

## From the CEO with John Gilpin



John Gilpin

Welcome to our January edition of our bi-monthly newsletter "The Independent".

Firstly, Happy New Year!!

What a busy start to the year it has been for St Michaels, however it is incumbent on me to bring you up to date on events for November and December to be in line with our edition production.

November saw the culmination of a lot of hard work for our major event for the year - the 50th Anniversary Gala Ball. Over 160 guests enjoyed activities, dancing, three course meal & entertainment.

At the Gala Ball we launched our 50th Anniversary coffee table/

scrapbook style history book of St Michaels and we managed to sell a few copies (see within if you would like one) on the night.

December saw our traditional participant Christmas party for over 120 guests. A fantastic evening celebrating the successes of our participants over the year, while having a lovely meal (prepared by our chef, staff & participants) and music from our music participant group and pop music from Sarah.

At the Christmas dinner our third major activity for the year was drawn. Our Gala raffle of \$7200 worth of prizes in December was drawn and gazetted in the Examiner before Christmas giving 25 lucky winners an early Christmas present!

December also saw the launch of our new program called **"Our House"**.

"Our House" is designed to work with parents, guardians, carers, coordinator of supports, family and most importantly the participant in designing and choosing a home for supporting their future goals.

Questions like, who would you like to live with, where would you like to live, is transport nearby, do you need help all day or in parts of the day are all considered.



The design & consultation process resulting in us acquiring a house in Norwood which has 2 stories, 5 bedrooms, two living areas, outside secure areas and privacy, while close to a bus stop, close to a supermarket and only km/s away from school and other shopping areas.

A great result for 4 young participants and their families. With that said we know homes can be transitional and vacancies arise as people become more independent, so call us to discuss and we can put you on our accommoda-

tion waiting list or we can design a flexible solution with you.

Continuous improvement in our assets for our participants is a strategic intent of our plan approved by the Board and a small example of this is the new kitchen in Como Crescent. We have been working with Housing Tas for over 3 years to make this happen and a new kitchen has been installed &

designed for wheelchair access suitability. A great result for our participants living & increasing their independence at Como.

We strive to do things well here at St Michaels however we are working with people with differing needs, so if you have something of concern or feedback please do not hesitate to contact us or me.

There are so many other stories within this edition and I hope you enjoy reading them. Best Wishes for 2017!!

Regards, John

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Tasmanian  
**Liberals**

**Peter Gutwein MP**  
Treasurer and Member for Bass

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

Authorised by: Sam McQuestin 2/24 Murray Street Hobart



## A Night to Remember in November



Our Anniversary Gala Ball held at Silks Restaurant in November last year was truly a night to remember.

Getting in to the true spirit of the evening guests dressed for the occasion, had their spray tans, tied their ties, polished their shoes and truly stepped out in style!

You could see that a

matched their number to the drummers heralding the beginning of the



ball, guests knew they were in for a truly special evening.

The tables were beautifully decorated and the scratchy tickets were a special touch, all designed to put guests

joyed a fantastic meal, great company, a few drinks here and there,

One much repeated-sentiment of the evening was; "hopefully



positive spirit and joy of life were the prevailing sentiments and guests wanted to celebrate St Michaels and the special place it holds in many people's hearts and the community as a whole.

Right from the start when excited guests simultaneously "popped" their balloons to see what prize

in a festive mood. The evening went incredibly quickly as guests en-



and participated wholeheartedly in the two auctions.

Items such as Hawthorn memorabilia and accommodation were hotly contested all adding to the festive feel of the evening.

Guests freely mingled with each other, enjoyed a dance or two, made new friends, and thoroughly enjoyed each other's company.

there will be another one next year."

John Gilpin and his team deserve a huge thank you for all their



work during the year to make this event happen.

**John Schade**

Disability Manager – Operations



## The History of St Michaels in a 96 page Coffee Table Book is For Sale



Yes, I would like to purchase copy the St Michaels Book (please indicate how many copies)

Name	Address	Collect <input checked="" type="checkbox"/>	Cost
		<input type="checkbox"/>	\$
		<input type="checkbox"/>	\$
		<input type="checkbox"/>	\$

**TOTAL = \$**

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

byCheque/Money order made payable to St Michaels Association Inc. or

Credit Card ☐ Visa ☐ Mastercard Card Number

Expiry Date:

Card Holder: ..... Signature.....

## The Chefs' Hat—Mr Lee Christmas

Well it was a busy and exciting Christmas period in the Merrington kitchen with the commencement of 9 students in the SIT 16 Kitchen Operations skill set for job seekers as well as a number of functions and events.

The students have now commenced their SIT 16 Skills set in Kitchen operations and in this short space of time they have undertaken a range of new and exciting experiences from learning about food safety, cooking lunch meals for participants and staff as well as taking part in producing a restaurant quality meal for the Board of Management end of year event with the attendance of senior management.

This event was received with positive and encouraging feedback and was a great experience for the students to get early exposure to the effect their learning and practical results have on their customers.

The students will also be holding a number of restaurant events over the coming months with our first event taking place on Saturday the 18<sup>th</sup> February 2017 with a French theme. This event is open to all in the St Michaels and wider community, keep your

Our Wednesday lunches and Saturday Social Club meals continue to go down well with all.

I am excited and encouraged by what we are

looking to achieve in the Merrington Centre kitchen in 2017 and look forward to sharing with you all our progress in future newsletters.



eye out for more details and other upcoming dates. The students have proudly named their restaurant "**Urban Plate**".



ters.

**Lee Christmas**  
Trainer, Chef and Food  
Handling Supervisor

Audit + Assurance  
Self-Managed Superannuation Funds  
Financial Reporting  
Bookkeeping

auditing & accounting  
**SOLUTIONS**

Registered Company Auditor  
Registered SMSF Auditor

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## Independent Services

What a year we have had it has been busy with the majority of programs full.

their assistance work would have been harder and humour would have been lacking.

then measuring the distance travelled. Wednesday Arvo Sport is still very popular finishing the year with a basketball challenge with St. Michaels.

best before as well as use by dates. We have been fortunate to have Shelley O'Brien and Julie Scarratt from St. Michael's campus helping out.



During the year there were a few changes with Daniella taking over the Craft programs. Mandy worked in the Art session due to the Art Tutor being ill for last part of the year.

However this did not change the output of the programs and the quality remained high.

We must thank our volunteers Pauline Brown (Craft & Games) and Dean Forman (Art & Self Defence) as without

Jimmy introduced a new program of flying with the group enjoying fly-



ing kites and helicopters, throwing Frisbees, launching rockets and



The Dancing and Self Defence programs were very well received as was the Bike Centre and Fishing. Our Golf group would

put many golfers to shame as some are able to drive the ball

Faye has been working on the new presentations of literature for next year. So let's hope 2017 will be as good as this year and everyone has a great new year.

**Karen Watson**  
Day Programs Manager

Audit + Assurance

Self-Managed Superannuation Funds

Financial Reporting

Bookkeeping

auditing & accounting  
**SOLUTIONS**

Registered Company Auditor  
Registered SMSF Auditor

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## At Merton House

Wow what a busy time we have been having, as we prepared for the end of another year.

We said good bye to one of our Participants Zac Hammond Mid November and we would like to wish him all the very best in his new endeavours.

We remained a house out and about doing things such as trips to Legana, Exeter, Greens Beach, Brady's Point, Longford, Campbell Town just to name a few of our road trips.

Also enjoying evening outings to the Gorge for picnics & challenging walks, BBQ's at Tail Race – Punch Bowl



Park, an evening drive to see peoples Christmas Lights, Getting out to various shops in other areas to have new experiences.

These trips assist participants to interact with the wider community (also the wider community to interact with them) and help to increase their sense of involvement with the outside world

We have not been lazy at home either having nights of shooting

hoops, plenty of evening walks, now that the weather is better enjoying doing some outside chores around the house.

Logan Hefford still does his cooking program every Thursday and is really cooking fantastic meals, two of my favourites during this period were his Sweet and Sour Chicken and the Potato Bake, great work Logan.

The beginning of December we celebrated Ashley Davenports Birthday and we would like to thank Como House for coming over to help us celebrate this special occasion.

We need to thank Megan the Team Leader of Student support/Youth break for all the work she put in to getting us all organised and prepared so as we could all join together for a St Michaels float and march in this year's Christmas Parade, Thank you Megan, yet again everyone had such a good day and was so excited to have had that experience.

It was great fun to turn the Christmas wall display into our activity arts and craft project over the last few weeks before the St Michaels Christmas Party. It was so great to have everyone so actively involved and from the feedback of the display all the work, time and effort was well worth it. We have already started to plan for next year, stay tuned.

There were so many

Christmas events to plan and attend but the highlight was to see Merton House Participants attend their first St Michaels Christmas

Party as a united unit.

Thank you to everyone who assisted with putting on such a great night for us to go and enjoy as a group.

We welcomed Jayden

George in to Merton House to stay with us over the Christmas New Year Break and it has been good that we could



deliver support to him and his family.

Lastly when looking back over the last 5 months at my time in Merton house and see the changes & accomplishments that have been achieved I would like to thank the staff for their support and commitment to Merton

House for without their hard work each day these achievements may not of taken place. I look forward to the challenges that I know

will come, but feel if we stay focus & positive that we will have the abilities to address them and turn

them into our achievements that we will acknowledge at the end of this year.

So in closing I hope you all had a wonderful Christmas with those you care for and wish that 2017 brings you strength and courage to face those hard times, knowledge and wisdom to help make the right choices, the peace, joy and happiness that you deserve, and the ability to stop in this crazy world and remember to celebrate your achievements as this is what will replenish the soul to carry on.

**Mitch Stoddart**

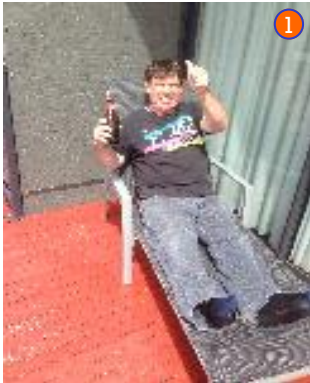
Team Leader-Merton House



## In Home Tenancy Support

A big hello from the In Home Tenancy Support Gang.

What a whirl wind time we have had of late and we are all happy to settle back into normal life again.



Our guys had an awesome Christmas, gifts were exchanged and a massive feast eaten.

Many went on holidays and those who stayed at home enjoyed the company of their neighbours.

We have been busy every day and making the most of the beautiful weather.



With community and individual outings to the Casino, shopping, local parks, walking

tracks, swimming at the Gorge, BBQ's visits to the beach our people have been busy and involved in the local community.

Now the holiday period is over many have started back at work or have been happy to re-join their day placements and see their friends from the wider community.



This year we will strive to reach new goals, some of these include using public transport, going to the gym, getting a



job and improving their cooking skills.



We all look forward to an exciting year ahead with many happy times to come.

**Louise Francombe**  
Team Leader-Merton House



## Christmas Party

The annual Participants Christmas Dinner was again held in December with all St Michaels' participants, their friends and families



invited.

Around one hundred



and fifty people arrived on the night, paid their



money, collected their lucky door prize ticket, located their seats and

prepared for a great night of entertainment, food and friendship.

Live music got the party started and it was fabulous to see the dancing skills exhibited by many.

Later in the evening the Tappit was fired up and participants chose their own tunes to party with both sight and sound.

A highlight of the evening was the presentation of a



record of the years achievements for all participants in attendance by the CEO John



Gilpin. All look forward to this the only really

formal part of the evening.

Once again all had a great night and thanks must be given to the staff of St Michaels for chipping in to make the night happen.

**John Schade**

Disability Manager-Operations



## At Penquite Road

Gardening has been a big item at Penquite of late with all our vegetables coming along really well particularly the

tomatoes although the corn, peas and pumpkin are not far behind. Kathy is really looking forward to making a

batch of lovely relish from a staff recipe in the near future while Paul can't wait for the corn to ripen.

Gary is really getting involved with the walk-

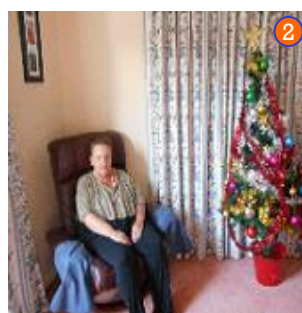
time of year and it has been no exception this year with various dinners and all the shopping required. Kathy in particular has been enjoying her Christmas break with many trips out and about.

The gang has also been spending time sharpening up their croquet skills which staff have reported is not as easy as it seems.

Penquite staff and Participants would like to wish everyone a very safe and Happy New Year in 2017

**Ade Doyle**

Team Leader -  
Penquite Road



ing group doing many kilometers each week. He has also spent some time with his family.

It is always busy this

## At Kenneth Court

Kenneth Court participants enjoyed all the events leading up to Christmas and the New Year from various

the normal shopping experiences at this time of year.

It certainly has been

an all out effort to be out and about to enable participants to feel included and involved in

Val has spent time with her family down the east coast while Stephen and Andrew have had time away from Kenneth for a week experiencing other parts of St Michaels.

All are happy to be back and are excited to see what this year brings and what goals they can achieve.

**Nathan Avery**

Team Leader-  
Kenneth Court



Christmas dinners, including St Michael's own Dinner, Christmas Parade along with all

busy with all the day to day activities we are involved with as well. We have been making



the community around them and to continue working on a range of skills both social and physical.

Nick has spent time at his parents enjoying the festive season.

## At Como Crescent

The boys have enjoyed a fun yet extremely busy Christmas holiday season, helping to decorate the house, send cards and exchange gifts.

The holidays also offered an opportunity to reflect on 2016, realise which of our goals we achieved, and begin planning for our new year ahead – with this in mind, everybody should be extremely proud of the year they've had.

In December we were very excited to have our long awaited kitchen renovations take

place. This involved over a week without access to a proper cooking space, and full credit to



the housemates and staff who coped well and demonstrated understanding and patience while their usual evening routines were disrupted.

In return, they now have a beautiful modern kitchen which provides much more open space and a better layout, and have since been busy putting the new facilities to use.

We would like to thank everybody involved in this, particularly management for campaigning for the renovations,

our asset supervisor Paul Westgarth for coordinating the job, the builders for their professional conduct and workmanship, and all funding bodies whose contributions made this possible.

**Ben Anderson**

Team Leader - Como Crescent

## 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.**



## At Desmond Wood—Student Accom

Student Accommodation has said goodbye to four members of the participants from this section.

These students have now not only finished their education but also their time in this area of St Michaels. George, Shereena and Aaron have made the move into our new group home at Hawthorne Street, and even though we are excited to see them move into this wonderful new home we are also a little sad to see them leave student accommodation but we look forward to catching up with them all soon.

Hayden has also made the move into another

area, he has moved into Como crescent and even though this isn't far away we still miss his sense of humour and his quick wit.

Good luck to these



four participants and I am sure they will settle in and enjoy their new surroundings.

Students helped youth break with the recent

Christmas Parade and all had a ball, we would like to thank Alex and Heath for helping us decorate signs and vehicles.

Now that school has finished for the year we also say happy holidays to Alex, Josh and

James. We look forward to seeing them in 2017.

Megan Thomas

Team Leader -  
Desmond Wood



## At Youth break

Youth break entered a float into the Christmas parade this year the St Michael's banner.

We then approached other houses and areas and asked them to join us, very quickly this became a great event that saw two very excited and helpful young men come over from Como and help us to complete decorations over several nights and early Saturday morning.

Alex and Heath were a great help and I would like to thank them publicly here for all of their efforts.

This community event

allowed all of the participants and families who

how we just like to join in with others and have

we waved danced and sung nearly matched the faces of the participants.

We were also fortunate to win the mayor's choice award.

Thanks must go to Donald Richards and Paul Westgarth for helping us in so many ways, from organising the materials to helping drive the vehicles on the day; without their help it wouldn't have been possible.

Megan Thomas

Team Leader -  
Desmond Wood



walked, to show the community how much fun we can have and

a great time.

The smiles on the faces that lined the streets as

## St Michaels Assets - Update

Total listed jobs has been 73 with 11 outstanding some of which are due to Christmas closures of our contractors (15 are external/sublet repairs). Areas of note are:

**Hawthorn Street**  
Setting up this home has taken some time with electrical safety installation's, a partition wall built for the upstairs office and then collecting and storing donations. Moving in and making our participants comfortable in their own rooms along with some minor additions was a great experience for all.

As a side note it was sad news that George (Participant) had his pushbike stolen from beside the home on New Year's night - proving that even a good area is not safe from thieves.

**Penquite Road**  
A few minor repairs were required in December including an electrical contractor who repaired external security lights for safety.

**Kenneth Court**  
A relatively good month with only 1 listed repair being required.

**Como Crescent**  
The installation of the kitchen has been a great benefit to this home we have carried out several minor repairs to personal effects during December.

**Vehicle fleet.**  
We have been able to replace the failing Kia Carnival FE5814 with a



newer model in better condition. The white Kia van FO9560 is in very good condition with many accessories to make any trip safer & more comfortable. This vehicle is now allocated to our Hawthorn St property.



**Grounds**  
The progress in December has been slowed by the season we are currently having. We are looking at using the water tank by Merton house to water the grounds over summer in an effort to keep the grass green, the section of land behind the units (18/16 & down to 30) has been treated

with herbicide and this treatment is having the desired effect.

**Paul Westgarth**  
Asset Supervisor

## 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 50 years.

The vision of St Michaels is to *develop independence through maximising the individual quali-*

*ties 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

[John.Schade@stmichaels.asn.au](mailto:John.Schade@stmichaels.asn.au) or post it to PO Box 306 Newstead, Tas. 7250

Thanking you for your consideration.



## Community Access - Update

Hi every one, well we have had a busy time over the last couple of months. We have been bowling, at croquet and swimming just to name a few. We have had a pizza and movie afternoons on Fridays, which everyone enjoyed.

It's warming up now and



The library group is growing in numbers each week. Books have proven popular with everyone.

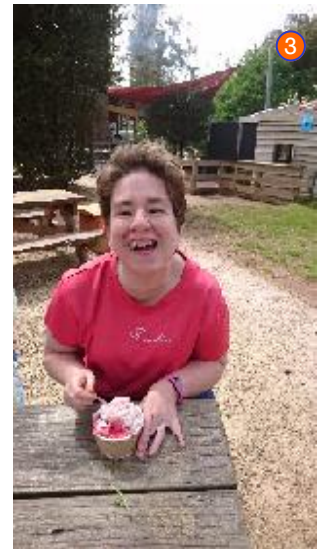
We all travelled to Rocherlea for a sports day where everyone brought their lunches, had some competition

and made some new friends. Everyone really enjoyed the day.

We would like to wish everyone a merry Christmas and a happy new year. For those participants and staff on Annual Leave be safe, and see you next year.

Come in and see us in 2017 for a new calendar of activities.

**Kerry Lindsay**  
Team Leader -  
Day Program

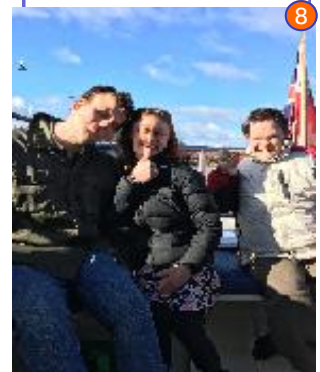
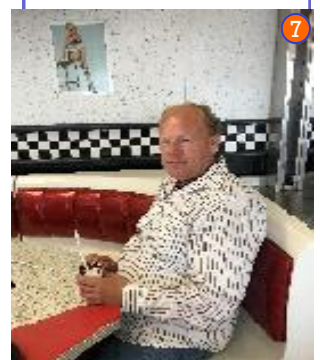


our BBQ area is now been completed and has been christened. Lunch on Wednesday thanks to our chief Lee Christmas is very popular; everyone is enjoying the delicious food.

We have started tennis this quarter which has been a hit with everyone. The exercise is great for everyone.

We haven't caught any fish of late but a group is enjoying going of a Friday and putting a line out to see if they can catch something.

The shopping group is enjoying their day out with a hot chocolate or a coffee, which ever they choose.



## Training and Learning Development

As we head into what is now essentially my 5th year with St Michaels, it's the perfect time to look back and reflect on what we've done right over the past 12 months and to learn from what we've done.

From *Leo Babuauta and Reflection* the following is an excellent guide and hence tool to help you develop the habit of reflection in your own way and for your own area of business or personal life.

**1. It helps you learn from your mistakes.** If we don't reflect on our mistakes, we are doomed to repeat them. And that's not very smart.



However, if we reflect on those mistakes, figure out what went wrong, see how we can prevent them in the future, we can use our mistakes to get better. Mistakes, then, are a valuable learning tool, instead of something to feel embarrassed or upset about. Reflection is an important way to do that.

**2. It gives you great ideas.** Every idea we have comes from reflection. Basically, reflect on things that you are doing or that are going on. If I reflect on something that's a success for me, I think about how I got



that success, and share that too.

**3. It helps you help others.**

This year I've learned just how powerful reflection can be both professionally and personally. I began the year with the hope that some of the things I've learned in the past couple of years could also help others ... and I did end the year with the realization of how such simple little tips can change people's working lives on a daily basis.

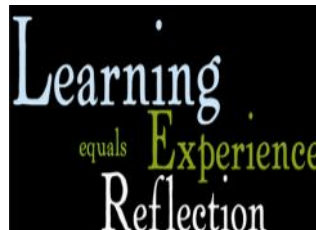
**4. It makes you happier.**

If you reflect on the things you did right, on your successes, that allows you to celebrate every little success. It allows you to realize how much you've done right, the good things you've done in your life. Without reflection, it's too easy to forget



these things, and focus instead on our failures.

**5. It gives you perspective.** Often we are caught up in the troubles or busyness of our daily lives. A mistake or a high-pressure project or something like that can seem like it means all the world. It can overwhelm us sometimes. But if we take a minute to step back, and reflect on these problems, and how in the grand scheme of things they don't mean all that



much, it can calm us down and lower our stress levels. We gain perspective, and that's a good thing.

**6. Essential Tips to Make 2017 Your Best Year Ever.**

1. One Goal
2. Create a new habit
3. Take action now
4. Simplify
5. Focus on happiness

6. Schedule time for yourself and your family

7. Learn to focus

As I reflected back on 2016 I realised that it may just have been our best year ever. The training and assessment team have grown and developed our methods and strategies to the point that the outcomes have been greater, the compliance matters easier to



manage and our overall industry relationships are at an all time high.

It is a tough gig working in an RTO, one of the most heavily compliance orientated environments you will find yourself working in, but we love what we do, we love the difference we make in someone's life everyday by opening their eyes to their own value as an employee and as a potential employee.

That brings me to 2017. This year our team welcomes a couple of new team members. Hannah Walker has joined us as Train-



## Training and Learning Development

ee RTO administrator. A role we are so lucky to



have approved. I am very grateful to have Hannah on board with us and Peter Smith our ICT (Information , Communication and Technology) Trainer.

Contracted trainers and assessors with us again this year, Chris and Judy Clark and Mike Dobra, the dedicated trainer for BlueLine Laundry Hobart and Launceston & TasTex, Lee Christmas our Kitchen Operations Trainer and Assessor, myself as the RTO Manager supported by Andy Gower in Finance and CEO John Gilpin.

In 2016 we began our Kitchen Operations training and assessment under the leadership of Lee Christmas.

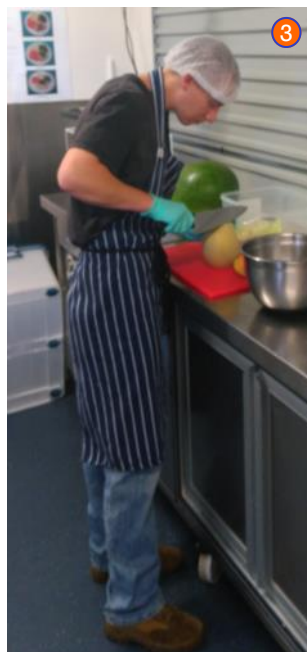
Utilising the new Commercial kitchen in the Merrington Centre and with funding from Skills Tasmania (Skill Fund) we supported 8 existing employees from St Michaels to complete an 8 unit skills set from Certificate II in Kitchen Operations.

The idea being that these employees would work towards enhancing the Menu development, Food purchasing and Food Handling practices within St Michaels and in particular the areas of Sup-



ported Accommodation and In Home Tenancy Support.

Congratulations to employees, Nathan Avery , Kath Corcoran , Stephen Griffin, Adolphus Hill, Daniela Radenti, Megan Thomas, Bev Wallace and Tammy Westwood on successfully completing the program.



Again with funding from Skills Tasmania (Skills Fund ) we have now commenced 8 young persons/jobseekers in a 10 unit skills set from Certificate II in Kitchen Operations, with Lee Christmas as their mentor and trainer/ assessor. If the early days are anything to go by (and as the photos suggest) these students are truly enjoying the experience. We trust

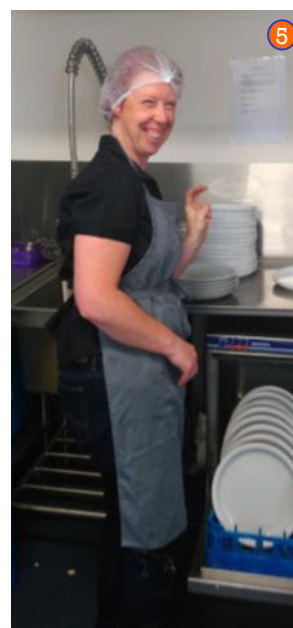
that they may go on, though our work experience program to gain Open Employment opportunities in the Hospitality sector.

So as we head into 2017 I wish you all the utmost success in your professional endeavours and your personal pursuits.

Thank you to the many Australian Disability Organisations across the state who choose our RTO as their preferred provider for Accredited training and assessment.

**Chriss Kelly**

RTO Manager



## Healthy Lifestyle Recipes



Gluten-free rose and pistachio cake

### INGREDIENTS

230g salted butter, softened, plus extra for greasing  
180g light muscovado sugar  
4 tsp rosewater  
2 tsp vanilla extract  
4 large eggs, beaten  
160g potato starch  
3 tsp gluten free baking powder  
160g ground almonds  
For the filling and topping  
225ml double cream  
1 quantity rose butter-cream or extra whipped cream  
50g pistachio nuts, finely chopped  
Fresh or crystallised rose petals (optional)

### Method

1 Preheat the oven to 180°C/Fan 160°C/Gas 4. Line the base of the cake tins with discs of baking parchment and butter the sides.

2 Cream the butter, sugar, rosewater and vanilla extract together in a bowl with an electric hand whisk or balloon whisk until light and fluffy. Gradually add the eggs, beating well between each addition. If it looks like the mix-

ture is starting to curdle, add a couple of table-spoonful of the potato starch and beat again – it should come right.

3 Sift the potato starch, baking powder and ground almonds together over the mixture and fold in gently but thoroughly.

4 Scrape into the prepared tins and gently level the surface. Bake for 25–30 minutes until golden, springy to the touch and a skewer inserted into the centre comes out clean.

5 Leave in the tins for 10–15 minutes, then run a thin bladed knife around the inside of the tins. Turn out the cakes and place, right side up, on a wire rack. Leave to cool.

6 When the cakes are completely cold, whip the cream until thick, but not grainy. Put one of the cakes onto a plate and spread the cream almost to the edge. Place the other cake gently on top and twist it back and forth a little, just until the cream is peeking out between the layers.

7

Pipe or spread the butter-cream over the top of the cake, or top with more



Lamb, capsicum and onion skewers

whipped cream. Sprinkle with chopped pistachios and scatter over a few fresh or crystallised rose petals if you have them.

### INGREDIENTS

800g Australian lamb leg steaks, trimmed, cut into 2cm pieces  
3 small red onions, peeled, cut into wedges  
3 red capsicums, deseeded, cut into 2cm pieces  
100ml lemon juice  
1 tsp finely grated lemon rind  
1 tbs finely chopped oregano leaves  
2 garlic cloves, crushed  
1 small red chilli, deseeded, finely chopped  
3 tbs Olive Oil  
Lemon wedges, to serve

### Method

1 Thread lamb, onion and capsicum onto 24 pre-soaked bamboo skewers. Place in a ceramic or glass dish.

2 Combine lemon juice, rind, oregano, garlic, chilli and oil in a bowl. Pour marinade over skewers, turning to coat. Refrigerate for 30 minutes or more to infuse flavour.

3 Heat a barbecue plate or chargrill over medium-high heat. Cook skewers,

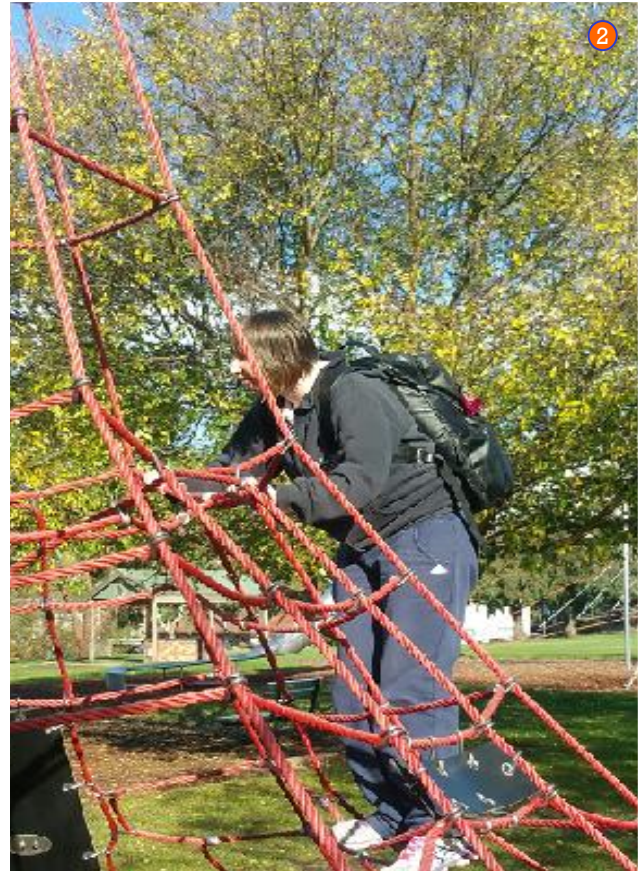
for 8–10 minutes, turning until browned all over and cooked to your liking.

Transfer to a platter.

Cover and rest for 5 minutes. Serve with lemon



## Things we do...



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



## Things we do...



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



## 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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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

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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 - All NDIA Registered Supports

### **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 ongoing, 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. This program operates 7 days per week.

### **Group Homes - shared accommoda-**

### **tion 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 Merrington Centre 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

### **Registered Training Organisation (60067)**

St Michaels is a Skills Tasmania Endorsed RTO providing accredited training and assessment. On-the job traineeships, Workplace based skills sets and classroom based training in Certificate I in Warehousing Operations, Certificate II in Process Manufacturing & Horticulture and Skills Sets from Certificate II in Kitchen Operations and ICT are delivered across the State of Tasmania in various locations.

Any Training or Student enquiries please contact Ms Chriss Kelly on 03 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 John Schade on 6331 7651**

## Contact Details

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**www.stmichaels.asn.au**