



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 6

15 JUNE 2020

HEALTHY AGEING



#Be Kind Glen Eira

Knit One Give One (KOGO) is a Glen Eira-based charity that distributes handmade knitted and crocheted items to people in need. With many people impacted by this epidemic there is a greater need than usual. Items needed include: scarves, beanies, gloves, knitted toys, children's jumpers, cot blankets and knitted blanket squares. Preferred patterns can be found on the website.

If you are unable to purchase wool or needles but wish to begin knitting, Council can post two balls of eight ply wool and one pair of size four millimetre needles to your home for blanket squares. To find out more, contact Council's Community Wellbeing customer support officer on 9524 3333.

For further information and where to drop off finished items, visit KOGO's website at www.kogo.org.au or contact the message bank service on 0409 438 603.



Winter is now here,
stay warm and stay
safe. When the sun is
out, take a little time
to enjoy the fresh air.
And be kind to you.

BENTLEIGH.
BENTLEIGH EAST.
BRIGHTON EAST.
CARNEGIE.
CAULFIELD.
ELSTERNWICK.
GARDENVALE.
GLEN HUNTLY.
MCKINNON.
MURRUMBEENA.
ORMOND.
ST KILDA EAST.

Council services

Glen Eira Libraries — Library @ Home

Do you have access to the internet? If so, check out *Library@Home*. Glen Eira Libraries now has some great online activities for all ages. You could learn how to fold origami with Louise from PaperLab. Or join award-winning food writer and acclaimed cook Kate Young, as she guides you through recipes in her Cotswold's kitchen featuring hunny (honey) and rosemary cakes, Welsh cakes and toad-in-the-hole. Or perhaps, you have been wanting to research your family tree for a long time. If so, check out the how to videos from Way Back When and get started.

Don't forget the Home Library Service will bring up to 15 selected items including books and other materials right to your front door. Home Library Service staff will chat with you about your reading preferences. This service is available to eligible Glen Eira residents. Contact the Home Library Service co-ordinator on 9524 3684 (10am–4pm Monday to Friday) or email HomeLibraryService@gleneira.vic.gov.au

Living Through History: COVID-19 on Sunday 21 June

Join us for a live In Conversation online chat about the importance of documenting our local community's experience of COVID-19, and the part you can play in enriching the historical record for future generations. Elle Credlin from Council's History and Heritage team will lead the In Conversation with professional historian Alicia Cerreto. To register visit www.gleneira.vic.gov.au/our-city/arts-and-culture/ge-arts-online

Glen Eira City Council COVID-19 HOTLINE 9524 3733

The hotline is available to assist the community in navigating official Commonwealth and State information, finding out more about local support services as well as responding to questions on Council's response to the pandemic.

The hotline is available Monday to Friday 8am–5.30pm (Tuesdays until 7.15pm).

Brain teasers

1. Paul's height is six feet, he's an assistant at a butcher's shop, and wears size nine shoes. What does he weigh?
2. Your parents have six sons including you and each son has one sister. How many people are in the family?

Find the words

C	I	U
R	O	G
N	C	R

Can you make 12 words using the letters?

You must use the central letter and only use the other letters once.

Answers can be found on page 6

Taking care of yourself ...

Men's Health Week 15–22 June

To all the men reading this newsletter we just wanted to ask “How are you?”. We hope you are doing okay. It is okay to talk about how you're feeling. *Men's Health Week* is a good time to remind us, that taking care of one's self is important. Perhaps it's been a while since you have had an overall check-up. Take time for you and make that appointment.

Continence Week 15–22 June — Laugh Without Leaking

Hands up if you like talking about incontinence? That's right not many of us. But this problem is experienced by both men and women in many age groups. Bladder, bowel and pelvic health problems are incorrectly perceived as a normal part of motherhood or ageing. That is a myth. It is common but NOT normal. The Laugh Without Leaking awareness campaign urges people of all ages and genders to make a simple change to their life for the better. Make pelvic floor exercises a daily habit. To help you or someone you know you will find a simple exercise on page 6.

Scams — just letting you know ...

Below are two of the most recent scams being reported:

- Scammers are pretending to be Government agencies and other entities offering to help you with applications for financial assistance or payments for staying home.
- Scammers are setting up false websites pretending to sell dogs. During isolation many people have been thinking about a furry companion. Make sure you or someone you know is going to a reputable site and/or breeder.

Here are some hints on staying safe from scams:

- Don't click on hyperlinks in text/social media messages or emails, even if it appears to come from a trusted source.
- Go directly to the website through your browser. For example, to reach the MyGov website type 'my.gov.au' into your browser yourself.
- Never respond to unsolicited messages and calls that ask for personal or financial details, even if they claim to be from a reputable organisation or government authority — just press delete or hang up.

Who to call when you need to talk

Feeling isolated, anxious or stressed, it can be useful to talk to someone. Think about reaching out to family, neighbours or a trusted friend. It may surprise you how open people are to support you. Give it a try. The organisations below are also there to listen:

- Lifeline Australia 13 11 14 (24 hours a day)
- Beyond Blue 1300 224 636
- QLife 1800 184 527 (for LGBTI people)
- Relationships Australia 1300 364 277

Cookery, The Australian Way — a look back at our cookbooks

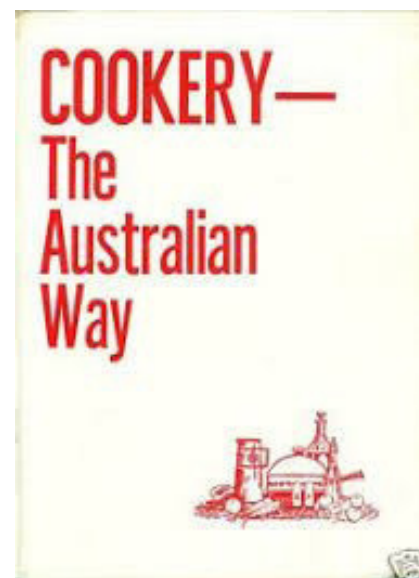
Do you still love to cook? Do you still have some of your old and treasured cookbooks? What was your go-to cookbook? Perhaps it was *The Margaret Fulton Cookbook*, which in 1968 was an instant success with the Australian housewife. Her first book sold more than a million copies, probably because the recipes were considered accessible, achievable, reliable and interesting. Here was everyone's answer to the daily challenge of "What's for dinner?"

There was plenty of good cooking going on in the late 19th century and early 20th century. However, the depression and World War I seemed to dampen our enthusiasm and, of course limited ingredients played a part. *The PWMU Cookbook* published in 1904 by the Presbyterian Women's Missionary Union was very popular during this period. However, in 1936, *The C.W.A. Cookery Book and Household Hints* may have had much to do with the changes to come. It was a tried and true recipe book from which anyone could learn basic cooking plus household hints and recipes for items like soap and furniture polish. In 1937, *The Australian Women's Weekly* encouraged readers to enter a competition and the best were published. This spearheaded a popular recipe column introducing Australians to the latest fads in home-cooking. During World War II the magazine included recipes for wartime austerity such as the use of powdered milk, dripping instead of butter and eggless cakes. In the 1950s the magazine devoted cooking features to "Chinese style" and "How about an Italian party?" Although the authenticity of ingredients was questionable at times it introduced us to new flavours and cuisines. Numerous *Womens Weekly* cookbooks would follow plus the many celebrity cookbooks.

Then there is our "own" cookbook, the one where we have gathered recipes handed down by our parents and their parents before them, written down to ensure favourites remain. Was yours how nana made her scones? Or pop's best way to cook the lamb? Or nona's pasta sauce? I'm sure we all have many of those memories? My nana made the best sponge cake with pink icing and filled with whipped cream.

In the 1960s, home economics became a popular subject at secondary school. The required text from 1965 was *Cookery, The Australian Way*. Some of us may still have our first edition although perhaps looking a little tattered after being the go-to book for so long. Known for its reliability it was intended "to meet the needs of the Australian girl during her time at school and prepare her for her role as homemaker". How times have changed.

Over time, recipes in cookbooks have reflected changing times. The vegetable soup from the first edition *Cookery, The Australian Way* is now Minestrone in edition eight and you will find the recipe on the next page. Minestrone is a great hearty winter warmer which can serve as a main meal. Ingredients can vary depending on what you may have in the fridge. So why not have a try?



Courtesy of Matilda Education

Minestrone soup — a hearty vegetable soup for winter days

Ingredients

- | | |
|--|-------------------------------------|
| ½ rasher of bacon chopped (vegetarians omit) | 1 onion chopped |
| 1 can of cannellini beans | 6 cups of stock (beef or vegetable) |
| ½ cup carrot diced | ½ cup turnip diced |
| ½ cup potato diced | 1 celery stalk diced |
| 2 tbs of tomato paste | 3 shakes of pepper |
| 1/3 cup macaroni | 1/3 cup broken spaghetti (optional) |
| ½ cup shredded cabbage | 2 tbs of grated parmesan cheese |

Method (Serves: 6–8 | Cooking time: 45 minutes)

1. Fry the onion with bacon in a pot.
2. Add drained beans, stock, pepper, carrot, turnip, potato, celery, tomato paste, macaroni and spaghetti. Cook for 30 minutes.
3. Add cabbage and simmer for 10 minutes. Serve with parmesan cheese.

Fun facts

In 1948 amid the polio epidemic, a disease that placed so many children inside iron lungs, and many more quarantined at home, a San Diego schoolteacher named Eleanor Abbott invented *Candy Land*. Abbott created the game inside a polio ward, as a patient herself, with the hope of giving the immobilised children around her a momentary sense of freedom and mobility. As a way of further connecting with the children, Abbott featured an illustration of a boy with a leg brace. Milton Bradley was quick to buy the game from Abbott. *Candy Land* continues to be popular more than 70 years after its creation.

Do you remember this game? It will be interesting to see what will be invented during this pandemic.



Courtesy of The Strong,
Rochester, New York, USA

Brain workout

What words can you find hidden in the word **WEDNESDAY**?

We have found 105 words with three or more letters, but you may find more.

Answers can be found on page 6

Keeping fit — let's talk about pelvic floor

This exercise is to help strengthen the pelvic floor. Have a go and keep up the good work.

Locating the pelvic floor muscles

The pelvic floor is the base of the group of muscles referred to as your “core”. These muscles are located in your pelvis and stretch like a hammock from the pubic bone (at the front) to the coccyx or tail-bone (at the back) and from side to side.

The exercise:

1. Sit tall in your chair with feet flat and apart. Relax.
2. Squeeze and draw in the muscles around your front and back passages at the same time. Lift them UP inside. You should have a sense of “lift” each time you squeeze your pelvic floor muscles. Breathe in as you lift.
3. Try to hold them strong and tight as you count to 8.
4. Now, let them go and relax. You should have a distinct feeling of “letting go”. Breathe out as you let go.
5. Repeat “squeeze and lift” and let go. It is best to rest for about 8 seconds in between each lift-up of the muscles. If you can't hold for 8, just hold for as long as you can.
6. Repeat up to a limit of 8 to 12 squeezes or as many as you can.

Remember:

- Keep breathing
- Do NOT tighten your buttocks and keep your thighs relaxed.
- These muscles take time to be trained.
- Fewer good squeezes are better than a lot of half-hearted ones.

For further information or help, chat with your GP. You can also contact the National Continence Helpline on 1800 33 00 66 or visit www.continence.org.au

Answers to brain teasers

1. Meat.
2. Nine — two parents, six sons one daughter.

Answers to find the words

1. Nine-letter word — occurring.
2. Six-letter words — concur, coring, rigour.
3. Five-letter words — corgi, curio, groin, occur.
4. four-letter words — coin, corn, icon, iron.

Answer to words in Wednesday

Add(s), and, any, anew, awed, awe(s), awn(s), awned, dad(s), dandy, dawn(s), dawned, day(s), dead, deaden(s), dean(s) deed(s), den(s), dense, deny, dew(s), dewy, dyad(s), dyed, dye(s), ease, eased, easy, eddy, end(s), ended, ewes, eye(s), nay, need(s), needy, new, sad, sadden, sand, sanded, sane, sawn, sway, swayed, wean, weaned, sand, sandy, saw, sawed, sea, sedan, see, seed, seedy, seen, sew, sewed, swan, swede, wade, wad(s), waded, wade(s), wand(s), waned, wane(s), was, way(s) wean(s), wed(s) weed(s) weedy, wend(s), yea, yawn(s), yawned, yes, yew.

If you have access to the internet, checkout the **Seniors Online** website for free games including sudoku, word search and code-cracker.

[www.seniorsonline.vic.gov.au/
services-information/games](http://www.seniorsonline.vic.gov.au/services-information/games)