

THE VOICE

Edition 4, June 2022

newsletter

LifeSkills
Victoria Inc.

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Contacts

Postal Address

PO Box 761

Moe 3825

office@lifeskillsvic.com.au

High St

2a High St

MOE 3825

Phone 51277999

Parer Avenue

1-3 Parer Avenue

MOE 3825

NDIS

If you have any questions about your program or NDIS plan please contact Life Skills Vic on 51277999.



Special birthday celebrations for the 'Andrew's':



Andrew Szczepanek celebrated his 40th birthday recently. He is pictured here with John giving him some lovely flowers and a huge card—

Happy birthday Andrew S.

Andrew Prior celebrated his 50th birthday in May. (below) He said "People came to my 50th birthday party. I had a Bulldogs cake and decorations. We had a great day."

Happy birthday Andrew P.



And the quote is.....

'As you get older three things happen. The first is your memory goes, and I can't remember the other two. - Sir Norman Wisdom


Our Vision

A society where people with disability can fully participate and make a valuable contribution as citizens.

Our Mission

To make our community a place where people with disabilities, their families and networks are empowered through quality service, effective education and training and inclusive connections.

What's happening at LSV....



LIFE SKILLS VICTORIA-CURTAINS FOR CERTAIN DRAMA GROUP
FORMERLY MOE LIFE SKILLS COMMUNITY CENTRE
PRESENTS

LOOKING FOR ALICE

At last we can finally present a fun night of light entertainment and lots of laughter

Postponed

Friday May 20th 2022 | 7:30 PM
Moe Town Hall
Adults \$10
Children (15& under) \$5
Tickets at the door or from our head office at 2a High St
Moe Phone: 0351277999



Loy Yang B Power Station
Latrobe City
LifeSkills
Learn Local
Rotary

A
A

The LSV Board made the difficult decision to postpone the play "Looking for Alice". With the continued effects of COVID-19, increasing number of cases reported locally and the onset of the flu season there are too many variables for LSV to hold the play.

A big thank you to everyone who has contributed towards the preparation of the play so far

While we were all very disappointed, we anticipate that the play will run in October 2022 .

We will keep you updated!

'The show will go on' and we will STILL be Looking For Alice!

Pictured below are a few participants from 'Performing Arts' at the Hub. It sure looks like they are having fun.



Let's Get Cooking

COCONUT AND GINGER

PUMPKIN SOUP– recipe by Nourish Serves 4

You will need:

- 1 kilogram pumpkin – any variety will do
- 500 mL chicken broth or stock
- 250 mL coconut milk
- 60 grams fresh ginger (about 3-4 thumb sized pieces)
- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- 2 tbsp extra virgin olive oil for roasting the pumpkin – can also use coconut oil
- salt and pepper to taste



What to do:

1. Preheat oven to 180 C and line a large tray with baking paper (or use a non-stick tray).
2. Peel pumpkin and cut into even-sized chunks. Place on tray, drizzle over olive oil and toss around with your hands to coat. Roast pumpkin in the oven for approximately 45 minutes or until super soft and starting to caramelize at the edges.
3. While the pumpkin is roasting, peel the ginger and gather the rest of the ingredients.
4. Place cooked pumpkin, chicken broth/stock, coconut milk, ginger, cumin and cinnamon into blender jug. Blend until super smooth. Season with salt and pepper to taste.
5. To serve, heat a portion of the soup in a saucepan over the stove (or microwave the soup if that's more convenient for you). Enjoy!

Joker's Corner

Winter jokes....



Q. What do you call it when a snowman throws a temper tantrum?

A. A meltdown

Q. What did the icy road say to the car?

A. Do you want to go for a spin?



Q. What do you get when you cross a snowman with a vampire?

A. Frostbite

Reports and Reviews

Have you seen these 'fairy mushrooms' in your garden?

While they may look very cute, these mushrooms are actually toadstools.

They are called 'fly agaric, or fly amanita

The fungi are known to grow near evergreen trees. They can also grow under deciduous trees, like birch trees. This fungi was photographed growing in the grass under the birch trees in LSV, High St.



Even though they look like they have come straight out of a fairy tale, they are **toxic to humans and should not be eaten.**

Please wash your hands if you touch them.

Poisonous Mushrooms : Myths vs Facts. Report by Chris Bodley

Myth: *Poisonous mushrooms always have bright, flashy colors.*

Fact: Toxic species can be pure white or plain brown.

Myth: *Snails, insects or other animals won't eat poisonous mushrooms.*

Fact: Just because a mushroom doesn't hurt another animal doesn't mean it won't hurt you.

Myth: *Toxic mushrooms smell and taste horrible.*

Fact: Some say toxic mushrooms actually taste very good.

AFL ladder top 8 update, by Andrew Prior : 6th June.2022



- | | |
|--------------|----------------|
| 1. Melbourne | 5. St Kilda |
| 2. Brisbane | 6. Sydney |
| 3. Fremantle | 7. Carlton |
| 4. Geelong | 8. Collingwood |



Dates to remember:

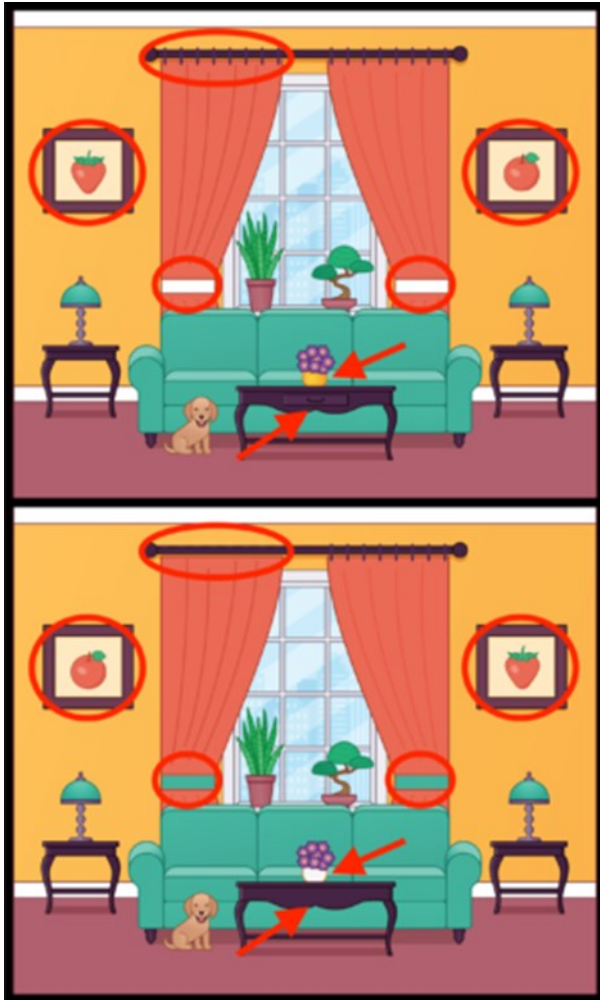
Life Skills Vic closure: *Monday 13th June*
(Queen's birthday holiday)

End of term 2: *Friday, 1st July*

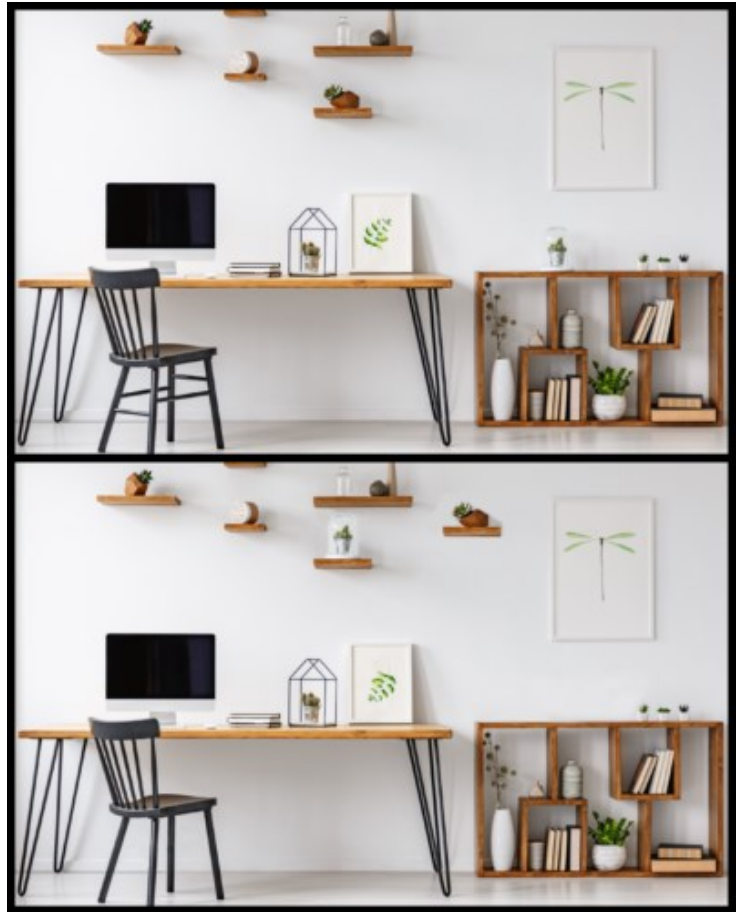
Term 3 commences: *Monday 11th July*

Something to get you thinking...

Answer to the last Newsletter puzzle.



Can you find the 5 differences in this puzzle?



Answers in next edition of 'The Voice'



To readers with
June
birthdays,
we hope you have
a great day!

Still
It's
OK
to complain

NDIS funded supports and services contact
[NDIS Quality and Safeguards Commission](#)
1800 035 544
contactcentre@ndiscommission.gov.au

LSV Board of Management

If you would like information regarding matters to do with the BOM, please feel free to contact Deidre Carmichael on 51274525 or email deehandbill22@outlook.com



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