

Lilypad

Lilypad is a newsletter of Lotus Place CQ.

Lotus Place is a dedicated support service and resource centre for adults who experienced childhood abuse in an institutional setting.



www.lotusplace.org.au | Central Queensland | May – June 2022

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Hey Guys hope everybody is safe and well. We are in the middle of the year once again; time passes so fast. Winter will be here before we know it so dust off your slippers, pull out your heaters and air out that favorite blanket.

I am sure everybody would like to join us in officially welcoming the Mackay region into the CQ cluster moving from the NQ cluster.

We have also put a new feature in this month's newsletter called in our community and if received well it will be in every issue from now on, the aim is to try and have all CQ participants become familiar with each other and help each other out where we can. Details will be put on the in our Community page.

I would like to mention that you no longer need to prove vaccination status in most community venues only in medical settings such as hospitals. Dr's. surgery etc. and aged care homes

If anybody is interested in completing a Micah projects survey, please contact Kelcy by phone or email and we will arrange the best way to get one to you.

Phone 4999 4300 or email kelcy.davis@micahprojects.org.au

Lotus Place CQ continues to look forward in sharing your journey with you and supporting you all. We are delighted to be able to interact with you on a weekly or monthly basis and always enjoy seeing you all when we visit the different regions.

Please remember your suggestions and feedback are always welcomed.





IN THE KITCHEN

OLD FASHIONED BEEF STEW

INGREDIENTS

- 2 kilos cubed beef stew meat
- 3 tablespoons vegetable oil
- 4 cubes of beef bouillon crumbled
- 4 cups of water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1/2 teaspoon ground black pepper
- 3 large potatoes, peeled and cubed
- 4 carrots, cut into 1-inch pieces
- 4 stalks celery, cut into 1-inch pieces
- 1 large onion, chopped
- 2 teaspoons corn starch
- 2 teaspoons cold water

METHOD

- Add the oil to a Dutch Oven, or a large, heavy-bottom pot.
- Cook the beef in batches over medium heat until brown. Ensure to cook on all sides and move to a plate while cooking the rest. Be careful not to overcrowd the pot.

METHOD (CONT.)

- When the beef is all browned, dissolve the beef bouillon in hot water and then add to the pot.
- Carefully place the beef back into the pot, with the liquid and seasonings.
- Bring everything to a boil before reducing the heat to a low simmer and covering with the lid.
- Leave the beef to simmer for an hour, checking occasionally and stirring to prevent anything from sticking.
- While the beef cooks, wash, peel, and cut your vegetables. Be careful not to cut them too small, so that they keep their form after cooking.
- In a small bowl, make a slurry using the corn starch and 2 teaspoons of water. Mix it thoroughly until totally smooth.
- After an hour, add in the vegetables and slurry, stirring everything through.
- Cover the pot and let simmer for another hour, stirring occasionally.
- Serve in a big bowl with crusty French bread



Forde Foundation – next grant round will **close 13 May 2022 - with approvals due around 23 June 2022.**

Then only 2 more grant rounds for the year

To be able to get assistance from the Forde Foundation you need to be

- 1. Registered with the Forde Foundation*
- 2. Have a current quote on the item you require assistance with*
- 3. Business you have a quote from must accept cheques from Public Trustee*
- 4. Forde will only support with items that meet living standards
e.g. washing machines – mobile phones – Dental Grants*

For any assistance please call Kelcy at Lotus Place CQ 4999 4300

UPCOMING DATES - 2022

BUNDABERG: Lunch Dates - 2nd Monday of the month

May Monday 9th, 2022 from 11.30am

June Monday 13th 2022 from 11.30am

At Railway Hotel 87 Perry Street – Bundaberg North 4670

Mackay – Meeting Dates – 1st Wednesday of the month

May Wednesday 4th, 2022 from 10.30am – Jubilee Community Center

June Wednesday 1st, 2022 from 10.30 am Jubilee Community Centre

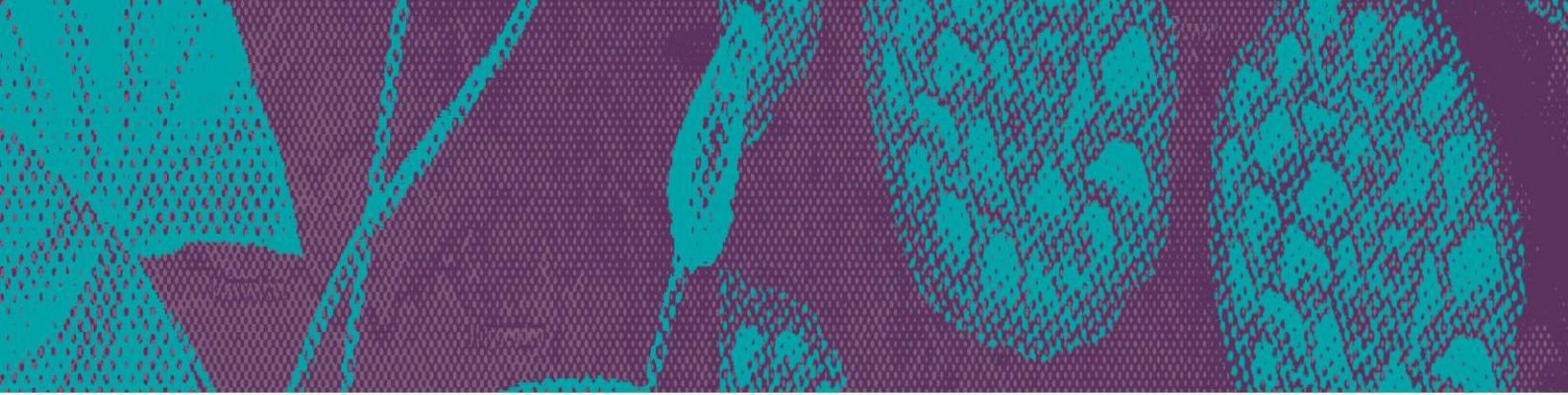
Rockhampton – Lunch Dates 1st Tuesday of the Month

May Tuesday 3rd 2022 from 11.30am

June Tuesday 7th 2022 from 11.30am

Rockhampton – Morning Tea - 10.30am each Tuesday

Lotus Place CQ Building – 10 Albert Street Rockhampton



Lotus Place CQ is your drop-in center.

You are always welcome to pop in during office hours for a cuppa / a chat / time out / watch tv.

**Please always look after each other by following a few simple steps
always be mindful to**

- respect one another
- accept the person beside you for who they are and how they are
- Respect other people's confidentiality, be free from judgement
- be a shoulder or a friend we are all allowed to have a bad day
- Be mindful of other people's moods and environment.

At Lotus Place we have a zero tolerance to bullying and violence.
We are all in this together lets support and lean on one another.

**Participants wanting to come in to see Redress or
Disability Royal Commission staff
will need to make an appointment. Don't just Drop in they are busy!**

LOTUS PLACE CQ – Contact Details

10 Albert Street Rockhampton Phone 07 4999 4300

(E) lotuscq@micahprojects.org.au www.lotusplace.org.au

Office Hours

Monday to Friday 9:00 am – 3:00pm





Welcome to our Community



Introducing: Trevor Coombes

Resides at Emu Parka regular guest at Lotus Place CQenjoys war documentaries.....loves to eat red hot curryoften seen at the men's shed in Emu Park

To Give Away

Lawn mower in working condition

Available in Rockhampton

If you are in need and are interested, please call 4999 4300 for more information.

May need your own transport to collect

Lotus Place CQ
10 Albert Street
Rockhampton QLD 4700

I'm
available

If you would like to advertise on our notice board and you live in the Bundaberg, Mackay or Rockhampton regions please email:
kelcy.davis@micahprojects.org.au
or phone 4999 4300

I'm available
Call 4999 4300

If you live in the Rockhampton region or we are visiting your region soon and have unwanted knitting woolwe know some one who could put it to good useplease let us know by calling 4999 4300.

Needed king size mattress
– Rocky area may need help with delivery
4999 4300



Self-care" means looking after yourself.

It means treating yourself as person who
deserves care.

easy self-care tips for the winter season

WINTER-PROOF YOUR SLEEP ROUTINE

The colder months are a naturally restful time of year. As the days become shorter and we're exposed to fewer hours of daylight, our bodies produce more melatonin—which makes us feel sleepy. To avoid feeling tired and sluggish during the cold season, make sure you get your 8 hours of sleep and try to stick to a fixed bedtime every day. Tip: don't be tempted to overheat your bedroom, because you don't want to wake up sweating an hour after you doze off.

SLURP YOUR WAY THROUGH THE WINTER BLUES

Along with the colder temps comes the perfect time to warm our bodies from the inside out with [nourishing soups](#) and broths. To cook up a comforting winter soup, look for hearty and healthy ingredients such as root vegetables, [chickpeas](#), carrot and sweet potato.

PLANT A WINTER GARDEN

Fresh air and fresh veggies [do wonders for our well-being](#). That's why planting a winter garden is such a great way to break out of your cold-weather hibernation and enjoy the outdoors. While the rest of your garden lies in wait for spring, there are plenty of vegetables you can plant during the cold months of the year—edibles like garlic, leeks, onions, radishes, kale and spinach are not just super healthy, they're also winter hardy.

OTHER GREAT TIPS FOR WINTER HEALTH

- ✓ Remember to drink water stay hydrated – limit the coffee and hot chocolate
- ✓ Take care of your skin - moisturize skin regularly
- ✓ Dose up on vitamins and minerals – help keep that flu away
- ✓ Rugg up when you are inside and outside
- ✓ Remember to turn your heating devices off when you go out
- ✓ Practice good hygiene to stop the spread of germs

Name: _____ Date: _____

There are more kangaroos than humans in Australia.



Australian Animals

DIRECTIONS: Find and circle the animal names in the grid. Look for them in all directions including backwards and diagonally.

I	Y	W	L	L	C	B	Q	X	K	S	N	Q	A	Z	S	W	J	K
Z	K	A	I	X	R	I	Y	B	B	A	Y	K	P	V	W	Z	X	X
M	F	L	V	W	O	L	I	T	T	L	E	P	E	N	G	U	I	N
P	R	L	E	B	C	B	H	I	E	Y	C	L	L	L	O	U	Q	U
G	I	A	D	O	O	Y	U	J	K	M	H	W	N	T	O	L	A	R
I	L	R	Y	G	D	P	B	W	D	D	I	I	T	A	I	I	L	N
A	L	O	N	R	I	V	S	U	Z	A	D	N	Z	B	G	V	A	X
N	E	O	R	N	L	R	G	T	P	Z	N	I	D	M	D	E	O	R
T	D	T	O	O	E	O	B	L	O	Z	A	I	G	U	E	D	K	O
C	N	T	H	L	N	W	A	L	L	A	B	Y	Q	N	F	N	O	O
L	E	C	T	G	D	T	G	C	Z	A	U	J	C	P	O	A	O	T
A	C	E	U	L	Y	P	Q	A	J	X	W	I	E	P	Q	I	R	A
M	K	X	A	P	C	F	U	S	J	S	Q	S	W	E	P	N	A	K
R	L	U	U	K	G	B	M	S	W	M	U	S	S	O	P	A	G	C
C	I	S	C	U	X	U	T	O	S	X	O	Q	R	G	Z	M	N	O
E	Z	D	R	A	D	A	M	W	K	P	K	E	O	N	Z	S	A	C
M	A	O	O	B	D	B	X	A	C	F	K	M	H	I	T	A	K	R
U	R	G	V	F	A	F	C	R	Q	O	A	J	E	D	D	T	G	J
A	D	B	U	T	A	B	Y	Y	B	Y	F	Q	U	Z	O	S		

- BILBY
- CASSOWARY
- COCKATOO
- CROCODILE
- DINGO
- DUGONG
- ECHIDNA
- EMU
- FRILLED NECK LIZARD
- GIANT CLAM
- KANGAROO
- KOALA
- LITTLE PENGUIN
- NUMBAT
- PLATYPUS
- POSSUM
- QUOKKA
- QUOLL
- TASMANIAN DEVIL

- THORNY DEVIL
- WALLABY
- WALLAROO
- WOMBAT
- YABBY



Numbats eat up to 20,000 termites each day.

