

From the CEO with John Gilpin



John Gilpin

Hello everyone and welcome to our bi-monthly newsletter "The Independent".

I do apologise in getting this edition out late to you this month, however I hope you will see why this has occurred as it has been a very big couple of months for us.

I will start with our biggest project ever in one go, the construction of 20 new independent living units which started in earnest at the end of March and now well and truly underway. I thank Scott Curran of Artas, Alan Leake of AJL Engineering and Rodney Barret of RMB Constructions in assisting us in making this happen. I also thank the planners Catherine Mainsbridge, Colin Skinner, (TasWater), Richard Gilmour (Housing), Andrew Badcock (ANZ) for supporting our vision.

Our participants during

this period have had access to a wide range of activities and supports both there at St Michaels, however more importantly out in the Community as highlighted through a wonderful getaway at the Cross Roads camp.

St Michaels is constantly trying to find new ways to support our clients with new and various supports and you will see in this edition some examples of these. For example, through the Community vision Mr Mick Davey (principal, Hagley Farm School), St Michaels are working together in the early stages of a community partnership which allows our participants to experience farming and agriculture.

Another example has been becoming Food Safe Accredited where not only do we strive to provide quality meal preparation we are able to better educate our participants through the awareness and training this accreditation has given us.

Our final example and we must thank the Tasmanian Community Fund for their ongoing support to our sector is the outdoor "Small Court" basketball area. Already an area where it



is being used extensively but also adds to fitness, health and well being programs.

As participants become more independent and look for employment (either supported or open) our RTO Registered Training Organisation has been there to support their training. As a smaller RTO which specialises in working with students with a disability we have for the first time over 120 students currently training on the job! An incredible effort from Chriss Kelly and her team (Chris, Judy, Tony and Mike). Thank you!

With our good news there is always news that saddens us. The loss of one of our dearest participant Ms Sandra Knight shocked us all here at St Michaels. Our thoughts are with her family at this time.

We will also miss those staff who leave us through extended leave and retirement such as Marilyn, Val and Debbie, however we also embrace in their enjoyment of expectations their new journey will take them. Best wishes to you Marilyn, Val, Debbie and family. You have made a difference to the lives of Tasmanians living with a disability and you will be missed happy trails!

We hope you enjoy this edition.

Take care, John Gilpin

Funding and Donations Received

- Jays Jays Launceston
- Riverside Cuisine Club

Advertisement



Tasmanian
Liberal

Peter Gutwein MP

Treasurer and Member for Bass

To contact Peter phone 6777 1007 or email: peter.gutwein@dpact.tas.gov.au

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

New - Independent Living Units

Well things are certainly moving at 22 Hoblers Bridge Road with construction of the 20 Independent Living Units well underway.

The 20 slabs have been laid out and poured and construction of the first 5 units has commenced.

Funding for this large project has been supported through the National Rental Affordability Scheme (NRAS) to construct the 20 new units.

CEO John Gilpin said "the construction of the 20 units is very exciting development for the Association" and that Rodney Barrett of RMB constructions and his team were doing a tremendous job.

There has been a lot of interest from Tasmanian's living with a disability (over 50 enquiries) with 18 applicants securing their place in the New Independent Living Units.

CEO John Gilpin said "construction was going well and completion of the project by 30th November 2014.

Please contact the Disability Manager Participants and Clients Donald Richards if you are interested in securing an Independent Living Unit. Donald can be contacted on 6331 7651.

Thanks goes to the NRAS and Housing Tasmania for their ongoing support in this project.



Hagley Farm School -

A Community Partnership is currently being created between the Hagley Farm School and St Michaels.

Participants attending the Community Access Program at St Michaels are being provided with a wonderful opportunity to experience some of the daily duties and tasks of a fully operational farm.

The first group of participants including Tony (4), Leigh (2) and Richard (3) experienced farm life. Everyone commented later that they had a great day at Hagley Farm School and could not wait to return.

The participants were met at the farm gate by Mick Davey (1), Principal of Hagley Farm School and Louise who runs the Farm Program then it was off to the Old School Room where Leigh rang the bell and the team knew it was



time to go feed the ducks, alpacas, goats and pigs.

Louise showed the participants the old shearing equipment in the shearing shed and gave

them some wool to feel and take back to St Michaels.

Next stop was the chicken yard and the participants collected eggs and cleaned them

back in the shed so they were ready for packing.

Tony, Richard and Leigh had a wonderful day and are already looking forward to their next visit on June 5.

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 15** and forward it to

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

Thanking you for your consideration.

Welcome Debbie Keogh

Debbie Keogh is the latest addition to the St Michaels Administration team.

Debbie has taken on the pivotal role of the Disability Administration Coordinator and works directly with the Disability Manager Participants & Clients, Donald Richards and the Disability Manager, Operations Rod Campbell.

Debbie has a wealth of experience in administration and finance duties and will be key asset to St Michaels

A welcome to St Michaels morning tea was held to celebrate Debbie's first day.

Welcome and good luck Debbie.



Bon Voyage Marilyn

A much loved and respected support worker Marilyn Stuart is about to head off on a trip of a lifetime with her husband.

Marilyn will be sorely missed by the participants and her close friends and work mates as was evident at the surprise party held recently at the Penquite Road Group Home.

Marilyn is going on an extended sojourn travelling around Australia.

CEO John Gilpin wished Marilyn well on her journey and commented that "there would always be a job for her at St Michaels on her return".

Take care, we will miss you!



Blackberries be gone!

The volunteer team has been doing a wonderful job in and around the St Michaels grounds.

The latest clean-up work includes general clean up, hazard and rubbish removal in and around the grounds.

Special thanks to the "Friends of St Michaels" including Glen Cornish and Henk Duim who have contributed to the clean-up work and to the Education Department for their support in removing the blackberries along the boundary line.

If you wish to become a Friend of St Michaels Volunteer call Glen Cornish on 0419 305 490



Outdoor Basketball Court

The miniature outdoor basketball court is now open.

This purpose built area features an adjustable basketball ring that can be used by all participants including those restricted to using a wheel chair.

Special thanks to the Tasmanian Community Fund for their generous donation and ongoing support, Ron Duncan from RCD paving for the construction, Sports Power and Asset Supervisor Mark Holdaway and CEO John Gilpin for the line painting.

There had been some concern that the basketball backboard will wear out through over-use!



St Michaels - Call for memberships

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 invitations to St Michaels AGM and functions, personalised calendars 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 John Gilpin for a membership form on 6331 7651.

Contact John Gilpin today for your St Michaels membership form.

Advertising & Community News

Did you know that the Independent is distributed Bi Monthly and has a circulation of over 4000.

Did you know that the Independent was created to assist the community by sharing relevant information such as events and community news.

Advertising in the Independent is a cost effective way to get your message out into a diverse community.

If you would like to know more about advertising in the Independent please contact Rod Campbell on 63317651.



Cross Roads Camp

Our participants had another fantastic weekend away at the recent Cross Road Camp at Bicheno on the North East of Tasmania.

The participants left on the Friday night after having pizzas then caught the bus to their accommodation in Bicheno then returned home on the Sunday afternoon.

It was an action packed weekend filled with fun and laughter. Everyone had a wonderful time and look forward to going again.

Special thank to the team at Cross Roads for organising this wonderful weekend.

Thank you Marilyn for your additional time volunteering to support our participants during this event.



Tick of Approval

St Michaels Association has recently gained accreditation through Environmental Health Australia for its food handling.

To become accredited St Michaels implemented systems, revised policies and procedures around the safe handling, storage and preparation of food which included food safe training for all of our staff.

The Launceston City Council then conducted an audit of the systems to ensure compliance.

A special thanks goes to the Launceston City

Council for its support and assistance to St Michaels in gaining this important accreditation.

CEO John Gilpin said the accreditation was a critical step in becoming a "quality assured" organisation in the handling of food and thanked the staff for their support, during this long process.



From the RTO (Registered Training Organization # 60067)



Ms. Chriss Kelly

2014 is panning out to be an increasingly busy time of growth and expansion for our RTO with many exciting things happening in the first half of the year. Firstly, St Michaels has gained FULL Endorsed Status as an RTO operating in the state of Tasmania. The *Skills Tasmania Endorsed RTO* system is designed to:

- Ensure that only RTOs with quality outcomes are contracted to deliver government subsidised training;
- Streamline the application process to access individual Skills Tasmania program subsidies; and



- Provide recognition of RTOs that deliver quality training in Tasmania.

Secondly we have been successful in gaining accreditation as a training provider to deliver the 5 day Health and Safety Representative (HSR) Training course in the state of Tasmania and have gained approval to deliver Forklift Training and Assessment in partnership with Registered Assessor, Mr Tony McGuinness. Both approvals have been given by Work Safe Tasmania.

This year we are continuing our traineeship programs in partnership with Chris and Judy Clark of RETS. We were also awarded substantial Skills Fund contracts by Skills Tasmania. I am very pleased to say that these contracts are going full steam ahead in terms of delivery progress and outcomes.

Our Functional Workplace Language Literacy and Numeracy accredited training program consisting of the following units of competencies:

- TLIE1003A** Participate in basic workplace communication
- TLIE1005A** Carry out basic workplace calculations
- TLIL1001A** Complete workplace orientation / induction procedures
- TLIE2001A** Present routine workplace information
- TLIA2022A** Participate in stocktakes

is currently being delivered across the state to 5 Australian Disability

Enterprises and so far producing some excellent results. We welcome on board BlueLine Laundry Hobart and our new training partner based at BlueLine, Mr Mike Dobra. The results being achieved by the ADE workers in all locations is fantastic and testament to their commitment. Our second Language Literacy and Numeracy accredited training program being delivered in conjunction with WISE Employment for Jobseekers is off to a good start in Devonport and Launceston with classes scheduled to be delivered in George Town, Scottsdale and Burnie over the coming year. Included in this course is a mapping component where students must photograph landmarks and then map to the location. We have been astounded at some of the fantastic shots taken by the Launceston group with 3 examples shown here.

All in all a great start !!



Eagle's Edge - with Fenton Jones



Fenton Jones

In a recent NSW case, a dispute was settled by a Judge between a son and his mother in respect of the substantial 5.5 million dollar farming estate of the son's grandfather.

The grandfather left his whole farming estate to his daughter, the mother of the son who was claiming that he should have inherited the farming properties from the estate.

The mother had lived on the land all her life, and since 2002, she had managed the farm and derived her income from the farm.

The Judge said that the son had an unhealthy sense of entitlement that may have constrained his ambition. His grandfather gave him a sound education and paid his tuition and boarding fees at The



King's School, one of Sydney's most prestigious schools.

The Judge thought that the deceased grandfather anticipated that his daughter would, in all probability, eventually pass on the properties, or a substantial portion of them, to her son. However, the deceased was content to leave that question ultimately for his daughter's judgment.

Unfortunately, instead of waiting for events to run their natural course, the son sued his mother for a share of his grandfather's estate, as the Judge noted "resulting in unquantifiable family discord, substantial cost and considerable hardship." The Judge said that the son had not made the most

of his opportunities, "imprudently assuming that he would inherit his grandfather's estate" and that "he gave no thought to the priority that his mother naturally deserved."

It's an old fashioned view but a very relevant one, that the best way you can benefit your children is not by easy access to money or endless gifts. In other words, not to make it too easy for them. To reward discipline and to make children work for whatever they want is the best way to advance your children in their life and their endeavours. Unlike the son in the case above.

This case follows a line of cases in the past where very wealthy people have left rela-

tively small amounts to their children and grandchildren because they felt that leaving them too much might actually interfere with their ability to work.

However, more and more Tasmanians are contesting Wills than ever before. Disinherited children and disgruntled spouses are letting the Courts work out for them if they have been unreasonably deprived of a fair share of the deceased's estate.

It is essential that you have an up to date will that is carefully drafted to express your wishes. So that those who you want to benefit from your estate can do so without the fear of being threatened with court action by those in the family who feel they have been left less than they believe they are entitled to.

Bishops have considerable expertise and experience in this area of the law and we recommend that you consult Fenton Jones of Bishops.

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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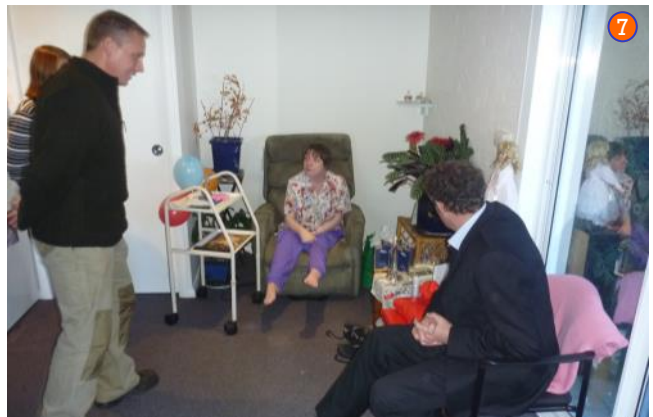


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Things we do...



Would you like a copy of a photo? **See P16** for details

Things we do...



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Independent Units - Update



Independent Units - Update



Recipes to make your mouth water



Lentil, sweet potato and pancetta soup

Compliments of Laura

Ingredients

750ml (3 cups) boiling water
1 teaspoon Massel Salt Reduced Chicken Stock Powder
2 teaspoons olive oil
1 large red onion, finely chopped
2 celery sticks, trimmed, finely chopped
50g pancetta, finely chopped
2 garlic cloves, crushed
500g sweet potato (kumara), peeled, cut into 1cm pieces
400g can no-added-salt lentils, rinsed, drained
400g can no-added-salt diced tomatoes
250g broccoli, cut into small florets.
Chopped fresh continental parsley, to serve

Method

Combine the water and stock powder in a large heatproof jug. Heat oil in a saucepan over medium heat. Cook the onion, celery, pancetta and garlic, stirring, for 6 minutes or until soft. Add the sweet potato. Cook, stirring, for 1 minute or until combined. Add the stock mixture, lentils and tomato. Increase heat to medium-high and bring to the boil. Reduce heat to medium-low. Simmer, partially covered, for 15-20 minutes or until sweet potato is tender. Add broccoli. Simmer for 3-4 minutes or until broccoli is tender crisp. Divide the soup among serving bowls and top with parsley.



Brie with caramelised pears

Compliments of Laura

Ingredients

12 x 2cm-thick slices crusty white bread
2 tablespoons olive oil
5 small ripe beurre bosc pears, halved, core removed
30g butter
1 tablespoon brown sugar
2 tablespoons white balsamic vinegar
200g brie, thinly sliced
30g baby rocket leaves

Method

Preheat oven to 180° C. Place the bread slices, in a single layer, on a large baking tray. Brush with the oil. Bake in oven, turning once, for 10 minutes or until light golden. Meanwhile, use a small sharp knife to

cut each pear half into 6 wedges. Melt the butter in a large frying pan over medium heat until foaming. Add the pear and sugar and cook, stirring occasionally, for 5 minutes or until pear is caramelised. Add the vinegar to the pan and cook, stirring, for 2 minutes. Top the toasts with the brie. Bake in the oven for 4 minutes or until the brie just melts. Divide among serving plates. Top with the caramelised pear. Serve with rocket.

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 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.

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 accommo-

dates 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 from 15 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 (60067)

St Michaels is a Skills Tasmania Endorsed RTO providing accredited training for Tasmanians with a disability.

On-the job traineeships, Workplace based skills sets and classroom based training in Certificate I and II in Warehousing Operations, Certificate I in Agri-Food Operations and Certificate II in Horticulture are delivered across the state in various locations.

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

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