

# 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](http://www.lotusplace.org.au) | Central Queensland | September – October 2022

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Hello to Everyone

I hope this edition of the Lilypad finds you all safe and well!

Another Remembrance Celebration has passed us by. Jo and Kelcy hope you enjoyed this year's theme of Celebrating You, your Achievements, your Strength, and your Happiness. Thank you to all of you in making this day a success.

Just in line with Remembrance Day a quick reminder of why we are named Lotus Place:

"The Lotus flower has its origins and roots  
in the muddy waters below the surface,  
yet above the water it is a beautiful resilient flower."

After a consultative process the Lotus Flower  
was chosen as both a  
metaphor and image to  
represent the journey from adversity to hope!"

This is just such a fitting representative of all Forgotten Australians, and we hope we captured that this Remembrance Day! Very Excited to see what is in the Treasure Chest in two years' time!

If you need any assistance, please contact Lotus Place CQ via  
Phone 4999 4300 or email [Jo-Ann.Thomas@micahprojects.org.au](mailto:Jo-Ann.Thomas@micahprojects.org.au) or  
[kelcy.davis@micahprojects.org.au](mailto: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.







## IN THE KITCHEN



# Cheesy Chicken with Leek & Bacon

### INGREDIENTS

- 2 x tubs Black Swan Warming leek and bacon dip
- 150g streaky bacon rashers, finely chopped
- 4 x chicken breast fillets
- $\frac{3}{4}$  cup coarsely grated mozzarella cheese
- 2 spring onions thinly sliced
- 120g pkt coles Australian 4 leaf Salad

### METHOD

#### STEP 1

Preheat oven to 180°C. Grease an 8-cup (2L) ovenproof dish. Spread half the dip over base of the prepared dish.

#### STEP 2

Heat a large non-stick frying pan over medium-high heat. Add the bacon and cook, stirring, for 2 mins or until browned. Transfer to a plate lined with paper towel. Sprinkle half the bacon over the dip in the prepared dish.

#### STEP 3

Add the chicken to frying pan. Cook for 2 mins each side or until browned. Season. Arrange over bacon mixture in the dish. Spread with remaining dip and sprinkle with the mozzarella. Bake for 25 mins or until mozzarella is golden brown and chicken is cooked through. Set aside for 5 mins to rest.

#### STEP 4

Sprinkle chicken mixture with the spring onion and remaining bacon. Serve with the salad leaves.

## Mackay

### OCTOBER 11 – SENIORS EXPO

The Big Shed Mackay Showgrounds

9am -1pm

Free Admission

### OCTOBER 16 - INTRO TO CHARCOAL DRAWING

Gordon White Library 10am -11am

you must book 1300 622 529

Free activity

### UP UNTIL 29 NOVEMBER

CONVERSATION WITH AUSTRALIAN SOUTH SEA  
ISLANDERS – FREE ACTIVITY

Foundation Gallery Art Space Mackay

With Mackay Artist Janet Ambrose

You may have to book on 1300 622 529

## Rockhampton

### SEPTEMBER 15 - CAKE CLUB

3.30pm – 4.30pm -bring your own mug

Southside Library –need to book 4936 8043

Free Activity

### SEPTEMBER 20 ORIGAMI CLUB

4.00pm – 5.00pm

Gracemere Library – need to book 4936 8043

Free Activity

### SEPTEMBER 27 – TRIVIA

10.00am – 11.00am

Northside Library - need to book 4936 8043

Free Activity



## Bundaberg Region

### SEPTEMBER 13 – CLASSIC FILM

Maryborough Library 10am

Free Activity

### SEPTEMBER 16 – SEED LIBRARY

GIN GIN Library 10am

Free Activity – great for all you green thumbs  
out there

### SEPTEMBER 22 – TECHNOLOGY TRAINING

Bundaberg Neighbor Hood Centre

9am – bring your own devices – Free Activity

Thursdays - Indoor Bowls 9am – 11.30am

YMCA Stadium Bundaberg – Free Activity

7 Quinn Street Kepnock 4132 8251



**Lotusplace**

Office Hours 9am – 3pm

10Albert Street

Rockhampton Q 4700

Phone 4999 4300





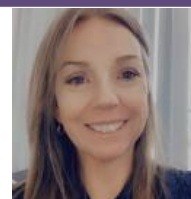
## Redress Update

Hello All its Jodie from Redress Lotus Place CQ. We are in September already and I am working extremely hard to get all your submission into the National Redress Scheme. As some of you may realize it is a long process from when you first meet with me until Redress advises of any outcome. So, if you are interested in actively engaging with the Redress Scheme, please be aware of how long the process takes.

I am constantly meeting with new and existing participants so its very important you make an appointment to see me, please don't just drop in as I might be busy helping someone else.

To make an appointment or call ahead please dial (07) 4999 4300. I look forward to supporting you all.

*Hello  
from the  
DRC counsellors' desk,*



If you have been thinking of sharing a story or experience regarding abuse, neglect, violence or exploitation of a person with disability, whether it is about you personally or something you have noticed happened to someone else, please give me a call.

People have fought long and hard for this Commission and we really need to share as many experiences as we can, to ensure a great outcome for the most vulnerable people in our lives and in our communities.

While face-to-face meetings with a commissioner are now only available to those who have registered, it is very easy to submit a written story. Give me a call and our team can support you in both telling your story and supporting you through the process.

My contact details are  
Office 4999 4300 (ask for Deb)  
Mobile 0417 549 436  
Email [deb.arnold@micahprojects.org.au](mailto:deb.arnold@micahprojects.org.au)

## UPCOMING DATES - 2022

**BUNDABERG: Lunch Dates – 1<sup>st</sup> Friday of the month**

**September Friday 2<sup>nd</sup>, 2022 from 11.30**

**October Friday 7<sup>th</sup> 2022 from 11.30am**

**At Railway Hotel 87 Perry Street – Bundaberg North 4670**

**Mackay – Meeting Dates – 1<sup>st</sup> Wednesday of the month**

**September Wednesday 7<sup>th</sup>, 2022 from 11.30am Shamrock Hotel**

**October Wednesday 5<sup>th</sup>, 2022 from 11.30am Taylors Hotel**

**Rockhampton – Lunch Dates 1<sup>st</sup> Tuesday of the Month**

**September Tuesday 6<sup>th</sup> 2022 from 11.30am**

**October Tuesday 4<sup>th</sup> 2022 from 11.30am**

**Rockhampton – Morning Tea - 10.30am each Tuesday**



*Self-care" means looking after yourself.  
It means treating yourself as a person who deserves care.*  
*Three easy self-care tips from the  
Winter blues into glorious Spring*  
Winter can be a tough season for most of us

### 1. Reflect on your daily routines

- Colder weather keeps us indoors more, and we may be less active, and more likely to feeling down or depressed.
- We may overindulge in comfort foods (so guilty!), not as active (still guilty) as much as we used to.
- We may fall into some bad habits or routines without even realizing it!
- Spring is a perfect time to start fresh, re-evaluate what parts of your daily routine are working for you, and what you may want to let go of.
- Remember to start slow, and make small changes, rather than tackling everything all at once. Even just small habits like drinking more water, or going for a daily walk, can really help to improve your mood and energy levels!

### 2. Open the windows

- Bask in that glorious warm natural light!
- Let in some fresh spring air
- We tend to keep our homes closed tightly throughout the winter, so now's the perfect time to let everything air out finally!
- Some fresh air and sunlight can do wonders to boost your mood!

### 3. Don't get carried away with "spring cleaning"

- Now don't get me wrong, I LOVE (maybe not the right word) spring cleaning!
- I almost try and do some spring cleaning to some extent, depending on how busy I am
- It can be a great time of year to tackle those areas of your home that are usually forgotten, or do those pesky household chores that you've been putting off.
- It's a bonus way to sneak in some physical activity after a long winter!
- BUT sometimes I think there's just TOO much pressure to do it all as soon as the weather starts to warm up.
- Spring cleaning lists, and organization ideas can be great, but remember to go at your own pace!
- Don't try to tackle every inch of your home in a weekend! And don't aim for perfection

If you do feel inspired to take on some extra chores around the house, set realistic goals for yourself, and make sure to stop and appreciate your progress every step of the way!





# Welcome to our Community



## Introducing: Gloria Ozegovic

*Resides in Mackay ..... Has a sister Julie that lives in Rockhampton .....enjoys gardening and crocheting .....Fav meal of Gloria's is fish..... Likes to watch the Bold and the Beautiful*

Two cows are standing in a field. One cow says "Did you hear about that outbreak of mad cow disease? It makes cows go completely insane!".

The other cow replies "Good thing I'm a helicopter".

### **MEN'S SHED IN YOUR REGION**

#### **BUNDABERG**

146 ENTERPRISE ST  
BUNDABERG  
0404 928 393

#### **MACKAY**

7 BROOKS ST  
WEST MACKAY  
0476 156 549

#### **ROCKHAMPTON**

72 BRUCE HIGHWAY  
NORMAN GARDENS  
0412 286 014

Healthy Mind  
Healthy Body  
Healthy You

Free BBQ Brekky  
Marcus Mission –  
Bundy Sept 26 – 9am

**Snapshot for all the  
Blokes out there  
that are looking for  
purpose, support or  
just a chat!**

### **BUNDABERG ACCESS RECREATION BUNDABERG**

CALL – 0429 618 407  
FOR INFORMATION ON MEN'S  
PEER SUPPORT GROUP

#### **Mackay**

Selectability  
11 Wood St  
Mackay  
Variety of  
activities and  
groups



# Farm Life

## Word Search Puzzle



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



ALFALFA  
BARN CAT  
CATTLE  
CHICKENS  
CHORES  
CORN FIELDS  
COUNTRY  
CROPS

FARMHOUSE  
FRESH EGGS  
GOATS  
HARVEST  
HAYLOFT  
HORSE BARN  
LIVESTOCK  
PASTURE

PIGLETS  
ROOSTER  
SADDLE  
SCARECROW  
SHEEP  
TRACTOR  
TROUGH  
WHEAT

