

THE VOICE

Edition 7 September 2022

newsletter

LifeSkills
Victoria Inc.

Check out our social media pages

facebook



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NDIS

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



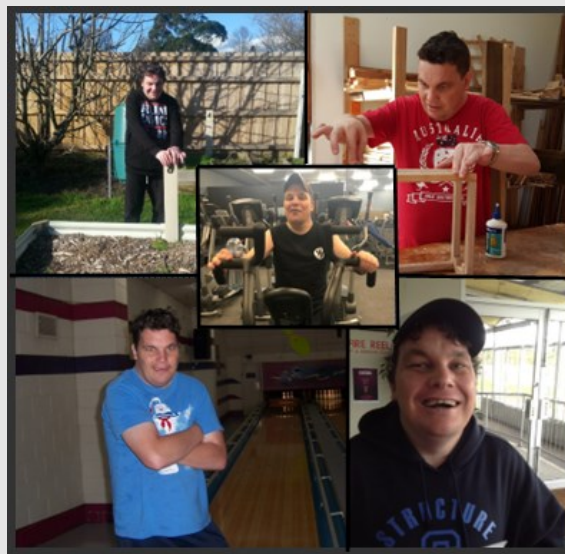
Tribute to Michael James Batten

Life Skills Victoria was deeply saddened to hear the news of a long standing client, Michael's passing in late August 2022.

Michael was well loved, respected and is fondly remembered as Batman by many of his LSV friends.

Singing and dancing in performing arts—his rendition of Sadie the Cleaning Lady was legendary. Getting his endorphins going in the Fitness 4U program and gardening—particularly in the garden at Parer Avenue alongside Stacey. These are all fond memories that we will treasure now and in the future.

He will be greatly missed.



22nd February 1979 — 20th August 2022

And the quote is..... (Marvel movie themed!)

"Do you know what is the greatest gift anyone can receive in his lifetime? The greatest gift we can receive is to have the chance, just once in our lives, to make a difference." – Stephen Strange (*Doctor Strange*)

Our Vision

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

Our Mission

To deliver quality services, education, and training to enable people to reach their full potential.

What's happening at LSV....

LSV's 2022 drama production

“Looking for Alice”

14th of October at 7:30pm.

Moe Town Hall

Tickets will be available at the door or you can purchase directly from Life Skills Victoria, 2A High St Moe.

One of our team members—Sharon was recently featured on Facebook on mayor Kellie O’Callaghan’s Facebook page. (see post and photo below)

Sharon often brings her German Shepherd therapy dogs Kali and Leah to Life Skills Victoria classes. Our client’s can play and pat them and they bring much joy and happiness.



Kellie O'Callaghan

11 h · 🌐

Meet Kali, a therapy dog who brought calm to our busy Emergency Department and put a smile on the faces of anxious patients, visitors and our weary staff. Ten-year-old Kali has worked with children, people with disabilities and folk who have been through traumatic experiences, such as bushfires. Trainer Sharyn Thompson brought Kali to the ED under a pilot program initiated by the Latrobe Health Assembly, in the hope she would spread some good vibes. Did she? You bet Kali did. It was a successful visit today so expect to see Kali and Sharyn at the ED once a week for the next couple of months. Many thanks to the Latrobe Health Assembly for helping us to improve the ED experience.

Let's Get Cooking

Gluten-free apple crumble

Apple crumble is one of the best and easiest desserts you can make on a wintry night. Now those with an intolerance to gluten can still enjoy the crumbly topping with this recipe that replaces wheat flour with rice flour and almond meal. Clever and delicious.

You will need:

INGREDIENTS:

6-8 green and/or red apples, cored, peeled, each sliced into approx 8 wedges

3/4 cup raw sugar

CRUMBLE:

3 tablespoons almond meal

4 tablespoons rice flour

2 tablespoons desiccated coconut

2 tablespoons sugar

1 1/2 tablespoons butter or margarine, softened

What to do:

1 Preheat the oven to 180°C.

2 Place the apples in a saucepan with a little water, place heat on medium and cook until apples are tender. Be careful the apples don't burn the bottom of the saucepan.

3 While the apples are cooking, combine topping ingredients and rub together with fingers.

4 Layer the apples and their juices in a greased ovenproof dish. Cover the apples with the crumble mixture and bake for 30-35 minutes or until golden brown.

5 This apple crumble can be served hot or cold with your favourite plain yoghurt, custard or cream.



Joker's Corner



Q. Why are Waterbeds so bouncy?

A. They're filled with spring water.

Why is the letter A like a flower?

Because a B comes after it.

How can you tell spring flowers are friendly?

They always have new Buds.

By Chris

Reports and Reviews

Commonwealth Games— report by Andrew

The first official Commonwealth Games (called the British Empire Games) were held in 1930 in Hamilton, Canada. Since 1930, the Games have taken place every four years.

Each games has to include a minimum of 10 core sports. On top of this they can include an additional seven sports.

1st	2nd	3rd
Australia	England	Canada
Total 178 medals	Total 176 medals	Total 92 medals
Gold 67	Gold 57	Gold 26
Silver 57	Silver 66	Silver 32
Bronze 54	Bronze 53	Bronze 34

Annual General Meeting (AGM)

Life Skills Victoria will hold their AGM via Zoom, on Wednesday 19th October 2022, at 4:00pm.

If you would like to attend, please contact Life Skills administration on (03) 5127 7999 or email office@lifeskillsvic.com.au and we will arrange to send you a zoom link.

This meeting will provide you with all relevant reports for the period 1st July 2021 – 30th June 2022.

Life Skills Victoria is planning an event to bring Life Skills Victoria community members together **in person** to formally acknowledge and celebrate our change of name and accessible website. This will take place in the New Year. More details will be sent to you later in the year.

AFL ladder top 8 update, 15/08/2022 by Andrew :



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



Dates to remember:

21st September—Last day of Term 3

22nd September—Queen Memorial Public Holiday

23rd September—Grand Final Public Holiday

14th October - “Looking for Alice”

“Curtains for Certain” LSV Drama team, Moe Town Hall

Something to get you thinking...

Movie review

Spiderman—No way home

I like Spider-man: No Way Home.

It is a very good movie.

I like the actors, Tom Holland who plays Spider-man and Benedict Cumberbatch who plays Doctor Strange.

When our friendly hero's identity is revealed, he gets Doctor Strange to help him to restore his secret.

I give this movie 4 out of 5 stars.

Written by Chris



To readers with
September
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 deeandbill22@outlook.com



Don't forget to find us at www.lifeskillsvic.com.au for information, participant stories, The Voice editions and much more ...

Welcome to Holly Dennison

Your name and job title at LSV: Holly Dennison, Administration and Customer Support Officer

What does your role involve? I assist with operational support of LSV. Providing customer service, supporting the management team, providing support to customers, Support Workers, resolve enquiries and completing many administration duties to ensure the seamless operations of LSV.

What days do you work? Monday – Friday 8:45am – 4:15pm

Where will you be working from-which site? High Street Office

Where are you from? Warragul

A little bit about you? I have 4 show horses which I compete

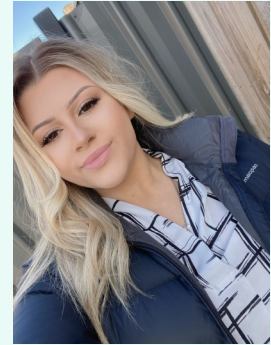
In spring and summer, I travel all over Victoria and interstate for

my competitions. Their names are Archie, Brodie, Chase and Dell

I love going on adventures and camping with my family, friends and

dog. Her name is Pippa she is a miniature fox terrier

The team I follow in the AFL is the Western Bulldogs



Marvel Characters

C	R	E	M	T	A	K	C	N	S	G	L	C	E
E	V	G	T	R	C	T	C	E	U	I	B	A	C
K	A	N	R	E	I	N	H	A	T	R	L	P	L
O	N	A	A	H	R	B	N	O	E	O	A	T	V
R	T	R	W	T	E	N	H	A	R	N	C	A	O
A	M	T	L	N	M	S	A	E	V	M	K	I	E
N	A	S	I	A	A	P	V	L	M	A	W	N	N
G	N	R	V	P	N	I	E	A	S	N	I	M	A
A	S	O	I	K	I	D	N	T	I	N	D	A	M
R	O	T	C	C	A	E	G	A	C	R	O	R	A
N	E	C	R	A	T	R	E	B	H	T	W	V	U
L	N	O	I	L	P	M	R	A	S	C	A	E	Q
T	H	D	E	B	A	A	S	E	A	C	C	L	A
W	T	N	A	E	C	N	E	H	U	L	K	N	N

RAGNAROK
CAPTAIN MARVEL
IRONMAN
HULK
DOCTOR STRANGE
AQUAMAN
SPIDERMAN
ETERNALS
BLACK WIDOW
ANTMAN
CIVIL WAR
THOR
CAPTAIN AMERICA
AVENGERS
BLACK PANTHER

Play this puzzle online at : <https://thewordsearch.com/puzzle/3902633/>