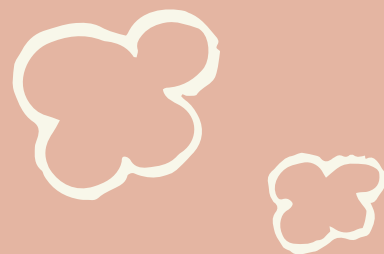


# What's Happening at

# YourPlace.



## A Message from the CEO

### Welcome

everyone to the New Year!  
I hope you all had a chance to  
relax with family and friends  
during the Festive Season.

As I mentioned in my last update, we are looking forward to 2021 being an exciting year for YourPlace! We have recently released our Strategic Plan 2020–2025 which you can find on our website. It provides an overview of the things the Board and the team here at YourPlace will be focussing on over the next five years.

While we have not yet made our way through the challenges of COVID-19, this year does bring some positive signs with vaccinations being rolled out internationally and just starting here in Australia. Of course, we must all remember to continue to follow all the appropriate government guidelines.

We have already started planning some local events so that we can meet up with you and your families to hear more about your experiences living in YourPlace homes and tell you more about our future plans. If you do have some ideas about events in your area, please contact your tenancy officer and share them – we are interested

in looking at different ways to engage with you. Of course, we will ensure that all of our events align to the government advice relating to COVID-19.

I have been fortunate over the past couple of months to have tagged along with the tenancy and maintenance teams to meet a number of you and discuss your housing and how it meets your needs. I am looking forward to meeting more of you over the coming months.

We will be commencing our very important tenant survey in mid-March, which we undertake every two years. This is a critical tool for us to identify some of the things you like and don't so much like about the service you receive from YourPlace. It is being run by an independent organisation based in NSW called the Community Housing Industry Association (CHIA) who are experts in community housing tenant surveys. You can rest assured that any comments or ratings you give us will be fully confidential, so please take the time to provide your honest feedback!

I hope you all have a fantastic Easter break soon, and I hope to speak to many of you soon.

**Geoff Slack**  
CEO

Visit our website [www.yourplacehousing.com.au](http://www.yourplacehousing.com.au)

## HAPPY EASTER

### Easter celebrations around the world

There's more to Easter than coloured eggs, chicks, and bunnies.

Some Easter motifs and traditions are region-specific. In Bermuda, for example, people celebrate Good Friday by flying kites. New York hosts the famous Easter Parade along Fifth Avenue, and Lancashire in the UK has its Nutter's Dance. People in Scandinavia light bonfires to ward off witches over the Easter weekend, and Ghana celebrates with its annual Paragliding Festival.

In France, bells, not bunnies, bring Easter chocolate to children, whereas in Australia, the Easter Bilby (an endangered desert marsupial) brings treats.

**Wishing you a meaningful,  
memorable, and wonderful Easter!**

### FACT

EASTER EGG HUNTS PROVE THAT  
YOUR CHILD CAN FIND THINGS  
WHEN THEY WANT TO!



## March Edition

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## POODLE FACTS

- Despite their French reputation poodles hail from Germany.
- They are great at their jobs – they were bred to work and are excellent swimmers used by hunters to retrieve birds from the water.
- The fancy “do” has a purpose – since these dogs were jumping into freezing water they needed protection. Too much wet fur would weigh them down so hunters would strategically shear their hair. The pattern was meant to protect vital areas from the cold.
- Elvis loved them and had quite a collection at Graceland.
- They are super smart – second only to the border collie in rankings of canine intelligence.

“ I feel sorry for people who don’t have dogs. I hear they have to pick up food they drop on the floor. ”

## Join the Pack

Meet the newest members to join YourPlace Pack – Oz and Lexi, faithful companions to YPH tenant, Ray.

Oz is a 9 year old white miniature pedigree poodle given to Ray by his good friend. At the time, Ray’s friend was very concerned about his mental health and thought that a new companion would provide much needed entertainment, distraction, physical contact and company.

Lexi is an 18 year cat abandoned as a kitten. She was thrown over Ray’s fence and he nurtured her back to physical and mental health. Lexi is still wary of strangers but comes out of her shell when she gets to know you.

Oz and Lexi are like chalk and cheese. Oz is out there, protective, playful and thinks he is the leader of the pack until Ray tells him off and he sulks like a 10-year old boy.

## DID YOU KNOW ?

Here’s a question for anyone forced to wipe canine saliva off their face today: why do dogs lick people?

“Experts are not sure what dogs are thinking as they try to mop your entire face with their tongue. However, they believe that dogs lick you to say hello and gain attention. “It’s a greeting and can be taken as a compliment.”



## DID YOU KNOW ?

Why do cats have rough tongues but dogs don’t?

Cats have hard, backwards-facing spines on their tongues, called filiform papillae. These work like a comb for grooming their fur, and are also used to rasp meat from animal bones. Cats are solitary hunters, but are also small enough to be prey for other animals, so grooming is important to minimise their own scent and make them harder to detect. Dogs evolved from pack-hunting wolves and grooming isn’t so important, so they have ordinary, smooth tongues.

On the other hand, Lexi is shy and reclusive and will disappear from view when a visitor comes to the house only to emerge when the coast is clear.

During the photo shoot Oz was parading around like an elegant, spoilt aristocrat (as Poodles are wont to do), whereas Lexi was hiding under the bed flat out refusing to have her photo taken.

Ray affectionately calls them “Rascal” and the “Recluse”. Despite their differences they get along quite well until, inevitably, Lexi decides she’s had enough of Oz’s grandstanding and puts him back in his place. Ray, Oz and Lexi are a tight knit group and love nothing better than to eat, sleep and be together.

The hardship of COVID experienced by Ray was countered by the company and affection of Oz and Lexi. Oh, and did we mention the cuddles, lots and lots of cuddles!

## YourPlace Market: A FREE SERVICE TO EXCHANGE GOODS!

Do you have an item that you would like to give to some-one?

YPH is trialling a free service available to our tenants to exchange unwanted goods on the condition that they are in good, clean, working order. Goods are offered at no cost and YPH will pick up and deliver (size and weight restrictions apply).

### INTERESTED?

Call your Tenancy Officer on 8351 8466

- To advertise your goods in our next What’s Happening at YourPlace newsletter – you will need to supply a photo and details of your goods
  - Take either of the items listed
- First in best dressed!**



BEDSIDE TABLES: H 43CM x W 40CM x D 40CM

### What’s available at YourPlace Market



PET CAGE: H 40CM x W 95CM X D 53CM





## Meet our Pocket Rocket, Dot

Dorothy (or Dot to her friends) moved to Sydney from Yorkshire, England in 1969 with her husband Bill and 3 young children. Dot and her family were among the huge wave of English migrants in the 60's and 70's who moved to Australia in search of a better lifestyle and climate.

It took a while for Bill, Dot and their kids to adjust to their new environment. Their situation improved when they moved to Adelaide a few months later where Bill got a job as a cable factory worker and Dot became employed as a part-time school caretaker. Armed with a fierce determination and a strong fighting spirit, Dot has never looked back.

Upon retirement, Bill and Dot became very active in social and community activities. They joined the South Australian Indoor Bowls Association and competed in both state and national tournaments. They were both healthy and enjoying the best times of their lives when Bill unfortunately had a stroke in 2015. While in hospital, Bill was advised that it would not be suitable for him to return to the house that they were renting in Golden Grove due to his mobility needs.

With the help of a hospital social worker, Dot secured one of our wheelchair accessible homes in the north eastern suburbs. The house suited them perfectly as Bill was able to move around more freely reducing his reliance on Dot.

Sadly, Bill became very ill and passed away in 2019. Dot and Bill were married for more than 60 years. Dot recalls feeling devastated and lost. However, over time her determination to keep going won the day and she sought out ways to get involved and stay connected.

She is a very active member of her community and joins the Tea Tree Gully Senior Citizens Club for carpet bowls twice a week, attends the Para Hills Community Club once a week for arts and crafts and she still meets with

the local Stroke Support Group fortnightly as they provided her with tremendous support when Bill had a stroke.

She also gets a lot of support from her son who lives close by. He looks after her lovely garden and has installed the latest technology gadgets for her home entertainment. If Dot is not out socialising, she is probably busy browsing YouTube or watching the latest movies on Netflix.

Dot said that she really loves her house as it is open plan and easy to clean. Having a wheelchair accessible bathroom was very convenient after she had a hip replacement recently. She values her relationships with her neighbours and occasionally goes out for coffee with some of them. They help each other and look after the house when someone is away.

The COVID-19 pandemic has put Dot's overseas holiday plans on hold, for the time being. The three cruises that she booked last year have all been cancelled but even COVID won't deter Dot from her travel plans. Her bags are packed and she's set for her next adventure as soon as it is safe to travel.

**Dot certainly embodies her nickname "Pocket Rocket". Her energy and enthusiasm for life would put someone half her age to shame.**

## YourKitchen with Serina & Trudi

### Lentil Balls in Tomato Sauce

#### INGREDIENTS

##### MEATBALLS

- 200g brown lentils
- 1 onion, diced
- 100g mushrooms, finely chopped
- 4 tbsps oats
- 1 lemon, zested
- 200g risoni

##### TOMATO SAUCE

- 1 garlic clove, crushed
- 6 large vine tomatoes, diced
- handful of basil

#### METHOD

- 1 Preheat oven to 180 degrees Celsius (fan forced). Rinse lentils well, then simmer in boiling water for 15mins until soft.
- 2 Fry the onion until soft, and allow to cool. Drain the lentils well and put in a blender with onion, mushrooms, oats and lemon zest. Pulse until mixture is combined (not mushy!). Season and roll into balls and place on line baking tray. Bake for 30mins, turning halfway.
- 3 Make the sauce by frying the garlic for a minute and adding tomatoes with a splash of water. Simmer for 5mins. Cook the risoni and drain well. Season the sauce and stir in the basil.
- 4 Add the balls to the risoni and spoon over the tomato sauce. Serve with a green salad.





## Mould – Prevention is the best cure!!

Mould is a member of the fungi family and it is pretty much everywhere. Mould loves damp and humid conditions and low levels of light which is why you'll notice bathrooms and laundry rooms are often where it makes an appearance.



### TIP

If you want to try and reduce humidity levels in your bathroom. A natural alternative includes adding a 'dehumidifying' plant, like a cactus, to your bathroom.

### AIR-CONDITIONER CLEANING

Reminder: Its time to clean your air-conditioner to keep it working at peak efficiency!

- 1 Clean your filter screens (located under front panel of internal wall unit) twice a year. Use a brush to remove dust or warm soapy water to dissolve grease build up.
- 2 Remove any litter or objects on or around the external unit (compressor and fan).

## FOLLOW THESE SIMPLE STEPS TO PREVENT MOULD GROWTH:

- **Opening windows** – is the number one tip for minimising excess moisture in rooms. Mould likes dark and damp conditions to grow, so open up your blinds and windows and let natural light and air circulate.  
If it is safe to do so keep the bathroom window open for at least 15 minutes after you turn the shower off so that excess moisture can move out of the room.
- **Improve ventilation** – Indoor air quality is important for good health. Make sure you turn on your fan when running hot water, and/or keep a window open. Dust your fan effectively and regularly to ensure it's working effectively.  
Run the exhaust fan in the bathroom for about 20 minutes after showering to draw the moisture out of the room.
- **Mop up excess water** – After you take a shower, look around for areas in your bathroom where condensation has built up, like your shower screens and windows, and dry those areas to prevent moisture seeping into surfaces.

- **Tidy up your products** – don't keep bottles, toys or other items in the shower as they provide places for mould to grow.
- **Hang your bath towels to dry after using them** – The damp fibres of towels and bath mats are perfect for harbouring mould spores. Wash towels and bath mats frequently.
- **Avoid harsh chemicals** – fumes contribute to poor indoor air quality and their abrasive nature can damage your bathroom surfaces, making the surface more susceptible to mould growth.
- **Clean Regularly** – Cleaning your bathroom regularly is key to preventing a mould problem.
- **Report plumbing leaks as soon as possible** – YourPlace housing can arrange for repairs. Plumbing problems such as leaks or blockages can lead to a build-up of stagnant water in your house – perfect for mould.

## HOW TO REMOVE MOULD

**So, what do you do if you find a patch of mould in your house? Don't panic.**

While there are numerous products out there for cleaning mould, many are loaded with harmful chemicals and allergens and should only be used as a last resort.

Instead, try homemade solutions. Surprisingly, the natural acids in white wine vinegar have been proven to be effective in removing certain household moulds, and safe to use when cleaning.

- 1 Pick up a bottle of the white stuff (vinegar) in any supermarket and put it into a spray bottle.
- 2 Spray it on the surface where mould is growing and scrub with a brush or sponge. If you are worried about vinegar irritating your skin, wear rubber gloves.
- 3 While vinegar fumes are not toxic, you might want to wear a mask to block the strong smell. Not only does it effectively remove mould, but cleaning your house with vinegar regularly will stop it growing back.
- 4 Let it sit for an hour or so.
- 5 Rinse the areas with water and let it dry completely.
- 6 Repeat if necessary.

**If all else fails, bring in the big guns! Go to your local hardware store and ask about anti-mould products.**

**Famiiily**

Encouraging our tenants to thrive and enjoy a better life