

## From the CEO with John Gilpin



John Gilpin

Hello to our 4000+ readers, where has this year gone?

May I open up with our final newsletter for the year with a note to remind our participants and their families, carers, guardians that our end of year Christmas function will be held in our Hall on Friday, December 6, starting off at 5.30 pm.

In this edition of our newsletter you will find stories, pictures and activities our participants enjoy out and about in the Community and or Learning, Living and Lifeskills. Many of our participants who either live in our supported accommodation, our transitional home Merton House or living independently in our units enjoyed 4 days away in Hobart attending the State "Speak Out" Conference. This



was a great conference for our participants to be part of and thanks Speak Out for the opportunity to attend with many of our participants amazed at the abundance and variety of food on offer.

Another outstanding achievement was our walking and fitness team who successfully completed another Burnie 10 challenge. The result was excellent but what really impresses me is the diligence our participants and staff put into the training leading up to this event. Well done everyone we are really proud of you!!

There are many other activities our participants attend however two more great fun days I wish to highlight are the Derby River Derby and the Life Without Barriers Fun Day. Two action packed days,

which are well organised and such brilliant activities for our participants and staff.

So what else has been happening here at St Michaels over the last two months?

- Myer and the near completion of Myer Court was celebrated with a BBQ and a site tour with the Myer staff fund raising committee.
- As part of our strategic plan statement of intent 2 - "provide a safe & supportive environment," all staff continued to drive this key area which has resulted in us winning an award from the DHHS the Lake Maintenance Innovation Award and also a nomination in the Worksafe Awards. Well done team.

### Funding and Donations Received

- DHHS
- Myer
- Bruce Wall Trust

- Also part of our strategic plan statement of intent 3 is staffing. You will see a large investment in new staff for the Association which has been approved through budget submission by your board.

To finish off my "from the CEO" page of the newsletter is to talk briefly about 2014. If you are not aware I would like to advise you all that we were a successful tender winner of NRAS (National Rental Affordability Scheme) to build 20 more independent living units.

This is a great achievement for the Association and we will be calling for expressions of interest from potential tenants early in 2014.

To all of our supporters, friends, family, staff and board thank you sincerely for making 2013 a very special year for the Association.

Merry Christmas  
John



## *Peter Gutwein MP Liberal Member for Bass*

*Would like to wish everyone a  
Merry Christmas and good health and  
happiness in the coming year.*

*Please contact my office if you would like any assistance*

*Phone 6336 2671*





## A Quiet Word - with Senator Helen Polley



Senator Helen Polley

Recently I was honoured to be appointed as Shadow Parliamentary Secretary for Aged Care.

Anyone who has followed me in public life knows that I have a long held passion for aged care policy and making sure that older Australians receive the care and support they need. I will be working alongside the new Shadow Aged Care Minister Shayne Neumann and I'm really enjoying the prospect of meeting lots of people in the sector and sinking my teeth into this new challenge.

St Michael's Association is of course an organisation committed to affording people with intellectual and physical



disabilities autonomy and dignity in how they live their lives and I think that my new role gives me the opportunity to improve the lives of older Australians in a similar fashion. It is a sad reality that unless we work diligently many older people will not live their lives in a way that is beneficial to their long term physical and mental health. We must never be complacent and we must never assume that older Australians will automatically be able to live independently and comfortably just because they are blessed to be in a first world country.

It may surprise some to learn that Tasmania not only has a higher percentage than other states and territories of people with disabilities but also a higher percentage of older Australian residents. In fact, our population is the oldest in the country and ageing faster than any other state or territory. It's just one of many reasons why I have developed such a strong interest in aged care and I want to help shine a spotlight on numerous issues that I believe receive insufficient attention in the media.

I think that this new

role will also provide me with the opportunity to look closely at options for further improving palliative care in Australia. Older Australians deserve to spend their last days living comfortably and with dignity and there is absolutely no reason Australia should not aspire to have the most efficient and well-funded palliative care system in the world. I would encourage everyone to read up on issues relating to aged care, discuss them with older relatives or friends you may have and think about ways the sector may be improved. Aged care may not always appear exciting or newsworthy to mainstream media outlets, but what could be more important than making sure that some of the nation's most vulnerable people are looked after properly?

**Senator Helen Polley**  
**Labor Senator for Tasmania**

**Shadow Parliamentary Secretary for Aged Care**

Advertisement

### CHRISTMAS WISHES

May you have the gift of faith, the blessing of hope and the peace of His love at Christmas and always.

May your Christmas sparkle with moments of love, laughter and goodwill,  
And may the year ahead be full of contentment and joy.

**Have a Merry Christmas.**

Authorised by Senator Helen Polley, 287 Charles Street, Launceston, Tas. 7250



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Suite 101, 287 Charles St, Launceston  
Please call my office for assistance  
FREECALL: 1300 134923  
Senator.Polley@aph.gov.au  
www.senatorhelenpolley.com.au

## Innovation Awards 2013

St Michaels has been recognised for its innovative Personal Duress Alarm System by taking out the prestigious Leadership Award for Safety and Quality in Community Services as part of the DHHS Lake Maintenance Innovation Awards for 2013.

The Award criteria is based on an individual, team, group or volunteer within the area of children and youth services, disability, housing and community services who has made an exceptional contribution in the area of safety and quality. They may have enhanced a culture of continuous quality improvement within their organisation which has led to an increase in the effectiveness, efficiency or sustainability of their service to Tasmanian consumers.

The Lake Maintenance Gold Award for Service Excellence was the THO

-South Renal Unit for its home dialysis project.

Other Category Award winners included:

THO-South Safety and Quality Unit for its Life Guard - Early Recognition and Response to Clinical Deterioration project.

Service Planning and Design, System Purchasing and Performance for its Telehealth Consultation pilot project.

Peer Education Project Team for its Elder Financial Abuse (You're worth it).

Peer Education Project Team - Donna Evans.

If you would like further information or to view the category winner videos please go to

[www.dhhs.tas.gov.au/about-the-department/innovation-awards/2013-winners](http://www.dhhs.tas.gov.au/about-the-department/innovation-awards/2013-winners)



CEO John Gilpin and Disability Support & Community Development Manager Rod Campbell attended the Awards ceremony at the Blundstone Arena, Bellerive.

CEO John Gilpin congratulated the Gold Award recipient and other category winners and said "it was wonderful to be recognised for the implementation

of the Personal Duress Alarm system", "this innovative system has made a difference to the safety of our clients and staff!" John Gilpin also thanked Lake Maintenance for the Award, Wired and Wireless Communication Solutions for providing this innovative technology, the Tasmanian Community Fund and the WH Booth Foundation.

## WorkSafe Awards 2013

St Michaels Association was also recognised for its participation in the recent WorkSafe Awards held in Hobart on October 4, 2013 for its entry of the Personal Duress Alarm System into the "Best Solution to an identified workplace health and safety issue".

The WorkSafe Awards recognise Tasmanian businesses, organisations or individuals who are leading the way in

work health and safety.

St Michaels CEO John Gilpin and Disability Support & Community Development Manager Rod Campbell were invited to attend the Finalists Luncheon, held at the Wrest Point Casino in Hobart.

The Finalists Luncheon included category finalists and their guests, key stakeholders, the Minister, the WorkCover Board, Executive and

others involved in supporting or championing the finalists.

Disability Support & Community Development Manager Rod Campbell said "the Duress System is a tremendous innovation and to be recognised in this category was a great honour".





## Burnie 10...

St Michaels Walking Team has done it again! All of the 12 participants including staff competed in the Burnie 10 Athletic Foot Race held in Burnie on October 8, 2013.

The team included Phil Southon, Chris Gipson, Ashley Davenport, Menika George, Gary Emery, Hayden Reed, Robyn Bye, Leigh Gladman, Daniel Henry, Donald Richards, Abi Acharya, Max Richards and Aron Blake

Special congratulations goes to Kathy Kilby on beating home the Disability Services Manager Donald Richards and Support Worker Phil Southon.

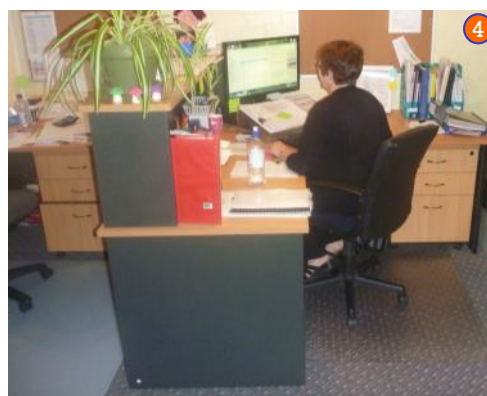
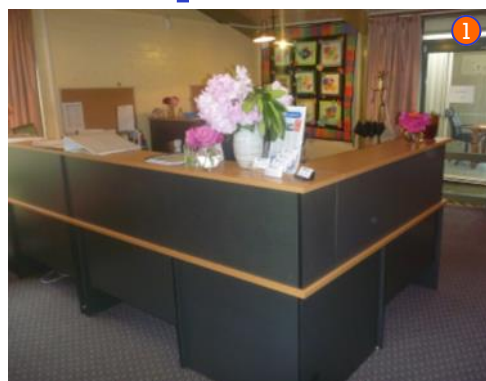
Congratulations to everyone who participated in the Event.



## Update Reception...

The St Michaels Administration Area has recently undergone a minor facelift which included a redesign of the existing reception area, purchase of new workstations, cupboards and chairs.

Corporate Services Manager Katrina Fisher said "I am very happy with the new workstations", "there have been lots of positive comments that the office looks more professional." Katrina passed on her thanks to the team for their input, assistance and patience throughout the upgrade process.



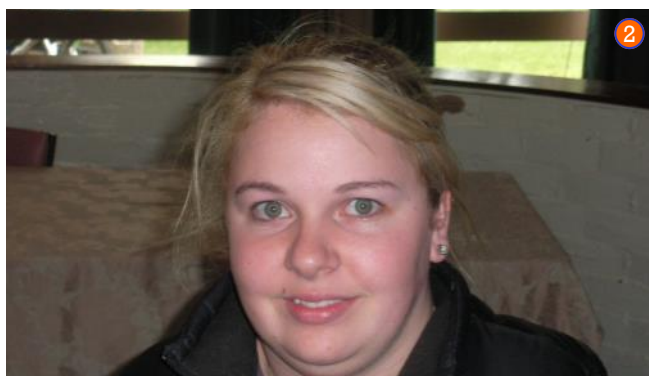
## Welcome to St Michaels



*Support Worker - Scott Goldfinch*



*Support Worker - Terry Gibbons*



*Support Worker - Nikayla Rushton*



*Support Worker - Peter Hammond*



*Team Leader, Merton House - Anita Cartmill*



*Support Worker - Jessie Webb*



*Administration Assistant - Laura Kirkman*

St Michaels Association are currently undergoing significant growth in all programs across the Association.

Over the last couple of months we have been busy recruiting permanent, part-time and casual employees including Support Worker, Team Leaders and Administration to support this growth.

Please join with us and make the new team members welcome.



## Myer Court Opening

The Myer Court BBQ area in the Desmond Wood Complex at St Michaels has now been officially christened and is fully operational.

Myer Launceston fund-raising committee (Kris Ralph, Mat Gurr, Bianca Cousens, Mary Henderson, Hayley Iles, Cathy Taylor and Scott Clifford), St Michaels board members, staff and participants celebrated with a BBQ to mark the occasion.

Myer Operations Manager Scott Clifford commented "the area has changed so much since we were here last", "it looks great". During the event Mr Clifford presented an additional cheque for \$6000 to St Michaels CEO John Gilpin that will go to making the St Michaels campus a wireless environment. CEO John Gilpin commented "the wireless environment will allow participants and staff to access the internet and network from anywhere on the Eastern side of the campus"

St Michaels CEO John Gilpin thanked Myer Launceston fundraising committee, Myer Corporate for their fund raising efforts and for their ongoing support of St Michaels.

At the completion of the opening ceremony members of the Myer fund raising committee were given a tour of the complex by Disability Services Manager Donald Richards and CEO John Gilpin.



*Myer Launceston Fund Raising Committee, St Michaels Board Members and Staff celebrating the christening of the Myer Court BBQ area.*





## Derby River Derby

In October every year, Derby comes alive to the sound of mirth and mayhem in the culmination of the North East Rivers Festival with the infamous Derby River Derby. Competitors take to the river in all manner of weird, wonderful and creative craft to try their hand at conquering the river in single, double and multi-craft races.

A contingent of brave St Michaels participants and staff from the Youthbreak program competed in the recent Derby River Derby.

It was a fantastic day with everyone chipping in to help construct the raft and are already planning on returning next year.



## Life Without Barriers Sports Day

St Michaels Association participated in the Life Without Barriers sports carnival on October 30, the event was held at the Rocherlea football oval, and a great day was had by all.

A team of 14 participants and staff entered into the various sports events on the day which included running races, obstacle courses, tug of war, wheel chair novelty events and even a shaving cream challenge (Megan Thomas is still washing the shaving cream out of her hair and she wasn't even in that event!). But on a serious note I couldn't be prouder of our participants, with young guns Kevin Wells & Ashley Smith dominating

the athletic events and our own Mark Craigen anchoring the tug of war, our side was as close to unbeatable as it gets. Everyone did really well, everyone participated and gave it their best and as a result St Michaels was victorious for the first time, winning the shield and taking out the competition in a display of athletic brilliance.

Great Job guys!

By David Watts, Community Access Team Leader.





## Myer Black and White Fundraiser



The Myer fundraising committee have once again gone above and beyond by conducting a Black and White night fundraiser held at the Hart Street Tennis Cen-

tre on behalf of St Michaels Association.

The night was a fabulous success with everyone having a wonderful time.

Special thanks to all of the sponsors on the night including the SDA (Shop Distributors and Allied Health Employers Association) Tasmanian Branch who presented a

cheque for \$500 to the Fundraising committee.

## St Michaels - 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 maxi-

*imising 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](mailto:Rod.Campbell@stmichaels.asn.au) or post it to PO Box 306 Newstead, Tas. 7250

Thanking you for your consideration.



## Welcome Mark Holdaway

St Michaels Asset Supervisor Mark Holdaway was extended a typical welcome to St Michaels morning tea.

Mark commenced his new role at St Michaels as the Asset Supervisor.

The Asset Supervisor position forms part of the Senior Management Team and is responsible for all of St Michaels Assets including property, grounds, equipment, and vehicles.

Mark has previously worked in Asset Management positions and brings to St Michaels a wealth of knowledge and experience.

All the best Mark on your new role.



*St Michaels Asset Supervisor, Mark Holdaway*

## Speak Out Conference...

A group of St Michaels residents and support staff attended the recent Speak Out Self Advocacy Conference held at the Conference Centre, South Hobart.

The topic for this year's conference was Choose Your Future, Change Your Life.

Participants and staff that attended the conference included; Paul Cooper, Damian Colpo, David Lynch, Julian Quarrell, Louise Rowbottom, Emma Malouf, Sue Lowe, Robyn Bye, Stephen Fahey, Andrew Barnard, Nick Britton, Ian Cables, Marilyn Stuart, Regina Lim and Rhonda Velis.

Support Worker Marilyn Stuart commented that "everyone had a wonderful time."



## Eagle's Edge - with Fenton Jones



Fenton Jones

*Pittsburgh Tribune-Review* reported recently that Arnold police Sergeant Joseph Nixon and the Allegheny Valley city were served with a lawsuit following an allegation that Nixon had thrown a suspect into a car with such force that one of her breast implants ruptured. Attorney Harry J. Smail Jr said the doctor's notes stated the force used was equivalent to that of an automobile crash, which was the only time doctors had seen that type of injury occur. Damages of \$75,000 are being sought.

So with the Christmas holiday period fast approaching, we at Bishops Barristers and Solicitors thought it would be appropriate to let you know the pitfalls that can befall you if you drink and drive, so that you do not find yourself in the same situation as the suspect referred to.

### COMMON DRINK DRIVING OFFENCES

In Tasmania it is an offence to drive a motor vehicle while alcohol is present in your breath or blood in a concentration greater than the



prescribed concentration.

For fully licenced drivers that prescribed concentration is 0.05 of a gram of alcohol in 210 litres of breath.

For provisional or learner drivers it is 0.00 of a gram of alcohol in 210 litres of breath.

Under the legislation it is also an offence to drive a vehicle under the influence of alcohol to the extent that you are incapable of having proper control of the vehicle (this is the more serious offence of the two).

It is a further offence to drive a vehicle while consuming alcohol (yes even if it is your first beer), or while you are aware that passengers in your vehicle are consuming alcohol.

Conclusion = Alcohol and vehicles do not mix well.

### WHAT DO I DO IF I AM PULLED OVER FOR A RANDOM BREATH TEST?

Under the legislation the police have the power to require any person driving a vehicle on a public street to pull over and submit to a breath test.

If you refuse to submit to the test then you can be charged with an offence of refusing or failing to submit to a test. The consequences of this can be far worse than if you do comply with the request of the police – you can be issued an excessive drink driving notice and the penalties imposed can be higher and you will not be able to apply for a restricted licence

Do you think that you can just avoid the situation by pulling over and running away? If a police officer suspects that you are under the influ-

ence of alcohol and reasonably believes that you were driving immediately before, you are required to undergo a breath analysis test and can be charged if you refuse to participate.

Moral of the story = if you are directed by a police officer to take a breath test, then even if you have been drinking, just do it!!!!

### WHAT ARE THE CONSEQUENCES OF DRINK DRIVING?

You will have to go to court where a magistrate will impose a sentence on you, and probably, a lecture.

There are mandatory minimum sentences for drink driving offences.

Under the legislation the court **must** either fine you or imprison you, and in some cases, impose both sanctions.

In addition to this, the court must disqualify you from driving for 3 months at the very least.

The amount of a fine, prison sentence or disqualification varies depending on the seriousness of the offence and whether it is your first drink driving offence or a subsequent offence.

This means that if you are caught drink driving, you will lose your licence and you will be fined or potentially locked up.

You may also be subject to other sentencing orders such as being ordered to take prescribed courses on road safety or participate in alcohol



## Eagle's Edge - with Fenton Jones

counselling programs

This is not to mention the fact that if you crash while drink driving you could injure yourself, damage your car, or injure someone else

If your drink driving causes the death or injury of someone you could be going to jail for an extremely long time.

### EXCESSIVE DRINK DRIVING NOTICES

In certain cases an excessive drink driving notice may be issued and your licence will be automatically disqualified until either a court determines the matter and reverses the disqualification or the time period of disqualification expires

An excessive drink driving notice (and hence automatic disqualification) can be issued if a police officer reasonably believes that a person has committed a drink driving offence and that either:

the alleged concentration of alcohol is 0.15 or more (full licence) or 0.07 or more (provisional/learner); or the suspected offence is a subsequent offence (i.e. they have previously been convicted of

a drink driving offence); or the person has refused to submit to a breath or blood test

### CAN I APPLY FOR A RESTRICTED DRIVERS LICENCE?

If you have had your licence disqualified as a result of a drink driving offence you may be able to apply for a restricted drivers licence

If granted, you can potentially be able to drive during determined hours for specific purposes whilst your licence is disqualified

In order to be granted one the court must be satisfied that:

You would suffer "severe and unusual" hardship without your licence (note that this is not just having to catch the bus or missing out on a road trip with friends – it has to be something like loss of employment and inability to travel to medical treatment and so on)

Your hardship would be alleviated by the granting of the restricted licence

That the granting of the restricted licence would not be contrary to the public interest

You must keep in mind however that if you lose your licence as a result of drink driving, and the court agrees to grant you a restricted licence the court can balance this out by extending the original disqualification period significantly. This is something that you must weigh up when considering applying for such a licence.

There are certain circumstances where you will be barred from applying for a restricted licence. These include, but are not limited to, if you do not hold a full drivers licence, if you lost your licence by way of the issuing of an excessive drink driving notice, if you have previously lost your licence as a result of drink driving and you lose it again for drink driving within 3 years from the end of the first disqualification, if you had an alcohol concentration of 0.15 or greater or you refused to take a breath/blood test.

### DO YOU I NEED A LAWYER?

At Bishops Barristers & Solicitors we can put the relevant information or mitigating factors to

the court for the magistrate to take into consideration when sentencing.

You should obtain legal assistance if:

You don't know whether to plead guilty or not guilty;

It is not your first offence;

You face the risk of imprisonment;

You are a provisional or learner licence holder;

You are charged with drink driving and also another offence relating to the same;

A court advises you that you should obtain legal advice;

You are involved in an accident whilst drink driving;

**Happy holiday season and safe driving!  
From your friends at  
Bishops Barristers & Solicitors**

**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"

- 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
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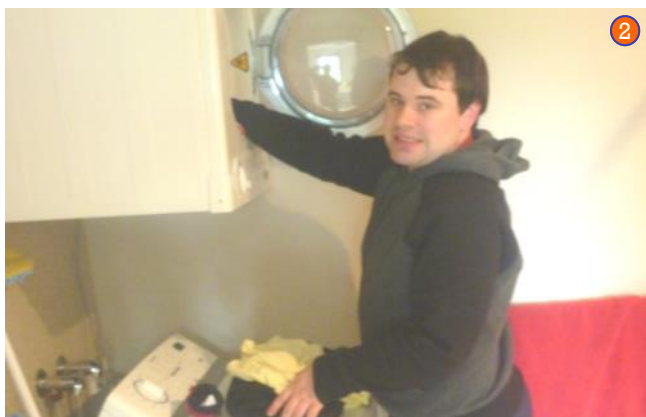


**Bishops Barristers & Solicitors**

19 Paterson Street, Centreway Arcade  
Launceston, Tas. 7250

Ph. 03 6334 1667 Fax: 03 6334 0996

## Independent Living...



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



## Things we do...



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

## St Michaels - Membership's Open

St Michaels Association Inc. has been serving the Tasmanian Community for over 47 years through the provision of care and accommodation services to those living with an intellectual and or physical disability. St Michaels is

now calling for new members to join this innovative and trusted organisation.

There are 2 types of Memberships that are available including;

Member - full voting rights, cost \$25 pa.

Associate - non voting rights, cost \$10 pa.

Other benefits of being a St Michaels Association Member include access to St Michaels AGM and functions and being on the mailing list

of the bi monthly newsletter, The Independent.

If you would like to become a Member of St Michaels Association please contact Lisa or Maree for a membership form on 6331 7651.



## Time to Revive - with Luke Porsbro-Pedersen



Luke Porsbro-Pedersen

This past year I've had the pleasure of working with some of the participants from St Michaels Association at the Pycsam Gym. Below is an update of just a couple of the St Michaels Gym group.



### Ashley Davenport

Ashley has been going well with us this past year. When Ashley started he couldn't do more than 10 minutes without losing focus or fatiguing to the point of non continuation. His grip and focus in particular have increased steadily.

As of last week Ashley was walking for 50

minutes non-stop on an incline of 6% on the treadmill walking about 5kms an hour.

### Current Workout

Treadmill - as long as possible

High row - 3 sets 12 reps 20kgs

Lat pull down 3 sets 12 reps 10kgs

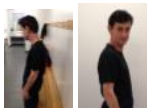
Keep up the good work Ash.



### Leigh Gladman

Leigh's main goal was to improve his posture which will assist in preventing arthritis and any other muscular skeletal issues that come from poor posture.

Lee's posture has improved dramatically and he can now lift 45kgs on the high row machine



Wk 1 Wk 15 up from only 10 weeks ago.

### Current Workout

Seated row 3 sets 9 reps 10kg

Lat pull down 3 sets 9 reps 12

Back Extensions 3 sets 9 reps

20 mins of cardio

Great work Lee



### Hayden Reed

Next we have Hayden who was fit before we started the program last year. Being a very active young guy Hayden wanted to work on making his arms bigger.

When Hayden started he could do only 10 halfway pushups and 3 chin-ups

Now Hayden can do 15 chest to the floor pushups and 9 chin-ups without help.

And of course he's put on some arm size go Hayden

### Current Workout

Strict curls 3 sets 9 reps 15kgs

Bench Press 3 sets 9 reps 15kgs

Chin-ups 3 sets 9-10-12 reps

Pushups 3 sets 10 reps 30 mins of cardio



### Kevin Wells

Kevin has definitely made a lot of progress in the last year especially with strength as that was his main goal. When Kevin started he couldn't do one pushup properly or lift his own bodyweight or bench 15kgs and couldn't squat at all.

Now Kevin can lift his own bodyweight with ease on pushups or laying chin-ups he can bench press 30kgs, does pushups with ease and can squat 20kgs as well as dead lift 40kgs

### Current Workout

Laying Chins 3 sets 9-10-11 reps bodyweight

Bench press 3 sets 9-10-11 reps 25-30kgs

Slam Ball Squat 3 sets 12 reps 8kg ball

Pushups 'sometimes' 3 sets 10 reps

And 40 minutes of cardio.

Awesome job big Kev.  
**Contact Luke today on 0423 043 250 if you Want to Get Healthy.**

## 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
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- Pelvic floor workouts for all mothers



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

## Recipes to make your mouth water



### Caramel Slice

Compliments of Laura Kirkman

#### Ingredients

1 cup (150g) plain flour  
1/2 cup (110g) brown sugar  
1/2 cup (40g) desiccated coconut  
125g butter, melted  
100g butter, extra  
2x395g cans Nestle Sweetened Condensed Milk  
1/3 cup (80ml) golden syrup  
200g Plaistowe premium dark chocolate, melted  
1 tbsp vegetable oil

#### Method

Preheat oven to 180c/160c fan forced. Lightly grease an 18cm x 28cm lamington pan and line with baking paper.

In a medium bowl, combine flour, sugar and coconut. Add melted butter, mix well. Press mixture firmly into prepared pan. Bake for 15-

20 minutes until lightly browned. Cool.

Place extra butter, Nestle Sweetened Condensed Milk and syrup in a medium saucepan. Stir over low heat until smooth. Pour over base. Bake for 20-25 minutes until golden. Cool.

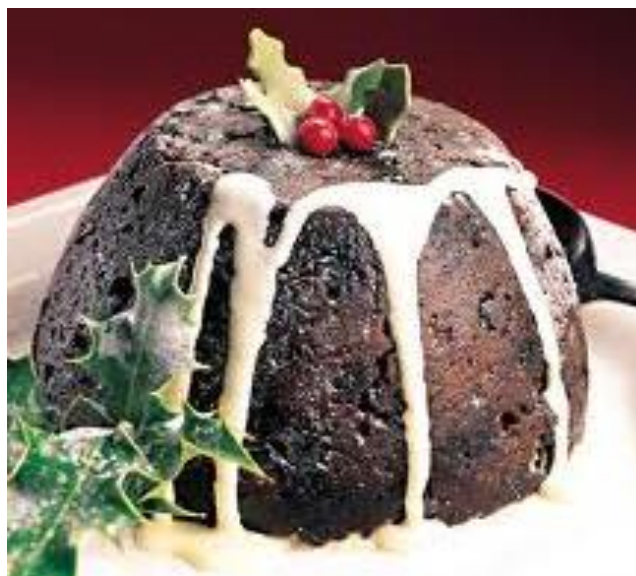
Combine Plaistowe premium dark chocolate and oil, stir until smooth, pour evenly over slice.

#### Preparation time:

25 minutes (plus standing time).

#### Cooking time

40 minutes.



### Christmas Pudding

Compliments of Santa

#### Ingredients

250g raisins  
60g mixed peel  
250g sultanas  
250g currants  
125g chopped blanched almonds  
1/4 cup rum or brandy, plus extra, for flaming  
250g unsalted butter  
1 1/4 cup slight brown sugar  
1 orange, zest grated  
4 eggs  
1 cup plain flour  
1 tsp mixed spice  
1 tsp ground ginger  
125g soft white bread-crumbs

#### Method

Sprinkle the fruits, almonds and brandy or rum into a large bowl, cover and leave overnight. Cream the butter until soft, add sugar and orange zest and beat until light and fluffy. Add the eggs, beating well after each addition. Sift the flour and spices into a bowl and then fold into the sugar and butter mixture. Stir in the bread-crumbs and the marinated fruit and almonds until

well combined.

Place the mixture into a well-greased pudding basin lined with greased baking paper cut to fit the base. Cover with greased baking paper to fit the top of the pudding basin. Cover the pudding with a large sheet of baking paper with a pleat in the centre, to allow for any rising.

Tie firmly with string, placing a plate on top of the bowl to hold the paper in place while doing so. Make a handle of string from side to side of the bowl, latching it onto the string around the bowl, and use to lower the pudding gently into boiling water. Steam, covered, for 6 hours. The water should come halfway up the side of the pudding bowl. It is a good idea to sit the pudding on a metal ring or an old, upturned saucer.

Top up the water with boiling water from time to time. Remove from the water, cover with fresh baking paper and string. Store until needed.



## Photos

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

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☐ 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 Hoblers 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 \_\_\_\_\_ Signature \_\_\_\_\_

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 Hoblers 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

### **Community Access (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.

### **Transitional Accommodation**

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 Monday to Friday from 3.00 pm to 9.30 am. Outside of the listed hours the residents attend their scheduled day programs.

### **In Home Tenancy Support**

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 three 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.

### **Student Accommodation**

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**

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.

### **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**

Social Club is held in the hall at St Michaels 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**

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.

### **Registered Training Organisation**

St Michaels are a Registered Training Organisation that provides accredited training for Tasmanians with a disability in partnership with Rural and Equity Training. Including Certificate I and II in Warehousing Operations, Certificate I in Agri-Food Operations and Certificate II in Horticulture.

## 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

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Find us on Facebook for regular updates**