



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.



Faith, Hope, and Charity: The Heartbeat of Our Community

In the ebb and flow of our daily lives, it's easy to get caught up in the hustle and bustle of life.

Yet, amidst the whirlwind of responsibilities and challenges, three timeless virtues—faith, hope, and charity—serve as anchors, guiding us toward a more compassionate and connected community.

Faith is the bedrock of our beliefs and actions. It's the assurance that, despite the uncertainties we face, there is a purpose and a guiding force greater than ourselves. In our community, faith manifests in the small acts of kindness we offer each other, the trust we place in our shared values, and the resilience we show in the face of adversity.

Hope is the light that shines in even the darkest of times. It's the anticipation of a brighter future, the optimism that fuels our dreams and drives our ambitions. Hope is what inspires us to lend a hand; to work towards solutions. In our community, hope is seen in the efforts of those who tirelessly work to improve our lives as well as in the support we provide to each other.

Charity, the practice of love in action, is the tangible expression of our faith and hope. It's the giving of our time, resources, and compassion to those in need. Charity binds us together, creating a network of support and understanding. It's reflected in the volunteer hours, the donations, and the simple, heartfelt gestures that make a world of difference to those who are struggling.

As we move forward, let us remember that faith, hope, and charity are not just abstract concepts, but practical, everyday actions that shape the fabric of our lives.



IN OUR BACKYARD

In this season of In Our Backyard, The Mornington Peninsula Shire explore homelessness and the housing crisis from various perspectives.

Respected journalist Tracee Hutchison speaks with community members who share their raw stories of homelessness on the Mornington Peninsula.

We also hear from local housing and homelessness service providers about the overwhelming demand for public housing, emergency relief and support services on the Mornington Peninsula and what we can all do to help.

[Listen here](#)

Stoicism...could it be an answer?

Stoicism is an ancient but highly practical guide for living that helps us to manage the impact that negative emotions can have on our lives.

It is a philosophy of life that seeks to maximise positive emotions, while minimizing negative ones.

It was designed to help people live their best lives especially during times of adversity and misfortune.

It is based on the principle that whilst we often cannot control what happens to us, we can control how we feel about it.

The Stoics believed that adversity isn't just a regrettable inconvenience, but instead an opportunity to test our courage, strengths and problem-solving skills in the pursuit of happiness. Taking responsibility for how we feel is up to us...it doesn't depend on external factors or on others.

The Stoics used a technique called the 'challenge mindset' to view problems as challenges to be overcome instead of undeserved injustices.

It may interest readers to explore this methodology of dealing with life's challenges...which can be done by clicking the link:

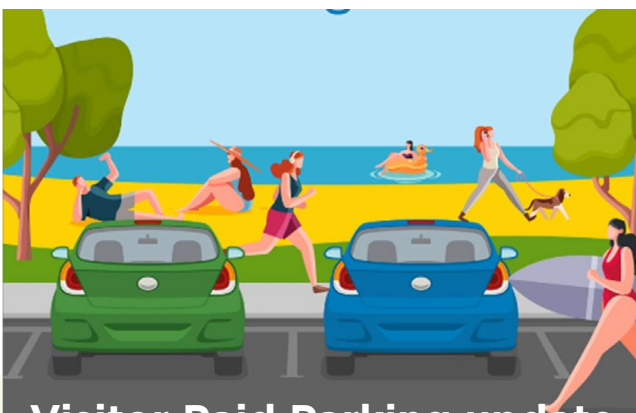
<https://orionphilosophy.com/stoicism-meaning-and-definition/>



Get behind the National Bowel Cancer Screening Program

Did you know that bowel cancer is the second biggest cancer killer in Australia?

There is some good news: over 90 per cent of bowel cancers can be treated successfully if found early. the Bowel Cancer Program sends a free at-home bowel cancer screening kit every two years to eligible Australians aged 50-74. To request a kit, call 1800 627 701.



Visitor Paid Parking update

This pilot program will end on Saturday 14 September. See the community FAQs to find out more.

[FAQs here.](#)



A great honour for good friend of Peninsula Voice – Ben Smith CEO of the Mornington Community & Support Centre, on being awarded Victorian Father of the Year. Congratulations Ben. **Read more here.**



Whether you are a Richard Branson admirer or not... this piece he penned makes a lot of sense. (Founder of Virgin and sundry other successful business's)

Dear Stranger,

It's OK to be stressed, scared and sad, I certainly have been throughout my 66 years. I've confronted my biggest fears time and time again. I've cheated death on many adventures, seen loved ones pass away, failed in business, minced my words in front of tough audiences, and had my heart broken.

I am successful, wealthy and connected...because I am happy.

Happiness is not about doing, **it's about being**. In order to be happy, you need to think consciously about it. Don't forget the to-do list but remember to **write a to-be list** too.

Stop and breathe. Be healthy. Be around your friends and family. Be there for someone and let someone be there for you. Be bold. Just be for a minute.

If you allow yourself to be in the moment, and appreciate the moment, happiness will follow. I speak from experience. It's the moments that I stopped just to be, rather than do, that have given me true happiness. Why? Because allowing yourself just to be, puts things into perspective. Try it. **Be still. Be present.**

There's a reason we're called human beings and not human doings. As human beings, we have the ability to think, move and communicate in a heightened way. We can cooperate, understand, reconcile and love, that's what sets us apart from most other species.

But don't just seek happiness when you're down. Happiness shouldn't be a goal it should be a habit. Take the focus off doing, and start being every day. Be loving, be grateful, be helpful, and be a spectator to your own thoughts.

Allow yourself to be in the moment and appreciate the moment. Take the focus off everything you think you need to do, and start being – happiness will follow.

Richard Branson

Request from the Shire

Join thousands of community members who've had their say.

This month, we want your feedback on:

Alcohol harm prevention policy

We want the Peninsula to be a community where everyone is supported to be happy and well, and our community spaces are safe and inclusive for all.

We welcome your review and feedback on our updated policy.

Photo of the month



The storm that sank 'The Plover' in Mornington harbour recently.



Why magpies, magpie-larks and lapwings swoop in spring

If you live in Australia or New Zealand, the coming of spring is a mixed blessing. The days get warmer. Flowers bloom. Birds nest.

It's this last change that can be a problem. Nesting makes male birds from species such as magpies, magpie-larks and masked lapwings (also known as plovers) territorial and protective – and willing to dive-bomb humans.

One species is notorious – the Australian magpie. The magpie's strong beak and powerful wings can provoke fear amongst walkers, joggers and cyclists.

This year, the swooping started early. More than 450 incidents were recorded on **Magpie Alert** before the formal start of spring.

What's behind swooping behaviour?

When a magpie swoops you, it's defending its nest and chicks. It sees you as a potential threat.

Australian magpies peak breeding season comes between August and November when eggs and chicks are in the nest. These four months are when swooping increases

The good news is swooping season is usually only intense for a few weeks while the chicks are most vulnerable in the nest, which usually happens sometime between August and October.

This article is republished from *The Conversation*. Read the full original article.

Move All Email and Contacts into One Account...it can be done!

For various reasons, people often end up with multiple email accounts on several hosts. You may have email accounts with Outlook (formerly called Hotmail), Yahoo, Gmail, AOL, iCloud, and with one or more Internet Service Providers. It gets confusing and hard to keep track of. It also takes a lot of time to check for new mail on all the services.

The good news is Yes, it is possible to consolidate all those email accounts into one, without losing anything stored on the other services.

Click on the links below for further information:

Free Tech Support -- Ask Bob Rankin

Subscribe to AskBobRankin Updates: Free Newsletter

(Source: U3A August Newsletter)



Calls to back headspace model in global response to youth mental health challenge

A new paper published last week has recognised headspace National Youth Mental Health Foundation as a leader in the global response to the growing challenge of mental ill-health among young people.

Read more

Screens for kids

Screens have become an integral part of modern life, but when it comes to kids, it's crucial to find a balance.

Too much screen exposure may affect physical health, with issues like poor posture, eye strain, and disrupted sleep. It can also impact social development and cognitive skills if not managed properly.

To harness the benefits while mitigating risks, set clear boundaries.

The American Academy of Pediatrics suggests limiting recreational screen time to no more than one hour per day for children aged 2 to 5 and encouraging interactive, educational content over passive consumption. Additionally, promote screen-free activities such as outdoor play, reading, and family interactions to ensure a well-rounded development.

Ultimately, being mindful of how screens are used and incorporating them into a balanced routine helps children thrive in a tech-centric world.



The Paper Boys

A group of committed senior gents meet every Tuesday at St Marks Uniting Church in Mornington to tie bundles of old newspapers to sell to a paper recycling company.

In a wonderful example of volunteering and fostering friendships the group, which was formed in 1980, has raised in excess of \$90,000 for distribution to various charities over the years.

In 2023 the group tied-up 90 tonnes of newspapers which were wrapped and palletised for pick up every week.

The newspapers come from a variety of sources including, Mornington and Mt Martha newsagents, Mornington Peninsula News Group, Peninsula Grange and Morven Manor retirement villages and from individuals who drop-in their used papers to the shed at the rear of St Marks church on the corner of Waterloo Place and Barkly Street.

A wonderful example of community at work.

For further information please contact Alan Girling on 0499 868 780 or Rod Davies on 0418 288 622



**The greatness of a
community is most
accurately measured by the
compassionate actions of its
members.**

– Coretta Scott King



Cover photo by Dan Miller on Unsplash

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