

# THE VOICE

November Edition, 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.



## A tribute to Wayne Krawec

It is with great sadness that LSV announces the passing of

**Wayne Michael Krawec**

Wayne passed away peacefully at home, with his family by his side on Thursday October 13th, 2022

Wayne attended Life Skills for many years and we have fond memories of the times we spent with him.

He will be missed by all.



Our thoughts and prayers are with his family.

RIP Wayne

And the quote is.....

**The greatest gift in life is to be remembered.**

Ken Venturi

### 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



A circular poster with a red floral border. At the top, it features logos for MNH (Moe Neighbourhood House), NDIS (National Disability Insurance Scheme), Moe Community Health Services, and LifeSkills Victoria Inc. The text reads: 'Are bringing you a FREE Devonshire Tea'. Below this, it says 'In celebration of International Day of People with Disability' and lists activities: 'Scones and sandwiches with tea/coffee and fun outdoor games and activities (weather permitting)'. The event details are: 'COST = FREE!!', 'DATE: Thursday 1st Dec 2022', 'TIME: 12PM', and 'At Moe Neighbourhood House'.

MNH  
International Day of People with Disability  
ndis  
Moe Community Health Services  
LifeSkills Victoria Inc.  
Delivering the NDIS in your community  
Are bringing you a **FREE**  
**Devonshire Tea**  
In celebration of International Day of People with Disability  
Scones and sandwiches with tea/coffee and fun outdoor games and activities (*weather permitting*)  
COST = FREE!!  
DATE: Thursday 1st Dec 2022  
TIME: 12PM  
At Moe Neighbourhood House

## What's happening at

high street  
community hub



## CHAMBER Concert

TWO CLASSICAL QUARTETS  
NEXUS X TRIQUETRUM

FRIDAY 25/11/22

10.45AM TILL 1PM  
4 HIGH STREET MOE

COST \$5 MORNING TEA PLUS  
GOLD COIN DONATION  
BOOKINGS ESSENTIAL

## JAZZ CONCERT

FEATURING  
THE ALAN CLARK SWING COMBO

TUESDAY 6TH DECEMBER 22

Arrive 10.30am for 11am start  
till 1pm

LOCATED AT 4 HIGH STREET, MOE

BOOKINGS ARE ESSENTIAL

\$5 ADMISSION FOR MORNING TEA

## Easy peas and pasta

# Let's Get Cooking

### You will need:

450 grams Peas, fresh or frozen

220 grams Short shaped pasta (shells, elbows)

1/2 cup (50 grams) grated parmesan cheese, plus more to serve

2 cups (500 ml) vegetable broth or water, plus more if needed

1 small onion, diced

1 Tbsp olive oil, plus more for drizzling

salt & pepper, to taste

### What to do:

1. Warm the olive oil in a large pot over medium heat. Add the diced onion and cook until the onion has softened and is turning translucent, about 5 minutes.
2. Add the peas and cook stirring frequently about 1 minute.
3. Then add vegetable broth (or water), raise the heat, bring to a boil and stir in pasta and salt (I use 1 tsp of salt and then I adjust the seasoning at the end).
4. Reduce the heat, cover with a lid, and cook your pasta in the starchy water. During the cooking time, you need to stir often until the water is absorbed, otherwise, it will stick to the bottom. The water should barely cover the pasta, but it's fine, add extra water gradually only if needed.
5. Cook until ready but firm to the bite. Turn off the heat and stir in freshly grated parmesan cheese until melted. Taste and adjust the seasoning.
6. Serve immediately with a drizzle of olive oil, black pepper, and extra parmesan cheese if you like. Enjoy!



## Joker's Corner



**What season is it best to go on a trampoline?**

**Springtime.**

**What did the tree say to spring?**

**What a re-leaf.**

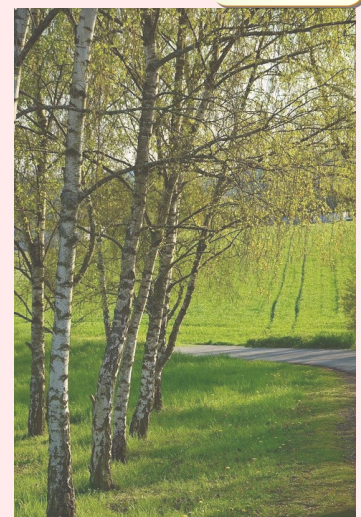
**Why are oak trees so forgiving?**

**Every spring they "turn over a new leaf."**

**Did you hear about the pogo stick made out of plants?**

**It's made out of spring onions.**

**By Chris**



# **Congratulations**

***'Curtains for Certain' drama group ....you finally found Alice.....***



***Thank you to everyone who helped us on the night, and to all who attended.***



**Dee, Bunny, Dum and Hattie**



**King Jack, Queen of Tarts and Sunshine Mouse**



**The Marching Hare being 'removed'**



**The Queen of Tarts and King Jack, with Exie in the Background**



**The Cast: Queen of Tarts, King Jack, the tarts-Ophelia Crumble & Crusty Custard, Dee, The Marching Hare, Hattie, Dum, Alice , Lewis and Bunny.**

### **Drama Visit to ArtVo– Harbour town, Melbourne.**

We caught a train to Melbourne and then a tram to Docklands Harbourtown. ArtVo was on the second floor. It's a 3D art gallery where you get to pose in some great photos

Report by John K.



## Congratulations to Luana Brock

Who was recently acknowledged for her work with All Abilities Netball and her work in disability.

Luana was successful when nominated in the Panadol Care Collective for People Who Go To Great Lengths To Make Positive Difference In The Community. As a result of this, Better Homes and Gardens featured Luana in their program which aired on October 14th– yes, unfortunately ,it was the same night as our drama production.

Johanna Griggs and the BHG film crew came to Drouin and conducted a filming session.



Luana says she was very honored to receive the recognition for her commitment to working with people with disabilities and for being able to combine this with her love of netball.

## SPRING WORD SEARCH

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



BLOSSOM GARDEN  
 BLUEBIRD GRASS  
 BOOTS GREEN  
 CHICKS KITE  
 DAFFODIL MUD  
 FLOWERS NEST

RAIN  
 SEEDS  
 TULIPS  
 UMBRELLA  
 WARM



## Dates to remember: 2022



**Friday 25th November:** Chamber concert

10:45am - 1pm

**Thursday 1st December:** Celebrating International Day of People with Disability.

Free Scones & sandwiches @ Moe Neighbourhood House. Fun outdoor games and activities

12 noon.

**Friday 6th December:** Jazz concert High Street

Community Hub

10:30am for 11am start


**Wednesday 14th December:** clients Christmas party and last day of classes for 2022

## Students return to LSV 2023

Tuesday 17th January 2023



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

 It's <sup>Still</sup> **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 (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 ...*