



## Find Us

Life Skills Victoria  
2A High St  
Moe 3825



## Write Us

PO Box 761  
Moe 3825



## Email Us

office@lifeskillsvic.  
com.au



## Phone Us

(03) 5127 7999

## Our partners



## We're Social!

Check out our content on:



Psst.....

Want more client stories, back issues of The Voice, or information on Life Skills Victoria?  
Check out our website!

## Our new look: Oven fresh!



## 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.

# Activities at LSV

If you have any questions about your program or NDIS plan please contact Debbie Brydon, Client Services Coordinator on:  
(03) 5127 7999



## LSV Board of Management



If you would like information regarding matters to do with the BOM, please feel free to contact Deidre Carmichael on (03) 5127 4525 or by email on [deandbill22@gmail.com](mailto:deandbill22@gmail.com)

## Curated cards



Take a look at our curated selection of unique art cards. Send a card that is both beautiful to receive and display. Support our local artists. Cards are sold in packs of eight featuring one artwork from each of our eight Mainstreet artists.

We have three packs to choose from (A,B and C) Each pack is \$25.

Contact office on (03) 5127 7999 or email to order

# Angela's Holiday Adventure



Hi, my name is Angela and I want to share my trip with you. I went to a place called Mildura and while I was there, I did something that I've always wanted to do – catch a fish from the Murray River.

To get to Mildura, I took a flight from Melbourne. I had to show my passport, boarding pass, and tickets before sitting in the airplane chair that had a seatbelt on it.

We stayed overnight in a houseboat on the Murray River and we went across the New South Wales and Victoria border. In the mornings, I liked to eat breakfast and take a shower. Then I changed my clothes and got ready to drive the houseboat. It's exciting steering the boat!

I also went fishing with a fishing rod and caught some fish! Later in the evening, I relaxed in the spa on the rooftop of the houseboat.

I had a great holiday and I wanted to share my experience with all of you.

Thank you for reading my article.

## Happy Birthday



Best wishes to all those who are celebrating a birthday in May.

# Word Search



Rabbits	Buns	Eggs	Ribbons	Basket
Chocolate	Chicken	Paint	Bunny	Ears

# Movie Review



Turbo is a movie about a snail named Theo who loves car racing and wants to go fast. He discovers Nitrous Oxide and decides to enter the Indianapolis 500 race. The animation is cool, the characters are cute and Ryan

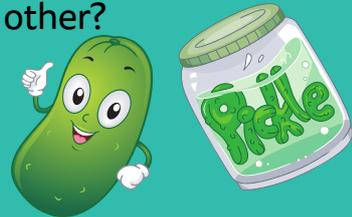
Reynolds did a great job voicing Turbo. It's a fun movie about believing in yourself and following your dreams.

I give this movie:



## The Funny Pages

Two pickles fell out of a jar onto the floor. What did one say to the other?  
Dill with it!



How does a cucumber became a pickle?  
It goes through jarring experience!

How do you make a lemon drop?  
Just let it fall!



# Player Review



Jedd Busslinger, the young defender who's making a name for himself at the Bulldogs. Jedd is only 19 years old, but he's already played in two u18 championships and was the first pick in the 2022 NAB AFL draft.

At 195cm tall, Jedd is hard to miss on the field, but he's not just big - he's tough too. He's a regular ball getter, averaging 24 disposals per game, and the Bulldogs have high hopes for him as a leading interceptor.

Although he had to have shoulder surgery, Jedd is back to full health and ready to take on the competition once again. Keep an eye on Jedd he's definitely one to watch!

## Choc-banana cheesecake with Anzac base

### Ingredients:

#### ANZAC BISCUIT BASE:

100g plain flour  
90g brown sugar  
60g rolled oats  
50g desiccated coconut  
or coconut flakes  
1 tsp sea salt  
80g salted butter,  
coarsely chopped  
20g golden syrup  
2/3 tsp bicarbonate  
of soda

#### TOPPING:

2 bananas  
250g dark chocolate  
400g cream cheese  
150g brown sugar  
100g whole almonds, roasted  
Icing sugar to dust

### Method

Preheat oven to 180 degrees.

For the base, mix flour, sugar, oats, coconut and salt in a bowl. Melt butter in a small saucepan over medium heat, stir in golden syrup, then bicarbonate of soda - the mixture will foam. Add to dry ingredients, stir to combine and press into a buttered 21-centimetre square tin\* lined with baking paper so it comes up the sides. Bake until golden and crisp, about 10-15 minutes, and set aside.

Bake bananas in the oven at the same time as the Anzac base, remove and cool.

For topping, put chocolate in a heatproof bowl, place over simmering water and melt, stirring occasionally. Peel bananas and puree with cream cheese in a food processor. Add sugar and continue pureeing until smooth. Add melted chocolate and scrape down the processor bowl sides so it mixes evenly.

When fully mixed, pour onto cooled biscuit base and chill in the fridge for at least 4 hours. When set, use the baking paper to lift it out of the tin. Top with chopped roasted almonds and dust with icing sugar.

\* A 22-centimetre round springform tin can also be used.



## Debbie Brydon

Client Services Coordinator



### What does your role involve?

Liaising with clients and their families/supporters to ensure their services are in line with their goals for the future and to build relationships to create more opportunities for our clients at LSV.

### What days do you work?

Tuesday, Wednesday & Thursday

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

The Office at High Street

### Where are you from?

I live close to Warragul in a rural setting.

### How many hours do you work a week?

My hours at LSV are:

Monday – Friday, 8:45am – 4:15pm.

So I do 35 hours per week.

### A little bit about me:

I am married, and we have 3 daughters who all live in Melbourne. We enjoy camping as a family and like to take our dogs with us when we can, we have just rescued a 10-month-old dog called Billie. I barrack for Essendon and hope 2023 will be a better year for our team.

### LSV would also like to warmly welcome:

Kate, Glynn, Aaron, Jo and Luke who have commenced running programs at LSV this year

# Art Workshops - Zoom

Our Art Workshops on Zoom runs every Monday at 3.30pm in Term 1 & 2. We Enjoy drawing in many forms, using colours plus black and white; pen, pencils or Textas. We use dry materials or water colour brush felt tips. This keeps jars of water away from our digital devices. Have a look at some of our arty creations from the last 2 zoom session below:

Over the Holidays our guinea pig Cocobell became a father to two beautiful baby boys. Julie Ann & Jo (from Jule's house) made a couple of little snug bags for the guinea pigs to have cuddles. Jo is a fantastic supporter of LSV bringing in food for the guinea pigs, is always happy to get involved and share her knowledge with our clients. A big thanks to Jo and Julie Ann! The Guinea pigs love their snug bags.

