



MOE LIFE SKILLS COMMUNITY CENTRE

# THE VOICE

Edition 4 2017

## Contacts

### Postal Address

PO Box 761

Moe 3825

office@moelifeskills.vic.edu.au

### High St

2a High St

MOE 3825

Phone 51277999

### Parer Avenue

1-3 Parer Avenue

MOE 3825

Phone 51273999



ABOUT ▾

NDIS ▾

SUPPORTS ▾

SERVICES ▾

STORIES ▾

RESOURCES ▾

We have relaunched our new webpage and social media pages .  
Check out our website for more information about Moe Life Skills,  
Newsletters, Stories and information about the NDIS.

We would love to hear your feedback about our website.

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

### Postal Address:

Remember when  
posting anything  
to us our  
address is



P.O. Box 761  
Moe 3825

Check out our  
social media  
pages

facebook

twitter



LinkedIn

**The National Disability Insurance Scheme or NDIS  
started rolling out in Gippsland on October 1st.**

**Welcome to the NDIS**



## COMING EVENTS

Annual General Meeting	Wednesday October 25th
MLSCC holidays	centre closed
Monday November 6th & Tuesday November 7th	
Last day for students	Christmas breakup
Wednesday December 20th	

***Train you mind to see the good in every situation***



## Moe Life Skills Community Centre

Achieving Goals and Aspirations  
NDIS registered provider of quality education,  
training, disability and community services

### 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



The Newsletter crew work hard each Tuesday  
night to produce each edition of The Voice.  
They are starting to learn how to produce flyers  
using programs called 'Canva' and 'Poster My  
Wall'. It will be great to see what they make

## Notice Board



**Reminder if you are unwell please  
stay at home**

**Don't forget to ring the office if you  
cant come in or are unwell on  
51277999**

### ***Save the date.....***

Wednesday October 25th MLSCC Annual General Meeting  
All welcome

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

## 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)



Get to know the staff.....

### What's your name?

Bonnie Lai

### What do you like best about working at Moe Life Skills?

The people – including participants, staff and the Board – keep me coming back! Everyone is just lovely, we're all working towards the same goals, and it's a great place to work.

### Favourite place to live?

I love Hong Kong because that's where I grew up but Gippsland is really growing on me!

### I'm proudest of?

Building our new website from scratch! I love getting your feedback – keep them coming so we can continue to improve.

### Best vacation ever?

I have family in Hong Kong, Macau, Canada, USA and Korea (not in Australia) so any vacation that allows me to see any (or all) of them is a real treat! To date, my favourite vacation was the summer we stayed at Lake Tahoe, USA and the night we sat huddled under blankets watching shooting stars.

### What is your passion?

Food, travel, and our little cat Dexter J

### If a genie gave you a wish, what would you wish for?

For everyone to live long, healthy and happy lives!!



Andrew has been doing a lot of research on google about many things.  
Here are a few articles he has been working on .....

### John Peter Farnham

Born 1<sup>st</sup> July 1949 in Dagenham, Essex, England

Australian of the Year 1987

My favourite song is Playing to Win

### Michael Jackson

Born August 29 1958 in Gary, Indiana, Chicago

My favourite song is Thriller and Bad





***Don't forget to mark the date in your diary  
hope to see you there***

Friday  
November  
24th 2017

Adults

\$12

Child

\$5

Family

\$30

Moe Life Skills  
Curtains For Certain

# EUROTRASH 2017

Performance starts at 7.30  
Doors open at 6.30

Tickets from Moe Life Skills 2a High St,  
51277999 or at the door

**This is one of our favourite recipes here at Life Skills. Why not give it a try, with a glass of red wine or a beer.**

### **Chicken Sausage Rolls**

#### **INGREDIENTS**

1 cup (70g) fresh wholemeal breadcrumbs  
500g chicken breast mince  
1 egg, plus 1 extra lightly beaten egg  
1 zucchini, finely grated  
1 carrot, finely grated  
1/2 onion, grated  
1/4 cup chopped coriander leaves  
1/4 cup chopped flat-leaf parsley leaves  
4 sheets frozen puff pastry, just thawed  
1 tablespoon sesame seeds

Tomato or sweet chilli or sauce, optional, to serve

#### **METHOD**

##### **Step 1**

Preheat the oven to 200°C and line 2 baking sheets with baking paper.

##### **Step 2**

Process crumbs, chicken and unbeaten egg in a food processor until well combined. Place in a bowl, mix well with vegetables and herbs, then season.

##### **Step 3**

Place 1 pastry sheet on a floured surface and halve. Spoon an eighth of the mixture

lengthways along centre of each piece.

Fold 1 edge of pastry over and tuck in beside filling, then fold over other side to make a roll, pressing down lightly to seal.

Repeat with remaining pastry and filling.

Cut rolls into 3cm pieces and cut two small incisions into each roll to prevent splitting.

Place on baking sheets, cover and chill for 30 minutes. Brush with beaten egg and sprinkle with sesame seeds.

Bake for 25-30 minutes until the rolls are lightly browned and cooked through. Serve with sauce on the side.



Mr Laurie Harkin is the Disability Services Commissioner. The position of Commissioner is established under the Disability Act 2006, and is independent of government, the Department of Health and Human Services and disability service providers.

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



## Australian History

1991 December 20 Paul Keating replaced Bob Hawke to be the 24<sup>th</sup> Prime Minister of Australia

2006 September 8 Peter Brock died, aged 61

2014 October 21 Gough Whitlam, 21st Prime Minister of Australia died



### **What I do at Moe Life Skills**

By Wayne K

I learn how to use the internet

I go swimming and play basketball

I go to the Mens Shed and we talk about blokes stuff, make things and pull things apart

Socialise with my friends

I learn about Advocacy and speaking up for myself

The best thing I like about coming to Moe Life Skills are the staff, they are great

### BIRTHDAYS

November

12 Wendy

14 Paul B

15 Ronnie

16 Sharon

19 Julie-Anne

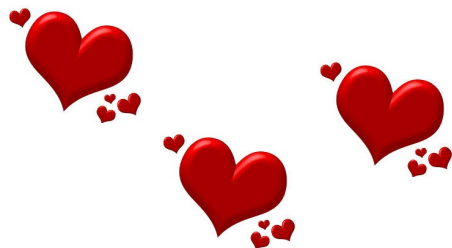
26 Irena

28 Simon

December

9 Jen

14 Stacey



A few nice words  
can help a person  
more than you think.

It was so sad about  
losing my mother  
She was great  
She used to help me  
She made plum  
pudding  
It was my favourite  
From Wayne

My life is mum  
She is my world  
Mum is the in my heart  
Mum is beautiful  
From Andrew P

My mum taught me to  
be kind to everyone  
She told me there are  
so many thing to do and  
places to see in the  
world  
From Luana



We have been learning about Virtual Reality (VR) and Augmented Reality (AR). We are part of a project called Gippsland Digital, the digital coach came to Moe last week and we had the opportunity to have a look and try some VR on the bus. Check out the Gippsland Digital Facebook page.....



## OUT AND ABOUT



### 2017 Public School Term Dates

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

### Important Dates

NDIS in Gippsland	October 1st
Annual General Meeting	October 25th
Curtains for Certain Performance	Nov 24th
Christmas break-up	December 20th

### Centre Closure Dates

Melbourne Cup holiday Monday November 6th & Tuesday November 7th

