

# Leisure Time

Newsletter  
No. 67  
March 2020

## **"A New Year a New Decade"**

Uniting Church  
Cnr Bogong Ave  
& Kingway  
Glen Waverley

03 9560 3580



Over the summer break many of us take the opportunity to refresh ourselves for the New Year.

It has been a strange start to the year with the tragedies of the bush fires. I am glad the rain came to help the fire fighters to give them some well earned rest. Our hearts go out to the many folks who have been adversely affected.

This year, my husband and I travelled to Tasmania for ten days, spending most of the time at a Folk Festival in a small town south of Hobart called Cygnet. It used to have hundreds of black swans, but over the years, due to the changing environmental conditions, they have moved to other areas.

As we move into 2020, I thought the theme of the year could be "A New Year a New Decade." There are some changes that are happening to Leisure Time but this will not affect the program we offer to our guests. I am pleased that we are now able to offer an extra week, but with that we will find ourselves challenged with staffing the kitchen, and having sufficient drivers. So this year we will be having some split shifts, that hopefully will help encourage new volunteers.

Susan Karoly  
Leisure Time Coordinator

## Annual General Meeting

The Annual General Meeting of the  
Glen Waverley Uniting Church - Leisure Time will be  
held in Room 1 on  
**Monday 6<sup>th</sup> April 2020,**  
**at 2.30pm.**



Please put the date in your diary and come along to hear what's happening.

Under the Constitution all Church members and all Leisure Time volunteers are eligible to attend and cast a vote so please participate.

Agenda papers will be available from the Church Office the week before the meeting.

*'A good head and a good heart are always a  
formidable combination'*  
*Nelson Mandela*

## Getting to know you – our friendly gardener

Mirini has been part of our congregation since the early 2000's, with her husband Russell, and children Keziah and Jesse. Mirini



has always loved the garden since a young child. Her father, for over fifty years, has been a volunteer in propagating native seeds down on the Council foreshore in Beaumaris and this love has been passed onto her. At high school she learned about the fern life cycle and decided to propagate ferns at home!

Mirini trained as an occupational therapist but the love of gardening has never left Mirini. Ten years ago, Mirini decided to re-train and become a horticulturist and now is working for a gardening company called *Two Birds and a Barrow* in the Eltham/Warrandyte area.

Mirini's love is native gardens and, of course, ferns! Two years ago, Mirini joined the Property Committee at our church with the focus of managing our garden. Over the past few weeks a lot of maintenance work has been carried out with the watering system, so hopefully this will help our plants.

So, if you see someone working in the garden, busily pulling weeds, stop and say hello, because it is probably Mirini and we really appreciate the work she does to keep our garden looking so good.

# Kitchen Report

*Laurel Muir*

We are already into March and the Leisure Time kitchen is certainly up and running. Thanks once again to all those providing casseroles and sweet dishes. They are of course appreciated. New food information dockets were provided to all our cooks to be attached to the containers that come into the kitchen.

All cooks and kitchen helpers have received new food safety information with the rosters this year. Please take time to read through these and follow the guidelines. **This is a requirement of the Monash Council.**

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## A few extra Food Safety Requirements for Leisure Time

*Margaret Fraser*



A Food Safety Assessment was conducted at GWUC on 7<sup>th</sup> October 2019 by Monash Council Environmental Health Officer (EHO) Rita Hach. The inspection happened while Leisure Time was operating. Rita observed our procedures, records and general standards. Yan Emms (Careful Kitchen Crew) and Margaret Fraser (LT Kitchen Leader) answered many questions.

Leisure Time has the highest\* food safety risk of the regular food preparation done at GWUC, so we were put under the microscope.

*\*Food Safety Risk is based on food preparation and transport processes (concerns about off-site food preparation by home cooks) and the fact that we are serving vulnerable seniors.*

The existing Leisure Time processes were assessed as correct but Rita's report listed a few extra **“Process Improvements” that we “are required to put in place** to ...reduce the risk to public health”, specifically -

- To ensure that all home cooks who prepare potentially hazardous foods have read the approved food safety information for food preparation and food transport and signed off to acknowledge that it has been read and understood.

- Food supplier lists to be provided by home cooks.
- Records to be kept on-site of food safety training undertaken, with volunteers to be encouraged to do training.

### **Actions taken to date:**

1. New labels for home-cooked foods have been designed. We have added a food suppliers list and a tick box to acknowledge reading of the food safety information. These labels have been distributed to our 2020 home cooks.
2. During February, four of our kitchen leaders will be attending food safety training conducted by Monash Council. This training is subsidised and designed for volunteers serving local seniors' groups in Monash.
3. The Careful Kitchen Crew (GWUC's food safety team led by Yan Emms) is encouraging GWUC kitchen users to undertake and document free online food safety training available on the Dept Health & Human Services website.

Department of Health and Human Services food safety information is available at:

<https://www2.health.vic.gov.au/public-health/food-safety>

**Free online food safety course** may be accessed at:

<https://www2.health.vic.gov.au/public-health/food-safety/food-businesses/food-safety-training-skills-knowledge/do-food-safely>



If you do this useful course, PLEASE print out your Certificate of Completion and provide a copy to the Careful Kitchen Crew or church office so that it may be filed as proof of training. *Thank you* 😊

As always, the committee sincerely thanks all our volunteers for their willingness to comply with these important regulations. We need our guests to stay well and we need our church to retain its Food Premises Registration for the sake of all church kitchen users.

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## Recipe for a Volunteer

### Ingredients

1 heart full of compassion  
1 smile  
2 willing hands  
2 twinkling eyes  
1 pair broad shoulders  
Dash of humour  
2 tireless legs  
Garnish of praise

### Method

Combine the willing hands, broad shoulder and tireless legs to form a strong shell. Fill this with a heart full of compassion. Season with a dash of humour. Garnish lightly with praise, decorate with a smile and twinkling eyes. Serve warm in the cornucopia of life and be ready to partake of the most delectable of human delights.

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*Lord*, You are the peace of all things calm,  
You are the place to hide from harm.  
You are the light that shines in dark,  
You are the heart's eternal spark.  
You are the door that's open wide,  
You are the guest who waits inside.  
You are the stranger at the door,  
You are the calling of the poor.  
You are my Lord and with me still,  
You are my love, keep me from ill.  
You are the light, the truth, the way,  
You are my Saviour this very day.

*From Celtic oral tradition, First century*

*Quoted in 'Celtic Blessings', compiled by Judith Merrell  
First Published in 2018 TLM Trading Limited*

## **Getting to know you - Bishnu**

Bishnu was born in Nepal but grew up in Malaya. Her father was in the British Army that meant that Bishnu travelled a great deal around Malaysia where her father was stationed. On her father's retirement, Bishnu came to Australia – that was 45 years ago!



Bishnu met and married her husband Peter Addison who had migrated to Australia from London. They were married and lived in the same house for thirty-seven years. Peter died in 2000, and Bishnu started coming to Leisure Time in 2019.

While Bishnu and Peter did not have children, Bishnu's life has been full with the experience of children as she trained as a high-school teacher (years 7 to 12) teaching English and being the school Librarian.

Bishnu has taught at Endeavour Hills High School and Fountain Gate High School. Bishnu still loves books and is part of the Monash Council home library service that provides a free monthly delivery of library materials to members of the community who are physically unable to visit the library.

# Leisure Time Christmas Party

*Jeanette Coutts, Outings Covenor*

On Monday December 9th our Leisure Time Christmas Party was held at the church. All guests arrived at the church early and ready to enjoy their last day of Leisure Time for the year. Alison Hawking greeted everyone at the door and Pat Vevers had name tags for the guests. Drivers, volunteers and committee members joined the guests



for an enjoyable morning tea organised by Laurel and prepared by her kitchen helpers Mavis and Fiona. Susan welcomed everyone to the morning tea and after a wonderful time of catching up everyone moved into the church for the entertainment.

Uniting Voices, one of our church choirs, entertained the guests with carols and music. The highlight was the choir conductor's granddaughter singing the solo of 'O Holy Night'.

Susan welcomed our minister Neil Peters to the lunch who said grace before lunch was served to 37 people. The tables did look lovely with their red tablecloths, decorations, bonbons, hats and serviettes. Committee members, volunteers served the lunch of roast lamb, pork and chicken with vegetables. Individual plum puddings, fruit salad and cheesecake were the dessert choices



but of course one could have all three. Coffee and tea were then served with small gifts being given to all guests. Di Paterson conducted a short service as we sat at our tables, rather than move the guests again, before they went home at two o'clock.

A big thank you to all the committee and a few extras for helping set up and decorate the hall on Sunday morning and also pack up after the party on Monday, and also for taking care of the guests on the Monday both at morning tea and lunch. Thank you to those hosts who made bonbons, gifts for the volunteers, etc and decorations. A big thank you to Laurel and her team for morning tea, serving of lunch and all the cleaning up.

Thank you one and all for making the party a very special day for our guests.

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‘Happiness is a perfume you cannot pour on others without getting a few drops on yourself.’

Ralph Waldo Emerson

## Mother Blackbird

Blackbird with your yellow eye,  
What do you see as I pass by?  
Blackbird with your babies  
high up in the wisteria vine,  
you are busy feeding them,  
In and out you fly.  
Do you think your babies are divine?  
Do you swivel your neck to so incline  
to smile at them?  
Your yellow beak is striking,  
Your eyes are always darting  
will you be mine?

Blackbird you are safe and free  
no fires are burning here  
as you can see.  
The birdbath is full, the sunflower seeds are out,  
what's that all about?  
There are no cats or dogs here,  
no birds of prey,  
You can stay settled here  
for many a day - with love.

Gael O'Brien



*Hospitality – Understanding – Belonging*

# **HOT CROSS BUN MORNING TEA at THE HUB**

**Join us for hot cross buns, tea or coffee**

**聯誼中心特別茶點活動**

**歡迎一起享用復活節十字飽、咖啡或茶**



**支持皇家兒童醫院復活節籌款活動**

**supporting THE ROYAL CHILDREN'S HOSPITAL**

*Proudly supporting*



**good  
Friday  
appeal**

THE ROYAL CHILDREN'S HOSPITAL

**Where : Glen Waverley Uniting Church  
cnr Bogong Avenue & Kingsway**

**When : Thursday 26th March 2020**

**Time : 10 am to 12 noon**

# 2020 Diary Dates

Leisure Time meets on the  
1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Mondays of each month.  
There is no Leisure Time on Public Holidays.

February	3, 17 and 24
March	2, 16, 23 and 30 ( <i>Outing</i> )
April	6, 20 and 27
May	4, 18 and 25
June	1, 15, 22 and 29 ( <i>Outing</i> )
July	6, 20 and 27
August	3, 17, 24 and 31 ( <i>Outing</i> )
September	7, 21 and 28
October	5, 19 ( <i>Outing</i> ) and 26
November	2, 16 and 23 (NB. no L.T. on 30 <sup>th</sup> )
December	7 and 14 ( <i>Christmas party</i> )

*'Hope is like the sun, which as we journey  
towards it, casts the shadow of our burdens  
behind us.'*

*Samuel Smiles*