

The Independent

EDITION 57
JANUARY 2021

By St Michaels Association

From the CEO



John Gilpin

Welcome to our first edition of our bi-monthly newsletter "The Independent" for 2021.

On behalf of the Association we all hope you had a wonderful festive season and we also hope 2021 is kind to us all.

Firstly, I would like to thank all of our team for a wonderful participant send-off last year with our annual Christmas Function with 100 guests approximately attending. This annual celebration of our participant's year was the first time held offsite and was an outstanding success. Well done all!

Secondly, I would like to thank our team for the final preparations of our new smart technology homes as 90% of our



residents have moved into their new homes. Best wishes and good luck to our new tenants and we hope you enjoy your new homes.

Thirdly, thank you to the whole team at our RTO as they had a fabulous 2020. Deb and her team at MEDECS, Chris and Judy from RETS, our chef trainer Gary and all our partners, thank you for the wonderful outcomes achieved by our learners.

Finally, I would like to thank Tim and his team from Harcourts Foundation in

their support of our Registered Training Organisation by funding an ergonomic hoist, which will be used in our training programs, thank you Tim.

To all, I hope you enjoy reading this edition, which now includes small stories from our new homes: Lyne House (Respite Centre), Baker House, Smith House and Wise House.

**Best wishes everyone for 2021,
John**

Advertisement

Peter Gutwein MP

Liberal Member for Bass

53 St John Street, Launceston 7250

Phone: (03) 6777 1007 or email: peter.gutwein@dpac.tas.gov.au

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Authorised by C. McQuestin, Liberal Party of Tasmania, 125 Invermay Rd Launceston 7250

2020 Christmas Dinner

2020 was certainly a year of many firsts! Thankfully COVID 19 didn't put a stop to our annual Christmas dinner on the 18th December, which for the first time was held off site and was catered for. Our wonderful staff and participants didn't relinquish the making of all the food though, with dessert and treats still made in-house!

The Door of Hope was our venue this year and many Christmas elves (AKA our staff) decorated the room and tables beautifully. In the weeks leading up to the Christmas dinner our participants enthusiastically made beautiful table decorations and placemats that tied into the overall theme for this year's Christmas dinner.

What a fabulous team effort! Here's to an amazing 2021!

Please Note: In the November newsletter Penquite Road's content was incorrectly credited to Tyh Lilley. In fact Damian Lavelle wrote this piece.

Stacey Tweedale,
Media, Communication & Member Coordinator



Penquite Road - Supported Accommodation

The lead up to Christmas has been one of change, adjustment and mixed feelings as we farewelled Robyn from Penquite Road as she took up her new accommodation at Wise House in STMA's new complex, bringing a tinge of sadness, but also elation as Robyn actively pursues her goal of increasing her independence. We wish Robyn all the best and look forward to her being able to make her new space her own.

Prior to her departure, Robyn was instrumental in decorating Penquite's Christmas tree with enthusiasm and vigour. Thank you Robyn for being such an integral and well-loved member of the Penquite household for so long. We already miss your sense of humour, infectious laugh and calming influence.

Paul has had an exciting festive season with outings to participate in Christmas

shopping, card writing and continuing to maintain his thriving vegetable patch. Unfortunately, it hasn't ripened as quickly as Paul would have liked this year, but he was able to redirect his energy to planning his Christmas holiday with Mum and Dad and his Santa wish list, including all the friends he was looking forward to seeing over his time away. Paul returned home after Christmas with a new stylish hat and a rekindled interest in workshops and machinery after spending quality time with his Dad. Paul is now looking forward to 2021, and seeing the maturity of his sweet corn crop and settling back into his routine through January.

Gary enjoyed his lead up to Christmas and an extended holiday into the new year at home in Oatlands. He enjoyed shopping for Christmas, decorating the



tree with Robyn and is very pleased with the change to shorts weather. He has also enjoyed collecting lemons from the tree at home, a key ingredient for one of his Mum's famous pies. Gary is looking forward to the New Year and adjusting to his new home dynamic, settling into his weekly routine and establishing some new goals for 2021.

Damien Lavelle,
Acting House Coordinator

Hawthorn Street - 'Our Home' Supported Accommodation

The participants were busy shopping for Christmas presents for family and friends and going swimming now that the warmer weather is here.

I would like to congratulate Hannah on reaching one of her goals of being able to move out into her own unit, well done Hannah, I hope you are enjoying your new place. Your housemates and friends will certainly miss you.

Emma is settling in well, and she is starting to make progress with gaining new living skills, Emma enjoys participating in all household activities.

Sarah H was anxiously awaiting the borders to open so she could visit her family on the mainland for Christmas. Sarah H attends the gym weekly and is working hard on becoming fit and shaping

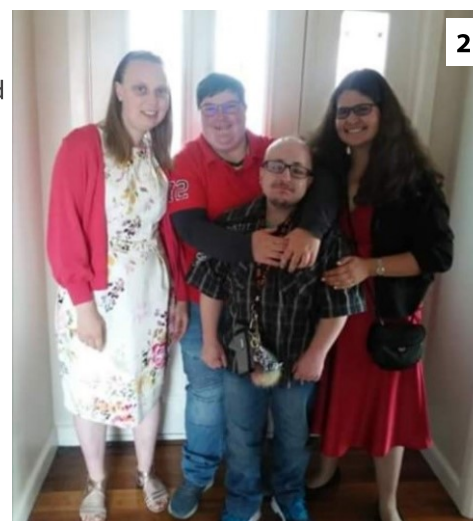
her figure.

Sarah C loves her bowling and enjoyed a rest over the festive season, spent with family and friends.

Heath has started going to the gym weekly and having massage sessions, he enjoys his video games and getting staff to help him when he becomes stuck.

A great year has been had by all looking forward to a great 2021.

Katherine Corcoran,
Support Worker



Day Program - Community Access

Wow, we made it through 2020. I have to say I have had a fantastic time in Day Program getting to know all of the staff and especially the participants.

Day Program was busy with new staff and some new participants in 2020. I would like to personally welcome you all and hope you find Day Program as exciting as I do. With new staff members comes new energy, we have been taking advantage of this and the result has been wonderful. Some of the new staff members have been push bike riding

and have returned to day program looking "not so good".

Just prior to Christmas we received the very generous gift of a piano from Hayley Pintus, who is participant Brandon McKinlay's cousin. Participants have been enthusiastically playing their new instrument. We definitely have some gifted pianist in our midst!

It seems we were just celebrating Halloween and then Christmas was upon us. With the end of year party and our

participant party we definitely celebrated in style.

With the New Year there will be some new programs, so as they say "watch this space".

I would like to wish you all a safe New Year.

Tracey Gillespie,
Day Program Team Leader



Castlemain Road - Supported Accommodation

Shereena has just celebrated her 23rd birthday and her daughter McKenzie's first Birthday. She did a great job planning the day and catering for it. Shereena took great pride in this, everything had to be perfect, and it was.

Shereena has started a garden at the house and she waters and tends to her plants regularly. Shereena eagerly shopped for presents for her family and friends and she took the time to make sure they were wrapped ready for Christmas day.

She is also enjoying the warmer weather and is going swimming and getting out in the community; Shereena is still attending the gym

and is looking forward to becoming healthy.

Shereena and her partner have been out for dinner a few times, and having movie nights at home. Shereena has also been spending time with her partner and her friends. They have been going shopping, cooking, cleaning and enjoying the sun together. Shereena had a great 2020 and is looking forward to 2021.

Happy New Year, from all at Castlemain.

Katherine Corcoran,
Support Worker



Kenneth Court - Supported Accommodation

Kenneth Court has had a great 2020 and we finished it off with a Christmas break up at the Devonport Bluff Café called Mrs. Jones.

Andrew celebrated his 56th Birthday in December at the Newstead Hotel with his housemates and friends.

Stephen has enjoyed outings and having a beer during the warmer weather. Stephen is also excited to see what 2021 brings.

Valma had a challenging 2020 but has come out the end stronger. She spends more time at home doing her hobbies.

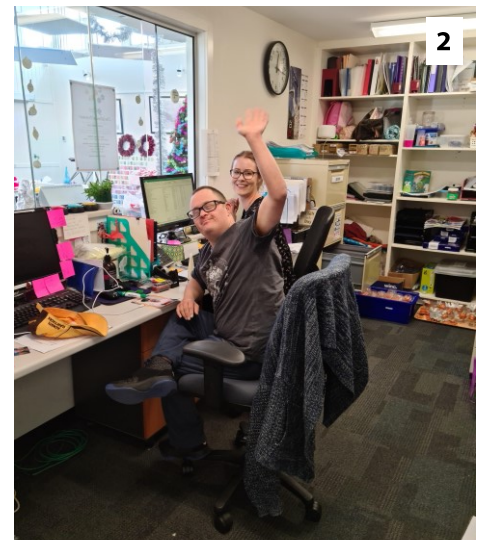
Nick worked on his skills throughout 2020, only requiring verbal prompting. Staff worked with Nick to plan and book a holiday which was a cruise and a trip to Sydney but due to Covid it had to be cancelled. Hopefully in 2021 we can

plan a successful trip.

I would like to thank the Kenneth Court staff on behalf of the 4 participants for a great 2020, Happy New Year for 2021.

I look forward to seeing what 2021 brings and how both the participant and staff grow and what skills they develop.

Nathan Avery,
Team Leader



East Devonport - Community Access & Personal Support

We would like to take the opportunity to wish all a happy New Year, may 2021 be full of new adventures and activities.

We welcome back all Participants that have had a break during the Christmas and New Year period and look forward to working with you to achieve your goals and aspirations.

2020 was celebrated in late December where Participants hosted a light BBQ and salads amongst family and friends. Much fun was had with bon bons that Day Program Participants created. It was fabulous to see one Participant go all out and dress up as a 'Christmas Cracker' aka bon bon. Captured in the below photo.

As we enter the year 2021 we shall be collaborating with Sam from Reclink Australia. Reclink will provide opportunities for our Participants for social engagement through sport and recrea-

tional activities. In the first part of the year some activities of engagement will include: group fitness, personalised on-site personal training, volleyball, disc golf and tee-ball just to name a few.

Along with increasing our physical activity, we shall also be focusing on providing fresh produce to plate with our plans to develop the gardening program further. This was discussed throughout 2020 and we look forward to implementing this in the first quarter of the year. Health and wellbeing is a primary goal for many and we wish to encourage all Participants to engage, enjoy and reap the benefits of their hard work through the cooking program.

Australia Day shall be celebrated with an array of 'Aussie' delicacies' and we look forward to embracing some fun activities through the day. Aussie, Aus-

sie, Aussie, Oi Oi Oi!

Our STMA Devonport family has extended a little more, we are pleased to welcome both Richard and Derek to the team.

Marcia Lade,
Program Coordinator,
East Devonport




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In-Home Tenancy - Personal Support

IHTS had a busy end of year with Christmas parties and Christmas shopping with Participants. Not to mention the fabulous St Michaels' Participant dinner. This year saw many of our Participants put on their good gear and step out for the evening at The Door of Hope.

The presentation of Participant's 2020 end of year reviews was a favourite part of the dinner. They were a reminder to all Participants about the wonderful things they have done and achieved throughout the year.

2020 saw many achievements by our Participants, some have moved into new homes or been on holidays, whilst

some have achieved goals of walking/running 5 and 10 km races. The important thing for most has been surviving a year full of many changes and disruptions.

We would like to welcome our newest Participants to our units Mark, Kylie, Suzanne, Tameka and Hannah.

I will also take this opportunity to wish everyone a safe and Happy New Year. From Trish and the Whole IHTS team.

Trish Wrigley,
Personal Support Coordinator



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Merton House - Supported Accommodation

The Christmas period at Merton seemed quite subdued following Brandon's relocation into his new unit at Baker House. He has been back to visit us a few times since his move, he seems quite happy, although misses the hustle and bustle that Merton House tends to have.

Jontae enjoyed Christmas lunch on Christmas Eve at his Grandmother's house (because his Mum was working Christmas Day).

Jacob spent Christmas morning at his Mother's house. This was the first contact Jacob has had with his family in the last couple of months, so it was naturally a welcome and pleasant event.

Ashlee expressed a desire to not participate in Christmas, such as the STMA dinner and lunch, but was nonetheless happy to accept a few small gifts from various staff.

Ben, on the other hand, kicked up his heels over Christmas, not only attending the STMA Christmas dinner at The Door of Hope, but the Christmas Day lunch at the Riverside Hotel as well.

Ben, as always, was more than comfortable in a crowd and enjoyed different food options from the everyday fare at Merton House. Staff have also supported Ben to choose some gifts for himself, a couple of sought after Care Bears from an online merchant. While this

meant they weren't on the same side of the planet as Ben on Christmas Day, he seems to have had no problem with explanations and advice from staff that they are on their way, extending his Christmas experience out even further than usual.

**Christopher John,
Team Leader**

Sayer Street - 'Our Home' Supported Accommodation

Sayer Street had a fantastic 2020, Sam was excited that he got to see snow for the first time right in his own backyard!

Sam has improved his skills throughout the year working on how to shave more independently, how to communicate better with others and how to maintain a household. All valuable skills he has gained or in the process of learning to live independently. Well done Sam.

Sam has also been a great help around the house explaining things to the new staff about routines and protocols at Sayer.

Kevin has been working extremely hard on his skills. He has built himself a routine which he reminds staff of. Kevin

is looking forward to spending Christmas with his family.

I would like to thank the Sayer Street staff on behalf of the 2 Participants for a great 2020. Happy New Year for 2021.

I look forward to seeing what 2021 brings and how both the participants and staff grow and what skills they develop.

**Nathan Avery,
Team Leader**



Independent Services - Community Access

In December, the lead up to Christmas was hectic, fun and enjoyable for everyone at Independent Services.

When Christmas was fast approaching, our three cooking groups were very busy cooking and organising their Christmas festivities and treats.

Participants were delighted to showcase their skills to our special guests during the Friday cooking group Christmas party. All our Participants proudly prepared the selection of food across the three groups over a number of weeks. Everyone was excited to take home their goodie bags full of the treats

they had made. They included, mini puddings, shortbread, rumballs, white Christmas and handmade chocolates.

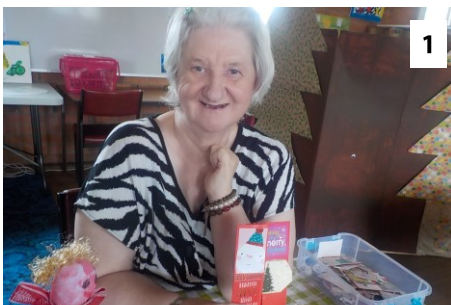
The craft groups took home their Christmas projects to share with their families and friends during the festive season.

With a two-week break over the Christmas period, everyone looked forward to recharging their batteries and having a short holiday, whether it was at home with their family or around Tasmania. Most Participants returned in early January, ready to begin the New Year.

The holiday closure of some community venues gave everyone the opportunity to choose an activity and venue in place

of their regular one. Trips to the museum, a game of cricket and a visit to Royal Park for an ice cream were popular choices for many.

Amanda Mallett,
Independent Services



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Baker House - Supported Accommodation

Brandon has just started to settle into his new Smart Home. He is quite fond of his house and eager to keep it clean. Brandon will not let staff walk into his home with shoes because he wants his carpets clean and fresh.

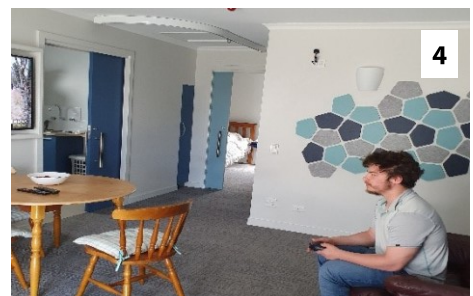
He has already made great friends with in his neighborhood. Brandon is also currently learning how to use some of his home's great digital features such as "Alexa turn on the air conditioning". He is however, still learning how to pronounce the words correctly and clearly for Alexa to execute the command.

Brandon had much fun at the Christmas

dinner at Riverside Hotel, where they had a 3-course meal and lots of fun with other Participants.

Liam loves the space, comfort, and independence that his new Smart Home provides him. This includes a good size bedroom, his private lounge, kitchen, and a dining area. Liam enjoys playing video games with staff and also spends some time writing poems for his songs. Staff encourage Liam to spend more time at the central dining table to enjoy dinner with Brandon.

Emmanuel Meneke,
Team Leader



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Wise House- Supported Accommodation

Robyn moved into Wise House in mid December with much excitement. She's relishing her independence in her new home and is learning how to use the Alexa Smart Home technology.

She hadn't moved in long before she was on holidays at her sister's house for the festive season. Since returning from her holiday Robyn has been enjoying relaxing and getting familiar with her new home. It was even more exciting when her new housemate arrived. Vickie moved in early January and the girls have had a nice time getting to know each other.

Robyn and Vickie are both excited by their new furniture and the set up in their new house and can't wait to go shopping together.

Robyn's former Penquite Rd house-mates do miss her infectious laugh and calming presence, she'll have to come

back and visit soon!

Damien Lavelle and Tanya Schneider, Acting House Coordinator and Senior Team Leader Residential



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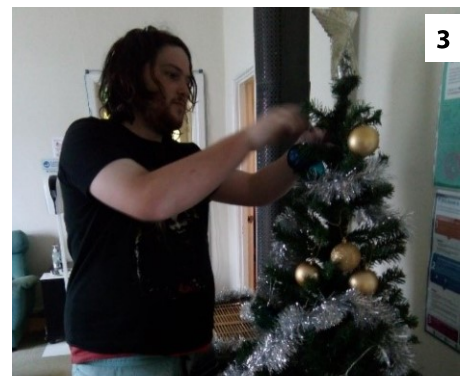
Wellington Street - Supported Accommodation

The two housemates, Logan and Aaron looked forward to end of year activities. 2020 had been challenging for both due to COVID-19, which limited them to indoor activities, mostly of playing online games with friends. With opening up of places in the community by November, Logan continued the search for new accommodation at Devonport and Aaron was happy to return to his employment at the Timber Factory in Mowbray.

Logan focused on achieving his goals of developing independent living and relaxing. He went out to pick-up his shopping from the supermarket, put it away, cooked meals with minimal support

from staff and cleaned after himself with prompting. The online gaming seems to have engulfed him however, as he preferred to stay indoors and play all night. He enjoyed Christmas with his family, where he went for lunch and dinner.

Aaron has been looking forward to moving to his new unit at the new St. Michaels Smart Home Complex. He has already packed all his belongings for a move in early January. He has been going to work two days a week and Friday grocery shopping with support from his Father. He was happy to take a break from work and enjoyed Christmas with family. He went to his brother's home



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from the 18th December after his workplace Christmas lunch till Boxing Day.

Irene Mukiira, Team Leader

Lyne House - Respite Accommodation

The last couple of months have been quite hectic for Millie, Participants and staff as we moved into the new Lyne Building.

We are still all getting used to the "Smart House" and the little hiccups we have had along the way.

The big winner with all the Participants has been the smart TVs in all the bedrooms.

Millie is now settled and enjoying a much larger bedroom. On Christmas Day Millie enjoyed a picnic in the park and opening her Christmas presents. Millie travelled to Hobart for a short holiday which she thoroughly enjoyed.

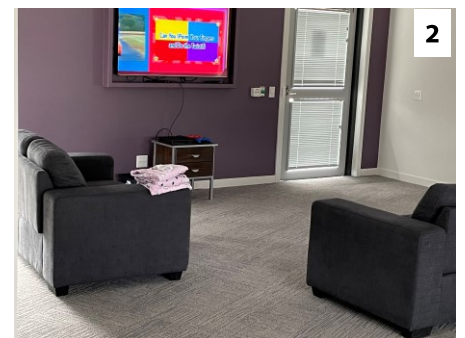
The Youth Break Participants have enjoyed the weekend outings and the big winner was attending the Christmas Carols in the Brisbane St Mall.

We are all looking forward to the New Year and any challenges that it may throw at us.

Jodie Beveridge,
House Coordinator



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St Michaels Training



Wow 2021 already how time flies.

I would like to recap our 2020 achievements. Over 1,600 learners completed training with us across the following programs: First Aid/CPR, Medication Endorsement, TLI11215 Certificate I in Warehousing Operations, MSM20116 Certificate II in Process Manufacturing, Report Writing and Food Safety.

Other achievements this year have been: completed the first group in CHC33015 Certificate III in Individual Support, completed the Care Careers in the Disability Sector program for the Migrant Resource Centre, we moved to our new premises in George Street which allows us to grow as a training provider and we were successful in receiving a grant from the Harcourts Foundation that enabled us to purchase a hoist for training.

We have two new trainers; Lindy Crack and David Gallagher who have been

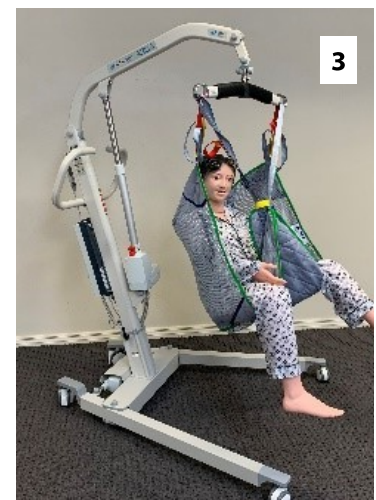
very well received by our learners.

Again we have two partner organisations; Medecs Learning and Rural and Equity Training who will continue to provide training on our behalf in 2021 under registered Third Party Agreements.

We have been successful in gaining funding through the Skills Fund, the Apprentice and Trainee Training Fund (User Choice) and JobTrainer for 2021 programs so that we can provide our learners with new skills.

I look forward to strengthening our partnerships with our clients and leading the great team at St Michaels Training into another exciting and successful year.

Kim Dean,
RTO Manager



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Smith House - Supported Accommodation

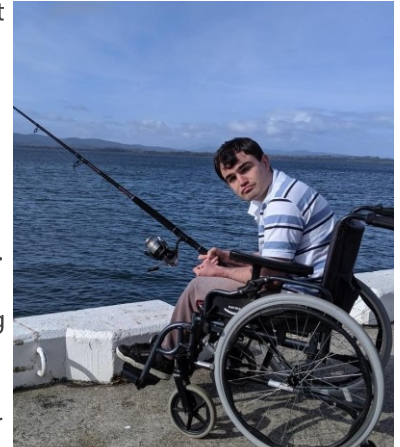
The November- December 2020 period came with excitement for Aron, he relocated to a brand new Smart Home unit, there were Christmas lunches, dinners and outings with staff. Aron moved to the Smith Unit located at St. Michaels complex early December 2020.

Although the change was significant for him, due to his autistic condition, Aron seem to have settled well into his unit and is enjoying the digital facilities. He particularly loves watching YouTube music videos on his digital TV. With support

from staff, Aron presses the remote to change from one song to another. He smiles when the staff gives instructions to "Alexa" to open or close doors, blinds and windows or play Aron's favourite music. Aron sits close to the kitchen counter and watches staff cook. He will hold hands to assist with opening and closing the microwave door to warm food.

Aron has been going for outings at the park, restaurants, river banks and shopping complexes like Kmart, Shiploads and Target. He enjoyed eating out, fishing,

buying new clothes and just going for walks. He regularly used his walking frame to do walking exercises at the Merrington Centre and around the complex. Aron attended the St. Michaels Christmas dinner and lunch. He responded positively with smiles to friends saying hello. He received nice Christmas gifts and was happy to see his end of year report handed to him with praise. He was all smiles.



Irene Mukiira,
Team Leader

Meet The Team



SABITA HAMAL
SUPPORT WORKER

Prior to joining St Michaels I worked as a Support Worker at another disability provider, and before entering this industry I worked in aged care for 5 years as a team leader.

Favourite food:

Pizza and chicken dishes

Hobbies:

Cooking, singing, dancing and traveling (when we can again!). I'm a very caring person and I love spending time with my friends and family.

Fun fact:

I have three sisters and one brother. One of my sisters lives in Katmandu!



EMMANUEL MENEKE
TEAM LEADER

I have been working in the disability sector for quite a while now. I started off my career as a Support Worker for five years and then Team Leader for two years with top leading organizations in the disability sector before joining St Michaels. I'm currently researching "Quality of life from the perspective

of adolescents with cerebral palsy."

Favourite food:

Grilled lamb leg Steaks with Roasted Veggies

Hobbies:

Socialising with friends and family, watching TV (News and documentaries), playing basketball at the KFM gym where I also workout a few days a week, reading non-fiction books, solving puzzles and researching (on how to improve the life of people living with Disabilities)

Fun fact:

Overly competitive when playing mind-stimulating games such as chess and monopoly

Services Offered at St Michaels - All NDIA Registered Supports

Co-ordination of Supports - Support coordination is designed to minimise the complexity of negotiating with service providers, government agencies and accommodation providers.

Community Access - 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, Newstead and Devonport Campuses.

Merton House - 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. This program operates from our accommodation facility from 3 pm to 9 am Monday to Friday and 24 hours Saturday and Sunday.

In Home Tenancy Support - 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 seven days a week.

Lyne Building - Short term respite - Services include integrated support for self-care, accommodation, food and activities for short periods. This program operates 5 nights per week. This is a short term respite program which provides 24 hour support.

Youthbreak - This program is a respite program provided to young people

from the ages of 15-25 and operates out of the Lyne Building from 3pm Friday to 3pm Sunday. Conditions apply for eligibility.

Individual 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 a year and can be delivered in home or at STMA.

Supported Independent Living - Our Home and Group Homes - There are a number of facilities located on site and in the broader community. Services provided incorporate assistance in meeting daily life requirements and to develop the skills of an individual with standard support needs to live autonomously as possible. These program operate 7 days a week and conditions apply for eligibility.

Social Club - Social Club is held in the hall at STMA every Saturday Night from 6 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 cards or board games, singing, dancing or enjoying a footy match on TV with a friend. Currently on hold due to COVID restrictions.

Independent Living Units - The 53 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.

St Michaels Training (Registered Training Organisation 60067) - St Michaels Training provides accredited training for Tasmanians with a disability and individuals working in the disability sector.

- Offering the following qualifications:
- CHC33015 Certificate III in Individual Support
- CHC43115 Certificate IV in Disability
- MSM20116 Certificate II in Process Manufacturing
- TLI11215 Certificate I in Warehousing Operations.
- Skill sets offered include:
- CHCSS00081 Induction to Disability
- CHCSS00098 Individual Support - Disability
- Food safety and basic cooking
- Digital skills
- Leadership

For further information visit:
<https://stmichaelstraining.tas.edu.au>
 Email:
info@stmichaelstraining.tas.edu.au
 Telephone: 03 6333 2600



BBQ Chicken Drumsticks with Beetroot & Chickpea Salad (serves 4)

Ingredients

- 8 Chicken Drumsticks
- Salt and pepper
- 1 teaspoon garlic powder
- 1 tablespoon of dried oregano
- Grated zest of 1 lemon
- Juice of 1 lemon
- Olive oil

Beetroot and Chickpea Salad

Ingredients

- 400g canned chickpeas. Rinsed and drained
- 450g canned sliced beetroots, drained and chopped
- ½ cup of mint leaves, torn

- 60g baby spinach
- 75g feta, crumbled
- Juice of 1 lemon
- 2 tablespoon of olive oil

Instructions

Step 1

Turn on BBQ to medium heat. In a large bowl combine chicken, salt, pepper, garlic powder, oregano, olive oil, lemon zest and lemon juice.

Step 2

Turn BBQ temperature to medium low. Place chicken drumsticks on BBQ and cook for about 20 mins or until cooked. Turning often.

Step 3

Whilst the chicken is cooking combine all the salad ingredients in a large bowl and mix.

Serve salad with chicken drumsticks and enjoy!



Lemon Sour Cream Biscuits (makes 40)

Ingredients

- 2 ½ cups plain flour
- 1 1/3 cups caster sugar
- 1 ½ teaspoons baking powder
- 125g butter, melted, cooled
- ½ cup sour cream
- 2 eggs, lightly beaten
- 3 teaspoons of finely grated lemon rind
- 1/3 cup lemon juice
- Lemon zest, to serve

Sour Cream Icing

- 2 ½ cups pure icing sugar, sifted
- 1/3 cup sour cream
- 1 tablespoon lemon juice

Instructions

Step 1

Preheat oven to 160C/140C fan-forced. Line 4 large baking trays with baking paper.

Step 2

Combine flour, sugar and baking powder in a bowl. Make a well. Add melted butter, sour cream, eggs, lemon rind and juice. Mix well to combine (mixture will resemble a thick cake batter). Drop level tablespoons of mixture, 6cm apart, onto prepared trays. Bake, 1 tray at a time, for 12 minutes or until just firm to touch. Stand for 5 minutes. Transfer to a wire rack to cool completely.

Step 3

Make Sour Cream Icing: Whisk icing sugar, sour cream and lemon juice together until smooth and thick. Working quickly, spread icing onto biscuits. Sprinkle with lemon zest. Stand for 1 hour to set. Serve.





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Highlights



Highlights



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St Michaels Association Inc.

Northern Tasmania

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