



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.



## Welcome to this month's edition of the Peninsula Voice newsletter!

### Laughter...the best medicine!

**Had a good laugh recently? Bet you felt better if you did?**

**Laughter is something that brings joy, breaks tension and connects us all.**

#### **Laughter is a Universal Language.**

Laughter is a powerful tool that transcends barriers of age, language, and background. It's a natural response to humour, joy, or even relief and its effects ripple through our lives in ways both subtle and profound. In tough times of stress or difficulty, a good laugh can be a beacon of light, reminding us to find humour even in challenging moments.

Beyond its emotional impact, laughter has scientifically proven health benefits. When we laugh, our bodies release endorphins, the feel-good hormones that reduce stress and promote an overall sense of well-being. It can lower blood pressure, boost the immune system, and even improve cardiac health. Doctors often recommend laughter as part of a holistic approach to wellness.

Our community knows how to laugh together. Whether it's at an annual street party, sharing jokes at the coffee shop, or during a funny moment at

a committee meeting, laughter binds us. It fosters camaraderie, strengthens friendships, and makes our neighbourhood a warmer, more welcoming place.

In today's fast-paced world, where stress and anxiety can sometimes feel overwhelming, laughter acts as a natural stress reliever. It helps us maintain perspective and resilience in the face of life's challenges. Through laughter, we find moments of levity that refresh our spirits and recharge our minds.

#### **How Can You Bring More Laughter into Your Life?**

- **Share Jokes and Funny Stories:** Swap jokes with friends or family. Laughter is contagious!
- **Watch Comedy Shows or Movies:** Enjoy a comedy night out or a movie marathon with friends.
- **Join Laughter Yoga:** Yes, it's a thing! Laughter yoga classes combine laughter exercises with deep breathing for a unique wellness experience.
- **Find Humour in Everyday Moments:** Sometimes, the best laughs come from unexpected places.

As we navigate the seasons of life together, let's remember the importance of laughter. It's not just a sound; it's a celebration of our shared humanity. So, let's keep laughing, sharing joy, and spreading smiles throughout our community.

Here's to more laughter-filled days ahead...it doesn't cost us anything!



## eSafety Commissioner

The **Be Connected** program has reached an incredible milestone, with more than 2 million seniors across Australia choosing to embrace the digital world and online safety!

Research shows 70% of over 65s don't feel confident keeping up with rapid tech changes. That's where **Be Connected** steps in, offering easy to understand courses like cyber safety, online banking, shopping and staying connected with loved ones

The program's success lies in combining online and in-person support making sure everyone can navigate the digital world at their own pace, no matter their skill level.

Delivered in partnership by the eSafety Commissioner and Good Things Foundation Australia, together they have built a one-stop shop with over 630 free resources, webinars and interactive practice areas to assist learners.

eSafety Commissioner Julie Inman Grant says it best, "Technology has a wonderful ability to connect, enable and empower individuals. We must ensure older Australians are not only included in our increasingly online world, but that they feel confident benefiting from it".

The Australian Government has extended **Be Connected** through to 2028. Let's keep supporting our older Australians to **Be Connected!**

Read more: <https://news.esafety.gov.au/4bPUOYO0>. Sign up to hear about the latest courses, updates and articles from Be Connected: <https://news.esafety.gov.au/3yuhX3D>

## Container Deposit Scheme (CDS)

Victoria's container deposit scheme, CDS Vic, is in full swing. The scheme rewards Victorians with a 10-cent refund for every eligible can, carton and bottle they return.

**It is part of important work that is transforming Victoria's waste and recycling system.**

CDS Vic will provide shared benefits to the community, environment and economy by delivering:

- more and better recycling
- less waste - old containers become new ones
- less litter (cut by up to half)

**We all have a responsibility to make a genuine effort to reduce waste to landfill.**

To find out more about how the scheme works, [click here](#).





## Tips and tricks for making your smartphone’s battery last longer

Phones have come a long, long way in the last decade, with significant camera advances in terms of display quality and processing power.

One thing that hasn’t changed is that many of us still have to be watchful of the battery level each day, to prevent running out of capacity.

### Use your power saver mode

Both Android and iOS now have a built-in power-saving mode, although different phones will have slightly different names for it. In most cases, it can be found in quick settings or the control centre menu, with a battery icon to toggle on.

It might make apps feel more sluggish, or the screen’s refresh rate isn’t at its best. However, this mode will make the battery last much longer, and is essential if the overall battery capacity is running low.

### Charge more carefully

Many people charge phones the same way – plugging them in when they go to bed, then unplugging them in the morning. This is not necessarily the best way to charge where battery performance is concerned.

**Lithium-ion batteries, which the majority of phones use, degrade more quickly if they are regularly charged to the absolute maximum and then drained to completely empty. A much healthier situation is if they bounce between being nearly empty and nearly full.**

### Think about what you’re doing on your phone

The phone’s battery will drain more quickly when it is required to do intensive tasks. Web browsing or social media scrolling isn’t too heavy, however playing graphically-demanding games on the go, or streaming Netflix over 5G for two hours every day will have a much bigger impact on battery life.

To minimise this for example, try pre-downloading videos to watch over Wi-Fi so the phone doesn’t have to stream them.

### Lower your brightness

One of the most eye-catching features is the phone’s display. In the touch-screen era, this is the heart of any phone, but it requires a lot of power to run.

One of the easiest ways to mitigate that is to lower the brightness significantly – having your phone on the maximum brightness might make things look nice, but it has an effect on battery capacity.

### Get a replacement battery

If after following the above advice and the phone battery continues to drain more quickly than normal, then it might be time for a replacement.

Most phones will no longer hold their original capacity because batteries degrade over time. On iPhones it is possible to check by going to Settings, then Battery and tapping on Battery Health. This will illustrate the phone’s maximum capacity and how the battery is holding up.

This might be a prompt to get a replacement battery and whilst not cheap, it is significantly less expensive than buying an entirely new phone.

**FAIR SHARE**  
HOMELESSNESS EVENT

FRIDAY 9TH AUGUST 2024  
6PM-9PM  
MORNINGTON PARK - SCHNAPPER DRIVE

LIVE MUSIC, GUEST SPEAKERS & FOOD

**FREE EVENT**

MORNINGTON COMMUNITY SUPPORT CENTRE | Western Port Community Support | SOUTHERN PENINSULA COMMUNITY SUPPORT | MORNINGTON PENINSULA SHIRE | THE SALVATION ARMY | fusion

**Fair Share**

During homelessness week this year, Mornington Peninsula Support Centres are collaborating with our shire to continue shedding light on the homelessness crisis in our backyard.

## Don't miss the screening of this exceptional documentary

featuring homelessness on the Mornington Peninsula.



## SeenCare Mobile Vaccination Service

A SeenCare friendly Nurse will be at MCSC on **Wednesday 7th August from 10am - 1pm**

SeenCare's mobile vaccination service is supported by funding from South-eastern Melbourne Primary Health Network (SEMPHN), through the Australian Government's PHN program.

This funding allows them to provide expanded access to free Covid - 19 vaccines for certain populations in the Mornington Peninsula Local Government Area.

Under the guidelines of the funding, we are eligible for the free Covid 19 vaccination. Their Nurse Immuniser can discuss any other vaccinations under the National Immunisation Program (such as Influenza vaccine / Hepatitis B) and can assist with being up to date with all immunisations which can be administered on the session day.

Although not essential it would be helpful if you bring your Medicare card with you to enable the Nurse to access/update the Australian Immunisation Register.

**No appointment necessary - just pop on down between 10am - 1pm on Wednesday on 7th at the Mornington Community and Support Centre, Main St, Mornington.**

## Photo of the month



*A cold foggy morning in Mt Eliza*

## How does this work?

**If it's sent by boat then it's cargo...if it's sent by road it's a shipment!**



## We thought we would share a delicious recipe...which doubles as 'brain food'!

### Nourish Your Neurons: Miso-Glazed Salmon for Better Mental Health

In recent years, there has been a growing focus on the connection between the foods we eat and our cognitive function.

Scientists have found that certain nutrients play a crucial role in maintaining a healthy brain and promoting mental wellness...and salmon is one of the best sources of Omega 3 an essential ingredient for good mental health.

### Miso-Glazed Salmon

Prep time: 10 minutes

Cook time: 18 minutes

Total time: 2 hours and 28 minutes

Recipe Category: fish

#### Ingredients:

- 1kg of salmon (four fillets)
- ¼ cup of miso paste
- 2 tablespoons of soy sauce
- 1 tablespoon of brown sugar
- 1 tablespoon of rice vinegar
- 1 teaspoon of sesame oil
- Salt and pepper
- Green onions (chopped) for garnish
- Sesame seeds for garnish

#### Instructions:

1. Add salt and pepper to the salmon.
2. Mix the miso paste, soy sauce, brown sugar, rice vinegar, and sesame oil together in a bowl. Whisk until smooth.
3. Set aside one tablespoon of the marinade.
4. Then, in a medium-sized bowl mix the marinade and salmon together. Let it marinate for about two to three hours.
5. Preheat your oven to 375°.
6. Add the salmon to a skillet and get rid of the extra marinade. Bake the salmon for 12-15 minutes.
7. Remove the salmon from the heat, brush it with the reserved marinade, and broil for one to two minutes.
8. Add each piece of salmon to separate plates and garnish with green onions and sesame seeds.

Enjoy alongside potatoes, asparagus, green beans, or your favourite veggies!

Yield (servings): 4 servings

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**Simplicity,  
Patience,  
Compassion.**  
**These three are your  
greatest treasures.**

*– Laozi*

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*Cover photo by Lee Roach - Storm approaching Rosebud*

**For all enquiries about Peninsula Voice please contact:**

Peter Orton — Chairman, Peninsula Voice

David Corduff - Editor, Peninsula Voice

[info@peninsulavoice.org.au](mailto:info@peninsulavoice.org.au)

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