



PENINSULA VOICE

News

**Welcome to the
Peninsula Voice
Newsletter.**

Learning • Conversation • Engagement

Peninsula Voice works to help build a more resilient community on the Mornington Peninsula. We shine a light on the issues that impact us, bring together experts to share evidence, knowledge and lived experiences, and we support conversations that promote positive, community-led solutions.



A New Year, A New Chapter: Let's Make it Count!

As we bid farewell to 2024 and welcome the exciting possibilities of 2025, it's time to reflect on the past and look forward to a brighter future. 2024 brought its own set of challenges and triumphs, teaching us valuable lessons and strengthening our community bonds.

Let's use these learnings to build an even stronger and more vibrant community this year. Here are a few ideas to get us started:

- **Reconnect and Reclaim:** After the challenges of the past few years, let's prioritise reconnecting with our neighbors. Peninsula Voice do this by organising meaningful community forums.

- **Support Local Businesses:** Our local businesses are the heart and soul of our community. Let's show them our support by shopping locally, dining at our favourite restaurants, and attending local events. Every purchase we make contributes to the thriving of our community.
- **Volunteer and Give Back:** Let's make a positive impact by volunteering our time and talents to local organisations. Whether it's helping at the food bank, mentoring youth, or beautifying our parks, every act of kindness makes a difference.
- **Embrace Sustainability:** Let's strive to create a more sustainable future for ourselves and generations to come. Let's reduce our environmental impact by conserving resources, reducing waste, and embracing eco-friendly practice.

Happy New Year to our readers from the Peninsula Voice Team!



2025 - A Goal or Intention?

The new year offers a natural time to set some goals and intentions. “Are goals and intentions the same thing?” If you aren’t sure, you’re not alone; it’s one of the most common questions we get this time of year.

What’s the difference between a goal and an intention?

A goal describes what you want to do in the future. It focuses on external accomplishments and is something you can clearly check off a list: “Go rock climbing” or “Learn to make tiramisu.”

An intention describes how you want to feel. Its focus is internal – on your relationship with yourself. Your intention could be to feel joyful or peaceful.

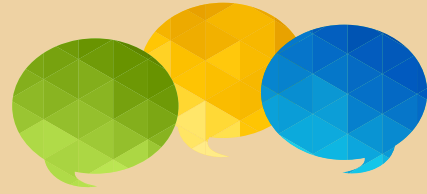
Unlike your goal, which will be accomplished sometime in the future, your intention is a state of being that can start the moment you decide to make it happen.

Here is an intention-setting method:

Step 1: Think of a big goal that you’d like to accomplish this year.

Step 2: Imagine you have just crushed this goal. Knocked it out of the park. You’ve crossed the finish line — how do you feel

Step 3: Allow the feeling that comes to mind to be your intention. My intention is to be / feel _____.



PENINSULA VOICE

Peninsula Voice Inc. - Who We Are!

Who is Peninsula Voice and what do we represent?

Peninsula Voice is a volunteer organisation based on the Mornington Peninsula. We work with the local community to provide a safe space to give voice to issues impacting our health and wellbeing. We create the opportunity for public conversations about common issues challenging us all, using the latest evidence and personal stories which we share in our forums.

We are keen to ensure that Peninsula Voice is not mistaken for other organisations who may have a similar name/descriptor.

We offer this alert to readers to reinforce that Peninsula Voice is entirely A-political and totally independent of any other movements or organisations.



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New Council team

The next term of Council sees three returning Councillors and eight new faces!

Find out more



Story with Meaning

Two men, both seriously ill occupied the same hospital room.

One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the rooms only window.

The other man had to spend all his time flat on his back.

The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in military service, where they had been on holidays etc.

Every afternoon, when the man in the bed by the window could sit up, he would pass the time by describing to his room mate all the things he could see outside the window.

The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and colour outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats.

Young lovers walked arm-in-arm amongst flowers of every colour and there was a fine view of the city skyline in the distance.

As the man by the window described all of this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man could not hear the band he could see it in his

minds eye as the gentleman by the window portrayed it with descriptive words.

Days, weeks and months passed. One morning the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window. He had died peacefully overnight.

She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch and after making sure he was comfortable she left him alone.

Slowly, painfully the man propped himself up on one elbow to take his first look at the world outside. He strained to slowly turn to look out of the window beside the bed. It faced a blank wall!

The man asked the nurse what could have compelled his deceased room mate to have described such wonderful things outside the window? The nurse responded that the man was blind and could not even see the wall. She suggested that he had just wanted to encourage his room mate.

Epilogue

There is tremendous happiness in making others happy, despite our own situations.

Shared grief is half the sorrow, but happiness when shared is doubled.

If you want to feel rich, count all the things you have that money cant buy.

Today is a gift...that is why it is called The Present.



Why That Great Credit Card Offer Could Be a Scam

Can you spot the difference between a genuine credit card offer and a scam?

It's a pretty safe bet that at some time in the past year - and lots of times before - an enticing credit card offer has dropped into your mailbox, either online or at the end of your driveway.

And you've probably had your share of telesales calls offering you similarly "great deals."

Some offers, especially the snail-mail variety, come from genuine card companies - and mostly they end up in the trash.

But some are simply bogus, while others, even if "genuine," impose such restrictions on the user as to render them worthless.

Often they bear a name you've never heard of, or one that sounds similar to, but is slightly different from, a well-known brand.

Usually too, they offer a great deal, like rock-bottom interest rates or guaranteed acceptance, even if you have a bad credit record.

That makes such cards very appealing to the very people who can least afford them, but, in truth, any

of us might be tempted -- if we don't check them out carefully.

A few months ago, the authorities warned of "a fictitious entity" calling itself a bank and claiming to be associated with a legitimate bank (which it was not) offering credit cards.

Applicants were told they had to pay an upfront "deposit" of up to \$900. Deposit checks were cashed but applicants didn't get a card.

In another incident, people who applied for a card were asked for a substantial fee. When applicants received their cards, they found they could only be used in certain retail outlets and catalogues selling outrageously overpriced goods.

However, it's not always as easy as you might think to detect phony credit card offers.

For instance, referring to the two examples just given, sometimes legitimate issuers will ask people with a bad credit record to pay a deposit and will also usually severely limit the initial line of credit.

These are known as "secured credit cards" and the deposit may be returned after a year of good repayment history.

The message is...stay alert at all times. If something doesn't look quite right...check it!!!

Good Listening

Being a good listener is one of the most important and enchanting life skills anyone can have, yet few of us know how to do it.

Not because we are evil, but because no one has taught us how.” — Alain de Botton

Active listening is shifting from trying to be interesting to being interested in a conversation. This practice boils down to four key steps:

Give your full attention.

Orient your body and complete focus towards the speaker. Think about times when you are speaking; you can feel the difference when someone has put away distractions and is truly listening to you.

Don't speak (until later).

Surprise! A key part of listening, and maybe the hardest part, is simply not speaking. Avoid interrupting the speaker and filling any occasional pockets of silence. Do feel free to signal that you are following along with an occasional head nod or “mhm.”

Share back what they've said.

Show that you are listening by summarizing what you've heard, beginning with a phrase like “So, what I hear you saying is...” or “It sounds as though you...”

Ask open-ended questions.

It's likely that after listening you'll have questions. Prioritise open-ended questions that help you get clarity without sending the conversation in a different direction. For example, if somebody says, ‘I just feel like the world is so dangerous,’ you can say, ‘Dangerous?’ By using the upward intonation, the word becomes a question. It says, ‘Tell me more about how the world is dangerous.’

Visit <https://www.health.gov.au/> to stay up to date and informed, so that you can keep your neighbourhood healthy.



One Positive Action

Reframe your negative thoughts

Negative thoughts are sneaky little things, aren't they? One minute you're on top of the world, and the next, your brain trips you up with something like, “I'm so bad at this, why even try?”

Guess what? You don't have to believe everything your brain tells you. In fact, your brain is great at lying. Instead, grab a pen and write it down. Seeing it on paper makes it lose some of that “looming doom” feeling. Then, here's the fun part, flip it and take away its power entirely.

For example, “I'll never finish this” becomes “I'm making progress!” Or “I always mess up” turns into “I'm learning as I go, and that's okay.” You're not lying to yourself; you're just telling a version of the truth that's not dripping with despair. Think of it like editing a bad first draft, you're not throwing it out, just making it better.

Doing this isn't about toxic positivity or pretending everything's sunshine and rainbows. It's about shifting your focus just enough to keep moving forward. Small steps, better thoughts, a little less weight on your shoulders.

Plus, it's very satisfying to outsmart your brain. So grab a pen, and let's make your inner critic eat its words.

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