

From the CEO with John Gilpin



John Gilpin

Happy New Year
Everyone!

Welcome back to our newsletter "The Independent" and the start of a new calendar year! We hope you all had a wonderful Christmas and a chance to take a break, reflect on 2012 and renew those New Year's Resolutions for 2013.

Here at St Michaels we have a number of New Years Resolutions for 2013.

- Continue our high quality support services.
- Developing Independence of our clients through increasing of active participation opportunities.
- We have plans to update our BBQ area.
- Update fixtures in our Desmond Wood Facility.
- Fully implement our interactive learning resources including our

new TAP-IT interactive platform and iPad technology.

- Continue to roll out our Team Leader structure.
- Revamp and upgrade our IT systems.
- Preparation work on the Merrington Centre.
- Our RTO has secured 5000 hours of funded training, which will be delivered to organisations across Tasmania.
- Much, much, more.

Let me highlight for you what has occurred since our last newsletter.

- Our Community Access (Day Program) concluded the year after offering 33 different activities, a great success, well done David and your team.
- Our Christmas function was very well supported by well over a hundred clients, family & guests and we all

had a great time. Thank you Donald and your staff for a wonderful celebration.

- Merton House had a facelift with a make-over of colour courtesy of our board members and volunteers, Glen, Alan & David.
- I take this opportunity to thank our sponsors, donators and suppliers such as Moonbeam, Salters Party Hire and Foundation brick sponsors.
- Staff completed Food Safe Training with help from the Launceston General Hospital Catering Division.
- The second garage sale went extremely well raising a further \$2000.
- Our unique Cycle 4 All Program completed successfully with a BBQ at the tail race where our clients rode from St Michaels to the BBQ area.

Funding and Donations Received

- **Anonymous donation of \$10,000 to purchase the TAP-IT interactive equipment**
- **Foundation brick sponsors**
- **Moonbeam Children's Charity funding for iPads**
- **Salters Party Hire - Chairs**

- We have implement a personal learning and achievement program (PLAP) for our staff where we can provide feedback and support for their working outcomes and career path.

Finally, may I say it was a pleasure to stand in front of the former school building and present, while shaking hand with Mr David Merrington, a sign naming the building The Merrington Centre. This small tribute is in recognition of David & Pam's (the Merrington Family) long-standing and lifetime support of the Association.!

We hope you enjoy reading our Community Newsletter, take care.
John Gilpin

Peter GUTWEIN
Your Liberal member for
Bass



I am always interested in your feedback on local issues that are important to you.

For help or assistance, please contact me :-
Phone: (03) 6336 2671 Fax: (03) 6336 2255

Email:

peter.gutwein@parliament.tas.gov.au
Website: **www.petergutwein.com**



Tasmanian Liberals
The Economy • Jobs • Cost of Living

A Quiet Word - with Senator Helen Polley



Senator Helen Polley

Delivering for Pensioners

This month I wanted to discuss Government's work to deliver for pensioners, including the significant reforms to the pension system that were introduced by the

current Government in 2009. The reforms have delivered increases of \$172/fortnight for singles on the maximum rate and \$182/fortnight for maximum rate pensioner couples.

In September 2012, aged, disability and carer pensioners, as well as veterans' income support recipients received a boost to their pension, and we'll deliver another boost in March. These increases are being delivered to ensure that our local pensioners can keep on top of things when the bills arrive.

Other reforms that have been delivered include:

Household Assistance Package – delivering an extra \$338 per year for singles and \$510/year for couples combined;

Improved Seniors Work Bonus – allows pensioners to keep more of their income when they work. Through this, a working Age Pensioner can earn up to \$10,400/year without it affecting their pension;

Seniors Supplement for eligible self-funded retirees – 845/year for singles and

\$1,274/year for couples combined.

If you would like to read more about this topic, my office has available an **Information Kit for Pensioners and Seniors**. Please call my office on free call 1300134 923 if you would like to receive a copy.

Senator Helen Polley
Labor Senator for Tasmania
Deputy Government Whip in the Senate

Training - St Michaels

St Michaels Association Inc. in partnership with Rural & Equity Training Services is currently delivering specialised training that is nationally recognised to people with disabilities in their workplace. Certificate I and Certificate II

in Horticulture and Transport and Logistics (Warehousing and Storage) are currently being offered. Other qualifications may be available in 2013.

For further details please contact Kelli Skipper on 6331 7651.

Traineeships and Apprenticeships

Thanks to the support from Skills Tasmania we are able to offer Traineeships for existing employees or Apprenticeships to new employees to those employed within an

Australian Disability Enterprise or an enterprise whose employees have a disability as deemed by Centrelink.

St Michaels Association Inc - At a glance

St Michaels Association Inc. is a not-for-profit non-government organisation providing accommodation and support to people with intellectual and physical disabilities for over 45 years.

The vision of St Michaels is to *develop independence through maximising the individual*

qualities of Tasmanians living with a disability.

Our Mission is to *support the physical and emotional needs of our clients and their families through the provision of personalised care programs, training and a variety of accommodation services*

St Michaels relies heavily

on grants, local community support, donations and fund raising to meet our clients needs.

All proceeds received are redistributed back into the St Michaels Association Inc. community.

If you feel you would like to make a donation,

please complete the form **see page 17** and forward it to

Rod.Campbell@stmichaels.asn.au or post it to PO Box 306 Newstead, Tas. 7250

Thanking you for your consideration.

Moonbeam Charity Support



Moonbeam Children's Committee members Lonnie Catalbas, Sue Newman, Alex Macaskill and Susie Fisher handing over a cheque to St Michaels CEO, John Gilpin and Disability Support Manager Donald Richards



St Michaels clients have recently received a boost thanks to the Moonbeam Children's Charity.

Each year for the past two decades the Moonbeam committee have chosen a local children's charity to support, raising approx. \$30,000 to \$40,000 per year at their annual gala dinner.

The Moonbeam Children's Charity has chosen St Michaels as one of their nominated charities and has provided funding for a number of interactive communication devices (iPads). The iPads will

be loaded with educational programs that will directly assist in the development of communication and education skills for the children with special needs. "The use of this new generation technology will effectively allow non communicative children to access the community, where previously they have been unable to". "We are excited to be implementing this project and would like to pass on our thanks to the Moonbeam Children's Committee for their support of this innovative project." John Gilpin, Chief Executive Officer said. St Michaels

would also like to thank the support of its Patron Mr Errol Stewart for all of his behind the scenes work he does for us and many other charitable organisations.

Chairman Peter Doddy said "the Moonbeam committee were delighted to fulfil this request and hope it makes a difference in the lives of these children".

Mr Doddy went on to say "since being involved in the Moonbeam Children's Charity we have raised over \$500,000 with each committee member sharing the workload

and success, it's a great feeling!"

Moonbeam Children's Charity committee members including Susie Fisher, Sue Newman, Alex Macaskill and Lonnie Catalbas attended a traditional Welcome to St Michaels Celebration with St Michaels staff to mark the occasion and to present St Michaels CEO John Gilpin with a cheque for the interactive iPads, after which they were taken on a tour of the Hoblers Bridge Road Campus and Independent Living Units.

TAP-IT State of the Art Technology



Stephen Fahey receives help with the new interactive TAP-IT (Touch Accessible Platform for Interactive Technology) from St Michaels CEO John Gilpin and Day Program

St Michaels Association Inc is a not for profit organisation providing care support services and accommodation to Tasmanian people living with intellectual and physical disabilities for over 45 years.

The vision of St Michaels is to develop independence through maximising the individual qualities of Tasmanians living with a disability.

Our Mission is to support the physical and emotional needs of our clients and their families through the provision of personalised care programs, training and a variety of accommodation services and supported integration into the community.

We have identified a number of our special needs clients who are socially isolated from their community as a result of their intellec-

tual/physical disability and mental health problems.

To assist this particular group of socially isolated special needs clients we identified a suitable solution through the implementation of a modern, state of the art, portable, interactive communication device, the TAP-IT, which has been loaded with educational programs that will directly assist in the development of their communication and education skills. The TAP-IT is a Touch Accessible Platform for Interactive Technology. It is the first assistive learning centre using 'intended touch' to serve an individual's special needs and it is the first unit of its kind in the southern hemisphere.

"St Michaels are proud to once again be at the forefront of technology

and a leader in the disability sector in the provision of innovative services for its clients. The use of this new generation technology will effectively allow non communicative clients to access the community, where previously they have been unable to!" St Michaels CEO John Gilpin said.

Intellectual, physical and mental limitations considerably reduce a person's ability to participate in normal daily activities often leading to explosive behaviours if they are unable to get their message across. For example, being unable to communicate when they are feeling unwell, or if they would like a specific item. Unfortunately the public interprets an outburst as someone having a tantrum if they are not getting their own way, (just like a little child), too often it is because the support worker/parent/carer was unable to identify exactly what that person's needs were. This group of special needs clients will primarily benefit through being trained how to communicate effectively through the use of the TAP-IT and associated educational software. Verbal, word and picture recognition and the interactive processes will enable effective communication, instead of frustration.

The introduction of modern technology and equipment such as the TAP-IT will greatly assist in the development

of our clients independent living skills which will in turn further their ability to participate in the community in which they live.

We believe with the implementation of the TAP-IT will have long lasting benefits to the clients, their family, friends, staff and community.

"The beauty of the TAP-IT is that it is fully adjustable, so it can be used standing up like a whiteboard, on an angle or sitting down like a table, and is great for clients that require the use of a wheelchair as it can be lowered to suit the height of the individual" Day Program Team Leader David Watts said.

David went on to say "The TAP-IT is extremely robust and easy to use, it is basically indestructible, you can lean on it, even throw balls at it and it records if you hit the target of not" "the clients love it!"

St Michaels Disability Support Manager Donald Richards said "it is nice to see that the organisation is catching up with technology to support our clients and further assisting them in developing their social interactive skills".

St Michaels would like to thank "The Brinary" and Hugh & Jonathon Kingsley for their support and the generosity of one of our clients parents in providing funding to be able to purchase this innovative piece of equipment.

Cycle 4 All Program - We did it!



Cycle 4 All participant Ashley Davenport sets off on the final 9km ride to the Riverside Tail Race Reserve being assisted by Disability Support & Community Development Manager Rod Campbell

A number of St Michaels clients recently completed the 10 week Cycling 4 All program.

The program was designed to equip participants with the relevant skills and understanding in how to use a bicycle as a means of transport.

The Cycling 4 All program included the purchase of a number of various sized bicycles, 2 trikes (1 electric), a motorised bike and an exercise bike and included a conditioning phase, skills development and transport phases.

During the program participants were treated to

a number of personal training sessions provided by Luke Porsbro-Pedersen of Revive Fitness designed to condition the body to the rigors of cycling.

After the conditioning stage, participants received training in how to change a tire and general bike maintenance from Doug of Geard Cycles and an introduction to cycling from Aus Cycle specialist coach Andy Boote which included basic cycling skills, route mapping/planning, trail riding and group riding which culminated in a 9 km ride from St



Michaels Campus in Hobblers Bridge Road to the Tail Race Reserve, Riverside.

"We are extremely happy with how the Cycle 4 All program came together and proud of the participants. Some had never been to a gym or on a bicycle let alone being able to ride 9 km!" St Michaels Project Manager Rod Campbell said.

"Some of the participants have now gone on to buying their own bicycles and using them as a means of transport, this is a tremendous outcome for the program and demon-

strates that anyone can be taught to ride and use a bicycle as a means of transport with the right approach and equipment".

"We would like to thank everyone who was involved in the Cycling 4 All program and acknowledge the State Governments Cycling For Active Transport Local Infrastructure Development Fund and the Commonwealth Bank for its funding contribution".

If you would like to know more about the Cycle 4 All Program please contact Rod Campbell 6331 7651.

*Friends and supporters this is the final
call to be a part of St Michaels History*

*Call today to discuss how you
or your business can*

"Donate A BRICK"

St Michael's is offering supporters a rare opportunity to be
a part of history by making foundation brick plaques
available in recognition of your donation.

For as little as \$150 (tax deductible*) your name and or business
name can be included on the
"Supporters Wall" of the Merrington Centre.

PLUS

- A plaque acknowledging your support
of St Michaels Association Inc.
- Acknowledgement in the St Michaels
Newsletter "The Independent"
- Acknowledgement on the St Michaels
website and Facebook
- Acknowledgement as a supporter of your community

Geoff & Jan Rice

Excavator Hire

proudly supporting

St Michaels Association Inc.

Every dollar raised will directly assist Tasmanians living with a disability!

St Michaels Association Inc. is a not for profit Public Benevolent Institution
that has been providing care and accommodation services to Tasmanians
living with an intellectual and or physical disability for over 45 years.

CALL 6331 7651

Web: www.stmichaels.asn.au

Email: admin@stmichaels.asn.au

22 Hoblers Bridge Road, Newstead TAS 7250

ABN 17 850 072 308

*Please refer any tax relatable enquiries to your designated taxation agent.

Annual St Michaels Christmas Dinner

St Michaels clients, family, carers and staff attended the Annual St Michaels Christmas Dinner function held in the St Michaels Hall.

The hall had been lovingly decorated with a Christmas theme by the Day Program Clients and staff.

Special thanks goes to the clients and staff who assisted with preparing the wonderful meal and catering for the 100 guests and to Salter Party Hire who kindly donated the 100 chairs for the function.

The evening also included an awards ceremony, recognising the achievements of the clients from the various program areas.



Residents Christmas Day Luncheon

Santa Claus was in attendance at The St Michaels Independent Living Residents annual Christmas Day Luncheon at the Grand Chancellor, Launceston.

The day was a great success and residents and staff were treated to a wonderfully prepared 3 course meal.

Donald Richards, Disability Support Manager commented that "everyone had a fantastic time".

"Christmas Day is a special time for everyone and the residents enjoy sharing it with each other." he said.

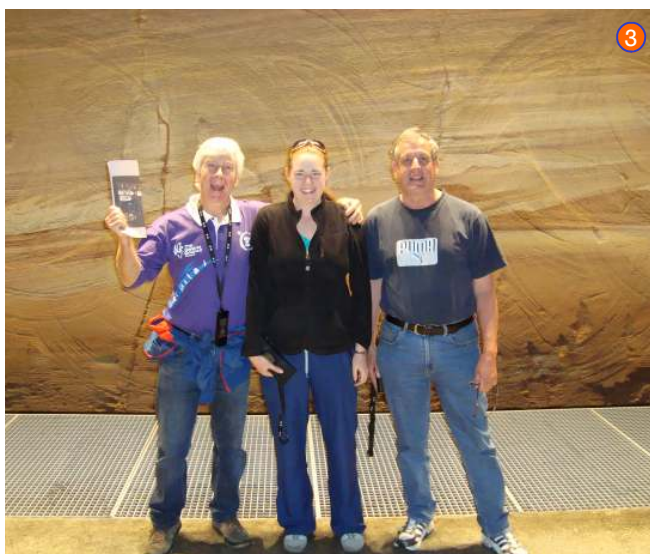


Things we do...



Would you like a copy of a photo? **See P17** for details

Things we do...



Would you like a copy of a photo? See P17 for details

What a Year...



Eagle's Edge - with Fenton Jones



Fenton Jones

It is not only the ordinary person that may have trouble translating legal jargon into everyday language so that it is understandable and user friendly. Our esteemed and respected Judges of the Supreme Court of Tasmania and Magistrates of the Magistrates Courts are sometimes frustrated by our legal processes. Two recent cases show this.

Mr Justice Blow said in a judgement given by him concerning the Kingborough Planning Scheme 2000 and in his words, its "relevant mind-numbing clauses".

Mr Justice Blow said "The planning scheme is very complex, and exceedingly and unnecessarily difficult to comprehend or interpret. Most ordinary people

would not have a chance. Most sensible people, or people with a life, would not attempt the task unless they had absolutely no choice. In order to determine how the scheme operates in relation to the appellant's proposed development, it is practically essential to have a law degree, decades of experience in interpreting legal documents, a talent for understanding gobble-dygook and misused words, a lot of time, and a very strong capacity for perseverance."

Secondly. The Examiner recently reported of a court battle over an alleged illegal turtle which extended into its 10th month after a local man spent five hours in the cross-examination of one witness.

The turtle's owner represented himself in the Launceston Magistrates Court hearing and asked a Police witness for a copy of his notebook, copies or orders from his superiors and whether Google Earth was used before the turtle's owner's house

was searched last year.

The search, which was prompted by a fraud allegation, allegedly unearthed an eastern snake-neck turtle.

The reptile is classed as restricted under the Nature Conservation Act, and possession of one attracts a minimum \$26,000 fine.

It was the third attempt to hear the case before Magistrate Tim Hill.

The turtle's owner applied to have the hearing adjourned three times, arguing that the medication he took for a migraine whenever a low-pressure system loomed was affecting his ability to concentrate.

Mr Hill dismissed two applications in the morning due to lack of medical evidence, and was not satisfied with a handwritten medical certificate that the turtle's owner handed in after lunch.

The Examiner reported that Mr Hill said "The cost to the state of these proceedings is enormous. I do not in-

tend to adjourn it today. If you continue to delay the proceedings unnecessarily it may get to the stage where I exclude you from the court and hear it in your absence, I'm not going to let you chase every rabbit down every hole."

So if you are ever confronted by a situation concerning legal documents or a situation that you might find confusing, we at Bishops will take the time to explain the law and unravel the mystery that might seem like legal mumbo jumbo. We speak and write in plain English so that you can understand what is going on and make sense of the myriad rules that might apply.

If you find yourself in a similar situation and need assistance call Fenton, Luke Brett or Hannah Hughes today on 6334 1667. The friendly team at Bishops Barristers & Solicitors will only be too happy to help.

Bishops Barristers & Solicitors - *Your friends-in-law*

Bishops Barristers & Solicitors has been providing legal services and support to their clients and the community for over 23 years, with a reputation as "The Friendly Firm"

- Offering efficient client services
- A well known and respected law firm
- A law firm with friendly, down to earth staff that care
- Free car parking 3.30-5.30 pm daily
- Easy, convenient central location

Specialising in

- Property Law and Conveyancing
- Corporate and Commercial Law
- Family and Relationship Law
- Litigation and Dispute Resolution
- Will, Probate and Estate Planning
- All aspects of Criminal Law



Bishops Barristers & Solicitors

19 Paterson Street, Centenary Arcade
Launceston, Tas. 7250

Ph. 03 6334 1667 Fax: 03 6334 0996

St Michaels Memorabilia

St Michaels now have access to a full range of personalised memorabilia options including

Inspire Wall Art

Calendars

Canvas Prints

Cards

Photo Books

Photo Gifts

Photo Mugs

Photo Prints

Posters

Simply select and notify us of an image or send us an image that you would like transformed and we will do the rest. Simply contact Rod to arrange and discuss processing.

*Not all photos that are taken during our programs and or events are published, please contact us if you would like to preview any of the images from the events. Yes, the images of your family members can be used to create any number of family memorabilia.

St Michaels Memorabilia will make a wonderful gift and is a fantastic idea for those special occasions. For example

Christmas

Easter

Mothers Day

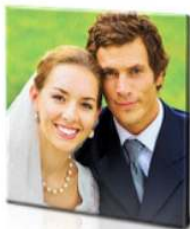
Father's Day

Valentine's Day,

Birthday's

Anniversaries

If you would like to find out more about St Michaels Merchandising options and costs please contact Rod Campbell on 6331 7651 today.



Canvas Prints



Cards & Invitations



Calendars



Photoblocks



Posters



Prints & Prepays



NEW
Inspire Wall Art



Framed Canvas Prints



Drinkware



Stubbie Coolers



Diaries



Fun & Games



Home & Office



Collage Gifts

*Simple,
Easy and
Effective*
**Contact Rod today
6331 7651**

Time to Revive - with Luke Porsbro-Pedersen



Luke Porsbro-Pedersen

2013 is the Year for you to Revive your personal fitness and training regime, lose some weight, gain some flexibility and improve your overall health and well being.

St Michaels is proud to announce a Community Partnership with Revive Fitness.

Luke Porsbro-Pedersen the owner/operator of Revive Fitness is a fitness and personal trainer who has been working in the fitness industry for 4 Years. With a wealth of experience in rehabilitation of injuries new or old, pelvic floor work and strength and conditioning. Luke has prepared his Top 5 Tips and bottom 5 Slips ups for 2013.

⑤

TIP - Make sure your drinking enough water



in this hot weather. During 1 hour of vigorous exercise a person can sweat up to 3 litres depending on body composition.

SLIP UP - Don't be fooled by energy and sports drinks. The best hydration for the body is always water.

④

TIP - It's always a good idea to stretch thoroughly after a workout and not just go through the motions. Stretching reduces soreness and increases flexibility which then increases strength. Flexible muscles are strong muscles.

SLIP UP - Try not to stick with the same old routine. It never hurts to change it up and it's almost always beneficial to do so as stagnation

leads to de-motivation.

③

TIP - Try and find the time of day that works best for you to workout. Some people love the morning while others loathe that time of day. It's important to work out at a time that suits your lifestyle.

SLIP UP - Try not to go too hard or fast. Who's looking at you gentlemen? You can always add more weight if it's too easy, you can't take weight off if you blow out your shoulder.

②

TIP - Remember that nutrition is absolutely essential whether your goal is to strengthen, tone, lose weight or

gain better overall fitness. There is a way to eat to maximise your gains without enormous effort.

SLIP UP - Diets are not good nutrition. Everything from low carb to Paleolithic to weight loss shakes may have quality elements but overall they are not sustainable in the long run.

①

TIP - Consistency is the unsung hero of results. It is always better to exercise three times a week for three months than 5 days a week for 3 weeks.

SLIP UP - You are unique. Remember that nothing works for everyone. The most important thing to remember is not to follow fads. Find what works for you and stick with it. It could be group exercise, outdoors, gym classes, walking the dogs or personal training with a professional.

If you need any assistance in improving your overall health and well being or require further information call Luke today on 0400 818 266.

Revive Fitness - We are here for you!

A company dedicated to improving the quality of life for its patrons.
Call Luke today on 0400 818 266 to discuss your training needs for 2013.

Specialising in

- Outdoor group training sessions
- Personal Training sessions at Pycsam health and fitness Launceston
- Corporate Training sessions
- Corporate Team Building sessions
- Assisting you in reaching your Goals
- Strength Training and conditioning
- Rehabilitation for old and new injuries
- Pelvic floor workouts for all mothers



ReVIVE
fitness

50 Glen Dhu Street, Launceston,
Tas. 7250
Ph. 0400 818 266

Merton House gets a face lift



Over the last 6 months Merton House, the transitional accommodation complex, has received a make-over including new carpet (replaced due to water damage), new signage, interior and exterior being re-

painted with a colour scheme that ties the complex in with the surrounding Independent Living Units.

Special thanks goes to the ANZ banking team for their painting pro-

ess on the inside of the complex and to the volunteers including Alan Conn, David Merrington, Jason Lethborg and Board Member Glen Cornish for their work in preparing and painting the exterior of the

building.

"The building looks great and now blends in with the surrounding buildings" Disability Service Manager Donald Richards said.

Youthbreak End of Year Camp - with Theresa Marshall

The Youthbreak end of year camp held at The Lee Scouts Centre at Kingston (Hobart) on November 16-17 was a big hit with the clients.

Nine young men, three staff and one volunteer helped make the camp a success.

Highlights of the jam packed weekend included;

Friday afternoon we made our way to Kingston then went out for tea at the all you can eat Pizza Hut in Moonah.

After tea we had a game of golf at Putters Adventure which everyone enjoyed. Some staff found it more difficult to get the ball going the right way.

On Saturday morning the clients enjoyed their

time looking and buying some things at the Salamanca Market. As we were walking around we watched the Hobart Christmas Parade and even had a photo taken with Santa before he went on his float.

We then took a cruise on The Lady Jane ferry on the Derwent River, which was very exciting.

Most of the group climbed the 318 steps to the top of the Shot Tower in Taroona. The views from the top of the Shot Tower are amazing.

Upon our return to the Scouts Centre everyone joined in with a big game of cricket.

Saturday evening the jolly man himself (Santa) made a visit and gave us gifts for

being so good at camp.

On Sunday we went into the Mona Museum and had lunch. Then made our way back home in the afternoon.

Personal highlights on the camp were;

Hayden - Salamanca market buying rings and a hat.

Luke - All of it.

Mason - Everything especially the all you can eat food at Pizza Hut.

Aaron W - Two way radio lesson and operation.

Aaron G - Visiting the Shot tower and seeing the view from the top.

Hamish - Going to Eastland's Shopping Centre.

Rhian - Two way radio lesson and operation.

Jarret - Playing cricket especially when I was

bowling.

Cody - Dinner at Pizza Hut and the ice cream machine there.

Peter - Seeing the smiles on all the lads faces, playing cricket, sight seeing around Hobart and two way radio lesson.

Theresa - Playing Cricket, going on the Lady Jane boat cruise, and everyone having a go.

Donald - Everyone using their manners & participating with out complaining and all getting on well with each other.

Tim - Everyone working as a team, having a go at everything and sharing knowledge of Army life & Radio operations.

And so it begins... Merrington Centre

All be it a slow start the renovations of the former St Michaels Special School are now underway with the building being renamed to the "Merrington Centre" out of respect to both David and Pam Merrington for the dedication and commitment in supporting St Michaels.

David had been the Chairman of the St Michaels Board for many years whilst Pam had been the Principal of the Special School when it was operational some 12 years ago.

"We are pleased to be able to recognise the contributions and commitment of both David and Pam by renaming the building to the Merrington Centre" St Michaels CEO John Gilpin said.

"We are in the process of re-designing the building to meet the needs of our clients and are seeking funds to



St Michaels CEO John Gilpin shaking hands with former Chairman of the St Michaels Board David Merrington at the informal naming of the Merrington Centre

assist with the cost of construction"

"Our goal is to provide a facility that will allow us to offer exceptional service to Tasmanians living with an intellectual and or physical disability". "There is still a

lot of planning and development to be done, but we are looking forward to the challenge."

The occasion was marked by an informal ceremony with CEO John Gilpin, David Merrington, Rod Camp-

bell and Board Member Glen Cornish in attendance.

If you would like to contribute to the redevelopment of this iconic building please contact Rod Campbell on 6331 7651.

Tasmanian Fire Relief

As soon as we heard the news that a fire had broken out and devastated the town of Dunalley, situated in southern Tasmania, a number of our staff and volunteers immediately set about collecting items that could be donated to those in need.

St Michaels had previously received wonderful support for its annual garage sale and decided to pass on some of those gifts to a community in need.

On January 5th the St Michaels Bus was loaded with clothing, shoes, hats, toys, quilts and bed linen and headed directly to Sorell where at the local school community donations were being sorted.

"It was heart warming to see a community working so hard to help their neighbours and so many people bringing whatever they could to those in need" St Michaels Volunteer Gail Johnson said.

St Michaels are pleased to have been able to deliver what it could, but there is so much more that will be needed over the coming weeks, we encourage everyone to donate whatever they can.

St Michaels has a long association with the people and community of Dunalley through the provision of its disability services.

"We are accepting either financial donations,

goods to create care packages including non perishable food, personal care products, household products, towels or linen" Disability Services Manager Donald Richards said.

If you would like to assist in making a contribution please contact St Michaels on 6331 7651.

Recipes to make your mouth water



Meringue

Compliments of Maree Medwin

Ingredients

4 Egg Whites
Pinch of Salt
225 grams Castor Sugar
1 Dessertspoon
Cornflour
1 Teaspoon Vanilla
1 Teaspoon White
Vinegar

Method

Beat Egg Whites and
salt until stiff

Add Castor Sugar
slowly, mix Cornflour
with last bit of Sugar

Add Vanilla and White
Vinegar and mix quickly

Place on tray lined with
paper in shape of your
choice

Bake at 140°—150°C
for 10 minutes, turn
back to 110°C for 1
hour 20 minutes

Leave Meringue in oven
after cooking is com-
plete to cool

Decorate with whipped
cream and fruit etc.



Coffee Meringue

Compliments of Maree Medwin

Ingredients

4 Egg Whites
Pinch Salt
225g Brown Sugar

Filling

300mls Cream
1 Teaspoon Instant
Coffee
1 Tablespoon Sugar
(Kahlua / Bailey's give it
a nice flavour if desired)
Banana's, Strawberries,
Raspberries

Method

Beat Egg Whites stiffly,
stir in Brown Sugar with
metal spoon

Place mixture on 2 x
20cm paper rounds

Cook 50 - 60 minutes at
140°C

Whip Cream, Coffee &
Sugar.

Fill centre with Fruit of
your choice and ½ Fill-
ing

Place other ½ on top
and sprinkle with choco-
late, fruit or whatever

This is best filled several
hours before you re-
quire.

***Do you have a recipe
you would like to share?***

*If so,
please send your
recipe with a photo
to admin@stmichaels.asn.au*

Photos

Yes, I would like to purchase copy of a photo/s (please indicate page number, caption details, size and how many copies)

<input type="checkbox"/> 6x4" = \$2	No. of copies.....	Page Number.....	Photo ID Number.....
<input type="checkbox"/> 6x8" = \$3	No. of copies.....	Page Number.....	Photo ID Number.....
<input type="checkbox"/> 8x10" = \$7	No. of copies.....	Page Number.....	Photo ID Number.....
<input type="checkbox"/> 12x8" = \$10	No. of copies.....	Page Number.....	Photo ID Number.....

TOTAL = \$ includes postage delivery

Payment options

Cash in person at St Michaels Association office, 22 Hobblers Bridge Road or by EFTPOS Ph. 6331 7651

Electronically BSB 017042 Account Number: 002398139 or by

Cheque/Money order made payable to St Michaels Association Inc. or

Credit Card ☐ Visa ☐ Mastercard Card Number

Expiry Date:

Card Holder: Signature.....

Details

Mr/Mrs/Ms/Miss First Name..... Surname.....

Address..... Suburb..... Postcode.....

Phone:..... Mobile:..... Email:.....

Donations

Tax Tip

"even a \$2 donation can be used as a tax deduction!"

Yes, I would like to make a tax deductible gift to St Michaels Association Inc

☐ \$5 ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$1000 ☐ \$2500 ☐ \$5000 ☐ Other.....

☐ 1 time contribution

☐ Ongoing contribution ☐ Monthly x months ☐ Quarterly x years ☐ Annual x years

Payment options

Cash in person at St Michaels Association office, 22 Hobblers Bridge Road or by EFTPOS Ph. 6331 7651

Electronically BSB 017042 Account Number: 002398139 or by

Cheque/Money order made payable to St Michaels Association Inc. or

Credit Card ☐ Visa ☐ Mastercard Card Number

Expiry Date:

Card Holder: Signature.....

☐ Yes, please contact me to discuss other ways I may be able to help St Michaels Association

Details

Mr/Mrs/Ms/Miss First Name..... Surname.....

Address..... Suburb..... Postcode.....

Phone:..... Mobile:..... Email:.....

Services offered at St Michaels

St. Michaels Association Day Program is an adult training program for people with special needs that require support in the development of the life skills that they may require to live independently in the community. The program operates from Monday to Friday, 8.30 am to 3 pm, most weeks of the year.

Merton House Adult Accommodation is a transitional program that provides accommodation and training for adults who are preparing to live independently in the community. The program operates overnight from 3.00 pm to 9.00 am Monday to Friday and 3.30 pm to 9.30 am Saturday and Sunday. The residents attend day programs within and outside the organisation.

Community Outreach Program started in 1995. The goals in this program are to give people assistance in their own home environment in the areas of life skills, personal care and budgeting and banking to maintain and develop their independent skills.

Community Housing
The Association also supports two Community Homes as a part of the Community Integration Program (CIP). Each

home accommodates 4 residents who are supported overnight 3.30 pm to 9.30 am, 7 days a week, with day support provided on Saturday and Sunday and the residents attending their day programs during the week.

Desmond Wood Complex – is a multi purpose facility that provides:

Student Accommodation for students under the age of sixteen who are attending special units in the education department. Accommodation is provided from Sunday evening to Friday morning during school terms.

Youthbreak is provided to young people up to the age of 25 in the Desmond Wood Complex from Friday 4.00 pm to Sundays at 4.00 pm when funding is available.

DW Units are 3 independent units that are an extension of the Desmond Wood Complex and are accommodated by clients that are in the need of long term support in all areas of their care.

Individual Programs
St Michaels Association provides contracted support to individuals to meet their specific needs.

This support may be in their home, day or night, or at an educational or work facility. This program currently extends through to the Southern Region where we provide support to young children with accessing their educational programs.

Social Club is held in the hall at St Michaels Association every Saturday Night from 6.00 pm to 9.30 pm. This is a time for clients to get together for a meal and engage in leisure activities of their choice such as card or board games, singing, dancing or enjoying a footy match on TV with a friend.

Independent Living Units are the most recent development at St Michaels Association. Each of the units provide independent living in a safe, supported environment. These units are more suited to clients with higher skills, requiring minimal assistance.

Did you know?

The St Michaels Hall and kitchen facilities are available for hire.

If you are interested in hiring the facilities please call Lisa on 6331 7651

Details

The Independent will be distributed electronically on a bi-monthly basis.

General Display and Classified Display Advertising space is available if you would like to advertise your business. Please contact Rod Campbell on 6331 7651

Contact Details

St Michaels Association Inc.
22 Hobblers Bridge Road
PO Box 306 Newstead Tas 7250
Phone (03) 6331 7651 Fax (03) 6334 2132
Rod.Campbell@stmichaels.asn.au
www.stmichaels.asn.au
Find us on Facebook for regular updates

Wise Employment - an innovator in Disability Employment Services presents their **Top 4 - job ready employees**



Many people face challenges that make it difficult to find a rewarding job.

At WISE Employment we're not interested in labelling job seekers.

We believe the key to lasting employment is finding out what interest's people and what they're good at.

We are experts in helping people tackle their challenges and get on track. Our services are free to eligible job seekers and cover an array of barriers to employment.

In return we support employers by working with you, cost free, to understand your needs and source the best candidate from our pool of hundreds of job seekers.

We can also help in reducing costs by offering a wage subsidy of up to \$1650.00, covering costs of uniforms or protective clothing as well as offering ongoing support post employment to both the employer and employee.



Bianca Blyth

Hello my name is Bianca Blyth. I am an 18 year old who loves helping other people and would ideally like to work in the customer service or community service sector. I have some previous experience as a Retail Assistant and gain great satisfaction in being able to provide excellent service. I am a hard worker and work well under pressure which I will prove to you if given the opportunity.



Theresa Haas

I am currently looking for part-time work in the cleaning industry. I have over 4 years experience as a cleaner and am willing to receive any further training required to update my skills. I am easy to get along with, I enjoy working with other people and am available to start work as soon as required.



Christopher Moorehead

I am a very organised and self motivated person. I have a friendly personality and I develop great rapport with customers and team members in a short time. I am looking forward to working in Information Technology. I have a Diploma in; Information Technology, Open Cabling Licence, Cert IV (networking), Financial Services and a Bachelor of Computing



Meg Hall

My name is Meg Hall, I'm 18 years of age and I am interested in developing a career in Disability Support Work after having personal experiences of working with people who have a disability. I have a patient, helpful and friendly nature and am willing to undergo any training and/or work experience to gain the skills to be able to work in this field

Wise Employment, once again look forward to assisting you with your employment needs in 2013.

*Call the team today on 6345 6700 or drop in a see us at **54 Cameron St, Launceston***

All of the above job seekers are available for an immediate start. To find out more about our jobseekers and our cost-free service contact Elicia Austin on 6345 6700 or 0407 001 560

