

by St Michael's Association Inc.

## From the Desk of the CEO



Happy New Year wishes to everyone. I hope that 2022 is a good, safe and healthy one for you and your loved ones.

The new year has certainly thrown up more than a few challenges right from the start. As everyone would have noticed, just like the rest of Australia, Tasmania has experienced a wave of COVID-19 cases once travel freedoms were reintroduced in mid-December and just like the broader Tasmanian community, St Michael's has also experienced an upswing in cases, which have impacted both staff and participants.

While this has had an impact, it is worth noting that while some other providers have been forced to suspend their programs and supports entirely, to date St Michael's has been able to continue with all its program and support offerings, albeit with some restrictions and changed practices.

I am proud to say that our team has stepped up and gone about their work supporting participants under, at times, challenging and difficult conditions. I would specially like to thank our incredible team of support workers, who have jumped in and filled shifts on behalf of their sick colleagues and continued to provide supports for COVID-19 positive participants, and to our Rostering Team which has ensured that we are fulfilling our obligations by ensuring that we have support workers where and when they are needed.

On a positive note I am happy to advise that service providers across the North of Tasmania have been meeting weekly to discuss issues, solutions and working cooperatively to accommodate participants who have seen their services impacted by the suspensions of their programs and supports.

In addition I can advise that we held two booster shot clinics, one at Newstead and the other in East Devonport, in late January. With the assistance of our partner, Aspen Medical, more than 85 participants, staff and volunteers received their

COVID-19 booster shots at the clinics. Given the rise in case numbers over the past month it was pleasing to be able to provide an early opportunity for eligible participants and staff to get their first booster doses.

Anyone that has been to the Newstead site recently would have seen that work has commenced on the first stage of our traffic management strategy for the Newstead site.

This strategy and the works to be undertaken are designed to address and support the significant growth in vehicle movements on the site over the past few years.

The first stage of the project was aimed at improving safety at the Merton House end of the site by getting vehicle parking spots further off the roadway, stabilising the earth bank, improving drainage to stop the road surface from washing away and improve pedestrian safety.

A new concrete footpath and ramp is being constructed at the back of our Como Street property to allow the participants safer access onto site and a new footpath around Merton House has been constructed to allow pedestrian access from Hoblers Bridge Road.

Several other projects relating to the strategy are planned in coming months and visitors are asked to observe any signposted traffic changes at the site.

In closing I would just like to say that while traditionally the start of a new year can often be a quieter period, 2022 certainly has not been for us so far, but I hope you enjoy catching up with all the news from around St Michael's further on in this newsletter.

Happy reading!

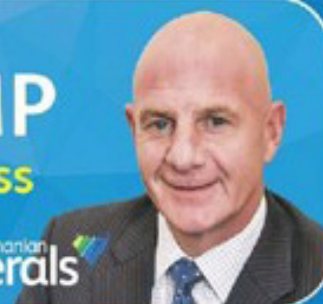
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## Thank you for your years of service



As you would all be aware our second full-time CEO John Gilpin left our organisation in early November 2021 after nearly 11 years of service.

John had a major impact on how St Michael's has progressed since his appointment.

The organisation has grown considerably, with assets being purchased – residential homes and other buildings, the erection of further residential units and specialist buildings – increased its revenue as a result of extra services being provided and, with that, employed a lot more staff to the point where the organisation engaged a specialist employment manager.

John oversaw the transition from block funding to the new NDIS scheme and also piloted the organisation through the insidious COVID-19 outbreak.

He was a major creator and driver of the organisation's annual budget which was always on the mark, no mean feat in itself especially since the transition to the NDIS.

St Michael's is a better place for having had John as its CEO and it owes him a debt of gratitude for his business acumen, diligence and the conscientious approach which he displayed during his long tenure.

I am sure you agree.

**Colin Foon**  
President

***"St Michael's is a better place for having had John as its CEO and it owes him a debt of gratitude." - Colin Foon***

## Introducing Emily Freeman, Program Coordinator - Day Services



Emily Freeman is passionate about engaging proactively with families who have a loved one with a disability.

After more than two decades working with the State Department of Education – with the last eight spent offering families early intervention support for children with disabilities – Emily joined St Michael's six months ago as the Program Coordinator - Day Services, which covers Day Programs as well as In-Home Tenancy Support and Independent Services.

She sees her role as going far beyond just developing and running programs.

Just as important is regularly assessing the effectiveness of the programs currently offered by St Michael's in helping participants to meet and exceed their National Disability Insurance Scheme (NDIS) goals.

Emily believes this can only be achieved by working proactively with participants' families.

"I am passionate about making sure families are supported and respected," she said.

"And that is a message I regularly share with my team."

"I see it very much as my role to support them (team members) so that they are able to engage proactively to assist participants reach their goals."

"At the end of the day the families and my team both want the same thing – for our participants to grow and develop their skills – and it must be seen very much as a case of all of us being in it together."

Emily said she would encourage family members to seek to meet with our Coordinators when they had concerns and for both parties to enter those discussions openly.

"No one person has all the correct answers, but if I can support both my team and families to work in harmony, better outcomes will flow and that is certainly what motivates me."

***"I am passionate about making sure families are supported and respected." - Emily Freeman***



## Penquite Road - Supported Accommodation

Hello all, and welcome to a brand new year!

Here's hoping you all had a fabulous, safe and healthy festive period.

Both of our participants, Paul and Gary, had a fantastic Christmas and New Year.

Gary spent two weeks with his parents and appeared to have had lots of fun during the festive times. He also enjoyed his time out in the community visiting the Trevallyn Dam and car yards.

He also enjoyed a weekend trip to a raspberry farm.

Paul also enjoyed visiting his parents during Christmas and New Year. He is doing really well developing his cooking skills.

Like all good cooks, Paul is adventurous, daring and enthusiastic.

The cake he prepared for his mum and dad - with the help of his IHS support worker - for Christmas looked absolutely delicious.

Paul is doing a wonderful job at his community garden.

Strawberries were ready by Christmas and sweet corns are still growing and getting ready.

Also, his visit to The Holden & GM Car Show 2021 at Windsor Park provided him an opportunity to socialise with others within the local community.

Both Paul and Gary are getting used to wearing masks when they go on outings.

They have started to understand how important it is to comply with the COVID-19 rules to keep yourself, and others, safe.

Let's hope this summer will bring more gentle times for our participants.

**Bimala Sapkota**  
**Disability Support Worker**



## Wise House - Supported Accommodation

Robyn and Vickie enjoyed the festive season and are ready to work towards their goals in 2022.

The ladies have continued to attend Independent Services together for some days of the week and participate in activities such as sewing and cooking.

It has been an exciting time to watch their skills develop in these areas and many others.

Robyn has also been attending outside programs throughout the week which has given her a larger social circle, where she can develop her skills in the community.

Robyn has been practising her singing often and learning lots of news songs while Vickie has been busily working towards finishing a large beading project.

The relationship between Robyn and Vickie has been developing into a strong friendship with lots of fun and laughter and they are both looking forward to a productive and fun year in 2022.

**Hannah Worthington**  
**Senior Support Worker**



## Day Program - Community Access



The Day Program allows our participants to acquire skills through a variety of different activities. Proper social skills use leads to solving daily problems more efficiently and adequately.

We are proud to offer our music program, where communication, social interaction, motor skills and body expression are ways in which participants can improve their skills.

The use of music - or musical elements such as sounds, rhythm and dance - helps to enhance these skills in a playful and fun way.

We have at least seven participants in attendance each Wednesday, and we have seen great progress in some of them. For example, Alice and Keith take the microphone, sing and dance according to the musical rhythm.

Alice is now more creative through the development of improvisation and the creation of new rhythms. Keith participates in different dynamics and games.

All these activities allow our participants to learn and develop their abilities while having fun.

Art and creativity are an integral part of the life of society and are necessary to foster increasingly active participation in the changing world in which we live.

This is an essential skill to assist the inclusion of people with disabilities. The objective of this art, painting and craft program is to develop the imagination allowing participants to be able to express and communicate feelings, ideas and emotions without the need for words.

Our participants, like Mitchell and Rebecca, have discovered ways of expressing new ideas through their projects.

We are happy to offer activities to facilitate independence, improve mental health and, consequently, directly work on social skills leading to a reduction in social problems. Participants learn to ask for the floor, listen carefully, take turns to speak and be independent making the integration into society much easier.

We will continue delivering through community access, visiting the bookstores, and in various activities in the Merrington Centre as well as making the most of the current good weather.

Our swimming program is resuming and this will be ideal for improving the physical condition of our participants. We also play bowls on Fridays and travel to different points to cook a group barbecue.



## Kenneth Court - Supported Accommodation



It has been a lovely few weeks at Kenneth Court with everyone settling into a routine again after the Christmas break.

The participants are enjoying getting back to their regular activities and enjoying spending time with the significant people in their lives.

Regardless of the changes COVID-19 has made on our society, it certainly has not held our gentleman back, and they are still enjoying life and all it has to offer!

Participating in Independent Services and other chosen supports, when applicable, Andrew and Stephen are really strengthening their social connections.

Nick has had a long stint at home with Mum and it was very exciting to see him arrive back full of smiles and giggles. Nick is a delight to have around and has so much to offer impressing the staff with his outstanding progress in literacy and writing skills.

The new team leader is very excited to do some cooking with Nick and see him work his wonders in the kitchen. He is quite the foodie, according to the word on the street!

Kenneth Court is a lovely, organised, calm and functional home. Staff and participants are all so grateful to be a part of the atmosphere we have here. Thank you to everyone who has participated in making this happen. Go Kenneth!

**Yohana Fulton**  
Team Leader



## Sayer Street - Supported Accommodation

The Christmas-New Year period at Sayer Street was rather quiet as Kevin spent most of this time away with his father, Mick, at his home in George Town.

From all reports Kevin enjoyed his Christmas break. Since returning Kevin has resumed his usual routine of attending Day Program during the day.

Upon returning home he makes his own lunch for the next day with minimal assistance, preparing and cooking his dinner with minimal assistance, assists with chores such as hanging out washing and washing/drying dishes, before

retiring to his room to play video games.

The same can be said for Sam.

Given the mask mandate he has been opting to spend most days at Sayer Street enjoying his anime shows, completing complex jigsaw puzzles and helping to maintain the cleanliness of the house by assisting with chores such as laundry, washing/drying dishes and some general household cleaning.

**Ned Townsend**  
Support Worker

## Merton House - Supported Accommodation

The last few months have been very busy with renovations and the arrival of Mack and Danielle.

Ashlee and Tyrel have adapted well to the change and Mack and Danielle have been settling in to their new home.

Mack has shown some interest in joining social and recreational groups around St Michael's and Danielle has been actively participating in craft activities at home.

Danielle, Mack and Ashlee have been taking turns in participating in cooking as well as completing weekly menu plans for the house.

The staff and participants at Merton House have had an exciting start to the year and we look forward to seeing the friendships develop further.

**Hannah Worthington**  
Senior Support Worker

## Devonport - Community Access & Personal Support

Happy New Year to all!

As we are all aware COVID-19 is still lingering, however here at the Devonport site we are trying to soldier on and not let it impact greatly on our activities and programs.

In great news one of our participants, Chris, has been fortunate to return to his workplace for 2022 and continues to work towards his goal of securing regular ongoing paid employment.

Summer is shining upon us and we are taking the opportunity to spend time outdoors participating in a range of activities and maintaining our garden project.

We have been fortunate to reap what we have sown in the garden with participants taking home broad beans, broccoli, peas and silverbeet to name a few.

Further to this our cooking program has incorporated recipes to complement our garden produce.

Over the coming weeks participants will be designing custom made face masks to assist with meeting COVID-19 standards with the incentive to wear something that they made themselves.

Australia Day was celebrated with an Australia Day themed barbecue along with some Aussie recreational activities.

Unfortunately the weather was not kind to us and some activities planned for outside did not happen, but we found suitable inside alternatives.

We were able to provide a COVID-19 booster clinic for participants, staff and volunteers last month.

In total 27 people received their shots at a clinic ran by Apsen Medical on January 24.

In the latter part of 2021 we had several new staff members join the team.

A warm welcome is extended to Tracey Rootes, Anita Ogbeide, Imabin Wowo, Lily Owens, Melissa Simpson, Danielle Kaine, Cherie Pointon and Harsimran Arneja.





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## In-Home Tenancy Support



IHTS had a wonderful festive season.

Some participants went home for Christmas with family and loved ones, while others stayed in their homes and enjoyed lunch out with staff and other participants.

This year the Olde Tudor Motor Inn was the choice for Christmas lunch and reports back were that the participants had a wonderful meal. The facility was exceptional and the staff treated all participants with kindness and patience. Participants have asked if this can be a place they can return to for 2022.

Of course this could not happen without the dedicated staff who worked on Christmas Day to assist. A huge thank you goes to Bec, Paul, Stephen, Michelle and our resident Santa Claus Andrew.

Andrew has delivered presents to participants each Christmas morning for a number of years now. Great work by all.

Once the Christmas festivities finished we then moved to other activities such as New Year's Eve.

Andrew, Paul and David enjoyed a meal out together before going to the fireworks. This is a great attraction each year and although we are definitely moving in unknown territory at present a great time was had by all.

I personally took two weeks' leave and was impressed by the staff who worked together and ran the area in very trying times. I would like to extend my thanks to all team members who assisted throughout that time.

As we all navigate through our borders reopening our participants have had many changes and have coped incredibly well with all of them.

We look forward to continuing to supporting everyone through 2022 to reach their goals.

**Trish Wrigley**  
**Personal Support Coordinator**



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## Independent Services - Community Access



Whilst some participants chose to have an extended holiday to start the year others were keen to resume their programs to maintain their skills and social connections.

Our gardening crew is doing an awesome job in maintaining our lawns and veggie garden at Chant Street.

We purchased an edge trimmer and two of our participants learnt a new skill in using this device.

Thanks to Stephen and the two Davids for all your persistence and hard work to keep our garden and lawns looking amazing.

Our garden is a credit to them and the envy of many, especially with an abundance of passionfruit almost ready.

David works in the garden twice a week to maintain, weed and water it all the garden beds. David is enhancing his skills to enable him to set up his own garden at his new residence.

One of our regular participants, Keith, achieved his long term goal to make a Batman superhero outfit in sewing.

Keith, with assistance from staff, was able to complete the very complex costume much to his delight.



This project was also a challenge for staff over the many weeks it took to complete as they too learnt new skills.

Keith has decided his next project will be another super hero costume, The Joker, and we look forward to assisting him achieving his new goal.

February is birthday month for quite a few of our participants and I'm sure everyone is looking forward to the celebrations and, as usual, the birthday cakes.

**Amanda Mallett**  
Independent Services





## Como Crescent - Supported Accommodation

The participants at Como had a lovely end of year 2021 and started 2022 on a good note.

Christmas was an amazing opportunity for both Ben and Jacob to host their families for a breakfast and lunch. This followed the idea of both participants to install decorations to ensure the house portrayed the season.

Ben took his time to decorate his Christmas tree and often went to the tree when he first woke up to reposition or change the look depending on how he felt it should look that particular day. This was an amazing expression and it was lovely to see the changes that Ben came up with throughout the season.

He was really looking forward to Christmas from the start of December and was counting down the days until Christmas Day, often noting what he would love to receive as presents.

Ben got some Dancing Care Bears and Sweet Dreams Care Bears for Christmas gifts and has named those as part of his Care Bear collection.

Terry, who is Ben's advocate, organised a couple of gifts for Ben and spent time celebrating with him on Christmas Day.

This was a wonderful experience for both Ben and Jacob.

Jacob was expectant of the goodies the Christmas season brings as well as the love it radiates. He had a Christmas tree gift which he kept very close to his bed through the period.

His mother and siblings came to the house to celebrate with Jacob and playing host to them for the first time was an amazing experience for Jacob.

Michelle, who is Jacob's mum, has been supportive of him as well as the team at Como by ensuring that quality service delivery is maintained.

Michelle and Terri seem very happy with the support team and the successes achieved to date. They both commended the team and assured them of their continuing support.

Jacob had his COVID-19 booster shot in January and is beginning to accept the use of mask in his day-to-day engagement in the community.

**Sam Atoyebe**  
**Team Leader**



## Independent Services - Dressing for Success



Our Independent Services' crew has been busy honing their dressmaking skills at the start of 2022.

Linda (pictured left) was happy to show off the shirt she had made and Robyn (pictured right) created a very smart dressing gown.

Robyn and Linda cut the pattern and material themselves which strengthened their fine motor skills.

Once the cutting process was complete the ladies worked on developing their sewing skills by sewing all the parts together.

Well done ladies, and we cannot wait to see what else you produce.





## Bumper growing conditions for our green thumbs



Perfect growing conditions have allowed the Chant Street gardening group to harvest an abundance of tomatoes so far this summer.

Participant David was only too happy to show off their haul. Many of the tomatoes have already been bottled by participants to be used in the Independent Services' cooking program.

Gerard is another one of our participants who is an avid gardener and he is pretty pleased with the progress of his corn!

## Lyne House - Respite Accommodation



Lyne Respite participants helped prepare the Social Club Christmas-themed event which involved cooking for 20-plus people and organising a Christmas Choir to come and sing on the night.

Everyone who attended loved singing and dancing along to the carols.

In recent weeks we have made the most of the beautiful Tassie weather with trips to the beach, the zoo, Grindlewald and the Lavender farm.

The bouncing pillow and paddle boats at Grindlewald were a huge hit with the participants, as was checking out all the animals at the Trowunna Zoo.

Everyone is hoping the sun stays out because we have lots more adventures planned over the next couple of months.

Lyne Respite was very busy leading up to Christmas with participants actively getting involved in putting together their display for the annual St Michael's Christmas Dinner. Everyone enjoyed getting the arts and crafts out and painting and decorating the display.

We didn't win the prize for the best display, but as far as the participants were concerned ours was a winner.

**Jodie Beveridge**  
Respite Coordinator





## Hawthorn Street - Supported Accommodation

Hawthorn has been a little quiet throughout the last month with participants spending some time away visiting loved ones over the Christmas break.

Both Zac and Sarah said they had a lovely time with their families.

Since returning it has not taken long to get back into a routine and start connecting with the world around us.

Given the current COVID-19 climate, it can be a daunting time, but this has not stopped Sarah! She is up and about participating in her chosen activities daily.

Once Sarah makes a commitment, there is no holding her back. She is very excited to be coming up to her long service leave at her workplace, Self Help, in the near future.

Zac, our newer participant, has been settling in at Hawthorn for a few months now.

He has found his feet and Hawthorn really feels like home.

Zac is enjoying having a kitchen to create lovely meals, his very own bathroom and the opportunity to learn new skills such as operating the washing machine.

Sarah has really enjoyed the company of

having another participant move in to Hawthorn.

This new development has gone smoothly and we are all so happy to see the process evolve. Go Hawthorn!

Zac is currently in the process of finding where he fits best and is testing out various activities.

He is thoroughly enjoying walking group and games night, looking forward to the basketball group starting soon and is very eager to take part in a fishing group!

Hawthorn had a wonderful time preparing a cake for St Michael's one and only Heath the Maintenance Man!

The pair took great delight in decorating this fine cake in biscuits, frosting and all sorts of mixed confectionery with the finishing touch being a lovely Happy Birthday banner.

This cake really came up a treat. A big happy birthday to Heath from Hawthorn.

The fine motor skills utilised by the participants whilst mastering this work of art was incredible and we are all so proud of Zac and Sarah.

**Yohana Fulton**  
Team Leader



## Baker House - Supported Accommodation

The Christmas season was a quality time for the participants at Baker House.

Both Brandon and Liam spent time away with family and the experiences are still being shared.

Liam started his holiday with his grandmother, where he gets the best treats every second weekend, to keep the bond that has been built over many years.

On his return Liam was interested in reconnecting with his father, after several years.

The pair have been building their relationship and catching up with events both have missed out on.

Brandon had a trip away with his Mum and shared the story of his experiences and adventures on his return.

He has continued to build consistency on the path to becoming more independent,

Brandon, pictured left, is looking forward to going to work at Self Help and working in the workshop with his friends.

He also recently started sketching what his dream house would look like and had included in the structure separate compartments for staff members as well as his Mum.

**Sam Atoyebe**  
Team Leader



## St Michaels Training

Well here we are 2022, how time flies when you're having fun.

I would like to recap our 2021 achievements, with more than 2500 learners completing training with us across the following programs:

- CHC33015 Certificate III in Individual Support
- CHC43115 Certificate IV in Disability
- TLI11215 Certificate I in Warehousing Operations,
- MSM20116 Certificate II in Process Manufacturing
- CHCSS00081 Induction to Disability
- CHCSS00098 Individual Support - Disability Skill Set
- Report Writing
- Leadership
- Mental Health
- Food Safety
- First Aid/CPR
- Medication Endorsement

Our renovations at George Street were completed and we now have some great training spaces.

Our team gained two new members, Sophie Guy as Administration Trainee and Mick Brodie as a Trainer and Assessor.

In September 2021 we were announced as the 2021 Tasmanian Training Provider of the Year, a recognition we are extremely proud to have achieved.

We have, again, been successful in gaining funding through the Skills Fund and the Apprentice and Trainee Training Fund (User Choice) for 2022 programs so that we can continue to provide quality training to the disability sector.

We are looking forward to strengthening our partnerships with our clients and another exciting and successful year.

**Kim Dean**  
RTO Manager





## Service offered at St Michael's - All NDIA Registered Supports

**Support Coordination** - 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 am to 3pm 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 3pm to 9am 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 and Group Homes** - There are a number of facilities located on site and in the broader community. Services provide 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 programs operate 7 days a week and conditions apply for eligibility.

**Social Club** - Social Club is held in the hall at STMA every second 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

Skill sets offered include:

- CHCSS00081 Induction to Disability
- CHCSS00098 Individual Support - Disability
- CHCSS00070 Assist Clients with Medication Skill Set
- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID011 Provide first aid
- Food safety / Basic Cookery
- Report Writing
- Leadership
- Mental Health

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## Sweet and sour crunchy pork salad

### Ingredients

- 95g (1/3 cup) plum sauce
- 2 tbsp soy sauce
- 1 tbsp rice wine vinegar
- 1 garlic clove (crushed)
- 500g pork fillet
- 400g red cabbage, finely shredded
- 175g baby capsicums, thinly sliced
- 300g pineapple, peeled, cut into wedges
- 150g sugar snap peas, blanched, sliced
- 50g fried noodles
- 2 green shallots, thinly sliced

### Instructions

#### Step 1

Preheat the oven to 220C/200C fan forced. Grease a baking tray and line with baking paper. Combine the plum sauce, soy sauce, rice wine vinegar and garlic in a jug. Place the pork fillet on the prepared tray. Season and brush with 2 tbs marinade, reserving the rest to dress the salad.

#### Step 2

Roast the pork for 15 minutes or until just cooked through. Cover and set aside for 5 minutes to rest. Thickly slice the pork.

#### Step 3

Combine the cabbage, capsicum, pineapple and sugar snap peas in a large bowl. Drizzle with half the reserved dressing and toss to combine.

#### Step 4

Arrange sliced pork over the salad and drizzle with remaining dressing. Serve topped with noodles and shallots.



Recipe courtesy of taste.com.au

## Barbecue steaks with spring peanut salad

### Ingredients

- 4 beef scotch fillet steaks
- 1 tbsp peanut oil
- 1/2 green oak lettuce, leaves separated
- 1 avocado, stoned, peeled, thinly sliced
- 200g red and gold Perino tomatoes, halved
- 1 cup (80g) bean sprouts
- 1/3 cup mint leaves
- 1/2 cup coriander leaves
- 1 long red chilli, thinly sliced (optional)
- 2 tbsp rice vinegar
- 2 tsp finely grated ginger
- 1 garlic clove, crushed
- 2 tbsp peanut oil, extra
- 1 tbsp sweet chilli sauce
- Copped toasted peanuts, to serve
- Fried shallots, to serve

### Instructions

#### Step 1

Preheat a barbecue grill or chargrill on high. Season the steaks. Drizzle with oil. Cook for 3-4 minutes each side for medium or until cooked to your liking. Transfer to a plate. Loosely cover with foil and set aside for 5 minutes to rest.

#### Step 2

Meanwhile, combine lettuce, avocado, tomato, bean sprouts, mint, coriander and chilli, if using, in a bowl.

#### Step 3

Place vinegar, ginger, garlic, extra oil and the sweet chilli sauce in a screw top jar and shake well to combine. Drizzle over the avocado mixture in the bowl.

#### Step 4

Divide the steaks and salad among serving plates. Sprinkle salad with peanuts and fried shallots to serve.

Recipe courtesy of taste.com.au





## A crafty addition to St Michaels Training

Usually in the workshop the participants will have a project of their own underway, which naturally becomes their main focus.

However, more recently the workshop has been receiving 'outside' orders, which is an opportunity for these participants to be involved in a group project and so reap different rewards.

A recently completed planter box for St Michaels Training was a perfect example of this.

Four participants spent time working on this piece, and they were all satisfied with the result as it neared completion.

They had a strong sense of pride in the completed work, which was in evidence when they were critical of each other's work standards, of course always in a constructive way.

Participants don't hesitate to offer suggestions which are always taken on board.

The workshop currently operates one day per week, but I know many of the participants would love to spend more time tackling extra projects.

**Stephen Griffin**  
Support Worker



### 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.....

☐ One time ☐ Ongoing ☐ Monthly x \_\_\_\_ months ☐ Quarterly x \_\_\_\_ years ☐ Annual x \_\_\_\_ years

Payment options:

Cash in person at St Michaels Association office (22 Hoblers Bridge Road), EFTPOS via phone (6331 7651), electronically (BSB 017042 Account Number: 002398139), Cheque/Money order made payable to St Michaels Association Inc. or Credit Card

☐ Visa ☐ Mastercard Card Number

Expiry Date:

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

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

Details

Mr / Mrs / Ms / Miss First Name..... Surname.....

Address..... Suburb.....

Postcode..... Phone:..... Mobile:.....

Email:.....

## Highlights



### REQUEST A PIC

Have you seen a picture you like in this newsletter and would like to get a copy?

All you have to do is email [nigel.tapp@stmichaels.asn.au](mailto:nigel.tapp@stmichaels.asn.au) and we will send you one.

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An electronic copy of the picture will be sent to you within seven business days.



# Highlights





# Highlights





Highlights







## Contact Details

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### St Michael's Association

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Find us on Facebook for regular updates

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