



Newsletter

Community Bank · Altona, Laverton & Point Cook Business Centre

Working together

When it became apparent that our kids were going to be house bound for way too many days, we decided that we needed to bring a little joy into their lives. Fun packs have been delivered all over Altona, Laverton and Point Cook, bringing some much-needed smiles to our stir-crazy youngsters.

We even roped in our friends from the Gators and Michael Clemente. While these guys would rather be shooting hoops and driving race cars, they were thrilled to deliver a little joy around town, until life gets back to something resembling normal.

If your kids need a little pick-me-up, let us know and we will bring some fun your way!



Mel is all loaded up.



Important information

For the latest health information and advice visit
www.dhhs.vic.gov.au/coronavirus

If you are concerned you may have coronavirus (COVID-19), call the coronavirus hotline 1800 675 398 (24 hours).

Hobsons Bay City Council are offering counselling for young people through Hobsons Bay UP.

You can contact them via email – adminys@hobsonsbay.vic.gov.au or on 9932 4000.

Wyndham Council are offering help also. Visit www.wyndham.vic.gov.au/covid19 or call 9742 0777 for more information.

◀ Working together (continued)



Above: Rodney from the Gators making some deliveries.

Right centre: SuppoMichael Clemente bringing the joy!

Top and bottom right: So many smiling faces.



We're here for you

Your local Bendigo Bank branch remains open to help see you through COVID-19.

If you need to see us in person, we're asking you to:

- Visit only if you're feeling well
- Call ahead to book a time if possible
- Practice safe distancing

**Call us on 9398 8922 or search Bendigo Bank
Altona**



B Bendigo Bank

**Community Bank
Altona**

Keeping informed

Our local community centres are issuing regular e-newsletters to keep their members active and engaged. The disconnect that has arisen from this pandemic is being combatted by the people down at Louis Joel Arts & Community Centre, Laverton Community Integrated Services, Jamieson Way Community Centre and Williamstown Community & Education Centre.

Well done and keep on spreading the word about what is happening in our communities!

Here is a little 'best of' offering library tips, online art classes, recipes and more...

Pot roast chicken

My family calls this pot roast chicken, but it is really a (delicious) pan chicken. It's quick to make and a great dinner as the nights get cooler. It is best served in a bowl with some mashed potato or mashed cauliflower, which means it's not strictly a one pot dish, but on this we ask you to give us some leeway. You can use a deep frying pan or a large pot as long as it has a lid.

Louis Joel
Arts & Community Centre

Ingredients

- 3 chicken breasts
- 2 sticks of celery diced
- 1 large carrot diced
- 3 cloves of garlic finely chopped
- 1 onion finely chopped
- 3 rashers of bacon finely chopped
- some white wine or a chicken stock (a stock cube is fine)
- 1 tin of crushed tomatoes
- 2 tablespoons of oil

Method

1. Heat a frying pan or large pot and add half the oil.
2. Add the bacon, carrot, celery, onion and garlic to the pan and cook on a low to medium heat until the veggies soften. Then remove from the pan and set aside.
3. Add the rest of the oil, pat the chicken breasts dry with paper towel, then add to the pan on a medium heat. Cook for 2-3 minutes each side until lightly browned. Remove from the pan and set aside.
4. Deglaze the pan with a couple of splashes of wine or some chicken stock, using a spatula to lift the browned goodness from the bottom of the pan.
5. Return the veggies and the chicken to the pan, along with tinned tomatoes if you have them or you could use a gravy.
6. Simmer for 30 minutes with the lid on and you're ready to serve with some mash.

Or how about an online dance class?

Get involved www.youtube.com/watch?v=SCiHEUeDy5w

Great ideas from Hobsons Bay Libraries

The Hobsons Bay Libraries have the 'I Wish I Could' initiative. Wonderful ideas and solutions for while the libraries are closed:

I Wish I could...

- Get a book to read
- Take my child to story time
- Read the paper
- Get help with my homework
- Browse some magazines
- Continue my research
- Help my child practice reading
- Learn something new
- Read more
- Borrow a DVD

Head to libraries.hobsonsabay.vic.gov.au/library-news/1102-i-wish-i-could

Watercolour painting

Always wanted to try your hand at watercolour painting?

These videos from Matthew Palmer guide you through the process of creating your first painting. His clear and easy to follow instructions demystify some of the techniques involved in watercolour painting.

You'll be pleasantly surprised how easy it is to get started!

Beginners Watercolour Part 1 –
www.youtube.com/watch?v=id8ilzgR-jl

Beginner Watercolour Part 2 –
www.youtube.com/watch?v=_vFHoDC93Aw



I WISH I COULD...

Tips to get you through while the library is closed

Doing our bit

We are always working on ways to help our community. Now more than ever, it's important to work together, to really make a difference to those who need it most.

The demand for food relief over the past few months has increased exponentially, and the community groups who work tirelessly to meet that demand, have been struggling to keep up. That is where we come in...

Laverton Community Integrated Services, Latitude and Jamieson Way Community Centre can breathe a little easier – for a while at least – as we have donated \$5000 to each of them, to be used at the Laverton IGA, as we try, not only to support our community, but our local businesses as well.



Phone a friend!

Social Connection Challenge

In times where we need to reduce our physical interaction it's more important than ever to commit to supporting those who are vulnerable.



Challenge!

- Think of seven people in your life who are (or are about to be) socially isolated. These may be the elderly, the unwell, people who are self isolating or friends / family who are feeling anxious
- Allocate 15 minutes each day to ring, Facetime, Whatsap, Skype etc one of these people. At the end of the week you would have called all seven of them once.

Rules!

- Ask are you ok with genuine curiosity then listen.
- Do you need anything, can I help?
- Make that person smile, even better, laugh

Do you know of someone or are you someone who would like to be contacted once a week by a friendly volunteer?

Register by email: phoneafriend@lcis.org.au



We're here for you

Bendigo Bank has committed itself to the care and wellbeing of Australian communities for over 160 years.

Now, more than ever, we're here to help see you through COVID-19.

Talk to us about how we can help.

Call us on 9369 8455 or search Bendigo Bank Laverton



Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1389134, OUT_1282275, 03/06/2020

Message from the Chairman



Welcome to a special edition of our Community Bank newsletter.

When we last signed off, we were still reeling from the bushfire disaster that dominated our summer. We were optimistic of better things to come, looking forward full of hope, to easier months ahead...

Then the pandemic landed.

Coronavirus has dismantled any plans we may have had for 2020, and we have all had to adjust to life in lockdown.

It has been an incredibly trying time for every member of our community and beyond. Right across the globe, we have seen the effect. Lives have been lost, businesses shut, schools closed and forced online, people kept apart from loved ones. We have never experienced anything like this, and it is fair to assume that the impact will be felt well into the years ahead.

So, what do we do in the face of such uncertainty?

We work together!

Our mission has always been to build better communities, by coming together through engagement and connection. We believe firmly that we are stronger together so, we invite you to be part of something bigger, as we work our way through this.

Support local businesses in any way you can.

Check in on those who may be more isolated than normal.

Respect each other, and follow restrictions as advised.

We will get through this.

We had much planned for our 20th birthday celebration, but we press pause on that now, and shift our focus toward doing what we have always done – supporting our community.

This newsletter has been put together to get you a little more information during this unique time. You can also follow our Facebook page:

[www.facebook.com AltonaLavertonPoint Cook](https://www.facebook.com/AltonaLavertonPointCook)
CommunityBank Branches for regular updates on what is happening at your local branches and around the community.

Stay safe,

Henry Da Silva
Chairman



Right: Taking our meetings online.



Holly keeping herself and our customers safe.



Above and below right: Supporting local businesses.



Branch Manager's message



We care about our communities – Altona, Laverton & Point Cook – we are here for you.

Community Banks return the profit they make to the community they are part of. This keeps money circulating locally, driving growth, jobs and prosperity. It makes our community a great place to live, play, work and do business. In my 30+

years of banking experience, I have never seen anything like what we are currently living through.

I know though, without question, that we will get through this, as long as we work together.

As we grow, so does our ability to help our community.

Whether it's your first home, a new home or an investment, we'll be there for you through every step of the process. Contact me and the team to discuss your plans and goals.

If your bank isn't doing the right thing by you, change to one you can feel better about – be part of something bigger.

Daniela Guertler
Branch Manager

Talk to us today

Community Bank

Altona

64 Pier Street, Altona

P 9398 8922

bendigobank.com.au/altona

Laverton

3/28 Aviation Road, Laverton

P 9369 8455

bendigobank.com.au/laverton


Point Cook Business Centre


Shop 24 Sanctuary Lakes Shopping Centre

300 Point Cook Road, Point Cook

P 9395 7724

bendigobank.com.au/altona

 /AltonaLavertonPointCookCommunityBank
Branches

 /bendigobc_altlavcook

 /bendigobank

We're open:

9.30am - 4.30pm Monday to Friday

Directors

Mr H Da Silva (Chairperson),

Mr M S Pearnar (Secretary), Mr G Ryan (Treasurer),

Ms E Driscoli, Mr A Hooper, Mr J Gundran,

Ms M Serle, Mr T Ferreri

Hobsons Bay Community Financial Services Limited

PO Box 502, Laverton VIC 3028

ABN 39 091 661 166

