

From the CEO with John Gilpin



John Gilpin

Welcome to our Spring edition of our Bi-Monthly Newsletter "The Independent" we hope you enjoy reading about what we have been up to over the last couple of months.

Well it is finally here! The former school now known as the Merrington Centre is up and operational as a purpose built Community Access Centre.

After 15 years of sitting idle, 12 years in Government hands and 3 years with us as we paid off our mortgage purchase, we have opened up our doors after extensive renovations. Our participants are enjoying their new surroundings and we look forward to introducing many new participants to our service as the

building grows to capacity. The official opening is the 5th of November at 6 p.m.

With the move of our Community Access Program from our Hall to the Centre please watch out for our new health and wellbeing, dance, music and sports programs as we convert our Hall back into an indoor sports facility— Watch this space in 2016!

Burnie 10 in 2015 was a fantastic result for our St Michael's team of participants and staff. For many years now St Michaels has entered a team and this year was one of our biggest yet and with all finishing, excellent work team! Thank you Donald for Co-ordinating and walking again this year. Watch out though as the team now has aspirations to go to Hobart to do the Point to Pinnacle Event.

A mural is being prepared for St Michaels after a group of individuals working with CVGT and artists came to St Michaels for a location and ideas to create the

piece of artwork. Collaborating together this generous group of people will install the mural later this year. I take this opportunity to thank all those involved and for considering St Michaels for the Mural Program, it is wonderful to be working together with you.

With the Commercial Kitchen being commissioned in the Merrington Centre our Registered Training Organisation (RTO) is also preparing for operation through the provision of skills training in kitchen operations and food handling learning programs. In 2016 St Michaels will be delivering Kitchen Operations & Safe Food Handling to jobseekers and existing employees.

Our AGM went off extremely well this year, which was held in one section of the Merrington Centre, with over 50 members and guests attending. The AGM also hosted staff recognition of loyalty through the presentation of Years of Service Awards. Years of Service Award ranged from 5 years to 40 years

of service. Thank you to those staff who have provided such great loyalty to our Association and their participants.

With that said, there is always staff movement such as retirement or moving to other parts of the state. Max Richards who has been with us for more than 15 years has retired, while Rod Campbell has decided to move to Hobart. Thank you both for all that you have contributed to our Association.

Finally and thank you to our partners who worked and assisted in the "Makeover" of the Merrington Centre; RMB Builders, Artas, AJL Engineering, Harvey Electrical, Mark O'Byrne Plumbing, Kitchen Boss, Platinum Plastering, Craig Harper Painting, Floor Force, Tint-a-car, Bennett Cleaning, TCS Communication - Thank you for the monumental effort in bringing this building back to life.

Best wishes

John Gilpin
CEO

Advertisement



Tasmanian
Liberals

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

Merrington Make-over Update

The Merrington Make-over has been completed and what a magnificent complex it is highlighted with its bright colouring and bold lines.

As you can see in the photos the change has been incredible, particularly the interior with the inclusion of a full size disabled toilet facilities, separate colour coded break out areas to accommodate the various programs to be in operation at any given time, separate staff viewing areas and participant art gallery where participants can show off their artistic creations.

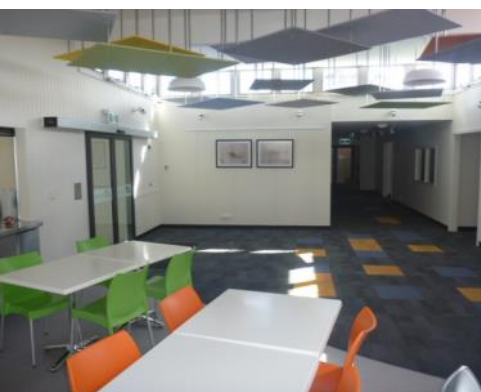
The State of the Art Commercial Kitchen is practically completed, with some minor compliance requirements to be implemented.

St Michaels are pleased to announce that the Merrington Centre project was completed on budget and on target.

The official opening ceremony will be held on Thursday, November 5, 2015 at 6.00 pm with all participants, family members, staff and VIP guests being invited.

St Michaels would like to thank everyone that has contributed to this exciting project.

If you are interested in assisting and would like to make a donation to this fantastic cause please contact us on 6331 7651.



Annual General Meeting

The Annual General Meeting was held recently with the Members being treated to an early viewing of the recently revamped Merington Centre.

CEO John Gilpin welcomed the Members into the facility with many of the Members commenting on how lovely and beautiful the building was. A number of the long term Members were nicely shocked at the changes and commented that they just could not believe the difference.

Long term supporters and staff of St Michaels were recognised for their work by being presented with a badge and certificate, including Pam and David Merring-



ton, Donald Richards, Lisa Jackson, Liz Boon, Megan Thomas, Phil Southon, Colin Ferguson, Jan Rice, Max Richards, Andrea Staggs and Ade Doyle. The

President Therese von Samorzewski congratulated all recipients and thanked them for their ongoing work and support to the Association.

At the completion of the AGM the Members were invited to view the facility and enjoy a light snack in the newly created canteen foyer area.

Launceston Show - Awards

Congratulations to our extremely talented participants in being recognised with Awards for their entries into the Launceston Show.

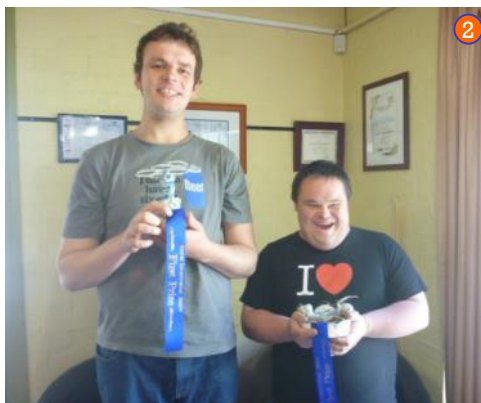
Award recipients included Glenn Patterson and Nick Britton who received First Place in the pottery category.

Ashley Smith who received second place in the artwork category.

Lyn Tanner who received third place in the sewing category.

Congratulations to all of the winners and to the other participants who entered for the event.

Keep up the great work!



65th Birthday Celebration

Birthday celebrations are well underway in recognising Disability Manager Participants & Clients Donald Richards 65th Birthday.

Donald would have been on leave on his actual birthday so a sneaky celebration was arranged with the occasion being marked with an afternoon tea in the Desmond Wood Complex which was attended by his work colleagues.

Thanks goes to all staff who assisted in making cakes etc. for the occasion.

Donald also recently received recognition for 40 years of service to the Association. Congratulations Donald!



Looking to goods

Wow!! One could be mistaken thinking they had seen two James Bond 007's at St Michaels?

2 swarve and sophisticated looking young men from Group Home 3 recently attended the Newstead College Leavers dinner. George Kearns and Hayden Reid were dressed to the nine's in readiness for their big night and by all accounts had great fun.

Disability Manager Participants and Clients Donald Richards commented that he was "proud of both young men who had acted responsibly and sensibly" and that "they looked great and had a fantastic time at the dinner.



Merrington Centre Mural

Two walls in the newly renovated Merrington Centre will be the canvas for a number of new murals thanks to 10 Northern artists participating in the Work for the Dole Program.

The artists recently presented 4 mural design concepts to the CEO John Gilpin and DMO Rod Campbell.

In addition to the mural, St Michaels will receive all profits from the sale of a number of individual pieces donated by the artists for art materials for the new activity centre.

The project is supervised by nationally renowned local Artists, Jen Ranginui and Ralf Haertel.



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

ly 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.

Tint-a-Car ...Home and Office

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Community Access - Update

October 14, 2015 marked the occasion that the Community Access (Day Program) moved into the refurbished Merrington Centre.

Since moving into this state of the art facility staff have witnessed the participants eagerness to arrive and new found enjoyment whilst attending their programs. The Centre provides a relaxed environment in addition to increased socialising opportunities amongst the peers.

The Centre's innovative design provides an ease of movement within the environment one that encourages companionship, friendships and provides a sense of freedom and control over from the participants over their own environment.

The design of the program areas allows a compatible mix of participants for the particular programs as the rooms can be opened/closed or configured into separate activity areas, which in turn provides more of a client centred focus which ultimately maximises independence.

The Merrington Centre offers Community Access (Day Program) participants a place to catch up with others whilst encouraging them to take part in a large range of activities with people who share similar goals and interests whilst others get to go and do things in the community.



Whilst the Merrington Centre is practically completed there is still a bit of work to be done in bringing the Commercial Kitchen on line. Once completed this facility will be used to provide registered training for those participants who have decided they would like to pursue possible employment opportunities in the food industry.

Our participants are clearly happy by their comments about the

move into this wonderful facility.

"I love the Café area" - Glenn Patterson.

"I like the space" - Tony Kramer.

"I like the eating area" - John Reisz.

"I like being able to go to the games, cupboard and get something out by myself" - Ashley Smith.

"I walk around in lots of space" - Luke Stephens.

"I like the doors that open by themselves" - David Lynch.

"I like drumming and singing" - Shannon Dunn.

"I like it very much" - Richards Kindred.

Please contact Ann Smith our Community Access Team Leader on 6331 7651 if you would like to know how to access this innovative and fun program.



Independent Services - Update

Independent Services has changed its programs from the Bike Centre to Fishing from the 28th September. Thanking St. Michaels for joining us and the lend of the two bikes and three wheeler bike.

For the fishing group the fourth visit to Waverley Lake the group was lucky to catch 7 trout. They were taken home by the lucky anglers and eaten for their dinner.

Congratulations to all of our participants for their entries in the Royal Launceston Show with Craft, Sewing and Cooking groups being well represented. The Independent Services cooking team won first prize in the cooking category with sweet scones and third for lemon butter. In the Craft category we came in third for the out of this world dolls house. Craft participants are currently making creepy spiders, jack o'lanterns and bats already for Halloween.

The gardening groups have every reason to be proud of their crops growing and already harvesting silver beet, broad beans, parsnips and carrots. There is



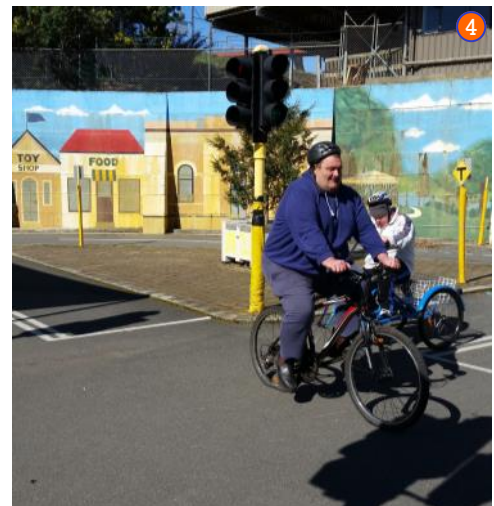
plenty to share with the cooking program including a variety of herbs.

The swimming group is very happy with the new pool at the Launceston Swim School and new friends are made with the proprietors

Lindy and Shane Crack. The temperature remains the same at 32 degrees that is inviting for the swimmers to take a dip. The group has been busy practicing their water safety regime as well as their

individual swimming techniques.

Please contact Karen Watson at Independent Services on 6331 4180 for more information.



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Luke Salmon M: 0407 131 686
E: luke@salmonaccounting.com.au

Burnie Ten - Update

Once again a strong contingent of participants and staff attended the Burnie Ten Foot Race.

The Burnie Ten is a an annual 10 km running race from Burnie to Round Hill and return and attracts many of the top athletes from across Australia.

Disability Manager Participants & Clients Donald Richards had the team motivated and with some extra training sessions over the past couple of months all of the participants and staff completed the race course.

"This is a great result for our participants" Donald Richards commented after the event.

Special thanks to the support staff who volunteered their time on the weekend including Carolyn, Paul, Peter and Phil.

2 of our newest Burnie 10 team members, Jo Wallace and Lyn Tanner were both consistent and performed very well. Jo's sister Robyn attended the event and passed on her thanks to St Michaels Association commenting "the achievements of the team had been humbling it had brought a tear to her eye!" and "the initiative and training has had so many benefits, as sport does."

Keep up the great work team, we look forward to hearing about your next challenge, perhaps the Hobart Point to Pin-nacle?

Well done to everyone involved.



Retirement - Max Richards

After 15 years of loyal service to the Association Penquite Road Team Leader Max Richards has announced his retirement.

Max has been involved with many of the programs at St Michaels particularly the Como Crescent Group Home. More recently Max was involved in relocating the Como Crescent participants after St Michaels purchased its 1st group home in Penquite Road.

Max's retirement was celebrated with staff at afternoon tea.

Good luck Max.



St Michaels - Call for memberships

St Michaels Association Inc. has been serving the Tasmanian Community for over 49 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.

St Michaels Assets - Update

Asset Supervisor Paul Westgarth reports that September was a general task month which incorporated adding top soil, cleaning gutters, spraying weeds, removing green waste along with moving into the newly renovated Merrington Centre.

Other tasks included;

- 65 recorded on the Maintenance Schedule for the month with 7 items already identified as work in progress.
- Supervised gardening & volunteer work as continuation of works into spring time this includes many tons of top soil for areas of Merrington Centre, plants for above ground gardens & more green waste



removed to waste depot.

- Minor repairs & adjustments to participants pushbikes as spring encourages longer rides.
- Completed Tasmanian Fire Service- Chief fire warden course.

A special mention to Greg Cooper who has added many days of

hard work to help us clean up the facility. Greg is a hard worker & his efforts are appreciated. Other participants have been following Greg's lead and can often be seen putting things in place, picking up branches and making an effort to keep the grounds tidy.

Paul Westgarth commented "the wheels

keep turning here at STMA & I feel proud to be part of the system"

Keep up the great work Paul.

If you would like to be able to contribute to St Michaels but are unable to financially, perhaps you may be interested in becoming a volunteer? If so, please contact Paul Westgarth on 6331 7651.

What a catch!

Members of the St Michaels fishing team (incorporating STMA Independent Services and STMA Community Access Program) have had a field day by catching a number of trout.

The team would not disclose their now favourite fishing hole and assured us that there would be more fish to come. Of course the fish that were caught were cooked to perfection and enjoyed by the group.



Training and Learning Development



Ms. Chriss Kelly



Exciting times ahead — Extensions to our scope of registration.

STMA has most recently completed a purpose built 80k Commercial Kitchen facility internally to our newly refurbished Community Access Centre at Newstead (at a full cost of approx. 850k) As such the facilities are now state of the art **on site** for Participants/Jobseekers increasing access to a real workplace environment, with highly experienced industry trainers and assessors. Secondly Food Safety and Food Preparation is a mandatory and necessary skill set in support of Disabled Tasmanians. This Support, Direction coaching and Learning for Disabled Tasmanians by STMA Support Workers allows for increased independence, less need for Government support, Health and Wellbeing and continued independent pathways for those who have been marginalised.

St Michaels RTO is now approved to deliver the following units of competency in support of those requirements.

SITHCCC101 Use food preparation equipment

SITHCCC201 Produce dishes using basic methods of cookery*

SITHCCC207 Use cookery skills effectively *

SITHKOP101 Clean kitchen premises and equipment

SITXFSA101 Use hygienic practices for food safety
SITXINV202 Maintain the quality of perishable items

SITXWHS101 Participate in safe work practices.

SITXFSA201 Participate in safe food handling practices

We are also pleased to announce that our extension to scope of registration also includes 4 units of competency from the Certificate III in Warehouse operations. St Michaels will collaborate with ADE industry partners and trainers to develop employee career pathway plans that give their supervisors/team leaders and potential 2ic's an increased understanding of the necessary skills, competence and confidence and to develop skills that will increase their capacity for Supervisory Employment within the Not for Profit sector .

TLIF3003A (Safety Management) Implement and monitor OH&S Procedures.

TLIG3002A (Team Work) Lead a work team or group.

TLIJ3002A (Quality) Apply quality systems.

TLIL3003A (Resource Management) Conduct induction process.

Skills Fund 2015 and User Choice Workplace Traineeship.

Thanks to our Trainers and Partners- RETs, Youth Futures, Ari Reich , Mike Dobra and Vincent Industries in Wynyard for the excellent training and assessment results to date.

WELCOME ANGELA AMES, contracted Trainer for our **Initial 5 Day Health & Safety Representatives (HSR) Training.**

This cost effective and comprehensive five-day course will provide an understanding of the key practices and principles to assist HSR's and deputy HSR's in their role. Topics covered will include:

Interpreting the WH&S legislative framework and its relationship to the HSR role.

Identifying key parties, legislative obligations and duties.

Establishing representation in the workplace.

Participating in consultation and issues resolution.

Represent members in the WHS risk management process undertaken by the PCBU.

Issuing a provisional



improvement notice (PIN) and directing the cessation of work.

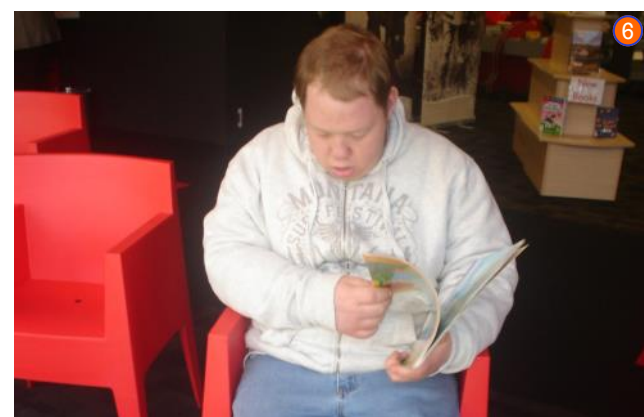
We continue to support our employees with a varied internal learning development program and are pleased to see so many of our workplace trainees nearing completion of their Disability Qualifications. Thanks to Bec and Gabby at State Enterprise Training for their continued support patience and creativity.

This month in support of the roll out of 3 critical policies: Fit for Work, Drugs and Alcohol and Fatigue Management Rod Campbell and I will be running a number of workshops for all St Michaels/ Independent Services staff. This framework adds valuable support and guidance to all staff and participants and as our success is measured by the value we bring to our stakeholders, it is our commitment to ensure that these policies are implemented in a co-operative and consultative work environment.

Lastly I would like to thank Skills Tasmania and staff for their continued positive consultative approach in support of our RTO.

... Chriss

Things we do...



Would you like a copy of a photo? **See P15** for details

Things we do...



1



5



2



6



3



7



4



8

Would you like a copy of a photo? **See P15** for details

Healthy Lifestyle Recipes



Sweet potato & Chickpea Cajun Curry

This sweet potato and chickpea Cajun curry recipe ticks all the nutrition boxes and is very tasty and easy to make.

Ingredients

- ½ large sweet potato
- 1 tbsp. olive oil
- 1 can chickpeas, drained and rinsed
- 1 can diced tomatoes
- 1 tbsp. Cajun spice mix
- 1 tsp. smoked paprika
- Large handful fresh baby spinach leaves
- ¼ red capsicum, diced
- ½ onion, diced
- 2 tsp, Dijon mustard
- 1 apple, chopped

Method

In a medium pot heat olive oil, med heat. Add onions and capsicum and sauté for 5 mins, until softened.

Add garlic, Cajun spice mix & smoked paprika

and stir for 30 seconds.

Add sweet potato and tomatoes and simmer for 5 mins, you might need to add the water in at this stage.

Once simmering after the 5 mins add the chickpeas, mustard, lemon juice, stir then simmer a further 10 mins.

If the consistency is too thick, add a little more water. Now add the apple and spinach, simmering a further 5 mins. You want the apple to be firm so don't over cook.

When ready, serve with cous cous or a dollop of natural yoghurt.



Peach and Oat Breakfast Bake

If you're looking for something different for breakfast that is easy to make and absolutely delicious, make sure you try this dish.

Ingredients

- 2 cups rolled oats
- ¼ cup brown sugar or maple syrup or honey
- Pinch of Salt
- 2 egg whites
- 1 teaspoon baking powder
- ½ cup milk
- 1 teaspoon vanilla essence
- Peach, peeled and diced (if out of season use canned peach drained)
- ¼ cup dried or fresh cranberries
- ¼ cup sultanas or raisins
- 2 tablespoon chopped walnuts
- 1 teaspoon veg or canola oil

- 2 cups low natural yoghurt to serve (½ cup each serve)

Method

Preheat oven 180c (355F)

In a bowl mix the oats, baking powder, salt, with the sugar or honey.

In another bowl whisk the egg whites, milk, oil and vanilla.

Add the liquid mix to the oat mix and sit for 5-8 mins so the oats absorb the liquid.

Now stir in the peach, cranberries and sultanas.

Spray with cooking spray a small baking dish then put in the mixture. Sprinkle top with walnuts.

Bake for 35 mins, take out and sit for 5 mins.

Serve with low fat natural yoghurt.

Photos

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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

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

Details

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Services offered at St Michaels

Community Access - participate in community, social and civic activities

The program incorporates support to enable a participant to independently engage in community, social and recreational activities during the week and operates from 9 to 3 pm Monday to Friday from our City and Hobblers Bridge Road Campuses.

Merton House - (transitional housing) assistance with daily life tasks in a group or shared living arrangement

Support incorporates assistance with and /or supervising tasks of daily life in a shared living environment, which is either temporary or on-going, with a focus on developing the skills of each individual to live as autonomously as possible. The support is based on the needs and goals of the individual. This program operates from our transitional accommodation facility from 3.00 pm to 9.00 am Monday to Friday and 24 hours Saturday and Sunday.

In Home Tenancy Support - assistance with self-care activities.

Supports provide assistance with and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.

Group Homes - shared accommodation Services

Currently there are 3

group homes located in the broader community. Services provided incorporate assisting with and or supervising tasks of daily life to develop the skills of an individual with either low standard support or high-needs to live autonomously as possible. This program operates 7 days per week.

Student Accommodation - short term accommodation

This program is for students from remote areas. Services provided include integrated support for self-care, accommodation, food & activities for short periods. Program operates from Sunday evening to Friday morning during school terms.

Youthbreak - (respite accommodation)

This program is a respite program provided to young people from the ages of 15-25 and operates out of the Desmond Wood Complex from 4 pm Friday to 4 pm Sunday. Please some condition apply for eligibility.

Individual Support - 1 on 1 support

This type of support is specific to the needs of the individual, and may include enabling a participant to independently engage in community, social and recreational activities, personal care, educational assistance, living and life skills. Support can be provided 24/7 365 days per year and can be delivered in home or at St Michaels.

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, socialise 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

The 44 Independent Living Units are currently fully occupied with a tenant/landlord agreement in place. The units provide independent living in a safe, supported environment. The units are more suited to clients with higher skills, requiring minimal assistance and can incorporate assistance with self-care activities (see In Home Tenancy Support).

Please note there is a specific criteria that is required to be eligible for this service.

Please contact Donald Richards on 6331 7651 if you require further information.

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.

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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