



Peninsula Voice Inc. – News

Edition 6, 2020

Welcome to the latest edition of the Peninsula Voice Newsletter.

We had hoped that Victoria could have had the excesses of the ‘lockdown’ reduced before this edition. Sadly, that has not been the case and we must maintain diligent regarding Covid-19 for a little while to come. There are however signs that the worst of the virus may be behind us?

We trust that you will find items of interest in this month’s newsletter and of course, as always, we welcome feedback.

The Peninsula Voice Committee

Editorial - Life in Balance



With the onset of the pandemic, we found ourselves dealing with a host of situations for the first time: lockdown, loss of employment, financial hardship, relationship challenges, travel restrictions, fear and apprehension, home schooling...the list is long!

There has not been a precedent for the pandemic in our lifetime, which has made dealing with the fallout even more challenging. However, there have been some very positive and innovative things happening within our community during this strange period of time.

We hear of people saying hello to strangers on the street. Neighbourhoods have come together to ensure the disadvantaged are looked after.

Pubs and restaurants are offering ‘takeaway’ food options for pick-ups and often delivery to a local address. Manufacturing businesses have ‘pivoted’ their production capabilities to manufacture, for example, hand sanitiser or face shields.

All good stuff...illustrating just what can be done when we focus on solutions rather than problems.

The word ‘uncertainty’ has been used regularly during the past months to describe just one of the emotions we as a community have had to deal with. It is rather odd that anything in life can ever be described as a certainty...there isn’t such a thing! Life itself is fickle.

Who knows how we will recover from the pandemic? What will change? What should change? We have by virtue of this virus, been given time to reflect on our lives and that of our precious nation. As a result, could we possibly uncover the silver lining behind the cloud of Covid-19? The mere act of pondering this may well release a flood of inspiration?

We are witnessing what can happen when something we cannot adequately control, suddenly forces all the so-called 'certainties' of our lives into a state where we are metaphorically 'tossed-out' of our comfort zones.

At the same time, many of us have become part of a concerned and supportive community. There are those who have never previously volunteered having discovered just how satisfying it can be to support those less fortunate. That is what community is all about...if we allow ourselves to be part of it!

Covid-19 has presented this opportunity and those who have grasped it have possibly uncovered a hitherto hidden realisation, that reaching out to our fellow citizens is indeed the central core of what being human is all about.

It becomes a question of balance...that of looking after ourselves, family, friends and colleagues and looking outside to offer what we can to support those in need. Essentially, a balanced life.

Give this some thought:

"When people live in acute stress, either the cracks in their relationship will be amplified or the light that shines through the cracks will be amplified. You get an amplification of the best and of the worst." - Esther Perel

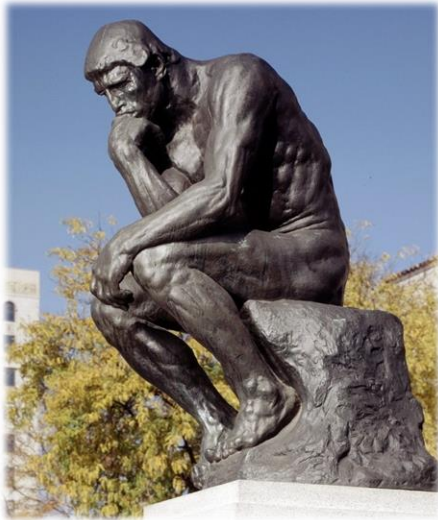
With social distancing in place, many of us are spending more time with fewer people — placing more pressure on our closest relationships. Everything from mealtime to me time — issues surrounding our personal preferences and space can quickly magnify during quarantine. If you have ever felt this to be true, it's likely that others around you have as well.

Therapist, author, and relationship counsellor Esther Perel helps real couples work through their most pressing challenges. The language and approach Esther uses to navigate the tension-inducing issues being brought to her is both incredibly caring and effective — a difficult balance to strike. One of Esther's clients was attempting to convince their spouse to see things their way. After going into detail on the advantages of their perspective, they were unwilling to acknowledge any of the disadvantages. After listening, Esther took a step back and offered a powerful reminder:

"What happens when we want to convince someone to come to our side is that we only want to give them the mirror of all the great things that come with our choice, our decision, what we stand for. If we are able to speak about the positive and negative aspects of our choice, then it lets the other person off the hook of having to only speak about the dangers and the risks. Both need to be able to carry both sides."

Esther's point of being able to carry both sides of an argument is simple, and yet is so often overlooked. It's a positioning that enables productive conversations to happen not only between life partners, but also politicians, work colleagues, friends, and family members."

SOMETHING TO PONDER: George Carlin



George Carlin's wife died early in 2008 and George followed her, dying in July 2008. It is ironic George Carlin – US comedian of the 70's and 80's - could write something so very eloquent and so very appropriate. An observation by George Carlin:

The paradox of our time in history is that we have taller buildings but shorter tempers, wider Freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbour. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one-night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

- Remember to spend some time with your loved ones, because they are not going to be around forever.
- Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

- Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.
- Remember, to say, 'I love you' to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.
- Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

And always remember, 'life is not measured by the number of breaths we take, but by those moments that take our breath away'.

George Carlin

The forgotten art of relaxation



What were you doing on the 15th August? If the answer isn't 'relaxing', then you might have missed the fact that it was National Relaxation Day – a reminder to take a break from our hectic lives and smell the proverbial roses.

You might laugh and think "I don't have time for that", but that's entirely the point. We're spending too much time *doing* and not enough time *being* – and it's harming our health. When we relax, it boosts blood flow in the body to give us more energy. So we have a calmer and clearer mind, aiding positive thinking, concentration, memory and decision making. Relaxation even slows our heart rate, reduces our blood pressure, and relieves tension.

If stress is terribly bad for our health and relaxing is extremely good, how do we fit 'doing nothing' into our busy schedules? And what are the best forms of relaxation?

Here are a few tips and things to try:

Schedule it: Just as you make time in your diary for meetings, family gatherings and appointments, relaxing should also be on your to-do list. If you're afraid to put the word 'relaxing' in your calendar, you could try 'health appointment' because that's exactly what it is.

Breathing: Learning to control breathing (through exercises like deep breathing) will help the body take in more oxygen to relieve anxiety, slow your heart rate, and stabilise blood pressure.

Unplug: The average person spends four hours a day staring at their smartphone – and almost always keeps it within arm's reach. The result, as a Google report tells us, is that "mobile devices loaded with social media, email and news apps" create "a constant sense of obligation, generating unintended personal stress." What this tells us is if we're to have any chance of relaxing, we must leave our phones elsewhere.

Spend time in nature: Taking at least twenty minutes out of your day to stroll or sit in a place that makes you feel in contact with nature will significantly lower your stress hormone levels. Studies say a 20 minute 'nature pill' can also help with depression and anxiety, and reduce blood pressure, heart rate and muscle tension.

Meditation: There are several different forms of meditation that involve chanting mantras, performing specific postures, and using breathing exercises that encourage positive body awareness and a sense of peace.

Yoga, Tai Chi and Qigong: These popular practices combine posture and movement with breathing exercises. Not only do they help to relax the mind, but they also improve your circulation, flexibility and muscle tone, as well as balance the internal systems within your body.

Visualisation: The variations of this technique involve connecting visual images and physical sensations. By imagining a relaxing setting and focusing on its details, it becomes easier to eliminate stressful thoughts and focus on calming the physical body.

Enjoy life: Watching TV, gardening, playing a board game, or reading a book aren't well researched strategies for relaxation, but if they bring you a sense of peace and pleasure, that's a good reason to do them. After all, happy people tend to stress less.

If you think this all sounds too hard, you're not alone. Relaxation isn't easy and doesn't come naturally for many of us. It's hard not to get caught up in the worry of our fast-paced, time-crunched days, whether from work deadlines, financial worries, or feeling like we don't have enough quality time for family and friends — or for ourselves and our favourite activities.

Even on holiday, have you noticed that it can take a few days to unwind? That's because relaxation, like anything, takes practice. We can't just do it once or twice a year and expect it to work miracles. Rest assured though, if you can master the art of relaxation, it will be worth it, as it is the key to a healthier and happier life.

Source - <https://www.headspace.com/meditation/how-to-relax>

Peninsula Voice Snippets

Spoonville

What a great story...children in the UK started what has become a 'movement' and has spread internationally.

Children decorate wooden spoons and start their own spoon village or add them to existing villages while out on a daily walk



There are Spoonville communities around Victoria where children have 'planted' colourful wooden spoons. Like the bear hunt and rainbow movements, it aims to put smiles on the faces of children during the health pandemic.

Come-on Peninsula, jump on board and let the kids embrace the smiles. We know some have already been set up in our local areas. Why not add a character to one, or establish a fresh one!

The Mornington Community information and Support Centre



MCISC continue to feed those struggling in our local community throughout the COVID-19 pandemic. It is currently delivering food parcels to 145 households (feeding 390 people) every week with rescued food from SecondBite and Oz Harvest. They are also distributing 200 cooked meals a week, provided by Volpinos Restaurant in Mt Martha, RACV, Toorak College and Port Phillip Estate in conjunction with StreetSmart.

Throughout the restrictions, Michaela Davis-Meehan has been volunteering on the Centre's Fresh Food Program and has started studying a Diploma in Film and Television. As part of the course, she had to make a 5-minute documentary which she has called "Giving Time". It focusses on the importance and value of volunteering, with reference to the Fresh Food program at MCISC.

You can view the video at https://www.youtube.com/watch?v=Q6OdOQ6Jz_U When Michaela has finished her course later in the year, in addition to pursuing her videography aspirations, she hopes to be able to re-join the Freeride World Tour (snowboarding) in Japan in January. She came second on the Tour this year and hopes to go one better next year.



[Giving Time](https://www.youtube.com/watch?v=Q6OdOQ6Jz_U)

The role of volunteering in the provision of emergency food relief in Mornington, Victoria. This feel good documentary will take a look into the Mornington C...

www.youtube.com

Dementia Action Week 21st - 27th September 2020

Dementia affects close to half a million Australians. That number is set to double in the next 25 years. Many Australians will start experiencing the impact of dementia among their own family and friends in the coming years. People living with dementia can continue to live active and rich lives many years after diagnosis.

As part of Dementia Action week, Dementia Australia will be releasing a new tip each day on how everyone can help people living with dementia live well.

For more information about Dementia Action Week 2020 [click here](#)

To check out upcoming workshops being run by Dementia Australia [click here](#)

Parenting in the age of COVID-19



Are you a parent or a carer of children and wondering how you can best navigate the challenges of COVID-19?

"Parenting in the age of coronavirus" is a new podcast from the Murdoch Children's Research Institute in Melbourne.

Child health experts will discuss the challenges parents are facing, and explore how you can best support yourself and your children so they can continue to learn, thrive and develop.

For more information [click here](#).

Fun things to do at home during school holidays in isolation

Plan a treasure hunt, make pizza, build a paper plane.

The 'Ideas' website has some great ideas for activities for the school holidays.

For more information click [here](#)



PV Thought Provoker...

Be Kind to Yourself

Why are you so hard on yourself;
from where did you get those negative
beliefs that flood your sense of self
and everything that you do.
Your relationships, your job, your friendships
are all effected with this belief.

Rise dear Child of Earth,
find the spark of brilliance within you
and feed it with hope and simplicity.
Say no to the thief in you,
do not let it steal the magic of
your unique existence anymore.

Give from a positive self
and life will become anew.
You will reap what you sow,
you will expand on a wave of new love and
all that is old will be cleansed & transformed.

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