

# THE VOICE

Edition 8 October 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.



## Welcome to Life Skills!

### Your name and job title at LSV:

Melinda, Student Service Administration Officer.

### What does your role involve?

My role is a customer-service role that represents the first point of contact for students,

their families and service providers. I'm responsible for undertaking a wide range of student service activities and project work. I also assist the Education and Training team with all aspects of administrative support for Life Skills Victoria's education program.

### What days do you work?

I work Monday to Friday.

### Where will you be working from-which site?

I work from Life Skills Victoria's Office, 2a High Street Moe and occasionally from The High Street Community Hub, 4 High Street Moe.

### Where are you from?

I am from Traralgon.

### A little bit about you

I believe I am musically talented playing a total of 9 instruments, Ukulele and Guitar being my favourites. I love all things Marvel and even named my cat after one of the characters from Loki.



### And the quote is.....

"It's worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change." Queen Elizabeth II

### 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 "Curtains for Certain" 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

Adults \$10 & Children (15 & under) \$5



## **Music for the Valley—Review on Monash Medical quartet**

On Friday 19th August, The Monash Medical Orchestra (MMO) returned to the *high street community hub* to play a chamber concert for the Moe community.

A quartet from the Orchestra played a variety of music for the community.

The MMO was established in 2011 by a group of passionate musicians who were also studying medicine at Monash University. "We recognise that while many medical students play musical instruments, it is difficult to continue to practise and perform whilst in medical school," MMO member said.

"We aim to provide our players the opportunity to share their musical interests, continue performing amidst a busy work and study schedule, and express themselves artistically and creatively." The MMO also includes medical school alumni amongst its players.

# Let's Get Cooking

## Creamy Pumpkin soup

### You will need:

1 medium Butternut pumpkin, unpeeled & halved

1 Granny Smith apple, cored & halved

1 brown onion, halved

1 tbs olive oil

4 cups (1ltr) chicken or vegetable stock

1/2 cup (125ml) thickened cream

*\*This recipe requires a blender or stick blender*

### What to do:

Preheat oven to 180°C. Line 2 baking trays with baking paper. Use a small sharp knife to cut a diamond pattern in the cut side of the pumpkin. Place cut-side up on 1 lined tray with the apple and onion. Drizzle with oil. Season. Bake for 1 1/2 hours or until the pumpkin is very tender. Set aside to cool slightly.

Place half the pumpkin, half the apple and half the onion in a blender with half the stock, (or place all ingredients in a deep bowl and use stick blender). Blend until smooth. Transfer to a saucepan. Repeat with the remaining pumpkin, apple, onion and stock. Bring to a simmer, stirring, over medium heat. Add half the cream and stir to combine. Season.

Divide the soup among serving bowls. Drizzle with remaining cream. Serve with fresh bread.



## Joker's Corner



### Halloween Jokes

**Why did the skeleton run away?**

Because a dog was after his bones.

**Why do skeletons hate parties?**

Because they have no-body to dance with.

**What do you give a pumpkin trying to quit smoking?**

A pumpkin patch.

By Chris

# Reports and Reviews

## A tribute to Queen Elizabeth II by John

Queen Elizabeth II has died at the age of 96 years old at her Balmoral home. King Charles was standing in front of his mother's coffin, performing a vigil. Thousands of people have seen the Queen's coffin arrive by carriage and car to Buckingham Place.

Queen Elizabeth was married to Prince Phillip and her wedding dress has been on display at Buckingham Palace. The Queen and Prince Phillip had four children.

Some of her grandchildren, Prince William, Princess Kate, Prince Harry and Meaghan Markle have walked around to see the flowers and tributes to the Queen at Buckingham Palace.

Queen Elizabeth met celebrities such as Lady GaGa, Michael Jackson, Hugh Jackman and the Spice Girls.

## Movie Review "Tom and Jerry the Movie" by Chris

Jerry moves into one of New York's best hotels. There was to be a big wedding at the hotel. The wedding planner hired Tom to get rid of Jerry. It does not run smoothly, they get into all sorts of trouble.

Chloe Grace Morteza, Michael Pena, Colin Jost, Rob Delaney and Ken Jeong are the stars of this movie.

I give this movie 4 out of 5 stars.

## TV Show review "Buffy the Vampire Slayer" by Andrew P

The star of the show is Sarah Michelle Geller. Born April 14 1977, Age 45, Long Island, New York. She has worked as an Actor, Producer & Entrepreneur.

I like watching Buffy the Vampire Slayer as I like all of cast in the show. I like that it's about vampires and Buffy is my favourite character. Each show Buffy and her friends have to chase down evil characters to keep everyone safe and stop the vampires from sucking their blood and making more vampires. Buffy and her friends use karate moves, a stake and holy water to stop the vampires.



## Dates to remember:

**14th October** - "Looking for Alice", "Curtains for Certain"  
Drama group, 7:30pm Moe Town Hall

**19th October** - 4pm LSV AGM via Zoom

**24th October -5th November**—The Mainstreet Artists: Art exhibition Latrobe City Library, Moe (during Library Hours)

# Something to get you thinking...



The "Titanoboa: Monster Snake" exhibit from the Smithsonian at the Natural History Museum

## Titanoboa

Up to 50 feet long—discovered by museum scientists and is considered the largest snake that ever lived. Estimated up to 50 feet long and 3 feet wide, this snake was the top predator in the world's first tropical rainforest

Written by John



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



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

## LSV Board of Management (BOM)

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](mailto:deeandbill22@outlook.com)



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

# Football - AFL

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MOUTHGUARD  
 TEAMS  
 POINTS  
 WHISTLE  
 SUPPORTERS  
 BOOTS  
 UMPIRES  
 PLAYERS  
 GOALS  
 BALL  
 SIREN  
 CHEERING

Play this puzzle online at : <https://thewordsearch.com/puzzle/3872297/>

## Life Skills Victoria - Annual General Meeting (AGM) - reminder

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

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

**\*\*Please advise by Wednesday 12th October if you would like to attend.**

This meeting will provide you with all relevant reports for the period 1<sup>st</sup> July 2021 – 30<sup>th</sup> 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.