

Chicken and noodle san choy bau



- 1/2 440g packet thin hokkien noodles
- 2 tablespoon cornflour
- 1/2 cup salt reduced chicken liquid stock
- 1/4 cup hoisin sauce
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 1 tablespoon vegetable oil
- 2 garlic gloves, crushed
- 100g mushrooms chopped
- 100g chicken mince
- 22g can sliced water chestnuts, drained thinly sliced
- 1 1/2 cups been sprouts
- 4 green onions, thinly sliced
- 8 Iceberg lettuce leaves
- 1 red chilli, sliced diagonally

Step 1: Cook noodles following packet directions. Drain. Refresh under cold water. Drain Well.

Step 2: Combine cornflour with 1/2 the stock in a small bowl. Combine remaining stock and sauces in a jug

Step 3: Heat a wok or large deep-frying pan over high heat. Add oil. Swirl to coat. Stir-fry garlic and mince for 5 min or until browned. Add mushroom and water chestnuts. Stir-fry for 3 minutes or until mushrooms have softened.

Step 4: Add sauces and cornflour mixture to wok. Stir-fry for 2 minutes or until heated through and sauce thickens. Add noodles, sprouts and 1/2 the onion. Toss until heated through. Divide mince among lettuce cups. Top with remaining onion and chilli.



Hints and Tips!

Refrigerators

The main component of your refrigerator that should get your attention is the door seals. Keeping your door seals tight will reduce the amount of energy it takes to keep your food cool or frozen, but will also keep your refrigerator working efficiently, preventing premature wear on internal parts.

To test the door seals, close the door on a \$5 dollar note and attempt to pull it out with the door closed. If you cannot easily pull the \$5 dollar note out from the door, your seals are in good shape. However, if the note slides out without much resistance, it is time to replace the seals. You can purchase new seals from any home hardware store.

As a general tip, keeping your refrigerator full uses less energy than trying to cool when it is empty. Therefore, keep as many items in your refrigerator as possible to help reduce energy costs.



Dryer

It is important to make sure that you regularly clean your lint screen in order to prevent fires. Not only will a clean lint screen prevent fires, but it will also increase the life of the heating element. Physically remove the lint from the screen between each load of laundry. Also, be sure to remove fabric softener residue by washing the screen with warm water and dish detergent once per week.



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Better Places Stronger Communities News

November, December 2018 & January 2019

Hi all and welcome to the November, December and January edition of the BPSC newsletter.

As the count down is on the Christmas starts, this year has flown by with so many wonderful things happening in the area.

In this edition we have loads of information and articles about some of the amazing things that are happening locally.

As we head into summer please keep an eye on your family, friends and neighbours as many lives are lost in Australia every year due to hot weather. Some tips on how to beat the heat this summer can be found on pg.4

On the 4th of December we are holding our Community Christmas Celebration! Last year we had nearly 400 attendees and this we are hoping for similar numbers. There will be lots of family fun and entertainment, community awards and a visit from Santa is inevitable. Further information and booking details are on page 9.



Have a safe and happy Christmas and New Year from all of the BPSC team. Thank you for your ongoing support and willingness to get involved in creating a great community for all. Stay safe on the roads and we look forward to seeing you all in the New Year!

Need a Justice of the Peace?

Derek John Butler
After hours by appointment
phone 0435 741 354
After hours Suburb; Elizabeth Grove, 5112



CONGRATULATIONS!

Congratulations to the Better Places Stronger Communities 'Cuppa Crew' winning a High Achievement award in Innovation. The award Recognises innovation that has significantly improved outcomes for customers, the community or employees of AnglicareSA. It recognises innovation and change that has delivered results that would not have been achieved otherwise.

The 'Cuppa Crew' is made up of volunteers it was set up to combat social isolation within the community. The Crew pack up some tables and chairs along with coffee, tea and biscuits and head out to some high density housing areas. For a couple of hours they sit with the residents from those housing areas to chat, play games and have a cuppa!

Thank you to the volunteers that run the initiative your ongoing support is invaluable and the community reaps the rewards, Congratulations again..

Congratulations again..

Volunteers wanted!

If you would like to get involved with the Cuppa Crew please contact the Community Development team on 8409 3666 or call into the office



'Better Places Stronger Communities News' is produced for BPSC tenants by the BPSC Team
Shop 1, 60 Fairfield Road, ELIZABETH GROVE 5112, Phone: 8409 3666

Contributions and suggestions are most welcome....

Coordinator: Leonie Fuchs (8409 3660) or lfuchs@anglicaresa.com.au

If you wish to receive this Newsletter electronically please email lfuchs@anglicaresa.com.au



Women's Wellbeing Group
 Wednesday's 9:30am-11:30am
 St Mary Magdalene Primary School
 82 Fairfield Road, Elizabeth South



Date	Activity	Business
Week 1 17/10/18 Crèche Available	Craft with Prue & Crew 	The Quickest Warmth project
Week 2 24/10/18	 Material Recovery Facility Tour	
Week 3 31/10/18 Crèche Available	Community Legal Education 	Women's Legal Service South Australia 
Week 4 7/11/18	 Garden Tour	Joe's Connected Garden
Week 5 14/11/18 Crèche Available	Craft with Prue & Crew 	The Quickest Warmth project
Week 6 21/11/18 Crèche Available	 Boxing	 Live Life Get Active
Week 7 28/11/18 Crèche Available	Talking First Aid 	 head2toe FIRST AID
Week 8 5/12/18 Crèche Available	 Christmas Cooking	 ANGLICARESA
Week 9 12/12/18 Crèche Available	Wood Burning 	Playford Men's Shed 

Are you looking for some me time?

Come along to the Women's Wellbeing group. It's a great friendly Environment and a fantastic way to connect with what is happening locally. For further information please contact the CD team on 8409 3666



Home Assist Forum



On October 4th 2018 the Neighbourhood Watch Group (Ron our lovely volunteer) organised a Home Assist forum for local residents over 65! It was a great afternoon with approximately 17 attendees receiving information from the City of Playford, AnglicareSA My Aged Care, Lee Odenwalder local MP and SAPOL Home Assist. Ron worked tirelessly not only organising guest speakers and venue, he created the flyer and letter box dropped about 300 flyers to the local area. Ron couldn't turn on a computer at the start of the year so this is a great accomplishment.

Seeing our tenants leading and organising activities such as this is Community Development going full circle and we couldn't be prouder. Creating sustainable outcomes!

Neighbourhood Watch meetings are held at Elizabeth Vale Soccer Club on the first Thursday of the month at 3pm.



All welcome so come along, the more attendees the better the outcomes for the whole community.

Chip Blitz

Saturday the 6th of October we held a Chip Blitz for local and not so local community. Working with an amazing team of volunteers from Chip Blitz microchipping cats and dogs for only \$10! There was approximately 200 animals chipped on the day with about 30+tenants taking up the opportunity. Local businesses fared well from the added traffic and the volunteer team purchasing lunches from the local shops. We received fantastic feedback and the Chip Blitz team were really pleased with how the day went. We were able to utilise the vacant shop to hold the activity at no cost!



Compulsory microchipping

From 1 July, 2018, it will be compulsory for all dogs and cats to be microchipped, including existing dogs and cats.

If your dog is microchipped before renewing your 2017/18 registration, provide the City of Playford with the relevant information and you will be eligible for the additional rebate upon your animal's registration.



For further information please visit <http://www.playford.sa.gov.au/DACO> or call 8256 0333

With spring in the air and daylight savings starting it's a great time to join the FREE fitness classes!
Come along and join the fun, with great support and advice available both online and face to face

The Top 9 Benefits of Regular Exercise

- 1. It can make you feel happier**
 Exercising regularly can improve your mood and reduce feelings of anxiety and depression
- 2. It can help with weight loss**
 Exercise is crucial to supporting a fast metabolism and burning more calories per day. It also helps you maintain your muscle mass and weight loss.
- 3. It is good for your muscles and bones**
 Physical activity helps to build muscles and strong bones. It may also help prevent Osteoporosis
- 4. It can increase your energy levels**
 Engaging in regular physical activity can increase your energy levels. This is true even in people with persistent fatigue and those suffering from serious illness.
- 5. It can reduce your risk of Chronic Disease**
 Daily physical activity is essential to maintaining a healthy weight and reducing the risk of chronic disease.
- 6. I can help skin health**
 Moderate exercise can provide antioxidant protection and promote blood flow, which can protect your skin and delay signs of aging.
- 7. I can help your brain health and memory**
 Regular exercise improves blood flow to the brain and helps brain health and memory. Among older adults, it can help protect mental function.
- 8. It can help with relaxation and sleep quality**
 Regular physical activity, regardless of whether it is aerobic or a combination of aerobic and resistance training, can help you sleep better and feel more energized during the day.
- 9. It can reduce pain.**
 Exercise has a favorable effect on the pain associated with various conditions. It can also increase pain tolerance.

Devote some time in the day just for you!

FUN FREE OUTDOOR FITNESS CAMPS

ON NOW
ELIZABETH GROVE PRIMARY SCHOOL
NORTHERN END OF SCHOOL OVAL
20 HAYNES STREET, ELIZABETH GROVE

NO JOINING FEE, NO CLASS FEE, IT'S ALL FREE!

REGISTER TODAY TO BOOK YOUR SESSION
AND GET A FREE TAILORED NUTRITION PLAN!
www.liveliforgetactive.com

CLASSES START AT 5.15PM DAILY - EACH RUNS FOR 45MINS

Mon	Tue	Wed	Thurs	Fri
X	Y	B	X	B
X-TRAINING	YOGA	BOXING	X-TRAINING	BOXING

PROUDLY SUPPORTED BY

Live Life Get Active is a community initiative that is facilitated and funded by Corporate Australia and Local Government.
 Live Life Get Active Pty Ltd ABN: 53 152 823 071

The Bottom Line

Exercise offers incredible benefits that can improve nearly every aspect of your health from the inside out. Regular physical activity can increase the production of hormones that make you feel happier and help you sleep better.

It can also improve your skin's appearance, help you lose weight and keep it off and lessen the risk of chronic disease.

For further information please visit:
<https://www.healthline.com/nutrition/10-benefits-of-exercise#section10>



ZERO WASTE

Soft Plastics can be collected over a period of time by putting it inside a larger plastic bag, such as toilet paper packaging for example with the following items:

- Plastic film from grocery items
- Bread bags
- Biscuit packets
- Cereal box liners
- Frozen food bags
- Old reusable bags
- Newspaper wrap
- Rice & pasta bags
- Confectionary packets
- And much more...



Do the SCRUNCH test!

If the plastic CAN be crunched up (into a ball), it can be placed in a REDcycle Program drop off bin at the front of your local Coles and Woolworths. If it CAN'T be crunched, it should be recycled at home in your Yellow bin collection.

The plastic is then sent to Replas Recycled Products cleaned and melted down to form hard plastic items such as: Boardwalks, signage, fitness equipment, retaining walls, fencing, bollards, garden beds, picnic benches and much more!



Loose plastic bottle tops get lost in the recycling process and would take a very long time collecting individual tops, by collecting them yourself in a cleaned milk or juice container under the sink. Once it is full pop the lid on the bottle and put into your yellow bin. Resource Recovery Centre workers can easily spot this in the sorting process ensuring that it reaches the right destination to be recycled, not into landfill.

For More Information on Recycling, reducing your waste and what is made from your recycling efforts visit:

- <http://www.replas.com.au/https://www.nawma.sa.gov.au/resource-recovery/what-can-i-recycle/>
- <http://www.abc.net.au/ourfocus/warowaste/>
- <http://www.foodwise.com.au/foodwaste/food-waste-fast-facts/>



Did You know?

Every day, humans use more than 500 million straws?

If you lined these up end-to-end, they would wrap around the planet earth **FOUR TIMES, EVERY, SINGLE, DAY!**

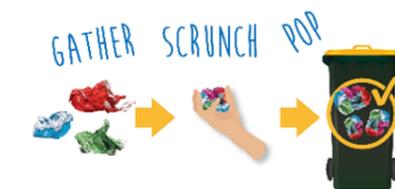
To help say no when offered a straw, it is as simple as that.

- **Pet food, soup and tuna cans** are the most common steel products put in the rubbish bin.
- **Aerosol cans** are one of the easiest of all the steel cans to recycle. However on average only 35 per cent are being recycled. Put your empty deodorant cans, fly spray cans, cooking oil spray cans in your yellow lidded recycle bin
- **Out-of-date and unwanted medicines** can be returned to your local pharmacy
- **Metal pots and pans** (no lids) and **plastic toys** (no batteries) can go in the yellow lid recycling bin.



How to recycle foil

- Rinse or wipe off any crumbs or food residue from foil trays.
- To rinse just dunk the tray in the washing up water no need to run the tap.
- Scrunch kitchen foil, tub and pot lids and wrappers together to form a ball - the bigger the ball, the easier it is to recycle.



The average Australian family of four people makes enough rubbish in one year to completely fill a three-bedroom house from floor to ceiling.

How to Beat The Heat This Summer!

Summer is the season that most of us look forward to. Swimming, having BBQ's, catching up with friends, going to the park. But with warmer weather comes some health risks. Sunburn, dehydration and heat exhaustion are all important things to think about as we head into summer.

Its an important time to check in on your family, friends and neighbours, particularly young people and the elderly who are at the highest risk of heat related stress.

Summer Safety Tips

Even though every heat-related health issue has its own causes, symptoms and treatments, there are a handful of hot weather safety tips that are great to keep in mind as just general rules to live by.

- Drink plenty of water, but avoid alcohol and caffeine to prevent dehydration
- Apply sunscreen to prevent skin damage and sunburn
- Avoid direct sunlight for extended periods of time, not only for our skin, but to keep your body temperature at a safe level
- Dress in lightweight, loosely fitting clothing
- Keep your house as cool as possible, utilise air-conditioning or fans when available
- Keep your blinds, curtains pulled
- If you are feeling unwell call for assistance
- Visit libraries, shopping centers' or public places that are air-conditioned in extreme weather



Volunteers are vital part of the Better Places Stronger Communities programs particularly within the Community Development activities and initiatives. We currently have 7 formal volunteers within our programs but we definitely could do with more.

Many hands make light work.

If you have spare couple of hours a week we would love to hear from you.

Currently looking for volunteers to support;

- ⇒ Community Leadership Group
- ⇒ Cuppa Crew
- ⇒ Graffiti removal team
- ⇒ Drivers for Thread Together Program
- ⇒ Projects group support
- ⇒ Community activity and events support

If you are interested in volunteering please contact Leonie on 8409 3660 or drop into the office to find out more information.

There are many benefits to becoming a part of the AnglicareSA volunteer team so please contact us today!

Be the change you want to see!



Local volunteering can be as beneficial to the volunteer as it can be to the local community.



Community Christmas Celebration

WHEN

Tuesday 4th December 2018
4.00pm to 6.30pm

WHERE

Burgate Park
Corner of Fairfield Rd & Burgate St
Elizabeth Grove



- ❄ An appearance by Santa with gifts for children under 12 years
- ❄ Old School Family games
- ❄ Choir performance
- ❄ Free BBQ
- ❄ and much more!



RSVP

Please register your children to receive a gift from Santa to either Aaron or Leonie on 8409 3666



Ready Steady Cook!

Want to learn how to make amazing meals with limited ingredients on a tight budget?

Come along and improve your cooking skills while meeting new people and learning new recipes in the process. Everything is supplied.

- WHEN** Fortnightly Fridays from 11:00am to 1.30pm
- DATES** October 26th November 9th and 23rd December 7th and 21st
- WHERE** Elizabeth Vale Soccer Club, Mofflin Road, Elizabeth Vale



RSVP Please contact the Community Development team on 8409 3666 for further information



What's On Near You?



BINGO In The Vale
When: Thursday's
Where: Elizabeth Vale Soccer Club
Time: \$10 meals from 5:45pm, eyes down 7:30pm
Cost: \$4.00 per book
Come down, get involved and have some fun..



Anglicare Craft Group Program Term 4

Friday 5th October 2018

Apple Pin Holder
(Make an apple shaped sewing kit out of felt)



Friday 19th October 2018

Bingo
(Play a few rounds of bingo for prizes with the ladies)



Friday 2nd November 2018

Giant Wooden Peg Magnet
(Make a wooden peg magnet out of a giant peg and other materials)



Friday 16th November 2018

Miscellaneous Craft
(Rex's Box of Goodies)



Friday 30th November 2018

Snowman Hats
(Christmas Decorations)



Friday 14th December 2018

Sequin Ornaments
(Christmas Decorations)



Craft is held once a fortnight on a Friday in the Plaster'n'Things Shop from 10.00am to 12.00pm. There is no cost and everyone is welcome.



Grow food. Grow Love. Grow Community.



Grow Free is a grassroots, community building movement which promotes a sustainable culture of growing and sharing healthy food and other resources with our neighbours. Sharing our food abundance nurtures the health and happiness of local communities and the environments in which we live. Grow Free starts with food, but ends up with community.

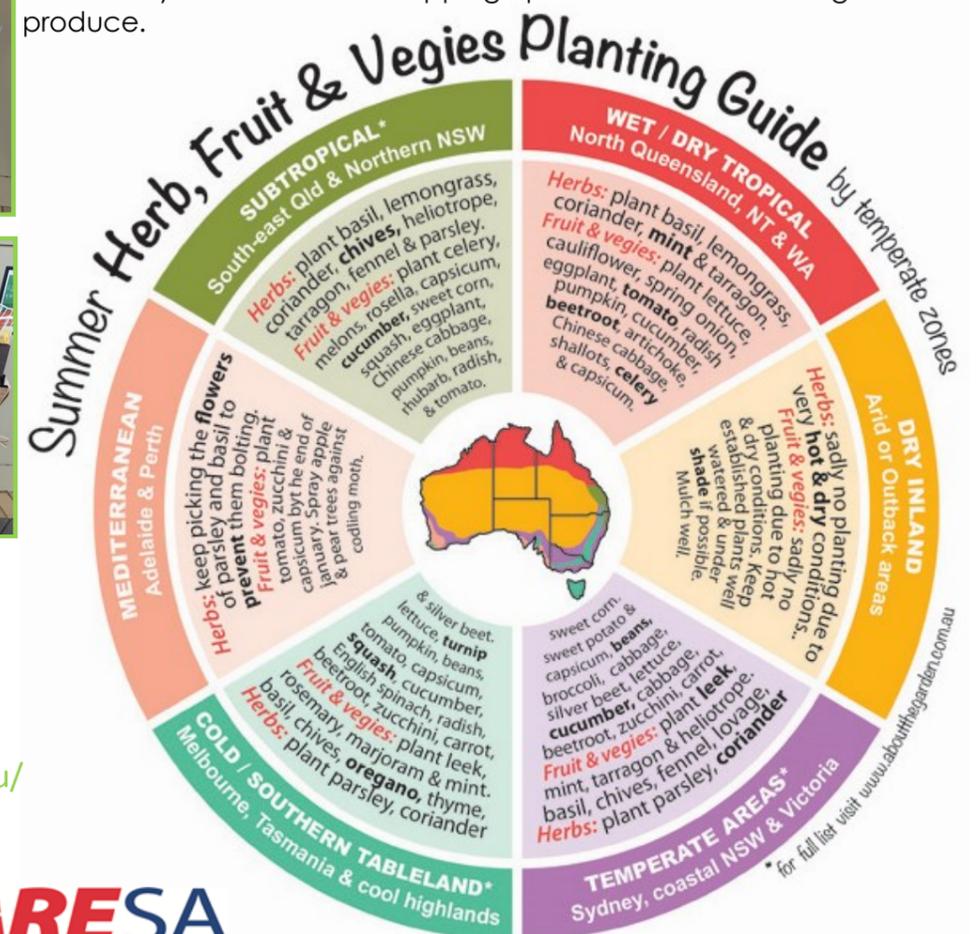
We are now lucky enough to have a Grow Free Cart at Elizabeth Grove Shops and it is has already been really well used.

If you are lucky enough to have some fruit trees in your back yard and you can never get through all of the fruit, now you can support your local community by bringing it to the Grow Cart at the front of Shop 1/60 Fairfield Road, Elizabeth Gove.

We are looking for support from the community to help get some seedlings growing for the cart! If you are interested please just let the BPSC Community Development team know and we will set you up with everything you need to get growing... the seedling will be donated to the cart to increase the amount of people growing not only for themselves but for the broader community.



We would like to thank the Elizabeth South Food Works and Food Bank for supporting the grow cart in its infancy as well as the wonderful community that have been topping up the carts with home grown produce.



For further information on the Grow Cart movement Please visit: <http://www.growfree.org.au/>

Secombe Street Reserve

FREE Sports Clinics – Term 4 at Secombe Street Reserve, Elizabeth Grove

Day	Date	Time	Activity
Tuesday	30 th October – 11 th December (7 week block)	3:45pm – 4:45pm	Tennis
Thursday	25 th October – 29 th November (6 week block)	3:45pm – 4:45pm	Rugby

Sports clinic sessions may be cancelled in the event of inclement weather or coach availability

Open to all young people aged 5 – 16 years
All skill levels welcome

Places are limited so bookings are essential.

For more information or bookings please contact Kerry:

8256 0441 or khaynes@playford.sa.gov.au



Better Places Stronger Communities Working Bee



On Saturday the 8th September 2018 the BPSC Community Development team was supported by the community to finalise the Place Making activities at The Elizabeth Grove Shops. The event was a collaboration of work involving members of the community, contractors, The City of Playford Council and AnglicareSA staff who all volunteered their time to make a difference.

In the week leading up to the Working Bee the Playford Men's Shed supported by the projects group installed three bench seats, a Free Grow Cart (a cart containing vegetables for members of the community to take and swap from) and a chess table and stalls. Urban Virons (one of AnglicareSA contractors) prepared the ground for trees to be planted, removed and hedged a number of overgrown plants along the fence line. The disabled car park was line marked by The City of Playford road team as a donation.



The Working Bee was a huge success with approximately 20 community members rolling up their sleeves to help improve the look of their local shops. Trees were planted and garden beds mulched. Shops were cleaned, tidied and painted, as were the fences. In front of the Mural which was created by community artist "Seb" a hopscotch game was painted for the young people to enjoy whilst visiting the shops.



The Grow Cart was filled to capacity with produce donated by members of the community who have been bringing new items on a daily basis and swapping them for others. It's great to be a part of the Free Grow Cart movement which is bringing new people to the shops for positive interactions (please see pg. 5 for further information). Shop owners are still receiving positive comments about the noticeable changes.

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The pride continues to grow in the community with AnglicareSA tenants from units behind the shops taking it upon themselves to clean up the back area throughout the week clearing a large amount of rubbish and leaf litter and generally tidying up the area, actively being the change they would like to see in the community.

The Grove shops now look clean, fresh and inviting! This story demonstrates that change can happen. The involvement of local community in decision making increases pride in where they live and empowers others to become engaged in what's happening around them.



We would like to thank Mia (local young person) for looking after our new trees and watering them on a weekly basis. Demonstrating lovely community spirit

Thankyou