



PENINSULA VOICE

# News

**Welcome  
to the first  
Peninsula Voice  
Newsletter for  
2024.**

Learning • Conversation • Engagement

Disclaimer: Peninsula Voice Inc. is a social movement for community conversation and engagement. It is A-political with no affiliations whatsoever with local, State/Federal politics. It should be noted that Peninsula Voice Inc. has no relationship with the organisation known as 'Voices of Mornington Peninsula'.



## Welcoming 2024 – A Year of Resilience and Renewal

As we bid farewell to the challenges of the past and embrace the promise of the future, we stand at the start of a new year – 2024.

Undoubtedly, 2023 tested our mettle as a community. We faced unprecedented global challenges, weathered storms and navigated uncharted waters. However, through adversity, we discovered the strength of our bonds, the depth of our resilience and the power of unity. As we step into 2024, let us carry these lessons forward, forging a path towards a brighter and more connected future.

The resilience we have demonstrated as a community extends beyond the virtual realm. Our local businesses, service providers and essential workers have stood as pillars of strength, weathering the storms alongside us. By choosing local, we not only stimulate our economy but also foster a sense of community pride that will endure long after the challenges of the past are but distant memories.

This is a year to invest in our community – in green spaces, infrastructure and the well-being of every

resident. By actively participating in local initiatives, we contribute to the collective improvement of our shared home.

So, let's welcome 2024 with open hearts and a shared commitment to building a future that reflects the strength, resilience, and compassion of our Peninsula community.

*Thursday, February 29, 2024*  
6:30-8:30pm



# Climate Change

## Our Home - Our Future

**Register now for this FREE event**  
 Time: 6:30 - 8:30pm  
 Venue: Peninsula Community Theatre,  
 Wilsons Rd, Mornington  
 Supper provided after the forum



**PENINSULA VOICE**  
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[www.peninsulavoice.org.au](http://www.peninsulavoice.org.au)

[Register Here](#) 



## Climate change – our home, our future

29 February 2024.

Worldwide there is significant concern and confusion about climate change. On the Mornington Peninsula, we're seeing changes in our climate and our natural environment many attribute to climate change.

**Victoria is already experiencing the impacts of climate change. Since 1910, the average annual temperature has increased by 1.2 °C.** Victoria's cool season rainfall has declined over the past 30 years compared to last century, and the number of days with dangerous weather conditions for bushfires has increased across the region.

Closer to home, the Mornington Peninsula has seen an increased frequency and intensity of storms with the resultant damage to property, businesses and the environment, especially to our coastline.

Longer fire seasons, rising sea levels and more extreme rain events are all predicted over the coming decade across Australia.

In addition to environmental, social and economic impacts, our health is also impacted directly by climate change due to more intense and frequent extreme events including heatwaves, floods, drought and bushfires.

It also affects health indirectly, such as through deteriorating air quality, changes in the spread of infectious diseases, risks to food safety and drinking and recreational water quality, and mental ill health.

Our community includes many groups who are highly vulnerable to the impacts of climate change, so protecting them is an important priority.

Much is already being done to address climate change but there is more we must do.

Peninsula Voice is hosting an event 'Climate change – our home, our future' on Thursday 29 February 2024 to look at how climate change is impacting us now both globally and locally, and to explore what we can and must do to protect our future.

We're bringing together experts on the environment, our economy and health, and some of the many groups taking action and making a real difference locally, with speakers including **David Karoly**, Honorary Professor at the University of Melbourne and internationally recognised expert on climate change science, **Angie Bone**, Associate Professor of Practice in Planetary Health at Monash University, and locals already undertaking work in our local community to address climate change. These include Repower, who champion the reduction of energy-related carbon emissions by helping households and businesses to get off fossil fuels and repower with 100% renewable energy and local **Sam Lundberg**.

The event will run from 6.30pm – 8.30pm at the Peninsula Community Theatre, 91 Wilsons Rd, Mornington. This timing includes the forum and supper afterwards, providing an opportunity to discuss climate change over a cup of tea and a biscuit.

Interested groups working in the climate change space are welcome to contact us to be considered for a table in the foyer. Please email [info@peninsulavoice.org.au](mailto:info@peninsulavoice.org.au), as are volunteers who are willing to assist the Peninsula Voice Committee on the night with logistics such as ushering, welcoming, set up or supper.

**For bookings and further information, <http://www.peninsulavoice.org.au/>**

**This event is proudly supported by the Mornington Peninsula Shire Council.**



## Setting the Scene for Success in 2024

The New Year has arrived and that means it's time to make some New Year resolutions (if you haven't done so already!)

So, how can you ensure that you're actually going to follow through on your resolutions?

Here are seven tips for staying focused and motivated so that you can achieve success.

### 1. Make Realistic Goals.

The key to success is setting realistic goals that you can actually achieve.

Don't try to bite off more than you can chew. Start small and build from there. Break down larger goals into smaller ones so that each step feels achievable.

### 2. Track Your Progress.

It's important to keep track of your progress in order to stay motivated.

Whether it's a spreadsheet or a journal, find a way to document your journey towards achieving your goal. Seeing tangible evidence of progress will help keep you motivated if things become difficult.

### 3. Celebrate Milestones.

Achieving any goal requires hard work, dedication and commitment, so don't forget to take time out

once and a while to celebrate the milestones along the way!

### 4. Don't Give Up.

When it comes to following through on resolutions, there will undoubtedly be times when things feel overwhelming or just too difficult.

**That doesn't mean giving up - in fact, those moments are when it's most important to dig deep and keep going.** Find ways to reframe the situation.

Remind yourself why this goal is important, why it matters, etc., so that you can stay focused and keep pushing forward no matter what challenges come your way.

### 5. Ask For Support.

There are always people who are willing to lend an ear and offer support if needed.

Whether it's friends or family members or even online forums, don't be afraid to ask for help if needed. Talking about our goals with others helps hold us accountable for taking action.

### 6. Create a Deadline.

For some goals, you can set a definite deadline, as this can give you some extra motivation to achieve the goal.

For example, if you want to lose 5 kilos, set a goal to lose it say within two months. Write this goal down and put it somewhere you see often, so you can be reminded regularly that you're working toward a deadline.

### 7. Use Visualisation.

Visualisation can be an incredibly helpful tool for achieving goals.

Visualising success can help to focus the mind on the desired outcome and create a clear plan of action. By imagining what the successful outcome looks like, it can help motivate you to take the necessary steps to make it happen.

**Visualising accomplishments can also provide a sense of satisfaction, as seeing something happen in your mind's eye is often more rewarding than simply reading about it.**

Visualisation tools such as flowcharts and graphs are also useful for planning for larger objectives that require multiple steps.

Seeing tasks laid out visually helps give perspective on how long the journey will be and helps break down achievable milestones along the way.

Sticking with New Year's resolutions isn't always easy, but these seven tips will help ensure that 2024 is not only successful, but also rewarding. **You can do it!**

# Hot tips for keeping cool



Keep the house cool by closing curtains or using sheets over windows



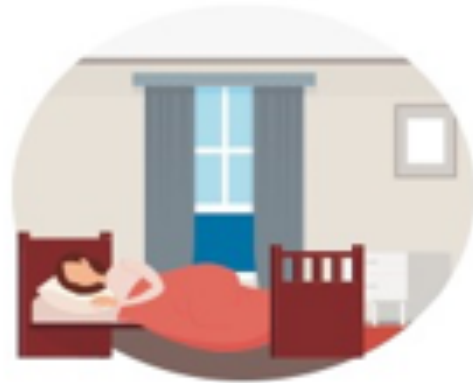
Never leave children or pets alone in cars



Make sure everyone drinks plenty of water



Use a fan with a damp cloth or water mister



Sleep in the coolest part of the house and open windows at night for airflow



Check in on your neighbours and relatives.



MORNINGTON PENINSULA Shire

## Guarding Against Scams: A Brief Guide to Protecting Yourself

In an era dominated by digital interactions, scamming has become an unfortunate reality.

Scammers employ clever tactics to exploit unsuspecting individuals, preying on trust and vulnerability. To shield yourself from falling victim to scams, consider these essential precautions:

- Be Sceptical of Unsolicited Communications:** Whether it's an unexpected email, text message, or phone call, exercise caution when dealing with unsolicited communications. Scammers often pose as legitimate entities to extract personal information. Verify the authenticity of the source before divulging any sensitive details.
- Double-Check URLs and Email Addresses:** 'Phishing' is a common technique where scammers create fake websites or emails that mimic legitimate ones. Always scrutinize URLs for inconsistencies and hover over links to preview their destinations. Legitimate businesses rarely request sensitive information via email, so be wary of unexpected requests.
- Use Strong, Unique Passwords:** Strengthen your online defences by using robust, unique passwords for each account. Avoid easily guessable information, such as birthdays or common words. Consider using a reputable password manager to generate and store complex passwords securely.
- Keep Software and Security Measures Updated:** Regularly update your operating system, antivirus software, and other security applications. Developers continually release patches to address vulnerabilities, and keeping your systems up-to-date helps guard against exploitation by scammers.
- Educate Yourself on Common Scams:** Stay informed about prevalent scams and fraud tactics. Awareness is a powerful defence, and recognising the red flags can prevent you from falling victim to deceptive schemes.
- Secure Your Personal Information:** Be cautious about sharing personal information online or over the phone. Legitimate organisations typically do not require sensitive details unless you initiate contact. If in doubt, verify the legitimacy of the request through official channels.
- Trust Your Instincts:** If something seems too good to be true or feels suspicious, trust your instincts. Scammers often use enticing offers to lure victims. Take the time to investigate further and seek advice from trusted sources.

- Enable Two-Factor Authentication (2FA):** Whenever possible, activate two-factor authentication for your accounts. This adds an extra layer of security by requiring a secondary verification step, making it more challenging for unauthorized individuals to access your accounts.
- Report Suspicious Activity:** If you encounter a potential scam, report it to the relevant authorities. Many governments and organisations have dedicated platforms for reporting scams, aiding in the prevention and prosecution of fraudulent activities.
- Scam Call Blockers:** Install reputable scam call blocking apps to screen and filter out potential scam calls. These apps use databases of known scam numbers and employ advanced algorithms to identify suspicious patterns, keeping your phone free from unwanted and potentially harmful calls.
- Email Security Apps:** Enhance your email security with specialized apps that detect phishing attempts and malicious links. These tools scrutinize incoming emails, flagging messages that exhibit characteristics of scams. By integrating with your email client, they add an extra layer of protection against phishing attacks.
- Password Managers:** Utilise password manager apps to generate and store complex, unique passwords for each of your accounts. These apps not only help in creating robust passwords but also remember them securely, reducing the risk of falling prey to scams involving compromised credentials.

**\*Using the same password for all your accounts is extremely risky. Poor security at one service can compromise them all. A better approach is to use a password manager to remember and generate strong passwords. The only password you need to remember is the master password to your vault.**

**There are a number of different apps for Password Management – a Google check will list the Password Manager apps from which to choose.**

By staying vigilant and adopting these preventative measures, you can significantly reduce the risk of falling victim to scams. Remember, your online safety is in your hands, and a healthy dose of scepticism can go a long way to protecting yourself from potential scams.



## Singers raise the roof on Homelessness...

The massed choir and instrumental performance of Street Requiem at Uncommon Folk Farm brought the audience to its feet and raised over \$20,000 to support local efforts to address homelessness on the Mornington Peninsula.

With minimal mainstream services, the local Community Support and Information Centres in Hastings, Rosebud and Mornington are a lifeline for people experiencing or at risk of homelessness, yet funding is piecemeal and precarious.

Thanks to Flinders Fringe Festival convenor Claire Thorn for her vision and commitment in creating very successful event.

Jeremy Maxwell, CEO of Southern Peninsula Community Support said it best, *"It was a fabulous night supported by so many wonderful people, including MPF. I came away from the night with a feeling I have been missing in recent times, that there are good people that care about what is wrong with the world, and if the good people have the chance to be with each other and to work together we will achieve many more good things."*

## Photo of the month



*'Gumtree Glory'*  
(courtesy of Gab Gordon)

One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, even those in deep distress, and perhaps help them find self-confidence and inner healing.

- Jean Vanier



## Do something to Alleviate Climate Anxiety

If you are distressed about the state of the planet...and many of us are...festering in your thoughts wont help.

Instead take a cue from the Winch's family: each year they pledge to do one thing to ease their climate anxiety, such as eliminating plastic bags, composting food scraps or walking 15 minutes to nearby destinations in lieu of driving.

"It's overwhelming, I feel like I cant get my arms around it" says Mr Winch. "But doing one small thing is a way of feeling like you are upping your game".

What small thing(s) can you do to make a difference?



**There is no power  
for change greater  
than a community  
discovering what it  
cares about.**

**- Margaret J. Wheatley**

*Cover photo by Graham Holtshausen on Unsplash*

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