



MISSION AUSTRALIA | Housing news



Summer
2016



From our Executive ✨



At Mission Australia Housing, we believe that housing is much more than providing a place to live. It's about creating safe, inclusive and vibrant communities where people feel valued and everyone can contribute.

Reflecting on what has been a very busy year for Clarence Plains in Tasmania it has become very clear to me we have to work together in order to provide more people with a decent home, access to opportunity, and vibrant communities where everyone has a strong sense of belonging!

One Community Together, the Clarence Plains Community Festival and the G.R.O.W project are just some of the fantastic examples of us all coming together and achieving much throughout the year in Clarence Plains.

It is very pleasing to hear that construction of the G.R.O.W community garden is well under way! So whether you have a green thumb or not, there is nothing more rewarding than reaping the seeds that you sow. I look forward to seeing the fruits of your labour in the new year!

Already Christmas lights and decorations are beginning to adorn home windows and front yards and it is time to celebrate. This can also become an expensive and exhausting time of year for some. Remember that gifts do not always have to cost you money. Sometimes the cost can be your time, your thoughts and your efforts in creating personalised presents for family and friends that come from the heart to those you love. Or just lending a helping hand can be worth 1000 gifts to some!

I would also like to take this opportunity to welcome Loraine Reilly, our new Housing Manager who I am sure you will get to know well in the new year. And I would also like to thank Nikki Woodgate for her 3 years serving you, our tenants.

Wishing you all a safe and very happy holiday season from all of us.

Chris Bratchford
Executive,
Mission Australia Housing

Mission Australia Housing Christmas office closures

We would like to advise all our tenants in Tasmania that our office will be closing from Friday 23rd December 2016 and will re-open Tuesday 3rd January 2017.

For any property emergencies over this period, please call Lake Maintenance 24 hour hotline on 1300 452 537.

We wish you all a safe and happy holiday season from all the staff at Mission Australia Housing.



Contact us



Mission Australia Housing hotline: **1800 269 672**



9/7 Saladin Circle, Clarendon Vale TAS 7019



missionaustralia.com.au/housing





A Christmas message from our Community Chaplain

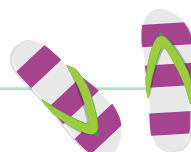
What does Christmas call to mind for you? For most, it is a time of gathering family and loved ones together, sharing festivities around the table, stowing gifts under the tree and catching up on news and conversations. It is a time of celebration, rest and peace. It is a time of watching the joy on children's faces. Many especially celebrate and remember the meaning of Christmas, that miraculous birth which was such a promise for all of us.

For some it is a time of holidaying and travel, for others a busy time – they could be working, or just preparing for the arrival of family and friends descending upon their home. And remember, for every meal we enjoy out at a restaurant, there is someone in the kitchen who will not be at home with their family.

Some may be far from home, serving with our armed forces overseas. Some may be in countries that do not enjoy the freedom we have to celebrate Christmas or have the freedom to express a faith or belief. Then for some, Christmas is a sad reminder of what they have lost – their home, their family, a loved one, their freedom, their faith, their dignity.

So as you enjoy Christmas, as you reflect on how blessed your life is, spare a thought for those who are far from their families, those who feel sadness every year at this time, those who are too busy to stop and celebrate, those who are lonely, those who are destitute. If you come across such a person, why not share your blessings, share a kind word, wish them a Merry Christmas, make their day a little brighter. Maybe one Christmas someone will do that for you.

Blessings and a Merry Christmas to you all.



7 ways to slash your food budget

Groceries, takeaways and food expenses often make up a large part of our monthly budgets and unlike your pay TV bill, it's an expense you can't just cut all together. You need to eat, one way or another...



But there are plenty of ways you can cut your food bill by planning ahead, thinking creatively and putting in a little extra time and effort. Here are 7 tips to help significantly cut your food budget and recover from your Christmas spending.

1. Shop smarter

Learn to work out when something is truly a good deal and when it just seems like one. Just because a name-brand item is on sale, that doesn't necessarily mean it's the best bargain. Buying generic brands may still be cheaper. Keep an eye on the "unit prices" you see stuck to the shelves in Coles and Woolies which is where you'll really see the difference in value.

A bottle of sauce might have a lower sticker price than it's competitor, but a higher cost per unit (such as cost per 100 ml).

2. Plan your meals

Planning your weekly meals ahead of time makes cooking easier — no more looking into the fridge wondering what you can put together with the food you have on hand (and no more giving up in frustration and ordering takeaway because it's easier). It cuts out a lot of stress, reduces food waste, and helps you make sure you're only buying the ingredients you'll need for that week.

3. Shop with a list

Make a list based on the coming week's meal plan, and don't go into a supermarket without it. Look only for the things on your list — no more grabbing things off the shelves just because they catch your eye. You're on a mission!

4. Stock up on basic things you use all the time

Items like pasta, rice, beans, whole grains and eggs are cheap, healthy regulars that can be combined to make a number of quick and healthy meals.

Always keep some in the cupboards.

5. Cook more

There are tons of cheap, healthy recipes online that take 15 minutes or less to make. You can also make a large batch of something on the weekends so you'll have meals for the rest of the

week. Get the kids to help you! The more meals you make yourself, the less you'll pay for takeaways.

6. Don't let leftovers go to waste

Food waste is a huge money-suck. Learn to use your leftovers in creative ways. Omelettes, stir fries, casseroles and salads are all great way to use up vegetable and meat odds and ends.

7. Go vegetarian sometimes

Making even a couple of meatless meals each week can help you save some money. Try protein substitutes like beans and legumes. Not only are they cheaper; they're high in fibre and low in fat.

Adapted from article by Paula Pant – www.thebalance.com

FREE SNACK AND CHAT

Toasties and Soup
(Takeaways Available)

EVERY TUESDAY NIGHT
TIME 6:10pm – 6:35pm
At: Rokeby Neighbourhood Centre

For further information please contact
RNC
On: 62 47 67788

In partnership with
St. Vincent De Paul/
Loui's Van

ST VINCENT DE PAUL SOCIETY
RNC Rokeby Neighbourhood Centre

What do I know about the place where I live?

A letter from a member of the Steering Group of the GROW Community Garden.

What do I know about the place where I live?

I know the people! I know they like nothing better than a chat and are very good communicators! I feel very comfortable living here surrounded by green spaces and breathing fresh air. It is like living in the country with very good neighbours as a bonus!

We are surrounded by new suburbs being constructed. I think we need to get to know our new neighbours and enjoy the fact that many more are seeing what a good place we have here to live in.

I will always be grateful I found such a treasure of a place to live in and would like to thank the people here for making me welcome! And I hope to give some contribution to the

community by offering my time to help to make it an even better place for future generations to enjoy.

Volunteering is the most fulfilling and rewarding activity I have ever done. It is in many ways more satisfying than paid work. It seems to me that it is a privilege to have the trust of complete strangers. It has taught me so much!! It has given me more than I can even give. I recommend volunteering to all people who can spare a few minutes or hours of their time. They will never regret it.

The friends they make will be living proof of that.

Just try it and see.



Volunteering helps your friendships grow

Soul Kitchen adds a cup of love with every meal



Soul kitchen

Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love!

Just over 5 months ago, local Clarence Plains community member, Michael recognised a need for a regular community-led food service in the area. With the help of the Men's Life Group based at a local church, so began Soul Kitchen!

Operating 5:30-7pm every Tuesday night, head chef Michael, prepares a main course with assistance from a couple of soup makers and a number of enthusiastic community members. The menu changes weekly and community members are also offered a packaged sweet and chocolate.

Imagined and developed by community members, run by community members and enjoyed by community members, Soul Kitchen can serve anywhere between 50 to 100 meals a night!

What a load of garbage!

October means Spring in Clarence Plains and Spring means it is time for a community wide Spring Clean!

So on a sunny Saturday in October, in a very brisk wind, 105 community members set out across the parks and open spaces with one aim – to give the hood a good spruce up!

And what a load of garbage they collected! Almost two skips were filled with an estimated 50 cubic metres of unwanted goods and litter!!! Add to this all the items placed out for the hard waste collection in November and that's a lot of rubbish gone from Clarence Plains.

Well done everyone! The combined effort just proves that working together makes the biggest difference!

Special thanks too to Clean Up Australia, to the Spring Clean Organising Committee and One Community Together Community Spaces team for pulling it all together, to the Clarendon Vale and Rokeby Neighbourhood Centres for hosting it and a massive thanks to Veolia and Clarence City Council for covering the cost of the skips and tip fees.

Let's do it again in 2017!



"The beauty of this program is that it is community serving community and at the same time strengthening and growing the community. The evenings are filled with great conversation, story-telling and caring", says Mission Australia's Community Chaplain Stephen Schlenk.

This is a joint project with the Clarence Plains Child and Family Centre, Clarendon Vale Neighbourhood Centre, and Abundant Life Church. Soul Kitchen is also supported by St Vincent de Paul who bring their van and supply free tea, coffee and fruit on the night.

Get bill smart



Winners: Ricoh Business Centre Hobart Environment Award!

Sustainable Living Tasmania collaborated with the local community, Mission Australia and the University of Tasmania on the Get Bill Smart project. The aim was to improve home energy efficiency, increase indoor comfort and reduce energy bills for low-income households in Clarence Plains.

The project reduced energy consumption in the households that participated and reduced carbon emissions and pressure on energy infrastructure. The knowledge gained

during the Get Bill Smart project has also created a great base from which future energy efficiency support programs can be created benefiting other communities and households across Tasmania and beyond!

Well done to all involved in this project and special thanks to our local energy efficiency experts, the Power Rangers – Amanda Kaye, Andrea, Angela, Bec, Deb, Gill, Harry, Kaye, Kylie, Natasha, Rosemary and Vic!

Your work as Power Rangers made this award possible!!! Thank you!



Saving the world via energy consumption and usage



The nuts and bolts which will save you from your hunger

Nuts and bolts – a perfect summer snack



A simple healthy snack for BBQ's, kid's lunches or for just watching the cricket (or watching the sunset if you hate the cricket!). You could even put it in a jar with some simple ribbons as a home-made gift.

Ingredients

- 295g Nutri-Grain® cereal
- 375g salted peanuts
- 1 pack french onion soup mix
- 1 pack cream chicken soup mix
- 1 tablespoon curry powder
- 1 teaspoon mustard powder
- ½ cup vegetable oil

Directions

1. Place Nutri-Grain® and peanuts in a bowl.
2. Warm oil over low-medium heat.
3. Remove from heat, and stir through dry powders.
4. Pour flavoured oil over Nutri-Grain®/peanut mix and stir to coat all ingredients.
5. Cool and store in a sealed container.



Thanks to allrecipes.com.au and Michael Preddy for the recipe!

A bit about Andrew Doube – GROW Program Coordinator

Have you ever tried to do something you know you would be really bad at, what was it?

Acting! I put my hand up for the major role in my year 12 high school play, got incredible paralyzing stage fright, and forgot a huge pile of my lines.

Thankfully the moderators didn't seem to notice and I passed the subject.

What is the first concert event you ever went to?

Red Hot Chili Peppers. Blood Sugar Sex Magic tour, 1994 maybe?



What are you frightened by?

I'm frightened by people in cars when I'm on my bike. Especially if they get road rage because I'm holding them up. I just want to say "Look, I don't want to be risking my life by being in your way any more than you don't want me holding you up! Get me off the roads! Write to state government about some bike paths!"

What do you need to have every day?

Some quiet time pulling weeds in the garden.

What is the worst job you think you could have?

A politician. Working long hours, away from the people I love, and likely to be blamed by the people for all the problems in the world, while feeling like I should be able to do something about it all.

If you could be any flavour of ice cream what ice cream flavour would you be?

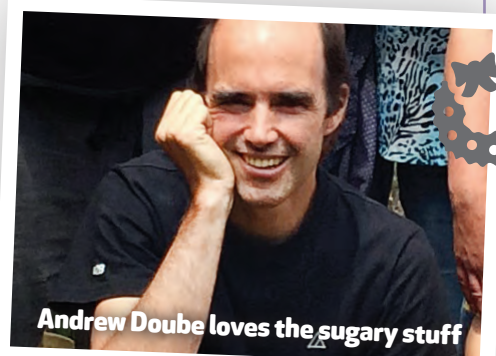
Organic, gluten free, vegan, mesquite and raw cacao salted caramel with a hint of chilli! Just kidding, vanilla.

What is your biggest addiction?

Sugar, for sure. Serious struggle!

What fashion trend don't you get?

Hmmmm, fashion, what's that again? I'm not sure I get any of it.



Andrew Doube loves the sugary stuff