

Oysters Sheoak



Ingredients

- 1 dozen Tasmanian oysters
- 2 sprigs Sheoak (*Allocasuarina littoralis*)

Method

- 1 Place oysters on a tray
- 2 Place sprigs of Sheoak across oysters
- 3 Grill on medium heat for ten minutes until oysters are warmed through and juices have been absorbed

Thanks to Kris Schaffer for the photo, this history, the stories and the recipe!

Tenant news and events



Food Support Programs at your local Neighbourhood Centre

Clarendon Vale Enjoy a 2 course meal at the community lunch every second Monday for \$8.00. Order a Community Co-Op food box starting from \$5.00. Order a Frozen Pre-Packed Meal for \$4.00 **Free services** include Lou's Van, Second Bite, Food Relief Baskets and Free Bread.

☎ Please call 6247 8163 or visit the centre at
🏠 63 Mockridge Road for more information

Rokeby Enjoy a 2 course meal at the community lunch every second Wednesday for \$5.00

Free Café Conversations – meet new people and have a bite to eat every month.

Free after school program includes dinner, homework help and activities every Wednesday.

Free services include Lou's Van and Second Bite. Food hampers are available.

☎ Please call 6247 6778 or visit the centre at
🏠 85 Tollard Drive for more information

Scouts in Clarence Plains

We are looking to establish a Scout group in the Clarence Plains community. If you are a parent, potential leader or would like to support this project and learn more about what this great program can bring to the area we invite you to a community meeting at the Clarendon Vale Neighbourhood Centre on 7 July at 10.30am.

Please feel free to phone our Community Chaplain Stephen ☎ 0476844326 with any questions or thoughts prior to the meeting.

NO WINNERS for the Autumn Newsletter Guess who? Competition

This means we have double the prizes for the Winter Newsletter. Make sure you pop into the office and fill out the competition form for your chance to win!

On Friday 19 May, Jacqui Petrusma, Minister for Human Services and Minister for Women visited our Clarendon Vale and Rokeby office to hear more about the Clarence Plains Master Plan. **This is what she had to say:**

"It was very inspiring today to visit Mission Australia at Clarendon Vale to hear and see the amazing work that they are doing in the Clarence Plains area."

MISSION AUSTRALIA | Housing news

Winter 2016 edition



From our Executive



Hi everyone,

It has been a big start to the year for Mission Australia Housing with a number of exciting developments and projects happening for us as a national Community Housing Provider.

One of these projects is the Clarence Plains Master Plan. Over the past couple of months you may have seen representatives from Mode Design wandering the lane ways, taking photos and making notes.

To create a safer and more connected community for you we hope to be able to find a realistic way to upgrade or redesign a number of unused lane ways that are poorly lit and unsafe.

We will continue to work with the Resident Steering Committee on this project and will update you as we go.

There is so much to celebrate about Clarence Plains and this year has been no different! It was fantastic to see so many of you come out to sing, dance, make music, laugh and cheer in a day of celebrating all things that make living in Clarence Plains great! Running for the past 10 years the Clarence Plains Festival gets bigger and better with over 1,700 community members, leaders and local politicians attending this year's event. I look forward to hearing what is in store for next year.

Recently we contacted you about our 3rd Annual Tenant Survey that has now closed. I would like to thank all tenants who took the time to give us your valuable feedback. I look forward to sharing the results of the survey with you all in our next newsletter.

Wishing you all health and happiness,

Chris Bratchford
Executive,
Mission Australia Housing

Contact us

- ☎ Mission Australia Housing hotline: **1800 269 672**
- 🏠 9/7 Saladin Circle, Clarendon Vale TAS 7019
- 💻 missionaustralia.com.au

The Great Easter egg hunt

In the week before Easter Mission Australia Housing held two Easter Egg Hunts, one in Rokeby and one in Clarendon Vale.

Both events were blessed with sunny afternoons. The children were asked to find five small eggs each and on finding those they received a larger Easter egg.

Pockets were bulging and mouths were full of chocolate. The Youth Beat van was on hand to entertain the children making badges and filling the air with bubbles.

An afternoon tea of scones, made by volunteers from the Neighbourhood Centres, was enjoyed by both children and parents alike.

A colouring competition was held with the children colouring the picture of an Easter Bunny holding a basket full of eggs. Three pictures were chosen from each Neighbourhood Centre as the most

colourful entries and awarded Easter bunnies as prizes.

It was a great time of community coming together and enjoying each other's company. A big thanks to all those involved.



Which Mission Australia Housing staff person am I?



1. Who is your greatest inspiration?

Philo Farnsworth the inventor of the Television, he had to go against a large corporation with heaps of lawyers to prove he invented the television and won! It inspires me to never give up even when it feels like the world is against you!

2. Use one word to describe your computer ability?

Computer says... No *cough* (not really I came from IT industry before working here at MAH)

3. If you could go anywhere in the world where would you go and why?

Denmark, Norway, Sweden, Finland, and Iceland. I love the Vikings and the Dark Ages stories and would love to see the ruins and historical places first hand.

4. What is one thing that annoys you the most?

People grinding their teeth and fingernails on the blackboard!

5. What is your favourite movie quote?

"Tigers love pepper... They hate cinnamon"
Hangover (one of the best movies ever)



What has a wheelie bin got to do with One Community Together?

One Community Together has been around for almost two years now and we are all about creating a safer community that is welcoming, attractive and passionate about the future.

Whenever we ask you – the community – what is the number one issue affecting Clarence Plains you nearly all say something that relates to feeling unsafe or unsafe behaviour. One Community Together is about you coming up with ideas that will improve safety in the community and it is about organisations like Mission Australia Housing helping you get there.

Many of you have said that improving the look and feel of Clarence Plains will improve safety – because you know that a great looking Clarence Plains is one to take pride in and a proud community looks after their own. So One Community Together is tackling this as well.



So if you think that...

it is not good enough that kids have to limit where they play and go

it is not good enough that kids and adults can get hurt inside their own homes

it is not good enough that people feel scared about some of things that happen in their community

it is not good enough that people cannot always be proud of this great place **then think about getting involved with One Community Together and make a difference for Clarence Plains.**

To find out more or to ask what a wheelie bin has to do with One Community Together call Matt ☎ 1800 269 672.

Emus on Clarence Plains?

The Great Oyster Bay Tribes and Mu-henna people walked these Plains, moving, hunting, collecting food, meeting, and performing ceremonies together for more than 40,000 years.

They hunted the Tasmanian emu, gathered their eggs, and collected their beautiful feathers.

The Tasmanian emu is called Panamunra and it's now extinct.

The Panamunra emu male who kept the eggs warm also protected the young ones and showed them what they need to know to survive.



Any single parent knows what it takes to raise children alone. So the Dreaming Stories of Panamunra were about endurance.

They talked about the resilience it takes to do all the exhausting day to day tasks. And the wisdom it takes to find space to rest when you need to. Maybe this Father's Day (first Sunday of September) we could remember the Panamunra.

Sheoak trees were part of the Panamunra Dreaming as well. Green nuts from Sheoaks were given to chew to quench thirst to give people the endurance of the Panamunra and the needles from the branches were used to flavour meat in cooking.

What do you get when you bring together 1700 locals, MA staff and a three metre art sculpture called Big Dude?

"The best festival ever!" screamed one young boy as he waited in line for his turn on a ride.



Over 1700 residents from Clarendon Vale and Rokeby in Tasmania, along with local leaders and politicians, recently came together to celebrate everything that makes Clarence Plains a great place to live.

Now in its tenth year, the Clarence Plains Festival has something for everyone – from music and rides to exhibitions of art, craft and woodwork made by groups from neighbourhood centres.

Mission Australia Housing's GROW Project, run by Andrew Doube in partnership with Food In My Backyard, displayed gardens made by school children from recycled milk crates.

Meanwhile, local singing group **Find Your Voice** – organised and run by our own Tenant Engagement Officer, Wendy Bryant – got the crowd clapping to their debut performance of 'Clarence Plains Community Song'.

Over 200 performers were involved in the festival, including 120 school children who performed 'The Doors Between,' a dance choreographed for the event.

The Mission Australia Youth Beat van was also at the festival and put on a variety of games for everyone in the community to enjoy.

The highlight of the festival was a three-metre art sculpture named Big Dude, made out of recycled street signs by renowned puppet maker Tristan Stowards with the help of local students.

After the sun set, festival-goers lit up Hobart's Eastern Shore by creating miniature magnetic light sculptures made from modelling clay, LEDs and batteries – the same materials used to make Big Dude shine bright.

This year's Clarence Plains Festival would not have been possible without the collaborative effort of Mission Australia Housing, our Neighbourhood Centres, the Tasmanian Government, Lions International and Clarence City Council.

How to detonate debt

If you get Centrelink payments you can set up Centrepay (or we can help you do this).

This means your rent and other bills can be paid when you get paid. The money goes straight to pay your bills – so you don't see the money removing any temptation to spend it. It can even help you get ahead of your bill payments!

If you are working then set up direct debits through your bank to pay your bills the day after pay day. Unlike Centrepay you will see the money come into your account so set up the bills to be paid early on the morning after you pay comes through.

Keep a spending record to work out where your money is going. This will really help you to understand your spending habits – you may be surprised where your money is going...

Work out a budget – there are services that can help you do this. When you have it done stick it somewhere that you can see it regularly (like on the fridge!). Budgets are easy to make but hard to stick to so set some easy to reach goals and give yourself a small (!) reward when you get there.

Learn to grow your own fruit and vegetables. Great exercise, great fun and there is nothing better than eating something you have grown yourself. And home grown food is always cheaper and fresher than the stuff from the supermarket. Give it a go!

And for some light reading... check out 'Your Guide to Staying Warm and Saving Money' on our website for more ways to save.

Need something to kick start your journey to better money habits? Why not try a 30 day challenge? So next month:

1 Set up to pay all your regular bills through Centrepay or direct debit

2 Keep a spending record for a month (need a notepad to do it? Come and see us)

3 Set a budget (make it doable) – we can get you advice on how to do it if you need it

4 Plant a vegetable or herb or two – we can help get you started

5 And most importantly, treat yourself when you reach a goal (but not before!!!)