

House



RESIDENT NEWSLETTER

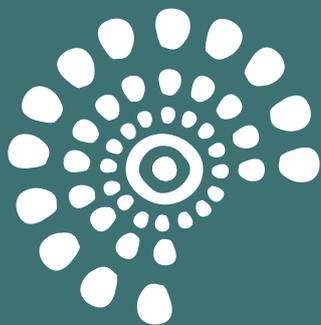
WINTER 2023



Contact.

In this edition.

Welcome	3
Tenant of the Season Awards	4
Meeting Housing Chaplain Peter Hamer	5
Community Corner	6-7
Winter soup recipe	8
Top tips	9
Top 6 surface cleaners	10
Community Events	11



Acknowledgement of Country

We at Churches of Christ acknowledge the traditional custodians of the lands on which we stand and pay our respects to Elders past, present and emerging for they hold the memories, traditions, cultures, hopes and aspirations of First Nations People.

We acknowledge and recognise the resilience of generations of First Nations People and stand with you now and always.

We are committed to walking alongside First Nations People to establish a foundation of trust and take meaningful action to preserve, affirm and promote the world's oldest living culture.



Brisbane

PO Box 508
41 Brookfield Road
Kenmore Qld 4069

P 07 3327 1674

Ipswich

PO Box 252
200 Brisbane Road
Booval Qld 4304

P 07 3436 8900

North Ipswich

26 The Terrace
North Ipswich Qld 4305

P 07 3436 8931

Gold Coast

PO Box 412
Ashmore City Qld 4214

1 Griffith Way
Southport Qld 4215

P 07 5539 7655

Sunshine Coast

8 Cooma Terrace
Caloundra Qld 4551

P 07 5492 8439

Bribie Island

52 Cotterill Avenue
Bongaree Qld 4507

P 07 3410 3751

After Hours Emergencies

1800 446 604

Office Hours

9am to 4pm weekdays

If you require an interpreter, call TIS National on 131 450 and ask them to call Churches of Christ Housing Services on 1800 406 566.

Front cover: Residents from our Gold Coast complexes enjoying an Easter Luncheon with Chaplain Mick (see page 6).

Welcome from Gus Taddeo General Manager.



Welcome to the Winter edition of *HouseTalk*.

In this edition of *HouseTalk*, we meet our Bribie Island Housing Chaplain, Peter, who talks about his career as a professional cricketer for his home country of Sri Lanka and his journey to Australia to his home at Bribie Island.

We also showcase some of the many activities, projects and celebrations happening in and around our Housing complexes.

We have also highlighted some cleaning products that have been reviewed by CHOICE to enable you to make informed decisions with value for money and cleaning ability. If you like this we can continue to bring you more recommendations on other products of interest each *HouseTalk*.

We hope that you enjoy this edition of *HouseTalk* and encourage you to make a cuppa and sit down and enjoy the read.

Regards, Gus



Join our Facebook community

Learn about
current Housing
Services updates
and stories.



Scan the code!
facebook.com/cofcsocialhousing



Tenant of the Season Awards.

Winter 2023. Tenant of the Season Awards recognise those who have gone above and beyond to support their neighbours, communities and make positive change. Award recipients receive a certificate and gift voucher to acknowledge them for the impact they've made. Thank you and well done to this season's winners—keep up the great work!



Peter R. Caloundra

Peter always helps his neighbours by cleaning their windows or mopping the communal area after a spill.

Neville S. Bribie Island

Neville volunteers at the aged care facility. He engages with the residents and shows a real caring quality towards others. He drives the bus for the men's group, and assists neighbours by walking their dogs when they are unable. Neville is a member of the Social Club and does a lot of manual labour. He also looks after the gardens around his neighbours' units and is always willing to drive them to any appointments.

Judy A. Ipswich

Judy has been a huge support to the Tallowwood community. Judy assisted another tenant during a time of an emergency and has also offered support to help another tenant obtain documents and assist with getting their drivers licence.

Jenny Q. Caloundra

Jenny is a valued member of our community. Jenny always displays a willingness to participate and help others in our community. Jenny recently set up and decorated the community room for Christmas lunch. Jenny kindly lent all her Christmas decorations to the community room to make it festive.

You can nominate one of your neighbours for next season's awards by emailing HSCcommunications@cofcqld.com.au with the subject 'TOTS Nomination'. Please include their name and list some reasons for nominating them.



Meet Housing Chaplain Peter Hamer.

Sri Lanka is known for its tea and love of cricket. Housing Chaplain Peter has had an interesting journey from his home country to Australia.

Peter says he was 'born with a cricket bat in his hand'. His father was an international wicketkeeper/batsman and played with cricket greats, Tony Greig and Clive Lloyd. Peter was destined for the cricket nets.

Peter started playing cricket at school at age 10, and within a few years represented Sri Lanka nationally in the under 19s, and they toured Malaysia and India, and played against the United Kingdom.

Peter was employed straight after school as a tea taster by one of Sri Lanka's major tea export companies, which represented the team, and this allowed him to pursue a cricket career. This led to an opportunity to play cricket in Australia. Playing two games of cricket each weekend and working two jobs enabled Peter to send money home to his family. Life was looking good for this young man.

Life was tough for the family in Sri Lanka and Peter was determined to help his family out of poverty. Cricket was the way out—the way to survive. At the end of the season, he was offered a three-year contract to play in Melbourne. He went home to tell his parents and his father was not impressed.

"While having the opportunity and the expectation of excelling in cricket, I also experienced chronic trauma from the age of 12 to my late teens," Peter said.

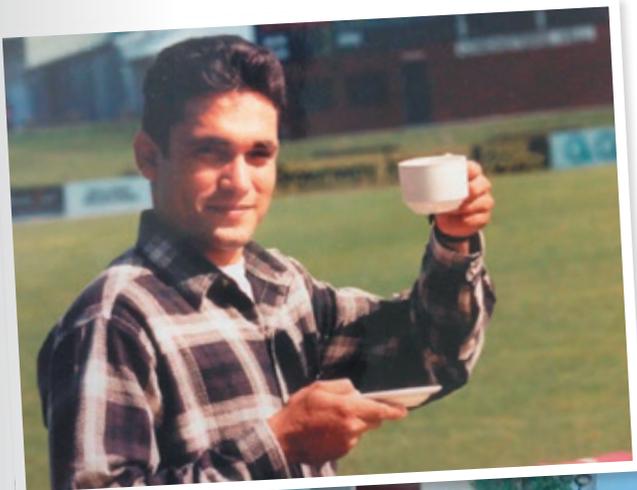
"There was a time when I contemplated ending it all...In desperation I called out to God to rescue me and that is when I got the opportunity to leave Sri Lanka and come to Australia and start a new life."

After six months in Melbourne, Peter met his future wife through family, and they started attending the local church.

"After my experience with hardship, life took a turn for the better as I began to understand God's love for me," Peter said.

This was the start of his passion for helping others and working with Youth and Young Adults in Pastoral Care Ministries.

Growing up in Sri Lanka, Peter experienced poverty, hardship, aggression and racism. Peter says working in ministry for the past 25 years, his life has been about having faith in God and helping people. He and his wife have lived on Bribie Island for the past 16 years and he says he has gone from a place of hopelessness to a place of hope working in his role as Housing Chaplain.



CommunityCorner.



 Bribie Island

Harmony Day

Chaplains Peter and Simon coordinated a fabulous event which was enjoyed by many residents and guests.

Everyone loved the traditional food dishes from all over the world. We were also privileged to have both Irish and Sri Lankan performers share traditional dances with us to a great round of applause. This event was what harmony is all about—coming together, sharing experiences and learning from each other!



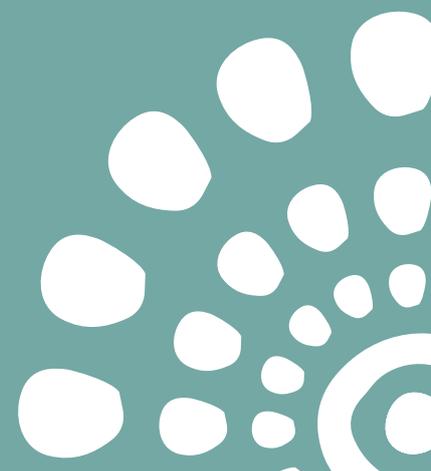
 Gold Coast

Easter luncheon

We held our first Easter luncheon with our new Chaplain Mick at the Proud Street Community space, and residents had lots of fun and laughter.

Best of all every resident came away with raffle prizes of Cadbury Roses chocolates and Easter eggs.

Everyone has a story... here are some of yours!



📍 Acacia Ridge

Anzac Day

Anzac Day was observed at our Acacia Ridge complex.

The service included Scottish piper reflections, poems and the ode delivered by Chaplain Phil, Seniors Living Chaplain Ria, Community Engagement Coordinator Sue and Regional Engagement Partner Kerry. This was proudly sponsored by local funeral director, Tony Hollands Funerals. Resident Helen laid a wreath in memory of her husband who served in the 51st Regiment in the Scottish Army.



📍 Caloundra

Delightful desserts

All enjoyed a wonderful array of yummy food at our annual Easter luncheon at Cooma Terrace.

A huge thank you to Marie for always bringing her delicious desserts to every morning tea and luncheon. Marie pictured to the front left with other tenants.



Free cooking classes.

Churches of Christ Housing are partnering with the New Farm Neighbourhood Centre and OzHarvest's Nutrition Education Skills Training Program (NEST) to deliver free cooking classes for our Kingsford Smith Drive, Fortitude Valley and Spring Hill residents.

We will be using the New Farm Neighbourhood Centre's facilities which is easily accessible by public transport. Chaplain John can provide transport too. The classes will run for 6 weeks and participants learn how to cook affordable meals in a friendly and fun environment. **Scheduled to commence Tuesday 24 October through to Tuesday 28 November. Please call Sue on 3327 1691 to register or talk to Chaplain John as places are limited.**

WINTER SOUP RECIPE

Hearty Pumpkin Soup – easy, nutritious and affordable. Perfect for those cold winter days

30 min – Serves 8



Ingredients

- 1 Butternut pumpkin
- 1 Sweet potato
- 1 Large carrot
- 1 Brown onion
- 2 Cloves of fresh garlic
- 2 Tablespoons olive oil
- 4 Tablespoons vegetable stock powder

Method

1. Peel and chop the pumpkin, sweet potato and carrot into cubes.
2. Dice the onion and garlic. Heat oil in a pan and fry until all the vegetables until golden.
3. Add 2 litres of boiling water to the pan and stir in the stock powder. Bring to the boil and simmer for 20 mins until all vegetables are soft.
4. Using a stick mixer or vitamiser whisk until the soup is smooth and is liquid. Taste and season with salt and pepper and chilli flakes if you want and sprinkle with fresh coriander or fresh parsley to garnish.
5. Add a dollop of sour cream if you want to and **VOILA!**



Top tips.

Winter 2023



Onion skins

Onion skins make excellent mulch.

Once the dry peels decompose they enrich your soil with potassium and calcium. You can even make a liquid fertiliser by mixing a few onion skins with a litre of water and leave overnight, strain the skins and you have a fertilizer you can pour directly on your soil. Of course if you have composting worms they aren't to be given onions as they are toxic and can cause them to die.



Eggshells

Simply crush eggshells and scatter on the soil and once in contact with water they release nutrients into the soil.

Again, if you have composting worms you can add crushed eggshells to the soil in your worm farm and the worms will love you!



The **Emergency+** app is a **free** app developed by Australia's emergency services and their Government and industry partners.



The app uses **GPS functionality** built into smart phones to help a Triple Zero (000) caller provide critical location details required to **mobilise emergency services**.

Things to throw away/donate for instant decluttering.

- Old magazines
- Old couch pillows
- Movies you don't watch
- Movies that are scratched
- Burnt out candles
- Extra cords
- Games with missing pieces
- Old books
- Broken makeup
- Old makeup
- Old nail polish
- Old perfume
- Old toothbrushes
- Half empty bottles
- Towels with holes
- Anything you haven't used in the last 3 months
- Socks without a match
- Socks with holes
- Underwear with holes
- Clothes you haven't worn in at least 6 months
- Clothes that don't fit
- Earrings without a match
- Old ties
- Old belts
- Old purses
- Old hats and gloves
- Worn out shoes
- Worn out blankets
- Old pillows
- Expired food
- Take out menus
- Restaurant sauce packets
- Old coupons
- Old cleaning supplies
- Cups with missing pieces
- Anything you have too much of
- Excess tupperware
- Rags with holes
- Old mail
- Old manuals
- Old receipts
- Old paperwork
- Birthday cards
- Broken toys
- Happy meal toys
- Anything with missing pieces
- Things they never play with
- Duplicates
- Puzzles with missing pieces

Top 6 surface cleaners.

CHOICE website recommended.

We have been looking at the CHOICE Website and wanting to share with you some of the findings we have for suitable surface cleaners. Some of the claims made by the manufacturers with cool packaging and big claims to reveal that the price is not always an indication of performance.

www.choice.com.au for more information.



**BOSISTOS MULTIPURPOSE
\$5.00**

Choice expert rating 95%

Bottle size **500ml**
Cost per 100ml **\$1**
Shop ethical rating **B**



**NIFTI ALL PURPOSE CLEANER
\$5.00**

Choice expert rating 95%

Bottle size **500ml**
Cost per 100ml **\$1**
Shop ethical rating **N/A**



**DETTOL HEALTHY CLEAN KITCHEN
\$4.00**

Choice expert rating 85%

Bottle size **500ml**
Cost per 100ml **\$0.8**
Shop ethical rating **D**



**CITRO CLEAN SUPER
CONCENTRATE MULTI-PURPOSE
CLEANER
\$9.75**

Choice expert rating 95%

Bottle size **500ml**
Cost per 100ml **\$1.95**
Shop ethical rating **N/A**



**RHYTHM ALL PURPOSE CLEANER
\$6.00**

Choice expert rating 90%

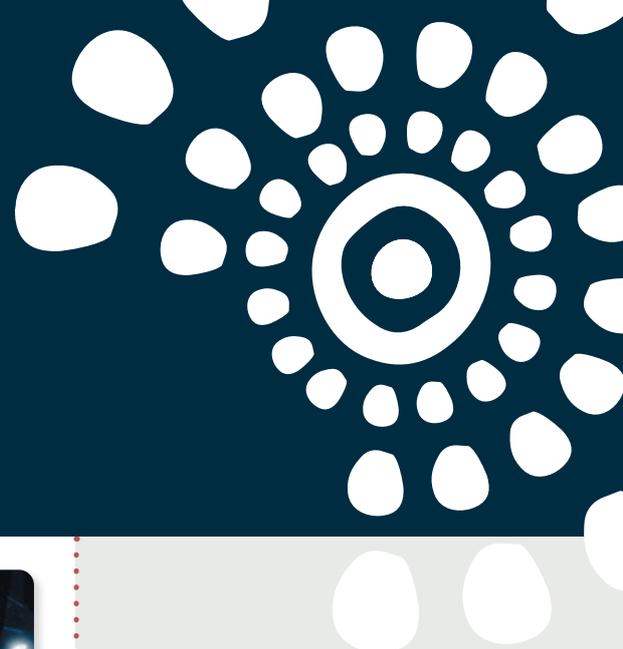
Bottle size **500ml**
Cost per 100ml **\$1.2**
Shop ethical rating **N/A**



**PINE O CLEEN BRAND NEW DAY
MULTIPURPOSE CLEANER
\$6.00**

Choice expert rating 85%

Bottle size **750ml**
Cost per 100ml **\$0.8**
Shop ethical rating **D**



YOUR COMMUNITY

Events.



Come and join us for a **FREE** Christmas in July lunch at these four locations. All welcome. Food and soft drinks provided.

1. MITCHELTON

Christmas in July

Tuesday, 11 July 2023
12pm-2pm

2. CALOUNDRA

Christmas in July

Tuesday, 18 July 2023
12pm-2pm

3. ACACIA RIDGE

Christmas in July

Thursday, 20 July 2023
12pm-2pm

4. LABRADOR

Christmas in July

Thursday, 27 July 2023
12pm-2pm
Proud Street Community Room



IPSWICH – AUGUST

Ipswich Housing & Homelessness Network

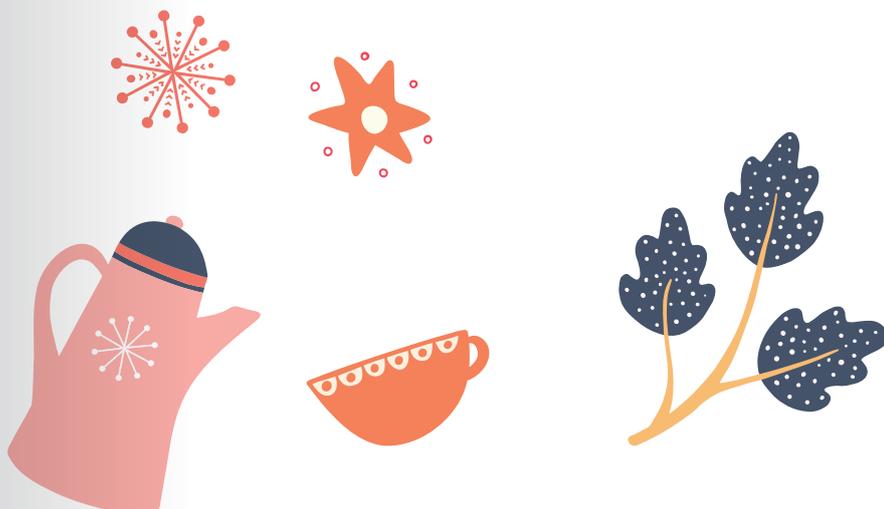
Tuesday, 8 August 2023
3pm-5pm
Browns Park, 29 Downs Street
North Ipswich



GOLD COAST – SEPTEMBER

Resident Engagement Meeting & BBQ Lunch

Monday, 11 September 2023
Rooftop, 120 Queen Street





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Churches of Christ Housing Services Limited ABN 25 604 517 026 is a not-for-profit company limited by guarantee and is a wholly owned subsidiary of Churches of Christ in Queensland ARBN 147481436 (incorporated in Queensland).

We are a leading community housing provider delivering services across the full spectrum of housing need, from homelessness programs to social housing and affordable housing products.



YouTube