

## From the CEO with John Gilpin



John Gilpin

Welcome to our newsletter "The Independent" for the second time this year and our 23rd edition.

Wow, what a couple of busy months we have had here for the start of the year, where do I start?

February and March saw the return of all our participants from their various breaks and re-enter their chosen programs, such as art & craft, cooking, music, fishing, interactive programs etc. to socialising in the Community.

A couple of key adventures that occurred was the V8 Supercars and an epic bike ride to Batman Bridge. Excellent opportunities for all to participate and socialise in the broader Community.

During this period two new key undertakings and historical events have occurred here at St Michaels, which we are all very proud of.

Firstly, after over 14 years of laying idle the former school (now known as the "Merrington Centre") is under refurbishment.

A brief history; The school was planned in 1964 and built in 1965, was used for special needs people until around 2001, then idle under the Education Department until we purchased the building back in 2011 for \$230,000, we paid our loan back in 2014 and now in 2015 it is under refurbishment, which is quite remarkable that it is receiving this makeover at the age of 50 years young and its anniversary.

Secondly, St Michaels and Independent Services have entered into a journey of two like minded associations becoming one.

Unfortunately Independent Services funding was to be withdrawn in June 2015, however



CEO John Gilpin welcoming Independent Services Manager Karen Watson and her team to St Michaels.

through the legal process of a passive takeover (morally a merge) between St Michaels and Independent Services, with wonderful support from Disability & Community Services (Fiona Woodfield and Steve MacKenzie) we were able to continue, without interruption, the service to 75 participants.

The first official date of this collaboration commenced on the 1st of April 2015 and of course is work in progress, though services to participants have been undisturbed.

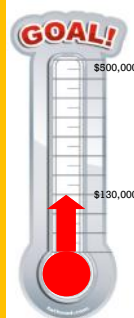
We hope you enjoy reading this edition of our newsletter and en-

joy the smiles within the many photos, sprinkled throughout the edition.

**One last request, if I may and that is;** if you can assist with any donations towards the "Merrington Makeover" this would be warmly welcomed.

Best wishes and thankyou

**Merrington Make-Over Donations to date**  
If you would like to donate please contact 6331 7651



Advertisement

Tasmanian  
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# Peter Gutwein MP

## Treasurer and Member for Bass

To contact Peter phone 6777 1007 or email: [peter.gutwein@dpact.tas.gov.au](mailto:peter.gutwein@dpact.tas.gov.au)

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

## Merrington Make-over

Building works have commenced on the "Merrington Makeover". The project is well underway and set to be completed by August 2015.

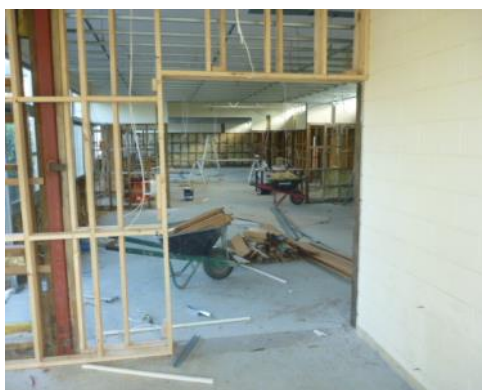
The Merrington Centre, (formerly St Michaels Special School) is being converted into a modern, purpose built community access centre, that will directly benefit Tasmanians living with a disability.

Once complete the "Merrington Centre" will provide a wonderful and modern facility for the special needs clients and students accessing our services on a daily basis.

The Merrington Makeover project includes minor recladding the exterior of the building, installing a new ceiling and creating a number of break out activity rooms that will accommodate various Community Access programs, a commercial kitchen and central meeting room.

We have received a number of generous donations for this project including a commercial kitchen kindly donated by Becks Hardware and a substantial cash donation from the Myer Launceston fundraising team and Myer Community Fund.

The Merrington Makeover project will create a centre of excellence for Community Access programs. A centre that will provide the disability community a modern, state of the art complex that will form the centre piece of the St Michaels Campus.





## Welcome to St Michaels

St Michaels has continued the wonderful tradition of a morning tea to welcome the new Asset Supervisor Paul Westgarth to the Association.

Paul has an extensive background in Asset Management, having worked in the building maintenance industry for many years and brings a broad range of skills and experience to the Association.

We wish Paul well in his new role.

Paul can be contacted directly on 0427 436 428 or email [paul.westgarth@stmichaels.asn.au](mailto:paul.westgarth@stmichaels.asn.au) for any Asset related issue.



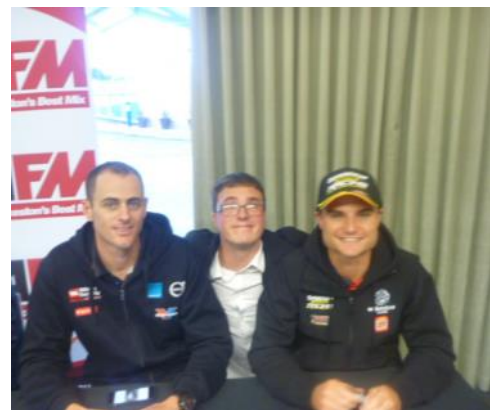
## V8 Supercars

A few of the participants from the Student Accommodation recently attended the V8 Supercars at Symons Plains track.

A fantastic day was had by all who attended the event and included access to Pit Lane.

One participant Jesse Glover had an extra special treat as he was invited to meet some of the drivers participating in the event.

Jesse got a chance to meet and chat about the race with some of the stars of the V8 Supercars and his favourite drivers including Craig Lowndes.



## Batman Bridge - Epic Adventure

The terrific trio once again have completed an Epic Adventure by riding their bikes down West Tamar Highway over the Batman Bridge and returning to St Michaels via the East Tamar Highway.

What started out as a bit of a ride to Gravelly Beach turned out to be a 9 hour journey (+80 km) over the Batman Bridge and return.

The terrific trio of Jesse Glover, Hayden Blake, Tennyson Whitty were assisted by support worker Peter Longman.

Peter commented that "the boys had conquered their doubts about their ability to complete the ride" and "he was very proud of all of them for their accomplishment".

Great work.



## 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 13** 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.

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## Exciting News!

St Michaels and Independent Services, 2 long term Disability Service Providers have joined forces to service and provide exceptional support to Tasmanian's living with a disability.

Independent Services was set to lose its annual state government funding and was at risk of closure. A merger with St Michaels Association has ensured that the organisation will continue into the future, and its clients will continue to receive support. St Michaels CEO John Gilpin said "it would have been very sad to see Independent Services close as it has been providing support to Tasmanians living with a disability for over 25 years".

Independent Services Manager Karen Watson said "if the organisation had closed it would have been a very big disruption in the lives of their clients".

The occasion was marked by an afternoon tea at St Michaels for both St Michaels and Independent Services staff.

Independent Services will now operate as St Michaels Independent Services and will continue to provide social and life skill programs to 75 clients from its current city centre location at 233B Charles Street.

Contact us today on 6331 7651 for information on how you can access the extensive range of activities and programs that are now available.



## From the RTO (Registered Training Organization #60067)



Ms. Chriss Kelly



### USER CHOICE funded by Skills Tasmania

AHC10210 Certificate I in Agrifood Operations

AHC20410 Certificate II in Horticulture

TLI11210 Certificate I in Warehouse Operations

TLI21610 Certificate II in Warehouse Operations

Workplace traineeships are one of the best ways to get on the job training and qualifications and are highly regarded by business and industry. Given our long history of servicing ADE's and though our partnership with RET, we here at St Michaels are very experienced at creating traineeship programs tailored to the needs of the individual and the Australian Disability Enterprise. We have trainees right across the state in all qualifications listed ,

These traineeships enable all 3 parties, the supported employee, the ADE's and supervisors to experience a great deal of satisfaction during the process as they help the trainees mould new skills and gain confidence in a real work environment. Productivity improvements and higher levels of engagement are also an unexpected consequence of these training programs.

Congratulations to the 2015 Trainees at TasTex Knitwear and Uniforms and Bluegum Grounds Maintenance who have now commenced their accredited learning journey with their employer and St Michaels.

### UPDATE ON SKILLS FUND 2014

Our Functional Workplace Language Literacy and Numeracy accredited training program consisting of the 5 units of competencies from the Transport and Logistic Training Package is now coming to a close. In 2014/2015, 110 Students & Employees across the state participated in this program with outstanding results.

Thank you to our trainers, WISE Employment and the many Australian Disability Enterprise employees for your commitment and achievements.



## 2015 Career Start Program

### (Limited Places)

Funded by Skills Tasmania, the Career Start Program provides subsidies for nationally accredited entry level training to enhance job prospects in your chosen area. This year we will be delivering **AHC20410. Certificate II Horticulture** to participants wishing to enter this industry.

Due to commence in July, this program will be structured to support a fun and vibrant learning environment.

9.00am to 12.30pm. Classroom based theory training and assessing

Lunch: 12.30pm to 1.00pm

Afternoon sessions: 1.00pm to 3.00pm

- Open/Community Gardens Visits- Local region
- Site Visits- Vineyards, Nurseries and Landscape Designers and Supplies.
- Work Exposure – Local Parks and Gardens
- Work Experience & Practical Applications
- Shows
- IT- Gardening Diary and Blog.



**For enrolment details please contact Ms Chriss Kelly**

**Training and Learning Development Manager  
St Michaels Association**

**Phone: 03.63317651**

**Christine.kelly@stmichaels.asn.au**



## Eagle's Edge - with Fenton Jones



Fenton Jones

A Lawyer in California, in the process of defending her client, was charged with "resisting arrest" Deputy Public Defender Jami Tillotson was arrested in January on a resisting arrest charge for refusing to let a client of hers be questioned by a police investigator, reported *The San Francisco Examiner*.

Tillotson was in court when it was brought to her attention that her client was being questioned by police officers in the hallway.

She sought out her client and informed him that he did not have to answer the officer's questions and that the officer had no right to be photographing him.

The ensuing confrontation between Tillotson and police was caught on video.

It shows a plain clothes officer telling the lawyer that he just wants to take a few pictures and then "[the client] will be free

to go".

Tillotson responds with: "We're OK here; we don't need any pictures taken, thank you."

Those words were enough to incense the police officer, who threatened to place Tillotson under arrest for resisting arrest, to which she replies, "Please do".

So he did.

This story brings to mind the comment that we hear a lot when watching popular American police shows 'You have the right to remain silent....'

This is known as the Miranda warning. This has arguably become so accepted by Australians, that on an occasion when someone (hopefully not you) is arrested, there might be an expectation that the arresting officer will recite the Miranda warning.

But is this assumption correct?

Furthermore, is there an actual right to silence in Australian law if a person of authority does question an accused person?

And finally, if a person does remain silent (paraphrasing an American Miranda warning), will it be used against him or her as evidence of the person's guilt?

In answer to this, when dealing with a police of-

ficer, you have the right to silence.

### The law and the right to silence

The law provides that if someone has a reasonable belief that they are a suspect in the commission of an offence, a right to refrain from answering any questions from a person of authority is available to them. Additionally, no inference of guilt can be drawn from someone who has chosen to exercise their right to silence.

Generally speaking, what is behind the right to silence is that if a trial was to occur about the commission of an offence, it is up to a jury to determine the innocence or guilt of a party, relying on the facts of the case, rather than the silence of an accused.

### Can the fact that an accused has exercised their right to silence be held against them?

When evidence is put forward during a trial, that an accused had exercised his or her right to silence, case law has stated that as soon as the point has been made, the presiding judge should direct the jury that a person exercising the right, cannot be interpreted as evidence of their guilt.

Australia may not have

Miranda warnings given to us as seen on television cop shows. However, the right to silence does exist, and no inference can ever be used against anyone exercising such a right.

The right to silence and the privilege against self-incrimination are only small parts of the jury system. Where there is a compelling body of evidence proving that person's guilt, that person will be found guilty regardless of that person's silence.

The right to silence is useful in some circumstances, you do have the right to silence, and the right to use it, although that shouldn't mean that you should automatically refuse to co-operate with any inquiry on principle; being deliberately obstinate to people isn't always the best approach. Staying silent doesn't mean you won't end up in court anyway and consequently found guilty.

Bishops have a number of lawyers who will act in support of anyone charged with criminal offences and will explain your legal rights and assist you with the Court process.

**Call one of our friendly lawyers today on 6334 1667.**

## 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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## St Michaels - Call for memberships

St Michaels Association Inc. has been serving the Tasmanian Community for over 48 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 and community news.

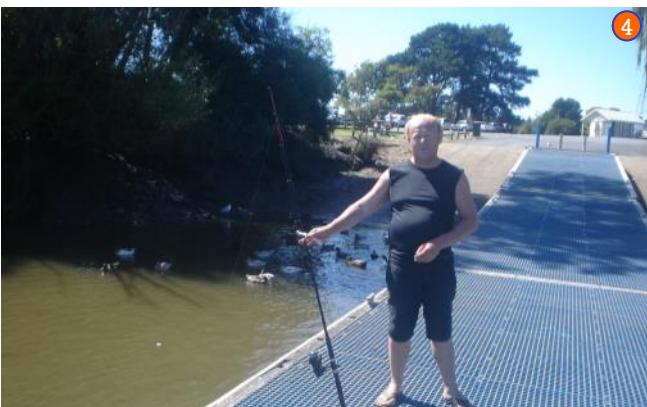
Advertising in the Independent is a cost effective way to get your message out into a diverse community.

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





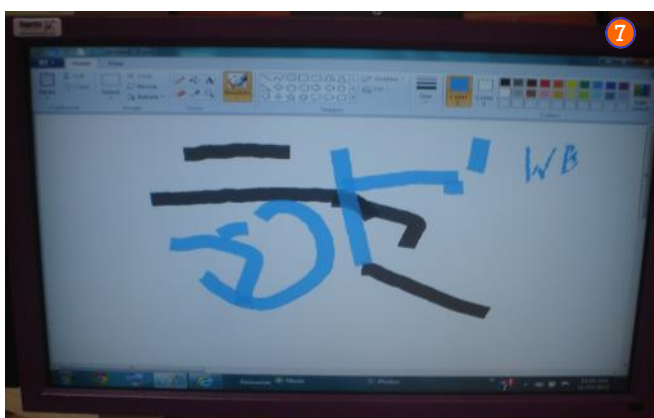
## Things we do...



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



## Things we do...



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



## Things we do...



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

## Healthy Lifestyle Recipes



### Thai Chicken Meatballs with Vegetables

This recipe is low saturated fat, low sugar and high protein.

#### Ingredients

1 tsp. sesame oil  
2 tsp. peanut oil  
1 large red capsicum, sliced  
1 large zucchini, sliced  
100g baby spinach leaves (or Bok Choy)  
1 clove garlic, crushed  
1 tbsp. soy sauce, salt reduced and light  
Sprinkle sesame seeds (2 tbsp. plain flour for meatballs)

#### Meatballs

250g chicken mince  
2 spring onions, sliced finely  
½ tbsp. red chilli paste  
1 tsp. red curry paste  
2 tsp. sweet chilli sauce  
2 tsp. fish sauce  
1 tbsp. soy sauce  
1 clove garlic, crushed  
1 tsp. ginger, crushed  
1 slice multigrain bread, processed to make breadcrumbs

#### Method

In a large mixing bowl place all the meatball ingredients and mix until all incorporated. Divide mixture into 6 meatballs, or size you like. Roll and pat onto plate with flour. Set aside.  
Heat a med non-stick frypan with peanut oil and cook the meatballs 5 mins each side, depending on thickness patties.  
Meanwhile, in a medium non-stick frypan heat 1 tsp. Peanut oil & sesame oil and stir fry the capsicum and zucchini for about 5 minutes, add 1 tbsp. soy sauce, and 1 crushed garlic. When cooked take off heat and divide onto 2 plates. Sprinkle sesame seeds over vegetables. Check meatballs and when ready serve on top of vegetables. Enjoy!



### Apple and Date Crumble

This makes the perfect dessert; sweet, yummy & low in fat.

Serve with your favourite low fat yogurt as suggested, or for a special treat with your favourite low fat ice cream.

#### Ingredients

1 large apple  
8 dried dates, pitted  
Sprinkle cinnamon  
50g rolled oats  
1 tbsp. brown sugar  
Sprinkle ground ginger or nutmeg  
¼ cup boiling hot water  
Sliver of butter (30g)

#### Method

Preheat oven 180C.  
Peel and chop apple into chunks and place in a small mixing bowl, sprinkle with cinnamon. Place into 2 ramekins.  
Boil hot water, place

dates in a small bowl pour over the hot water and soak for 5 mins.

Mix oats sugar, ginger together. Melt butter for 10 seconds in microwave to soften. Add to oat mixture and stir until well combined.

Sprinkle oat mixture over the 2 ramekins with the apples and bake for 20 mins or the topping has crisped.

Serve with Greek yogurt.



## 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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Payment options

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

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byCheque/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.....

## 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

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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 Programs)

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 programs operates from Monday to Friday, 8.30 am to 3 pm, most weeks of the year from our City and Hobblers Bridge Road Campuses.

### 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 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 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

## Contact Details

St Michaels Association Inc.  
22 Hobblers Bridge Road  
PO Box 306 Newstead Tas 7250  
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www.stmichaels.asn.au  
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