



MOE LIFE SKILLS COMMUNITY CENTRE

# THE VOICE

Edition 2 2017

## Contacts

### Postal Address

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Moe 3825

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### High St

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MOE 3825

Phone 51277999

### Parer Avenue

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MOE 3825

Phone 51273999

### Postal Address:

Remember when  
posting anything  
to us our  
address is



P.O. Box 761  
Moe 3825

## Inside this issue:

NDIS Parent Forum

NDIS info

Anzac Day Moe

Movie Review

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Australian History

Do you want to learn more about the NDIS and what it will mean for you and your family?

MLSCC is holding a forum for parents and family members about the NDIS. This will be a great opportunity to hear and discuss up to date information.

**Date: Wednesday May 10th**

**Time: 7.00pm to 9.00pm**

**Venue: High St**

David Craig from VALID will be facilitating the forum and MLSCC will provide a fabulous supper.  
RSVP on 51277999 for catering purposes.

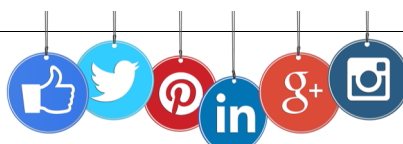
Hope to see you there

#ndisready

## COMING EVENTS

MLSCC Holiday	Centre closed	Monday April 24
Anzac Day	Centre closed	Tuesday April 25
NDIS Family Forum		Wednesday May 10th 7.00 to 9.00

#NDIS



#NDIS



*Achieving Goals & Aspirations*

### Vision

To empower people with disabilities to fully exercise their rights and responsibilities as contributing citizens

### Mission

MLSCC will enable people to achieve their goals and aspirations by:

- Encouraging life long learning
- Providing a supportive and stimulating environment
- Offering experiential learning opportunities
- Being open to change
- Developing self-advocacy skills & using person centred planning

## Footy Tipping

Matt	23
Wendy	22
Nick M	21
Wayne	19

Don't forget to put your tips in each week

Who is your favourite team?



## What's been happening at Life Skills?

Please let us know if you would like to receive The Voice by email.  
Contact [luana@moelifeskills.vic.edu.au](mailto:luana@moelifeskills.vic.edu.au) with your name and email.

*There is no staff support until 9.00 in the morning at High St, Parer Ave and Performing Arts.*

You can make a complaint if you are unhappy with the service you receive from Moe Life Skills. You can talk to the staff and they will let you know what to do or you can contact the staff at the Disability Services Commissioner

More information can be found at [www.odsc.vic.gov.au](http://www.odsc.vic.gov.au) or check out their Facebook page or phone 1800677342



Reminder to ring the office if you are going to be late, cant come in or are unwell on 51277999



Check out our website for more information about Moe Life Skills, Newsletters and Program reports

[www.moelifeskills.vic.edu.au](http://www.moelifeskills.vic.edu.au)

# #NDIS

## MLSCC Board of Management News.....

If you would like information regarding matters to do with the BOM please feel free to contact Deidre Carmichael on 51274525 or email [dsmcarmichael@gmail.com](mailto:dsmcarmichael@gmail.com)



### **Anzac Day @ Moe RSL Tuesday 25<sup>th</sup> April 2017**

Dawn Service: will commence 6.00 am at the cenotaph at the conclusion of the Dawn service.

Everyone is welcome to join us for breakfast in the Function room for a gold coin donation.

Lunch: All Service and Affiliate Members of any RSL who would like to enjoy a hot roast lunch after the main services can do so for \$10 in the members lounge.

Football: Collingwood vs Essendon will be on the big screen from 3.00pm

**April 25th 1915 Australian soldiers landed at ANZAC Cove on the Gallipoli Peninsula in Turkey**

**LEST WE FORGET**



## **Spinach Lasagne**

### **Ingredients:**

500g spinach chopped  
500g grated light tasty cheese  
3 cloves garlic  
1 brown onion  
1 800g tin diced tomato  
400mls light sour cream  
1 packet lasagne sheets  
Salt & pepper to taste  
Basil

### **Method:**

#### **Salsa mixture**

Chop up onion and garlic into small pieces  
Add a little oil to saucepan to heat up  
Add onion, garlic and sauté  
Pour the tin of tomato into the saucepan  
Add salt & pepper to taste  
Heat for 5 minutes until thick

## **Spinach mixture**

Place spinach sour cream & cheese into a bowl a mix in well

### **Directions**

Pre heat oven 180  
Spray baking dish  
Place a small amount of sauce in the bottom of a lasagne pan  
Place a layer of lasagne sheet  
Place a layer of spinach mixture  
Place a layer of salsa mixture  
Repeat all these steps and at the top place a layer of grated tasty cheese  
Place in the oven for 30 mins or until cooked





### **Batman v Superman**

I like Batman v superman it is a very good movie. I like Superman and my favourite characters are Lois Lane and Batman

Batman and Superman have a fight and it is pretty violent but I like it.

I won't tell you what happens you will need to watch the movie yourself!

Reviewed by Chris B



### **Karate Kid III**

Some of the characters are Mr Miyagi and Daniel LaRusso.

Daniel learns karate from his teach Mr Miyagi.

Mr Miyagi is from Okinawa in Japan.

At the end of the movie Daniel fights a boy who picks on him during the movie. Daniel wins the karate fight.

I have watched it heaps of times

Reviewed by Andrew P





This is a lovely verse for Anzac Day

Watch it here on you tube:

<https://www.youtube.com/watch?v=xRqp0dmss9Q>



# **I AM AUSTRALIAN**

**AS RE-WORKED FOR ANZAC DAY BY BRUCE WOODLEY**

## **VERSE 1**

I hear the trumpet calling as clear as a bell  
Sounding over bloody fields, so many young men fell;  
At the dawn we honour them,  
Each and every one,  
Lest you be forgotten, our brave Australians.

## **VERSE 2**

I am every Australian who answered freedoms call,  
To leave their homes and loved ones and fight on foreign shores;  
At Gallipoli and Lone Pine their legend was begun  
I am the unknown soldier, I am Australian.

## **CHORUS**

We are one, but we are many  
And from all lands on Earth we come.  
We share a dream and sing with one voice.  
I am. You are. We are Australian.

## **VERSE 3**

Your sons and you daughters are now marching by your side;  
They carried your battle flags and say your name with pride;  
Your courage and your mateship, in all of us lives on;  
I am the Anzac spirit, I am Australian.

The next Gippsland Groovers dance is on this Friday April 21st at Moe RSL club, starting at 7.00pm Get your good dancing shoes and on come on down for a great night.



## Australian History

Kathryn has been researching Australian History and we will include interesting facts in each edition.

### **1851 July 1**

The Victorian gold rush started when gold was found at Summerhill Creek and Ballarat.

### **1859 August 6**

Australian rules football codified, Melbourne Football Club founded

The Victorian Football League was established in 1896 and the following year the League's first games were played among the foundation clubs – Carlton, Collingwood, Essendon, Fitzroy, Geelong, Melbourne, St Kilda and South Melbourne.



Each week the newsletter group work hard researching information for articles, using the internet to find pictures, writing stories and working together to solve problems as they arise.

This year the Newsletter is put together by Kathryn, Chris, Andrew, Wayne, Georgia and Luana. We welcome all feedback and we really want to know what you like and



## **New Bus Timetable and Routes.....**

Starting on the 9<sup>th</sup> April

There will be changes to the Latrobe Valley Bus lines

These include some changes to old route services and added some new ones.

The life living Skills will program will be travel training learning about the new routes and how much difference it makes to old services.

We will be writing a review on our experience and thoughts for the Newsletter.

Remember to touch on and touch off with your MYKI card



# BIRTHDAYS



## May

1<sup>st</sup> David  
4<sup>th</sup> Heidi  
8<sup>th</sup> Heath  
12<sup>th</sup> Andrew P

## June

4<sup>th</sup> John  
10<sup>th</sup> Chris B  
17<sup>th</sup> Nick  
19<sup>th</sup> Cassandra  
27<sup>th</sup> Debbie



Halo

Bonjour

Ciao

Namaste

Nǐ hǎo

Selemat Pagi

**Hello or Good Morning !**

### 2017 Term Dates

Term 1 January 23 to April 12  
Term 2 April 18 to June 30  
Term 3 July 10 to September 22  
Term 4 October 2 to December 20

### Centre Closure Dates

Monday April 24 Holiday  
Tuesday April 25 Anzac Day  
Monday May 22 Staff Training Day





## **NDIS Information Session**

This information session is designed to help people with disability, as well as their families and carers, get ready for the National Disability Insurance Scheme which will commence in your area from 1 October 2017.

The session will cover topics such as:

- What is the NDIS and how does it work?
- What kind of support can I access through the NDIS?
- Accessing the NDIS
- The roll out of NDIS in the Inner Gippsland area

The session will be delivered in partnership with the Department of Health and Human Services (DHHS), Latrobe City, and Latrobe Community Health Services (our community partner). This is an opportunity for you to bring your questions along and have them answered by staff members.

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### **Moe Town Hall**

**Thursday 27<sup>th</sup> April 2017**

Session 1: 10:30am - 12:00pm

Session 2: 6pm – 7.30pm

Albert Street, Moe 3825

RSVP: <https://www.ndis.gov.au/news/events/vic.htm>

RSVP: For special requirement please send to [VICEAST@ndis.gov.a](mailto:VICEAST@ndis.gov.a)



Whether the NDIS is rolling out in your region tomorrow, in six months or in a year, you need to start getting ready now.

Pre-planning is vital to ensure you know exactly what you want and need before you have a program tailored to suit you.

Here are five tips to get ready for the NDIS:

1. **Assess your situation:** Write down your current needs, the current support you receive, anything else you require or would make life easier. Gather all the information you can about your disability including medical assessments and reports. If you don't have access to any records, don't worry, your NDIS caseworker can help you arrange them.
2. **Think ahead:** What do you want your future look like? Think about the perfect scenario, what you hope to achieve and any ideas on what you might need to get there.
3. **Day in the life:** Diarise a typical day or week in your life. Ensure you include any barriers you face, any support you receive etc.
4. **Network:** Where possible, try to connect with other people and families in a similar situation as you. Compare notes and seek various perspectives. This will help you better understand what others are doing, any things you may not have considered, or types of support you could also be entitled to.
5. **Research:** Become familiar with the language associated with the NDIS. Understand what the various components are and what certain terms mean. Keep up to date with information on our website. Start looking at providers in your area so you are familiar with who they are and their principles.

If you would like more information about the NDIS and Moe Life Skills please give us a ring on 51277999. We would love to hear from you.

