



MOE LIFE SKILLS COMMUNITY CENTRE

# THE VOICE

Edition 4 2018

## Contacts

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Remember when  
posting anything  
to us our  
address is



P.O. Box 761  
Moe 3825

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TWENTY ONE YEARS

The last Friday in October saw the Drama performance at Moe Town Hall. Appropriately named '21 Years', for the 21st year of Curtains for Certain Drama group.

We saw the cast members deliver a fantastic show on the night.

Many thanks to the Moe Life Skills staff and our families who volunteered their time and expertise to make it a great night for us. It was great to see our wonderful audience enjoying the night.

Many thanks to Paul Dunn and Sam Price for their excellent photography and film work.

## COMING EVENTS

Last day for 2018	Wednesday Dec 19th
First day for 2019 for returning participants	Monday January 21st
New participants start	Monday February 4th

*The best way to spread Christmas cheer, is to sing it loud for all to hear*



## Moe Life Skills Community Centre

Achieving Goals and 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



## Moe Life Skills Community Centre

Achieving Goals and Aspirations

NDIS provider of quality education, training, disability and community services

ABOUT

NDIS

SUPPORTS

SERVICES

STORIES

RESOURCES

**Don't forget to find us at  
[www.moeliveskills.vic.edu.au](http://www.moeliveskills.vic.edu.au) for  
information, participant stories,  
The Voice editions  
and much more ...**



### 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)

### BIRTHDAYS

#### December

9<sup>th</sup> Jen D  
14<sup>th</sup> Stacey G

#### January

1<sup>st</sup> Chelsie  
2<sup>nd</sup> Helen  
8<sup>th</sup> Rachel J  
13<sup>th</sup> Carole  
25<sup>th</sup> Jack  
28<sup>th</sup> Samantha

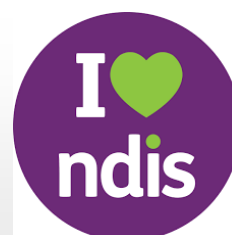
#### February

4<sup>th</sup> Trish  
4<sup>th</sup> Sue  
17<sup>th</sup> Michael S  
22<sup>nd</sup> Michael B  
28<sup>th</sup> Rosie



### **NDIS .....**

If you need assistance with your NDIS plan or want to find out about our programs please do not hesitate to contact our NDIS Planner Sharon Radford on 41443917 or 51277999. We look forward to hearing from you.



## Moe Life Skills AGM

The AGM was on Wednesday October 24<sup>th</sup>

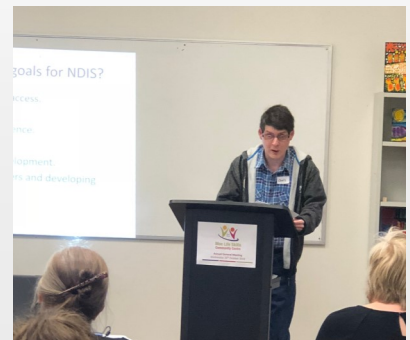
There were lots of people speaking at the AGM.

The guest speakers were Tania, Andrew & Chris.

Tania spoke about her story about how she lost her husband and then.... how she moved forward in life. It was really interesting to hear her story.

Andrew spoke about how he wrote a story about his community and entered it in a competition. He won the Dulcie Stone award for his story.

Chris spoke about his NDIS and how with his 1 on 1 support stepped out of his comfort zone and went to Melbourne Zoo, Aquarium, Museum and went on the Hop On Hop Off bus.



## Social Group

Our social group has been going to some productions this term. Some of the favourites have been The School of Rock and the Kylie show in Traralgon.

The movie school of rock was written by Mike White.

They also made it as a Musical that played at Her Majesty's Theatre.

Dewy trained the boys how to play rock stars and had a favourite song called stick it to the man.

By John Kelly

On Saturday the 3<sup>rd</sup> of November, we went to Melbourne to see The School of Rock

The people that went were Georgia, Lincoln, Andrew, Josh, Angela, Sally, Majella, Justin, Rosie and John.

The best part was when someone took a photo of us at the Orchestra Pit. It was a great day.

By Georgia Green





## A Few Words from the CEO....

As the year winds down, it is good to look back on what has happened, the people and events that have influenced and shaped the year, and what we think we have achieved.

To find out more, I encourage you to read the latest annual report, it will update you on the Organisation's performance, but more importantly, it features the amazing things people have been doing as well as some terrific action photographs!

Of course, the year cannot end without a mention of the National Disability Insurance Scheme (NDIS). The NDIS has featured highly for people with disabilities, their families and the service sector. It's new, it's big and we're all learning, as we continue to work with you, I am confident that we will see even greater benefits for people with disabilities and their families.

Looking ahead to 2019 will see the development of the Organisation's new strategic plan; the renovation of facilities and further development of the *high street community hub*. This year we opened a café at the Hub, it operates on Friday mornings from 8.30am -12N. I hope you will pay us a visit when we return in 2019.

Wishing everyone a very Happy Christmas and a safe and prosperous New Year.

Enjoy the holiday season, Carole B



## Chris thoughts about the performance.....

*What did you like best about the play?*

I like my character because he went on and on about a sponge.

*What did you find the funniest part in the play?*

The sounds of silence scene, where the witches put a spell on my character and I couldn't speak.

*How many costume changes did you have to do on the night?*

Two costume changes, David Chatterborough and Prince.

*What did you feel like up on stage?*

I was nervous but once I started my lines I was fine.

*What was the audience reaction of your part in play?*

They liked it and they loved it, people told me in the foyer.

*What things did you do on Thursday & Friday before the performance?*

I practiced my lines and acting. I messed up my lines at the rehearsal on Friday, Sasi helped me with them and then I remembered them for the performance.



## John thoughts about the performance.....

*What did you liked best about the play?*

I like the scene of Poppy. I was trying to pop the balloon on the right breast and it wouldn't pop, it was funny

*What did you find the funniest part in the play?*

Susan Pimple, when I was dancing to Don't Cha my wig kept falling off. It was funny but I kept dancing and acting.

*How many costumes changes did you have?*

I had two costume changes: One was Poppy and the other was Susan Pimple.

*What did you feel like up on stage?*

I loved being on stage, I enjoyed it a lot. I wasn't nervous, but my legs were shaking.

*What was the audience reaction to your part in the play?*

They clapping and cheering for me when I was on stage.

My Mum yelled out: Go John Go.....

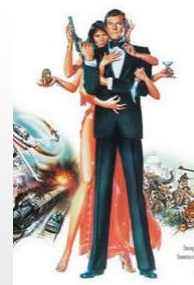
*What things did you do on Thursday and Friday during the week of the performance?*

We did have a rehearsal on Thursday and I forgot my lines. I stayed behind with Luana and Wendy and we went through them and changed them. I learnt the new lines on Thursday night.





I like watching the James Bond movie Octopussy  
 It was released in November 2015 in Australia and took over 800 million dollars around the world.  
 The best part of the movie is when James Bond is looking for the killer.  
 I love James Bond movies and I love the Bond girls.....  
 by Andrew



Name of movie: Enchanted  
 Main characters: Giselle, Robert, Phillip, Queen Narissa  
 Storyline: a princess got teleported into our world where there is no happily ever after.  
 How long does it go for: 107 minutes  
 My thoughts about the movie:  
 The acting was great.  
 The songs were brilliant.  
 I wish there could be more animated scenes, but the movie was good. In the climax, the princess rescues her one true love.  
 4/5 stars  
 By Rachel T



**One on One support has been very popular and tis great seeing people getting out and about. If you would like to use your NDIS for some one to one support, contact Sharon our planner.**

I have been to the Melbourne Show. I went on the giant sky wheel. I bought show bags. I had lunch with Sarah.  
 By Andrew

Every second Wednesday I go to Melbourne with Sarah. We went to Melbourne Zoo and we saw the animals there. We got the train there. We saw the animals that I liked .We also went to the aquarium was very good to see.  
 I saw the turtles and the jelly fish.  
 By Chris



### **Wayne's story about swimming on Tuesdays.....**

Every Tuesday Morning I bring in my towel & swim wear to Parer Ave to participate in the fitness for you program.

Ash takes 6 of us down to Newborough Rec Centre. We get bus number 14 from the Moe bus terminal that is in front of Coles Moe that takes us there.

I love going swimming and then playing basketball.

## 2018 Public School Term Dates

Term 1	Monday, January 29 2018 Thursday, 29 March 2018
Term 2	Monday, 16 April 2018 Friday, 29 June 2018
Term 3	Monday, 16 July 2018 Friday, 21 September 2018
Term 4	Monday, 8 October 2018 Friday, 21 December 2018

Please note these are not  
MLSCC term dates.

## Important Dates

Last day for 2018 and Christmas Breakup is  
on Wednesday December 19th 2018



## **Greek-style meatballs**

Serves: 1

Time to make: 30 mins

### ***Ingredients:***

125g lean lamb mince

pinch of allspice

2 tablespoons flat-leaf parsley leaves,  
chopped

1 teaspoon dried oregano

olive-oil spray

1 small brown onion, finely chopped

1 garlic clove, crushed

1 tablespoon no-added-salt tomato paste

400g can no-added-salt chopped tomatoes

1 1/2 cups mixed salad leaves

2 teaspoons balsamic vinegar

1 pk microwavable rice serve for one size.

2 tablespoons extra-light ricotta

### ***Method:***

Place mince, allspice, half of the parsley and  
half of the oregano in a medium bowl.

Wet hands and mix to combine.

Shape teaspoons of mixture into 6–8 small  
balls.

Spray a medium saucepan with olive oil and  
place over medium heat.

Add onion and garlic; cook, stirring, until soft.

Add remaining oregano with tomato paste.

Cook, stirring, for 1 minute.

Stir chopped tomatoes into mixture with 1/4  
cup cold water; bring to the boil.

Add meatballs to saucepan.

Reduce heat to low and simmer, uncovered,  
for 10–15 minutes, or until meatballs are  
cooked through and sauce thickens.

Follow direction of microwave rice to cook.

Place rice in a bowl and Top the rice with  
meatballs in sauce and ricotta, scatter with  
remaining parsley, season with cracked black  
pepper

