



February 2025

A Word from Sally

Hello Everyone,

Welcome to 2025, we hope you all enjoyed a pleasant festive season. This year looks to be another busy year, with all of us returning to work on the 13th of January. On the first week, we had chat and do on the Monday as well as OzHarvest on the Tuesday and Friday, the rest of our groups resumed from the following week to ensure that we have everything up to date for a fresh start.

We all enjoyed the centre Christmas party. The day went very well, with “Women in Harmony” firstly singing a few Christmas songs. This was followed by a delicious lunch cooked by the wonderful men from TOMNET. Finally, everyone enjoyed the cent sale and raffle. Big thankyou to Women in Harmony and TOMNET for their assistance on the day. Photo from the day below.



What's On

Activity	
<i>Computer/Technology Lessons</i>	<i>By appointment</i>
<i>JP Service</i>	<i>By appointment</i>
<i>Ozharvest</i>	<i>Tuesday & Fridays</i>
<i>Crochet Group</i>	<i>Monday 10 - 12 pm</i>
<i>Blankets for Homeless</i>	<i>Monday 1 - 3 pm</i>
<i>Walking Group</i>	<i>Tuesday 9 - 10 am</i>
<i>OPAP Cuppa & Card, Canasta & Rummikub</i>	<i>Tuesday 9:30 - 12 pm</i>
<i>Lego Group</i>	<i>Tuesday 1 – 3 pm</i>
<i>Mah-jong</i>	<i>Wednesday 10 - 12 pm</i>
<i>Disability Art Group</i>	<i>Wednesday 1 - 2 pm</i>
<i>Stroke Support Group</i>	<i>Thursday 9:30 – 11:30 am</i>
<i>Tai Chi</i>	<i>Thursday 6th & 20th February 1.30 pm</i>
<i>Craft Group</i>	<i>Friday 10 - 12 pm</i>
<i>Toowoomba Home Produce Swap</i>	<i>Saturday 1st February</i>

Safer Together Toowoomba and Charge Up! projects



Wendy our community development officer has been very busy. Above is a photo of Wendy with the award she received for helping with this project. Last year she was involved in the “Safer Together Toowoomba “project. Safer Together Toowoomba is a Queensland Police Service (QPS) community safety initiative, co-designed with residents to meet local needs. Safer Together Toowoomba aims to empower community participation in safeguarding neighbourhoods and increase feelings of safety. The initiative provides opportunities for residents to:

- Connect with local police and receive crime news and data relating to Toowoomba.
- Participate in a Community Safety Champions pilot program.
- Access tailored crime prevention support and resources.
- Attend tailored crime prevention and community safety events and activities.
- Engage with a new online community safety awareness campaign.

This year Wendy will be working with QCOSS and the *Charge Up!* project. This program is funded by the Department of Energy and Climate and aims to improve the accessibility of the information households need to understand their energy use, and to support the community services sector to ensure this information reaches Qld’s most vulnerable households. Over the page are some energy saving tips that may be useful. If you would like to know more, please contact the centre.

Energy saving tips

Save costs by using less electricity.

qcooss

Keeping cool

Air conditioners use a lot of electricity, but there are ways to save energy while still keeping cool.



Set the temperature

In summer, set your air-conditioner between 24C and 26C. Every degree below this adds 10 per cent to your cooling costs.

Use fans where possible.

Close off rooms

Only cool the rooms that are being used and keep doors and windows closed.

Keep the heat out

Close curtains and blinds during the day to prevent heat from entering your home.

Let cool air in

Open windows at night to let air circulate and cool the house.

Use less hot water

You can reduce the cost of heating water in your home

Shorter showers

Reduce shower times to four minutes or less.

Water efficiency

Install a low-flow shower head and get water-efficient devices attached to internal taps.

Check for faults

Regularly check your hot water system and taps for faults such as visible leaks around the storage unit.

Use cold water where possible

You can use cold water to rinse dishes. When washing clothes, almost all stains and dirt can easily be removed in cold water.

Wash full loads

Only use your washing machine when you have enough for a full load.



What else do I need to know?

Even if you reduce your electricity usage to zero, you will still get a bill. Every household in Queensland pays a daily service charge. Unfortunately, being more energy efficient won't help reduce this cost as it is fixed.

Check your fridge

Use these tips to reduce the cost of running your fridge.

Check the temperature setting

Set your fridge between 3C and 5C and your freezer between -15C and -18C.

Upgrade your fridge

Some old fridges use up to three times more electricity than a newer fridge. You might be able access a No Interest Loan Scheme (NILS) loan to purchase a more energy efficient model. Visit nils.com.au



Check the door seals

If your fridge door seals are worn out, your fridge may be leaking cold air and costing you more to run.

To check your fridge door seals, place a piece of paper in between the seal and the door before closing it. If the paper slides out easily, the door seals may need replacing.

More quick tips

Air drying

Clothes dryers are expensive. Use a washing line or rack instead. Try placing clothes on a rack indoors if it is raining.

Washing cycles

Only use the dishwasher and washing machine when they are full and always use the shortest, most efficient cycle.

Outdoor lighting

Consider solar lights or sensor lights rather than leaving outside lights on overnight.

Turn it off

Turn off lights and appliances when you are not using them. Remember to turn appliances off at the main wall socket as standby power uses energy too.

What else is there?

Consider what else might be using electricity. Do you have a pool pump or fish tank? How many TVs, game consoles, air conditioners or heaters do you have? These things all impact on your energy bill.

Useful links

Community Door communitydoor.org.au/energy

Queensland Government qld.org.au

Energy Made Easy energymadeeasy.gov.au

Energy and Water Ombudsman ewoq.com.au

No Interest Loan Scheme nils.com.au

Energy Rating energyrating.gov.au

What's on in February in Toowoomba

Let There Be Light



**From Wednesday 5th February to Sunday 9th of March Rosalie Art Gallery, 89
Mocatta St Gombungee 4354 www.tr.qld.gov.au/rosaliegallery**

**FREE ADMISSION | GALLERY OPEN: Wednesday to Sunday 10.30am – 3.30pm | Closed
Monday, Tuesday & Public Holidays**

Rosemary Williamson's exhibition *Let There Be Light* focuses on the effect of light and colour. Her recently completed body of work interrogates komorebi, a Japanese term that roughly translates as the interplay of sunlight filtering through the leaves of trees.

Join us between 10:30am and 1:00pm Saturday 8 February 2025 for a **Meet the Artist** event with Rosemary Williamson. Come along to see Rosemary's oil on canvas works and learn more about her practice.

Free event | All welcome | No bookings required.



The 51st Toowoomba Swap Meet will be held on the weekend of 1st and 2nd February, 2025 at the RASQ Toowoomba Showgrounds. Come and explore approx. 1700 sites with approx. 900 site holders selling cars and car parts, motorcycles and parts, collectables, bric-a-brac, car models, with Coffee, Food and Licensed venues operating. There is something for everyone at the Toowoomba Swap

8:00am - 5:00pm Saturday 1st & Sunday 2nd February 2024.
Toowoomba Showgrounds, Glenvale Road, Toowoomba.
Turnstile entry prices are \$15 on Saturday or \$5 on Sunday.

Tickets for either day can be purchased at the turnstiles, either by cash or EFTPOS. Entry charges Adult \$15 **Sat.** \$5 **Sun**, under 16 free.

Vegetable Patties



Ingredients

- 1 medium sweet potato, peeled and roughly chopped
- 1 head of broccoli finely chopped
- ½ cup frozen peas
- ½ cup frozen corn
- ½ cup grated cheese
- 1 cup of plain flour
- 2 eggs lightly whisked
- 1 cup of panko breadcrumbs

Method

1. Cook the sweet potato in boiling for 15 minutes or until tender. Add broccoli and cook for a further 5 minutes or until turns bright green. Drain and mash together until almost smooth. Add corn, peas and cheese and stir together.
2. Pre heat oven to 200°C.
3. When cool enough to handle shape mixture into 12 patties. Roll each patty in flour to coat. Then dip each patty in egg and then roll in breadcrumbs.
4. Place each patty on a lined baking tray and then spray with olive oil spray.
5. Bake for 20 minutes or until golden brown, turning once halfway during cooking. Serve immediately with dipping sauce of choice.



Online Crisis Support Chat

Call
13 11 14
(24/7)

lifeline.org.au

Lifeline Saving Lives
Crisis Support. Suicide Prevention.



OzHarvest arrives Tuesday and Friday.

Notification is put on the East Creek Community Centre Facebook page when it arrives.

Did you know that you can now claim a tax deduction on amounts of \$20 or more donated to East Creek Community Centre? This is done through the Australian Neighbourhood Houses & Centres Association (ANHCA) Public fund for Deductible Gift Recipients (DGR).

If you would like to know more talk to centre staff. Donations can be made online through

<https://www.anhca.org/donate>

East Creek Community Centre is a community based, non-profit organisation providing community services for Toowoomba residents. We work with community groups and individuals throughout Toowoomba.

East Creek is friendly, accessible, and inclusive.

Our programs are for everyone —

Children, adolescents, young adults, seniors, disabled people, multicultural groups, and those who are socially isolated.



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