The Independent

ISSUE 11 MARCH 2013

From the CEO with John Gilpin

Developing Independence



strnichaels

John Gilpin

Welcome to our 11th issue of our Community Newsletter "The Independent". This is our second newsletter for 2013 and as you will see we have hit the ground running!

Last year and early this year staff, clients and the Community collected token and gave these tokens to our local high school, Queechy. Queechy in turn where able to submit these tokens to gain more resources for their students. For the support of St Michaels, Queechy High School donated a Tball set for our clients. Working together you can achieve amazing things. Thank you Queechy.

Well done to our speed painting team. The



Speed Art Winning Team - Cody Warren, John Reisz, Daniel Henry with support worker Paul Cousins

painting you did encapsulates many of the shared activities that we do here such as football, cricket and lots of BBQ's.

Our Registered Training Organisation (RTO) is out and about training Nationally Accredited competencies and qualifications again across Tasmania. If you are interested in skills in Horticulture or Warehousing please do not hesitate to contact us and discuss. Keeping our clients safe and secure is a core goal of the Association, the Board and staff of St Michaels. To do this we have invested again in the upkeep of our site through an upgrade/ repair of the roof of one of our original buildings the Desmond Wood Complex and the repair to our link road to our units.

On behalf of St Michaels may I please pass on a sincere thankyou to the

Funding and Donations Received

- Foundation brick sponsors
- Queechy High
 School Sporting
 Equipment
- Pycsam Gym
- Revive Fitness

team at Pycsam. Through a relationship that started with only a few clients attending your sporting facility we now have groups coming to scheduled classes, coming in early in the morning and some staff or clients doing individual sessions. The health, wellbeing and confidence of our clients has grown because of the relationship we have with you! Thank you all of you at Pycsam for your great support of St Michaels.

To our newsletter readers, thank you for your interest in our Association and if at any time you wish to visit us to learn more, please do not hesitate to contact us on 6331 7651. You are most welcome!

Kind regards, John.

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





A Quiet Word - with Senator Helen Polley



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Senator Helen Polley

Cost of Living Support for Pensioners is Crucial

The reforms that continue to be introduced by the Gillard Labor Government focus on fairness. In particular, I am proud of the governments continued support for pensioners.

Over the coming weeks 3.5 million Australian pensioners will receive more money in their bank accounts with the increase of the aged pension and the start of the new Clean Energy Supplement. People who receive the Age Pension, Disability Pension and Carer Payment, as well as veterans' income support recipients will all receive the historic increase. This means that single pensioners on the maximum rate will receive

an added \$35.80 per fortnight, while couples on the maximum rate will receive an increase of \$54.00 per fortnight combined.

The government's reforms will mean that total pension payments for people on the maximum rate will be:

 \cdot \$808.40 a fortnight for singles, and

 \cdot \$1,218.80 a fortnight for couples combined.

Furthermore, the new Clean Energy Supplement, which is part of the Household Assistance Package will be paid fortnightly with the pension from 20 March, at a rate of \$13.50 per fortnight for singles and \$20.40 a fortnight for couples combined.

I urge people to consider what this government has done for them and what it has been able to achieve. This government has had a history of supporting pensioners because we understand that cost of living is increasing. Moreover, pensioners deserve to be rewarded for their ongoing contribution to society, which does not simply end when they leave the workforce.

why the government continues to improve the Age Pension and has delivered the biggest increase to the Age Pension in more than a century.

Historically, the new Work bonus of 2009 created an incentive for pensioners to remain in the workforce without decreasing their pension entitlements. The 2011 reform extended this to allow pensioners to work part time and earn up to \$6,500 from employment per annum without losing a cent from their pension. It is these types of reforms accompanied by the government's latest announcement which shows that this Labor aovernment is committed to the wellbeing of pensioners.

I urge people to consider what an Abbott Prime Ministership may look like and what it will mean for pensioners. Mr. Abbott and his coalition colleagues have been inconsistent in their message to pensioners, in one instance arguing that a cut to the aged pension is necessary and now as the election grows nearer they have stepped away from

these earlier statements. Consequently, there would be no certainty when it comes to the Age Pension under an Abbott led government.

The Labor government remains committed to pensioners as viewed through the government's ongoing financial support increases and important pension reforms during its term of office.

In real terms, the 2009 and 2011 reforms, accompanied by the new *Clean Energy Supplement* means that the maximum rate of the pension has increased by \$207 a fortnight for singles and \$236 a fortnight for couples combined over the Labor government's last three and a half years in office.

I am proud to be part of a government which continues to provide fairness for all Australian's and in this case deliver support for pensioners across Launceston.

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

These are the reasons

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 47 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 13** and forward it to

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

Thanking you for your consideration.

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Roadwork's - Update

The sealing of the internal roadways between the Independent Living Units and the boundary fence line including car parks is now complete. "The driveways look fantastic and will make a difference to the lives of our clients and tenants that utilise the complex", Disability Support Manager Donald Richards said. "The flat even surfaces makes it easier for those clients/tenants that have mobility issues and require the use of walking frames, wheelchairs or are a little unstable on their feet".

happy now that part of the roadways have been sealed as the amount of dust caused from the open roadways has now been rectified.

Thanks goes to our contractors for their co-operation during the project which has resulted in minimal interruptions to the residents and clients at St Michaels.

We are currently working with our contractor to finalise this project.



The independent living unit residents are also

New Roof for Desmond Wood Complex

3 Sections of the Desmond Wood Complex have now been replaced.

Long gone are the tin pots and pans that adorned the Desmond Wood Complex when ever it rained.

RMB Constructions completed the self funded project on time and on budget. The project included removing the old terracotta tiles and replacing them with Monument and Woodland Grey orb roofing iron to tie into the colour profile of the recently converted Terrapin into 3 Independent Living Units. The project also included the realignment of the electrical cabling.

Asset, Quality and Training Supervisor, Kelly Skipper commented "RMB Constructions had done a fantastic job with replacing the 3 sections. All the sections were completed on time and caused little if any inconvenience to the staff and clients".

Disability Services Manager Donald Richards said "The roof looks great", "the leaking roof has been a problem for St Michaels clients and staff for over 20 years." "It is wonderful that the roof has finally been fixed".



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Speed Art Winning Team

Winners for this years Speed Art Event is the Day Program team from St Michaels Association Inc.

The Speed Art Event is organised by Able Australia and held at the Ravenswood Community Centre.

The object was to paint a canvas for the Community based on a "Family and Connection" theme.

Hawthorn Football Club were the special guest judges who announced that the St Michaels team were the winners!

Congratulations goes to the Day Program Team of Gary Emery, Daniel Henry, John Reisz and Cody Warren on a great job and in winning the event.









Thank you Queechy High School

Queechy High School recently donated various sporting items to St Michaels Association Inc.

Tanya Smart the School Executive Officer for Queechy High School presented the sporting goods to Aaron Watts and Disability Support and Community Development Manager Rod Campbell.

The sporting equipment included a 12 person Tee Ball Kit, 2 x Juggling Circus Kits, 1 x Croquet Kit, 1 x Scoop Ball set and 3x First Aid Bumbags, which are small portable first aid kits that can be clipped onto a belt and can be used when we are out with our clients.

Day Program Team Leader David Watts said "the clients will love the new equipment" and could not wait to try out the new Tee Ball kit with the day program clients.

Thank you Queechy High School for your generous donations.

Pictured: Disability Services Manager Donald Richards getting in the swing of it.



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Things we do...











Would you like a copy of a photo? See P13 for details



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Things we do ...







Would you like a copy of a photo? See P12 for details





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Eagle's Edge - with Fenton Jones



Fenton Jones

We, as lawyers, tend to find ourselves opposed to our good friends in the police force in a number of legal issues. After all, the job of the police is to enforce the law, while we lawyers are obliged to do our best to ensure that our clients get a fair hearing and, if the facts support a defence, persuading the court that the client is not guilty.

However in saying that, lawyers and police have a common respect for the law and the following are some examples of interesting circumstances our police force can find themselves in.

Gritty Granny

Police in Charlotte,

North Carolina were

forced to arrest 86year-old Dorothy Densmore after she dialled 911, 20 times in 38 minutes. Her emergency? She couldn't get a pizza delivered to her home.

But Dorothy's angry reaction earned her nothing but prison rations when she spent two nights behind bars. Apparently, she became indignant when the delivery was refused and someone at the pizza shop allegedly called her a "crazy old coot". She demanded police arrest the proprietors, not imagining that the cuffs would instead be slapped on her own wrists. Dorothy, all 152 centimetres and 45 kilograms of her, was also charged with resisting arrest after she scratched, kicked and bit the hand of an officer. Next time, the police will just deliver the pizza to the 'old dear' themselves.

Garry the Goat

Police bit off more than they could chew when they recently arrested a goat for munching on a city flower bed. Gary the goat, who was accused of eating flowers outside the Museum of Contemporary Art in Sydney last year, has beaten the rap. The goat's lawyer chewed up the prosecution at the Local Court to secure a 'not guilty' verdict.

It didn't take long to discover the charges against Gary wouldn't stick in court.

"The prosecution's case was very weak," he said.

Here's how Gary got away with it...

Under the Sydney Harbour Foreshore Authority Act 1998, an officer may serve a penalty notice on a 'person' if it appears that 'person' has committed an offence but the Court found the police issued the wrong infringement notice because a goat is not a person and therefore cannot violate the legislation.

The prosecution also tried to accuse Gary's owner of putting the goat up to the act by bringing him to the garden with the intention of vandalising vegetation. But the Magistrate ruled that there was no evidence to support the

allegations against the owner, or Gary for that matter.

The goat's lawyer was quoted as saying "When it was established that Gary was a goat and not a person it surprised me that the prosecution let the case continue ... it should have been nipped in the bud long before."

It would be interesting to hear Gary's side of the story but he chose not to comment on the decision.

We all respect and admire our police service and can appreciate stances that police officers find themselves in. However facing criminal charges can be highly stressful and there are often a range of defences available to an person charged with an offence. By being proactive, experienced and discrete, Bishops Solicitors can help obtain the best outcome for you. Who knows, the defence Gary used may even be available!!!!

Call 6334 1667 today and the friendly team at Bishops Barristers & Solicitors will be only too happy to assist you.

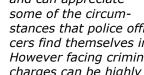
Bishops Barristers & Solicitors - Your friends-in-law

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'

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- 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
- 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





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St Michaels Memorabilia

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

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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





Inspire Wall Art

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Framed Canvas Prints







Simple, Easy and Effective Contact Rod today 6331 7651

Collage Gifts

Diaries

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Time to Revive - with Luke Porsbro-Pedersen



Luke Porsbro-Pedersen

Revive Fitness has been working directly with St Michaels clients on a weekly basis over the last 9 months. The sessions were designed as an introduction to the gym environment and included one on one instruction with the clients in the safe operation of the gym equipment.

Revive Fitness works directly with it's clients to identify their personal goals, base fitness, skill, co-ordination and understanding levels. Through personalised programs, practical demonstration, one on one tuition and support the clients are able to enjoy going to the gym and to achieve their goals.

If you need 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



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

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Wow... Fantastic work

Congratulations to Paul Dunham, Daniel Henry, Jonathan, Cody Warren, Hayden Reed and Paul Cooper for your fantastic artwork and woodwork creations.

"Everyone had a great time and participated well." "A great deal of time and care has gone into their creations" Day Program Team Leader David Watts said.

Cody, Jonathan and Hayden created colourful montage's of their favourite cars whilst Daniel's artwork was about monkeys.

Paul built a wonderfully crafted wooden shelf for his unit and Paul D created a lifelike fish for the wall.

It is wonderful to see skills put to use to create items that can be used in their homes.

Well done to everyone, keep up the great work.



Paul Dunham with a wonderful fish



Daniel Henry and Jonathan Crawford with their artwork creations



Cody Warren and Hayden Reed with their amazing artwork



Paul Cooper with his beautiful woodwork

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 Warehousing Operations, Certificate I in AgriFood Operations and Certificate II in Horticulture 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.

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Meet the Staff... Admin Team



Lisa Jackson as always helpful on the phone



Lorraine Allan printing out the client program information



Maree Medwin finishing up the payroll



Debbie Slater finishing the daily filing

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Recipes to make your mouth water



Spinach, Sun-Dried Tomato and Feta Muffins Compliments of Lisa Jackson

Ingredients

50g sun-dried tomatoes, not packed in oil 150g frozen spinach 2 cups self raising flour 1/2 cup plain flour 1 teaspoon cayenne pepper 2 eggs 100g reduced fat mar-

garine, melted 1 1/4 cup buttermilk

150g reduced fat feta cheese, crumbled

Method

Preheat oven to 200c and coat a muffin tray with spray oil

Place sun-dried tomatoes in a heat proof bowl and cover with boiling water. Leave to soak for 10 minutes, then drain well and chop. Squeeze excess moisture from spinach.

Sift flours and season with cayenne pepper.

Beat eggs, buttermilk, margarine and spinach. Add to flour, add tomatoes and fetta and fold together until just combined.

Spoon into a muffin tray and bake for 25-30 minutes until gold brown and risen.

Leave in tin for 5 minutes, then gently prise the muffins out of the tin.



Blueberry, Apple and Cinnamon Muffins Compliments of Maree Medwin

Ingredients

- 2 cups self raising flour
- 1 cup plain flour
- 1 cup brown sugar
- 1 teaspoon baking powder
- 3 teaspoons cinnamon
- 2 teaspoons mixed spice
- 3/4 cup oil
- 2 eggs
- 1 cup blueberries
- 1 1/2 cup soy milk
- 1 cup stewed apple

Method

Shift flour and add dry ingredients.

Whisk wet ingredients separately.

Add wet ingredients to dry ingredients and mix well.

Spoon into oiled muffin trays and bake at 180C for 20-30 minutes or until crisp on the outside.

Do you have a recipe you would like to share? If so,

please send your recipe with a photo to admin@stmichaels.asn.au

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Photos

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\square Yes, please contact me to discuss other ways I may be able to help St Michaels Association
Details Mr/Mrs/Ms/Miss First Name
Address Suburb Postcode

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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?

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 Hoblers 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

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Wise Employment - an innovator in Disability Employment Services presents their **Top 3 - 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.



My name is Bessie Duncombe, I have a Certificate IV in Disability Services and many years of experience working with children as a Teacher's Aide. I'm interested in casual or part-time work in the disability sector, specifically with children.



Cameron Fox Hello my name is Cameron, I am 20 years of age and I'm very keen to find some employment as a labourer in the area of gardening or landscaping. At present I am undertaking voluntary work at City Mission where I help with pricing books and general tidiness in the book area. I am very reliable and keen. I would love the opportunity to work and gain skills.



Andrew Jones G'day, I'm Andrew. Over many years, people have confided in me. I am gifted as an encourager and a good listener. I draw a huge amount of motivation and personal gratification in helping others realise and attain their full potential and place in society. I have completed a Certificate III in Community Services and have a work history in pastoral care, school chaplaincy, and cross cultural communication. My interests range from cooking and reading to Harley's and Hot Rods. I am interested in a career in the support industry to give back to the community.

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, <i>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





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