

by St Michael's Association Inc.

From the Desk of the CEO



So far 2022 has proven to be both a challenging and transformative year.

The ongoing community transmission of COVID is continuing to cause disruptions to our services. Many of our team are being forced to isolate due to being deemed close contacts because of either their partner or children becoming COVID positive. This has maintained the pressure on our rostering team, with having to find replacements, often at very short notice.

Despite this, it has been wonderful in recent months to see two of our properties, namely our group home at Penquite Road and our Merton House, receiving much needed facelifts.

Our Penquite Road property has been fully repainted and new carpets laid throughout. All the windows have received new blinds, all flyscreens repaired and lighting upgraded. Paths have also been pressure cleaned. In the coming months a ducted heating/cooling system will be added as well as upgrades to wardrobes, the kitchen area, the ensuite bathrooms and laundry room.

Meanwhile at Merton House each room has received new carpet, new vinyl flooring in the ensuites and painted throughout. A water upgrade has been going on at the same time, and all rooms have been fitted with thermostatic mixing valves, so the hot water can be set to the correct temperature and a new rapid recover hot water cylinder was installed.

Each room has also had their electrical and television fittings upgraded and new LED lights fitted. Reverse cycle heating/cooling units have been replaced in all rooms and all blinds replaced. The replacement of doors and wardrobe upgrades are planned for next financial year.

This work has been well received by participants and reinforces the importance of providing our participants with quality accommodation.

Other site works at Newstead have included repairing damage to the driveway area near Merton House, installing a better retaining wall so cars could be parked deeper in the parking bays and adding a concrete path so that the Como residents can enter the St Michael's grounds safely through their rear gate. You can read more about this project later in the newsletter.

As a result of the current works a small shipping container has been placed at the rear of the Newstead site and is being used

for temporary storage. It is anticipated the container will be in place for between three and six months.

In great news at Devonport, St Michael's has recently begun offering a much needed respite service on the North-West. There is a large demand on the Coast for this service, so local accommodation premises are being utilised while St Michael's progresses the development of a purpose built on-site Respite Centre within our existing building in Devonport.

Even though Easter has come and gone for another year, it did see an opportunity for our participants to come together for a social club special event on Easter Saturday. You can also read more about this event further on in the newsletter.

Innovation has always been at the forefront of how St Michael's goes about supporting our participants. In that vein I am pleased to advise that our ICT team has been extremely active in recent months and is currently undertaking a project to migrate our entire IT system to the cloud. In addition to saving money on the maintenance of our physical servers the transformation has the added benefits of allowing remote access to all files and services, enhanced security and improved manageability and monitoring.

While also on the subject of our IT systems, I am pleased to advise that the Board has approved a proposal to replace our existing Client Management System, Eziway, with a new and more appropriate system from MYP.

The new MYP system is a fully-integrated software platform that includes rostering, digital forms, client and staff information, human resources, NDIS billing and payroll.

It will also enable us to provide families and carers with more regular updates on how their loved ones are progressing against their stated NDIS goals.

The MYP Project Team will be working hard to migrate participant and staff details over to the new system. We are committed to having the new system fully operational by 31 August 2022.

I hope you enjoy catching up with all the news from around St Michael's further on in this newsletter.

Happy reading!

Mike Thomas
Chief Executive Officer

Introducing Rebecca Brown, Residential Coordinator



Rebecca Brown knows exactly why she became involved in disability care, and it is the reason why she has spent more than a decade in the sector.

Her son, Connor, has special needs and a desire to ensure people with disabilities receive what they need saw Rebecca transition to disability care soon after Connor's diagnosis.

"He is my inspiration," she said.

Rebecca spent many years working in New South Wales – specialising in supporting participants with high care and highly supported behavioural needs - before choosing to come home last year and join St Michael's as its Residential Coordinator in December.

But, it wasn't a simple move, not that there has been such a thing over the last two years with the impacts of COVID-19.

There were several months between accepting the position and finally being able to make the move because of travel restrictions.

However Rebecca and her two sons are now happily surrounded by family they rarely saw in the two years before arriving.

Rebecca is responsible for overseeing five group homes on the Newstead site and provides support to senior support

workers who are directly responsible for the group homes. She plans programs and works with the senior support workers on goal setting with participants alongside their clinical teams including occupational and speech therapists as well as other stakeholders including advocates and support coordinators.

The work also involves liaising with the NDIS and other staff to help participants further develop their life skills.

Rebecca also undertakes active support roles when required and see this as an important adjunct to her role.

"It certainly helps me to understand where team members are coming from when we are discussing any challenges they may be having."

Despite the constant demands on her time Rebecca insists she would not want to be doing anything else.

"It is exciting and different every single day. I also enjoy coaching staff and being able to help them develop their skills."

Rebecca said she is always happy to engage with family members to discuss the progress of participants.

"If people want to see me we can always catch up. Sometimes it is better to leave me an email message to let me know."

Penquite Road - Supported Accommodation

Gary has had a fantastic start to the year going to some of his favourite places.

He attended both the truck show at the Longford showground and a car show at Inveresk, activities which are of interest to him.

Gary also had lots of fun during his Westbury steam festival visit.

His regular day outings to the Gorge Lookout and Tiger bus rides provide Gary with an opportunity to socialise within the community.

Gary has successfully been able to achieve his goal of preparing a hot drink without any support and always enjoys participating in meal preparation and cooking.

He also continues to make regular home visits via the Redline bus.

Paul is busy maintaining his community garden at Invermay and is doing his best to get his sweet corn ready for his birthday.

He has also enjoyed a number of trips to Beauty Point with his parents.

Regular day outings, including to the car museum, provided Paul with an opportunity to socialise in the community.

Both Paul and Gary enjoyed a recent weekend trip to Low Head and also went to dinner at Rupert & Hound at Seaport.

Both are now looking forward to their upcoming birthdays.

Bimala Sapkota Disability Support Worker



Wise House - Supported Accommodation

In the last few weeks Vickie and Robyn have been busy keeping their unit tidy and clean.

They have also been continuing with cooking their meals and trying different dishes.

Both ladies invited Jen (Vickie's mum) and Ruth (Robyn's cousin) for dinner one night. They cooked a lovely meal which everyone enjoyed.

They also went to Kylie Barker's birthday party, which was held at the new barbecue area behind Wise House.

Vickie has started to go to NOSS craft activities on Tuesdays and gets involved with different crafts as well as meeting new people.

She has also been doing sticker crafts and card games on her tablet in her spare time.

Robyn likes to get dressed up and went to Stephen's birthday party at the Newstead Hotel wearing a tiara. She has been going to a number of different day services to add variety to her social network.

The ladies enjoy relaxing by watching their favourite television shows when they return from their programs during the day.

The pair certainly enjoyed Easter and all the chocolate that came with it!

Danielle Brown Support Worker



Day Program - Community Access



Although we have had to say goodbye to the longer and sunnier days of summer, that hasn't stopped our participants from accessing the community to build on their social interaction and community participation skills. Alice and Kevin have both been utilising their 1:1 support time to make the most of the good weather, focusing on improving their health by exercising and making healthier choices.

Our music program, led by Stephen, is back in full swing now operating out of the hall meaning the group can be as loud and as animated as they like! Even those who normally prefer to sit back and listen have begun to participate and utilise the different instruments we have on offer. The drums have even made a re-appearance!

We welcomed back Lara, after her extended break, and are pleased to see she is already making huge steps towards a goal she has had for a number of years. Previously Lara has been focussed on programs which were accessible via the Metro bus system only, as she was not willing to get into any of our vehicles. With the prompting of our dedicated support workers, we are pleased to share that Lara successfully got in an STMA vehicle and travelled to the program with the rest of the group. Well done, Lara!

With the weather starting to cool off, the craft program has become more popular and we are starting to see some fantastic pieces being created by our participants. Nick painted a vibrant horse (see picture above) for his bedroom wall at home, while others created Easter artwork for the centre. The program undertook many Easter projects for the participants to show off their artistic side and took their pieces home.

We look forward to sharing more from our participants next time, as we continue to support them to reach their goals.

Bec Atkinson
Acting Team Leader

Kenneth Court - Supported Accommodation



It has been another busy time for the participants at Kenneth Court who are making the most of warmer days as autumn settles in.

Nick has kept busy in the afternoons working in the garden with support to water the vegetables and pick the fresh tomatoes he has grown.

All of the housemates have been pitching in and helping to cook dinner throughout the week and using the tomatoes we've grown in salads and pasta sauces.

Both Nick and Stephen attended a Speak Out meeting and dinner in March, which featured a presentation by a police officer, who both men were very excited to see. They even scored some freebies which they enjoyed showing off to everyone.



Stephen celebrated his 53rd birthday in March and he chose to have dinner out at the Newstead pub with his friends to celebrate on St Patrick's Day.

He also attended the wedding of a friend recently and said his favorite part was dancing with the ladies.

Andrew is as social as ever and has continued attending events with his housemates, including church on a Sunday and Crossroads.

He has been testing out new recliners around town to upgrade his current armchair, and he can't wait to kick back and relax watching The Chase in his new chair.

Charlotte Hastings
Support Worker

Sayer Street - Supported Accommodation

The participants at Sayer Street have been keeping themselves busy, by continuing to work towards their own personal goals.

Sam is excited as he finally has had a chance to be the Dungeon Master (or narrator/storyteller) in the Dungeons and Dragons game, something he has been working on achieving for the past few months.

He has also been growing his collection of DVDs with all his favorite genres, especially animee.

Kevin has continued working on his goals of cooking, improving his vegetable peeling skills and maintaining his independence.

Both the young men are excited with the news that their home will be fitted with a new heat pump, just in time for the colder months.

This will also make the home more comfortable year round.

Christiaan Seddon-Campbell
Support Worker



Devonport - Community Access & Personal Support

As we come to the end of summer, we are reaping the rewards from our earlier work in the garden with a large crop of tomatoes being harvested.

Many days have been spent in the kitchen chopping, stirring, sterilising jars etc. as we have made large batches of relish to share with family and friends. A vast array of new skills and stories have been learnt throughout the process.

We have had many positive comments come back from families and carers with a lot of enquires from extended friends and families wanting to purchase any excess produce that we had.

This has provided an opportunity to purchase more seedlings to begin the winter crops.

With our weather starting to cool down we have recently made Bug Hotels for all the bees and bugs to spend the cooler nights in.

A lot of time was spent sourcing the best materials for the rooms.

The woodworking room was also put to good use as palings needed to be cut to size for the external walls of the hotel. Everyone had a great time cutting, sawing, drilling and gluing.

The hotels were made over a few sessions and the tasks were broken down for each person.

It was positive to see so many new skills being learnt and this activity has sparked an interest in researching other projects that can be made in woodwork over the cooler months.

In March we attended the HIVE at Ulverstone. This is in the newly built museum and it is a great experience for anyone who attends.

The HIVE incorporates an interactive planetarium, art gallery and science centre. It was an afternoon well spent and provided an opportunity to increase our knowledge in a hands on way.

Another benefit was that it created a platform for more in depth discussions about topics that wouldn't otherwise have been raised.

Carolyn Martens
Disability Services Manager





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In-Home Tenancy Support



Our resident speedway fan David has been attending every meeting at Carrick Speedway this season and his mum has informed us she gets a full rundown of the racing when they are on their outings together.

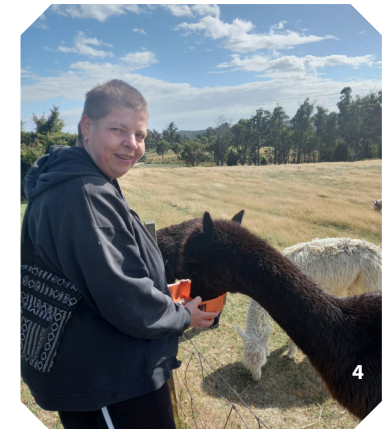
Nancy has been making the most of the good weather with her community access going to the Alpaca Farm to pet the residents. She also uses these times to do her shopping and pay bills as well as having morning tea and other meals out in the community.

Suzanne has been busy in the kitchen preparing meals with her support staff. She has been increasing her skills in the kitchen by learning new recipes and creating some exciting dishes from scratch, such as raspberry and apple crumble.



Theresa has been in respite, however her supports have been joining her and doing community access as well as some craft, making beautiful necklaces for her friends and her support staff. She takes much pride in her creations and sharing them with others.

Damian has been planning a holiday which he will be going on soon. This has seen him exploring parts of Tasmania through books and the internet and he has chosen where he would like to go and stay for his pending holiday.



Julian had a special visitor for a couple of weeks with his Mum joining him for a holiday in Tasmania. Julian spent some time travelling to places such as St Helens and joining other family members for outings. This has been such a special time for Julian and we all look forward to his Mum visiting again.

Lyn has also been a busy little beaver working on spring cleaning (it's never too late) to ensure her unit is presented beautifully even with her busy lifestyle.

Trish Wrigley
Personal Support Coordinator



Audit + Assurance

Self-Managed Superannuation Funds

Financial Reporting

Bookkeeping

auditing & accounting

SOLUTIONS

Independent Services - Community Access



Our gardening crew has grown a lovely big crop of juicy tomatoes this season.

As the tomato plants are finishing Stephen has been busy clearing and mulching the beds for the next crop of vegetables to be planted.

They have similarly been trying to keep up with the large volume of passionfruit which has been ripening on the vines.

Everyone has loved the chance to taste the fruit fresh out of the garden.

The cooking program has been cooking up a storm with culinary delights including risotto, spaghetti bolognaise, gnocchi, pancakes and lamingtons.

Participants have also been taking the wonderful produce from the garden and making bottled tomatoes and vegetable sauce which will be used throughout the year.

In the golfing program participants have continued to enjoy the prolonged warmer weather with a chance to get more practice in before winter arrives.

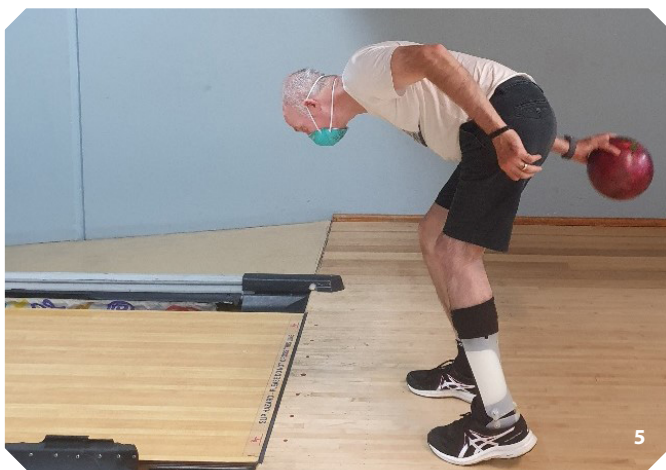
Participants have worked on their long game at the driving range and putting on the greens.

Friday afternoon has seen the bowling program grow in popularity with fierce competition between Elaine, Alistair, Mandy and Paul.

It has been great to see the competitiveness of all participants - not only among themselves but also when taking on the staff.

Congratulations are shared each week with the winner.

Georgina Jones
Support Worker



Como Crescent - Supported Accommodation

It has been a very cruisy start to the year for both Jacob and Ben.

They have both completely settled into their new home now and are embarking on a variety of activities throughout the week.

Jacob has been progressing in his goal of grocery shopping, and becoming more motivated to stay on task. He chooses items from the shelf for both his home and personal items with staff assisting him stick to the grocery list.

He now engages more at medical appointments, with much more patience being shown while waiting for the doctor to see him.

Jacob is always excited about attending his day placements, where he enjoys engaging in the community.

He particularly enjoys music sessions, cooking classes and going out for a drive.

Ben has started attending a new Day Program every Monday where he receives one-on-one support and likes participating in community activities.

He attends the St Michael's Day Program for the rest of the week and undertakes various activities with his favourites being walks and computer time.

Ben is always the first to put his hand up when posters require laminating.

Whilst at home Ben enjoys his personal space, making the most of the spare rooms, playing games, jigsaw puzzles and sorting/stacking his various collections.

Ujwal Magar
Support Worker



Walking group gets together on Mondays



The Monday walking group is back out pounding the pavement as it prepares to participate in the Launceston Ten on June 12.

Richard Nicholls leads the group with participants choosing either a 1 km or 2 km walk each week.

He said all participants had been showing great enthusiasm and took the opportunity to have a bit of a chat as they walked.

The group gets together at the shelter area near Merton House at 4 p.m. each Monday.

Anyone is welcome to join and you can call Richard on 0478 149 052 for more information.



A special achievement for Lyn and Jo

Our two resident ten pin bowls champions have made it to the Special Olympics.

Well done to Lyn and Jo (pictured right). We are so proud of their success and we are sure their families are as well.

These ladies are the best of friends and their achievement, given their very busy lifestyles, is nothing short of amazing.



Lyne House - Respite Accommodation



Well summer has officially gone but what a great one we have had here at Lyne House with all the outdoor activities the participants at respite have been enjoying.

One of the favourites has been packing up the esky and heading to the beach for a barbecue.

The participants love getting involved with choosing foods and snacks to take along.

The new Scottsdale swimming pool has also been a big hit with participants especially with all the amazing sunshine we have had this summer. And we can't forget to mention the Tasmania Maze with all its fun activities!

We had a special birthday party for Bradie-Lee, who celebrated her 16th birthday.

She absolutely loved all the presents, decorations and especially the ice cream birthday cake.

The participants are engaged in facility-based activities and staff have been supporting the participants to learn and expand their cooking skills in the kitchen, which includes evening meal preparation. Everyone has done an amazing job following instructions and gaining skills they can use outside of respite.

The fun doesn't just happen on the weekends.

We have recently started up a group that goes to the Aquatic Centre on Wednesday and Thursday afternoons to have a paddle in the pool and then a relax in the spa which is being very much enjoyed.

Everyone at Lyne is looking forward to what adventures may come our way over the next few months and we cannot wait to share them with you in the next newsletter.

Mariah Cornick
Support Worker

Hawthorn Street - Supported Accommodation

At Hawthorn over the last few weeks Sarah has been focussing on learning about healthy eating and exercise to maintain a healthy lifestyle.

She has become aware of the importance of avoiding sugar in day to day food options for a positive overall health state.

Sarah has also been showing more independence every day, with the assistance and encouragement of staff.

Some examples of this have been carrying her own dinner to the lounge and counting out her own change at the supermarket when purchasing grocery items.

Sarah has continued to participate in her weekly commitments such as bowling and mosaics, and has shown she is very reliable.

Zac has said he is "settled in" at Hawthorn now and has begun to call it 'home.'

He spent a recent public holiday with staff doing his favourite pastime, fishing. Zac said it was a wonderful way to spend a public holiday!

Zac is such an easy going young man and it is wonderful to spend time around him. Such a great conversationalist, Zac is always happy to crack a joke and really brightens up the room.

Hawthorn has such a lovely relaxed atmosphere. We have a fantastic team of staff and participants, and the energy in the house is very positive.

Yohana Fulton
Team Leader



Baker House - Supported Accommodation

Brandon has settled in to being alone in his unit with his housemate having moved away.

He has been working with staff to keep himself busy with chores, cooking and working on his day program activities at St Michael's and Living Without Barriers.

While at home Brandon has made use of the in-home devices to keep his knowledge of new music and motor vehicles up to date.

Without his housemates around Brandon is making more of an effort to keep in contact with other people living in nearby units, while also making the most of the good weather to go on evening trips for barbecues and interesting events around town.

During the week he is pretty busy trying to get his career going by making contact routinely with an employment agency.

His outings also include visiting his favourite motorcycle dealerships and a variety of active and fun Launceston sites.

His activities at St Michael's during the week includes bike riding, music and sport.

Brandon is always willing to support others,

giving them a hand with musical instruments or helping them to learn how to shoot or dribble a basketball.

Brandon has worked on his literacy and numeracy in fun and topical sessions relating to his interests in music and motor vehicles.

He also follows his favourite internet influencers.

Working on these skills has also helped him to relax away from his electronic devices.

He also has the opportunity later in the week to go to LWB, another area where he is supported to develop skills in art and hip hop music. Brandon is well supported there and always arrives home with a smile.

On the weekends Brandon catches up with his Mum and they travel around the State, and local spots around town. His favourite lunch time spot is Subway.

Hopefully in the near future he will get a chance to wear his new work clothes and enjoy a little more independence.

Danny Johnston
Support Worker



St Michaels Training

We have had a busy start to the year with a number of new programs commencing including two new groups in the Certificate III in Individual Support with one in Devonport and one in Launceston.

We have commenced and completed Food Safety programs and commenced programs in Mental Health.

Trish King joined us in March as a Trainer/Assessor based in Devonport.

She brings many years of disability experience and knowledge to the role and we are pleased to have her as part of the team.

We attended the Launceston Chamber of Commerce 2022 Spirit Super Business Excellence Awards dinner in March, as a finalist in the Professional Services Excellence category.

Whilst we didn't win, we were extremely honoured to be a finalist in such a highly contested category.

Kim Dean
RTO Manager



Site works completed



Site works have been completed as part of the annual care and maintenance budget for the Newstead site.

The work included repairing damage to the driveway near Merton House, installing a better retaining wall so cars could be parked deeper in the parking bays and adding a concrete path so that the Como residents can enter the St Michael's grounds safely through their rear gate.

Improved spoon drainage has also been installed on the Merton House side to help water drain away and the opportunity was taken to install a footpath to the front fence for improved resident safety.

A speed hump of a less extreme nature was also installed and all parking bays have been remarked and bollards and vehicle parking stops installed.

Reserved parking signage completed the project.

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 9am 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 an event specific gathering on a Saturday night from 6 pm to 9.30 pm. This is a time for participants 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.

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

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



One-pan creamy garlic prawn risoni

Ingredients

- 50g garlic butter
- 2 tbsp olive oil
- 550g peeled green prawns, tails intact
- 1 leek, thinly sliced
- 2 tsp Dijon mustard
- 200g (1 cup) risoni pasta
- 375 ml (1 1/2 cups) chicken style liquid stock
- 125 ml (1/2 cup) white wine
- 300 ml thickened cooking cream
- 1 tbsp chopped parsley leaves
- Lemon wedges, to serve

Instructions

Step 1

Heat 20g garlic butter and 1 tablespoon oil in a large frying pan over medium-high heat.

Cook the prawns in two batches, for 2-3 minutes or until golden and cooked through. Transfer to a plate and set aside.

Step 2

Reduce heat to medium and add remaining oil to pan. Cook the leek for two minutes or until soft.

Add the mustard, pasta, stock, wine and cream. Stir to combine. Bring to the boil. Cook, stirring occasionally, for 10 minutes or until pasta is tender.

Step 3

Preheat grill to medium. Scatter prawns over pasta and dot with remaining butter.

Cook under grill for 2 minutes or until butter has melted. Sprinkle with parsley. Serve immediately with lemon wedges.



Recipe courtesy of taste.com.au

One-pot Italian beef and gnocchi casserole

Ingredients

- 2 tbsp extra virgin olive oil
- 800g gravy beef, diced into 4 cm pieces
- 1 large brown onion, chopped
- 1 large carrot, chopped
- 1 zucchini, chopped
- 2 celery sticks, chopped
- 3 garlic cloves, crushed
- 2 sprigs fresh rosemary, plus extra small sprigs to serve
- 1 cup dry red wine
- 700g bottle tomato passata
- 2 beef stock cubes, crumbled
- 1 cup water
- 500g packet gnocchi

Instructions

Step 1

Heat half of oil in a large saucepan over medium-high heat. Cook beef in two batches for five minutes or until browned all over. Transfer to a heatproof bowl.

Step 2

Heat remaining oil in same pan over medium heat. Add onion, carrot and celery.

Cook, stirring, for five minutes or until vegetables are starting to brown. Add garlic, rosemary and bay leaves.

Cook for one minute or until fragrant. Add wine. Cook for 2 minutes or until reduced by half. Add passata, stock cubes and water. Bring to a simmer. Return beef to pan.

Reduce heat to low. Cook, covered for 90 minutes or until beef is tender.

Step 3

Add zucchini and cook, covered, for five minutes or until zucchini is almost tender. Add gnocchi and cook, covered, for 5 minutes or until gnocchi is tender.

Serve topped with extra rosemary.

Recipe courtesy of taste.com.au



Social Club celebrates Easter in style



The Social Club held its first event for the year in April with participants joining in for the fun of an Easter celebration.

About 30 people gathered for an evening which included making Easter bonnets and also Easter Bingo.

Participants showed off their craft skills with many fantastic bonnets designed.

Emma was judged as the winner of the Easter bonnet competition.

Participants also took the opportunity to have their photo taken with the Easter Bunny, and we thank Richard for agreeing to fill that role throughout the night.

Social Club is a great opportunity for participants to get together and socialise during the year.

Among the events planned for 2022 are Christmas in July, the AFL grand final and Halloween.

Keep an eye out for more information closer to the events.



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

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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 and we will send you one.

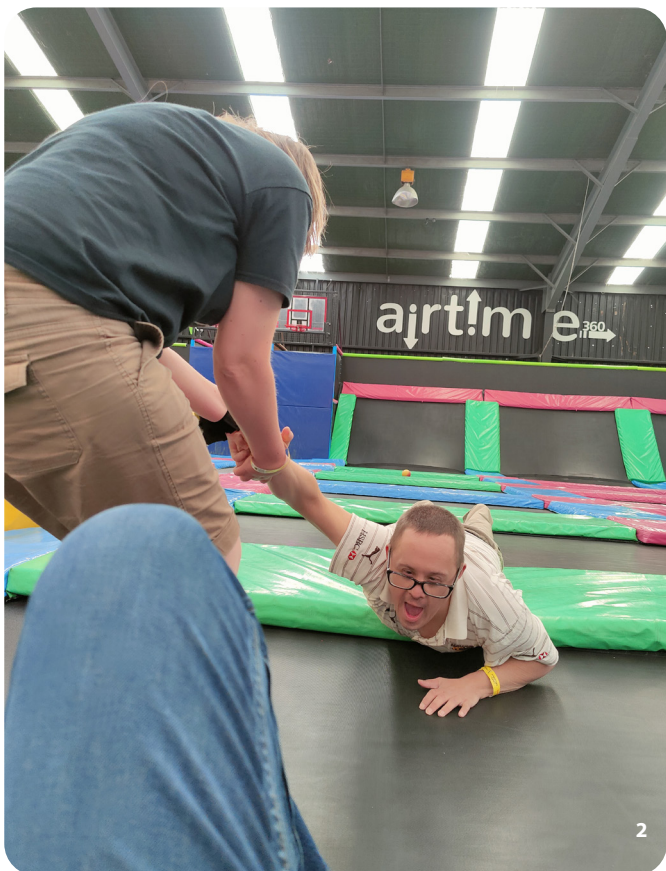
Just put Pic Request in the subject line and include the page number and picture number (located in the bottom right corner of the picture) .

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

Highlights



Highlights



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