to connect with friends, family and your local community. Sometimes all you need is someone to listen and there are services out there that will do just that! CHAOS Inc. have created a chatline for those who may be in need of social support during the State of Emergency. The chatline is not therapeutic or for crisis, but a friendly person to engage in conversation with. The service operates Monday-Friday from 10:00am—1:00pm and Monday-Thursday from 5:00pm—9:00pm. Contact 1800 984 825 to get chatting.

STAYING CONNECTED



FACEBOOK POLL!

Glen Park asked and you answered.

Would you rather be invisible or read minds?

I'd rather be invisible: 6

I'd rather read minds: 8



ROVING REPORTER

Q1. Do you believe in soulmates?

A: Robyn: Yes, to a point. I'm a woman, so I'll most likely change my mind! **Renae:** I believe in soulmates, but I believe you can have more than one and they aren't always a romantic soulmate. **Jackie:** Yes, definitely.

Q2. If you could outlaw one vegetable, what would it be?

A: Robyn: Brussel Sprouts. Actually, most veggies. **Renae:** Brussel Sprouts can go in the bin! **Jackie:** Radish!

Q3. What would be your ultimate meal?

A: Robyn: Roast Pork & Crackling or Rissoles. **Renae:** Depends on the day. Right now, I have Christmas on my mind, so I'll go with spit roast meats, roast potatoes, salads, dinner rolls and butter, then I'll have chocolate/cherry trifle, some pudding, and my cousin's awesome honeycomb ice-cream slice with custard. **Jackie:** A cheese platter with blue cheese and soft cheeses. Followed by a seafood platter with unlimited fresh natural oysters, crayfish and mussels. Followed by lychees and ice cream.

Roving Reporter: Naomi Butler-Moore

Interviewees: Robyn Butler, Renae Jones Stewart, Jackie Warren

SOCIAL MEDIA!

The best way to connect with Glen Park during the closure is through our social media. You can take part in our Facebook polls, stay up to date with the online courses on offer, engage with staff and connect with your community through comments.

www.facebook.com/GlenParkCC
www.twitter.com/GlenParkCC
www.pinterest.com/Glenparkcc

You can also search for Glen Park Community Centre on Youtube!

Glen Park Community Centre

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SOCIAL ENTERPRISE COORDINATOR - NAOMI BUTLER-MOORE



I'm sure everyone has had enough of hearing about the "C" word. I know I certainly have, so that's the last time I'll mention it! Over the last few months, I've been busy updating Café on the Park's catering menu. Sometimes you have to be a mind reader when it comes to catering for an event. We do stay flexible when it comes to ordering through Café on the Park and we're always happy to accommodate where possible. I'm very happy with our latest catering menu, so be sure to check it out on our website. In early July, I made a sourdough starter and the process took five days just to get it established. I have fed and nurtured it to get it to a point where it's strong and happy, and I'm sure as time goes by it will only get better. Sourdough starter is something that will last for years and years, I will pass some of it down to my grandkids! I have made four sourdough loaves over that time and they just keep getting better. I have also made English muffins with the discard, and a pumpkin spiced bread. Sourdough is something I have been wanting to try for a long time, now I have finally done it and I'm so proud of my efforts. You're never too old to try and learn new things.

HOMEMADE KINETIC SAND



Kinetic sand is sand that has other ingredients added to make it soft and crumbly. Perfect for kids of all ages under supervision and it's super easy to make! The best part is, the sand is able to hold its shape when squeezed into a mould!

Ingredients:

2/12 cups of fine sand; if you want coloured sand, you can buy craft/decorators sand for an extra sensory experience. 1/12 cups of corn-starch or flour. 1/2 cup of oil you can use any oil (cooking oil, baby oil, mineral oil or canola oil).

Method:

Decide what dish you would like to have your kinetic sand in that can be sealed air tight (glass container recommended). Mix together the sand and corn-starch until completely incorporated. Pour the oil into the sand mixture and mix again until there are no oily or dry spots. PLAY in the sand with hands, scoops, shovels, cups, spoons, cookie cutters and so much more!

COMMUNITY PANTRY & COMMUNITY MEALS

Community Pantry—Tuesday 8th September
10:00am—12:00pm

Take Away Community Meals
Tuesday 8th September

Meals served at 11:30am sharp at the pantry.



Café on the Park.

— Eat, Drink & Be Social at Glen Park —



PEARL THE WOMBAT & PUPPY BENTLEY



HEIDI'S REPORT

Welcome to our 23rd Edition of Community Chit, Chat & Chew.

Many of you who know me well enough will know that I love my birthday and in fact, I can often be heard around the Centre for about a month before the date, reminding people exactly when my birthday is! Sadly, I couldn't do the annual reminder this year and my birthday has come and gone :(

I wanted to share with you just how lucky I was this birthday! I received the most thoughtful gift this year, I was gifted a wombat! I know that sounds weird, but I love wombats. Some may say I'm obsessed with wombats. Naomi adopted a wombat named Pearl for me for my birthday and I love Pearl the wombat.

We also had another addition to our family in the last few weeks. Our youngest daughter Kelsee and her partner Matt adopted a gorgeous dog. Bentley is only a puppy and has certainly changed the way Matt & Kelsee live, but I think you will agree that Bentley is the cutest puppy and he is very lucky to have been adopted into such a great home.

We now sit back patiently and wait for the most exciting addition to our family. As you know, our first grandchild is due in mid November and we are so excited. We will keep you posted on all our new fur and non-fur family members in the coming newsletters. Until next time—stay fit, stay well, and stay in touch.

