

# Long Beach Place Community News

March 2022  
Issue 5



## WELCOME BACK



## ONE BILLION STARS PROJECT

ONE BILLION STARS

Hi everyone,  
Welcome to our first newsletter for 2022. We hope you've been keeping well and getting back into life. Welcome to Honi - our new CSCO and farewell to Kaz, who has taken a fulltime role with the City of Kingston.

In this issue, we showcase some of our valued volunteers as we look to celebrate National Volunteer Week from 16-22 May. As the tag line for this year's event is "Better Together", we ask you to consider becoming a volunteer if you have a particular skill that could be channeled into an informative, topical or popular class - we'd like to hear from you!

We have waived our Membership Fee of \$10 for 2022, so there's never been a better time to join!

We've got new classes commencing soon including Piano/Keyboard for Beginners and our popular classes - Yoga, Pilates, Low Impact Zumba and Walk 'n Talk are always keen for more participants. Other classes eg: Xero are already full and we're taking names for next term. Contact reception 9776-1386, drop in or visit our website for more information or to register your interest for any classes or activities.

We hope you enjoy this issue and we really hope to see you soon at LBP.

Thank you to all our amazing star weavers and star displayers for contributing so much to our 'One Billion Stars' project.

Special acknowledgement to Beth for making over 1000 stars - and counting! We also thank the following people who have been involved with the project over the last few months; Kate, Lucinda, Mariana, Trish and Glenda.

We are part of a global project, that includes most of the Kingston NH & Community centres, that aims to stop all forms of violence in the world, one star at a time.

We are hoping this relaxed form of craft will entice people to come together at LBP to create beautiful installations that will form part of the worldwide One Billion Stars project. Join us every Friday 10am-12noon during school terms for star making!

**Image: L-R: Kate, Lucina and Beth**



# CELEBRATING 20TH ANNIVERSARY OF CHELSEA PC SUPPORT GROUP

**What began as a search for fellow PC users by Rojer Liberman twenty years ago has become one of the longest running community Personal Computer support groups in modern times.**

Chelsea local Rojer Liberman made the plea back on April 8, 2002 in the Mordialloc-Chelsea Leader and has been guiding other locals in the use of PC's ever since.

The Chelsea PC Support Group has met monthly each Saturday for twenty years and has developed hundreds of confident and competent PC users. The group has also furthered the professional development of not one but three award winning tutors!

As mentioned, Rojer established the group in 2002 and received the 2004 Southern Western Port Regional Council of Adult Community & Further Education - Excellence Award.

Chris Ewin joined the group in 2002 as a 15-year-old and, recognizing his IT skills, Roger began mentoring Chris.

Chris won the City of Kingston Young Citizen of the Year in 2011 and was named runner-up in the Victorian Government Learn Local Awards Outstanding Practitioner section in 2015 after twelve years of teaching IT at LBP.

His sister, Carrie Ewin won the Junior Citizen of the Year in the same year (2011) and was awarded the Outstanding Youth Volunteer as part of the Premier's Volunteer Champions Awards in 2015. Both Carrie and Chris have published "Facebook for Seniors" and "Computers for Seniors".

Keeping it in the family, their mother Cheryl Ewin is also a long-standing volunteer tutor with the group. You can access past classes and resources through their website [www.seniorsit.com.au](http://www.seniorsit.com.au)

The Chelsea PC Support Group is holding a special celebratory 20th Anniversary event on Saturday 7th May at 1pm. This event will include all the usual help and support for seniors to master the mysteries of tech things such as emails, iPads, on-line banking, and Facebook.

New topics for this year include Understanding Cryptocurrency and Bitcoin. All current and former students are invited to attend this special event. Please call LBP on 9776-1386 to register your interest by Friday 29th April as places are limited.

## Searching for PC buddies

ROJER Liberman's passion for computers has changed his life – and his name.

Mr Liberman joined a PC users' group in Lower Plenty a couple of years ago and soon began using the online name Rojer, instead of his given name Roger.

The name stuck and he has now adopted it permanently.

"It is something a little different," Mr Liberman said.

For those computer lovers not interested in such a dramatic transformation, Mr Liberman is hoping to

establish a local PC users' group in Kingston.

"I love computers, but when I moved to Chelsea last October I found that there was nothing available here," Mr Liberman said.

He said the group would cater for any age and assist users to "get programs and solve problems".

The Chelsea Neighbourhood House has expressed interest in hosting the group meetings and Mr Liberman is interested in hearing from other avid computer users. Details: 9773 9596.



**Seeking PC users:** Rojer Liberman wants to set up a PC users' group.

N41MC113

## Seniors I.T

Welcome! Join us to learn about computers, iPads, the Internet & online safety for **free**.

- ✓ Group presentations and Q&A
- ✓ Snacks, games & prizes galore!
- First Saturday of every month
- ✓ 1PM - 3.30PM at Longbeach PLACE, 15 Chelsea Rd, Chelsea
- ✓ Visit [seniorsit.com.au](http://seniorsit.com.au) for more on this, classes & technology support!

With grateful thanks to our Sponsors: State Trustees Australia Foundation, Aspendale Gardens-Edithvale Community Bank® Branch of Bendigo Bank, Kingston City Council

  
9776 1386

  
Longbeach Place  
15 Chelsea Road  
Chelsea

  
[seniorsit.com.au](http://seniorsit.com.au)



# RECIPE

## EASY BANANA & BLUEBERRY CAKE

### INGREDIENTS

THREE CUPS SELF-RAISING FLOUR

1 CUP OF WATER

2 EGGS

½ TEASPOON NUTMEG

½ TEASPOON CINNAMON

3 VERY RIPE BANANAS

HANDFUL OF BLUEBERRIES

1 X 19CM BAKING DISH

### THE KNOW HOW

COMBINE ALL INGREDIENTS (EXCEPT FRUIT) INTO A BOWL AND WHISK FOR TWO MINUTES – OR UNTIL ALL LUMPS ARE GONE. GENTLY MIX FRUIT INTO MIXTURE.

GREASE THE TIN AND POUR INGREDIENTS INTO TIN. POP AND PRESS IN A FEW BLUEBERRIES ON TOP.

BAKE AT 180 DEGREES (FAN FORCED) FOR 35 MINS. TEST WITH SKEWER TO ENSURE CAKE IS BAKED THROUGH. REMOVE FROM OVEN AND SERVE WITH CREAM AND YOUR FAVORITE TEA OR COFFEE! SERVES 12. GOT A RECIPE? SEND TO [RECEPTION@LONGBEACHPLACE.ORG.AU](mailto:RECEPTION@LONGBEACHPLACE.ORG.AU)



## DID YOU KNOW?

### LBP rooms are for hire

Perfect for group meetings and kid's parties. Great rates! Call us or check the LBP website.

### LBP teaches English

If you, or anyone you know, needs help with conversational English, our EAL teacher is available to discuss your needs.

Please call us on 9776 1386 or email us [reception@longbeachplace.org.au](mailto:reception@longbeachplace.org.au)

## SAVE THE DATE

### MAY

7 Chelsea PC Support Group 20th Anniversary

8 Mother's Day Classic - Bicentennial Park

10 Community Morning Tea

16-22 National Volunteer Week

Neighbourhood House Week (NHW)

26 LBP AGM 6.30pm-8.30pm

### JUNE

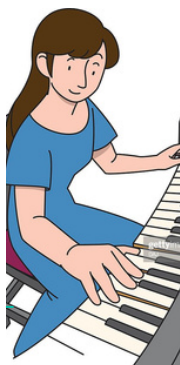
21 Biggest Morning Tea

## WHAT'S NEW at LBP

Get ready to tickle the ivories!

Join our Piano/Keyboard Beginners Group on Wednesday's 4pm-5pm from 4 May-22 June. \$70 for 7 week course.

Please pay in full when registering to secure your place. Own keyboard required. Book now places are limited!



## FREE CLASSES DURING NHW AT LBP

To celebrate Neighbourhood House Week during 16-20th May, we will have free classes and activities to try at LBP!

So, grab a friend and come a long!

### Monday

1pm Pilates

EAL 12.30-3pm

### Tuesday

10am-12noon Art

1pm Zumba

### Friday

10am Craft Group

## THANK YOU!

TO THE OAKWOOD SCHOOL FOR DONATING A TV TO LBP FOR CLASSROOM USE.

THANK YOU TO CHRIS FROM THE WALK'N TALK GROUP FOR ORGANISING DRAWING BOARDS FOR THE ART GROUP.

# NETWORK INFORMATION

## GAMBLING HARM HELP



# Gambler's Help

The Gambler's Help Southern program based at Connect Health & Community has been supporting the local community since 1995 and our mission is to raise awareness of gambling harm and support those affected in our community.

**Download - How Carolyn's gambling addiction landed her in prison |**

**Podbean**<https://www.podbean.com/site/EpisodeDownload/PB11B0980XNX7N>

If you're part of a Neighbourhood/Community Centre, Probus club, U3A, Men's Shed or any other community group and would like to learn more about gambling harm, the impacts on families and our local community we deliver community information sessions in your area. To book a speaker contact Claire Emmanuel at [c.emmanuel@connecthealth.org.au](mailto:c.emmanuel@connecthealth.org.au)

Our support includes a range of free and confidential services such as:

- Counselling (therapeutic and financial)
- Venue support
- Community engagement
- School education

Contact Gamblers Help to discuss your needs ph 9575-5353 Mon-Fri 9am-5pm

<https://gamblershelpsouthern.org.au/>



## CONTACT

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