

The Suncare Times

NOVEMBER | DECEMBER 2023

Welcome

As we near the end of 2023 and enter this hotter weather, we hope you are keeping cool and staying hydrated.

In this November/December edition, we share with you how Suncare supports men's health awareness and recent bushfire warnings. You will also read about Suncare customer Ginette, who tells her amazing story of living in Seychelles and moving to Australia! We get a sneak peek into the entrepreneurial life of Jill who owned her own bakery with her husband — The Pink Pantry! Our very own Suncare volunteer has a remarkable experience at this year's Woman's World Cup, highlighting her love of the sport.

Can you believe it's nearly Christmas? At Suncare we value the spirit of Christmas and coming together as a community to celebrate.

If your regular pattern of services falls on a Public Holiday, Suncare's default scheduling process is to cancel the services unless you request the service remain in place or reschedule. Additional charges may apply if you receive a service on a Public Holiday.

And, as always, we share a tasty Christmas-inspired recipe for everyone to try!

Rotary Christmas Lunch

'Tis the season of joy and our annual Rotary Christmas Lunch! The lunch was once again hosted by the Kawana State School, with food prepared and served by Kawana Waters State College Hospitality, Tourism and Lifestyle students.

Guests were entertained by the very talented students from the College with an atmosphere filled with gratitude and laughter. The entertainment varied from John Farnham's "You're the Voice" to the

Junior year choir stealing hearts with their rendition of "Rudolf The Red Nose Reindeer". Father Christmas made an appearance, showering everyone with gifts and love.

Our customers, along with the support workers and volunteers, had so much fun and appreciated the hard work and dedication shown by the students.

We look forward to doing it all again next year!



It's all going swimmingly

A plumber by trade, Bluey only learnt to swim when he joined the Police Force after his years with the Infantry Battalion in Vietnam. Bluey managed 40 drivers and their trucks in the transport industry as well as working as a manager on the Mt Isa Mines. He raced sport sedans, sailed his yacht and flipped houses that he had renovated. In 2008 and 2009 he took part in the Coolangatta Gold, a premier surf lifesaving event.

Bluey has battled with prostate cancer and faced the world with courage after receiving his Parkinson's disease diagnosis. "Keeping busy is good for your physical and mental health. You don't need to give up just because

you have a diagnosis. Keep challenging yourself, have fun, stay active. You will slow down but don't stop" says Bluey.

For Suncare support worker, Zoe, spending time with Bluey is fun and inspirational. Both are members of the Maroochydore Surf Life Saving Club, and share a love of the water so have much to talk about. "My work is really rewarding. Everyone deserves to live their everyday life as they want to. And I love helping to make that happen."

And Bluey smiles when he says Zoe is an asset to Suncare with her pleasant demeanour and openness. As they say, 'it's all going swimmingly!'



Baking Delight

Jill looks forward to attending the Suncare outings, often bringing along some of her home cooked goods. "I love to bake, and I enjoy meeting up at the Social Support outings. It's a win-win".

Jill grew up in a home filled with a love of cooking with her dad teaching her to create delicious goodies from home grown ingredients. So, it came naturally to open a bakery in Wynnum Plaza with her husband Gary - and the Pink Pantry was born! The couple managed to juggle work-filled days of activity while raising their two children. From biscuits and pastries to vegie sticks and quiche, the popular bakery went from strength to strength. Christmas time was even busier, with Jill taking

numerous orders for glazed fruit cakes, plum puddings and cheese balls. "And despite it never stopping, I loved every minute" says Jill.

Today life is quieter, and Jill has time to enjoy an Art Class at Boronia Cottage on Bribie Island. "The Suncare staff are so caring and helpful. And we have a lot of fun." Jill attends Suncare's Bribie/Caboolture Social Support Group. The group meets on Tuesdays and Thursdays for a local outing and social connection. From lunch overlooking the ocean to a visit to the Caboolture Historical Village, friendships are formed, and memories are created. For more information, please contact 1800 786 227 or visit suncare.org.au



Move for Movember

November is men's Mental Health and Suicide prevention month as well as Prostate and Testicular Cancer awareness month. The Movember movement exists to help men live happier, healthier and longer lives, transforming the way health services reach and support men.

Movember has been successful in raising awareness about men's health issues and has funded various research projects, programs, and initiatives aimed at improving men's well-being. It is a fun and lighthearted way to engage in meaningful conversations about serious health concerns that affect men.

We would like to share this important number with you as Suncare continues to support and stand with this cause. If you are ever worried that someone's life is in immediate danger, call 000 or go directly to emergency services. You are not alone!

MOVEMBER



Change the face of men's health

Kickoff with Kindness

Amidst the thundering cheers and electric atmosphere of the Woman's World Cup stood one of our very own volunteers, Julie Fortescue-Phillips. Julie fell in love with soccer from the moment she could kick a ball with her dad. Her passion helped her win the gold medal for England at the 2007 World Police & Fire Games hosted in Adelaide. So, when the FIFA World Cup came to Australia she couldn't wait to volunteer.

Julie along with wife Rebecca, cheered for Australia in the third-place playoff between the Matilda's and Sweden before grabbing last minute tickets to watch the England Lionesses in the final in Sydney. While the results weren't what she cheered for, Julie says the whole experience will be long cherished and always remembered. After a long and frenzied weekend, Julie drove back on Monday morning. I guess we can confirm that Julie is an extreme soccer fan!



Across the Continent

Born on a small island in the Seychelles, Ginette grew up with her parents and her 14 siblings! Her father worked on a train in Africa and would tell her and her siblings captivating stories of that country. A highlight of her time on the island was the chapel that stood on her family's property, where she would work and help out in the school.

The high altitude in Africa was beginning to make her father sick, forcing him to leave his work in Africa. Her two brothers who had moved to Australia, sent a letter back to the family to inform them that Australia was full of work. After a 4 week voyage via boat, they arrived in Sydney, Australia.



Ginette fell in love with the beach and would travel to Manly every weekend. 'I loved Manly, it's a beautiful place and I loved catching the ferry over there.' Says Ginette.

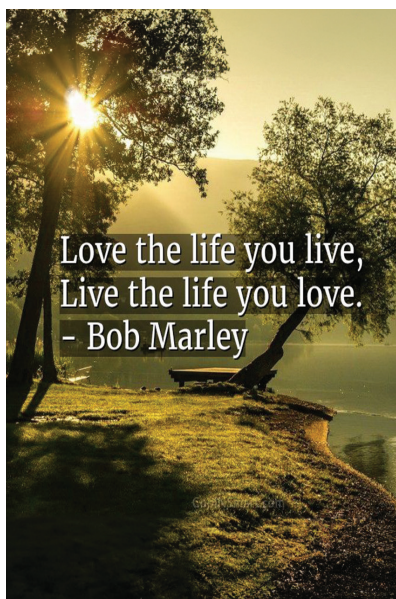
In Australia, she met the love of her life, Frank. Their love blossomed and they had three beautiful children together. 'He was the best man on earth.' says Ginette. After celebrating 60 wonderful years of marriage, Frank has now sadly passed away. Ginette resides with her daughter Ginny, enjoying her crosswords and relaxing at home. She cherishes the conversations she has with her support workers, joyfully recounting tales of her childhood over a hot cuppa.



Bushfire Warning

This summer will be a high risk for fire safety. Do not put yourself in danger. When there's a bushfire in your area, it's up to you to take notice, stay informed, make decisions and act. Don't assume you will receive an official warning as a fire approaches. Stay up to date with warnings in your area so you can decide what action you need to take.

If you're in danger, you need to take life-saving action immediately. Call 000 and ask for help.



RECIPE OF
THE MONTH

Mango Sorbet

Ingredients

3 medium mangoes, peeled, flesh sliced

250mls (1 cup) fresh orange juice

60mls (1/4 cup) fresh lemon juice

55g (1/4 cup) sugar

Method

1. Place orange juice, lemon juice and sugar into a medium saucepan and bring to the boil over medium heat. Reduce heat to low and simmer for 3 minutes. Set aside to cool.
2. Place mango flesh and cooled orange syrup into bowl of food processor or blender and process until smooth. Pour into shallow metal or plastic container, cover and freeze for 2 hours or until almost set.
3. Remove from freezer and roughly break up with metal spoon. Transfer to bowl of food processor and process very briefly until it has a smooth, soft "icy" texture. Transfer into the container again and freeze for a further 2-3 hours or until firm.
4. Transfer sorbet to the fridge 10 minutes before serving to soften slightly. Scoop into glasses or dishes and serve immediately.

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