



## Find Us

Life Skills Victoria  
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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!

## Chatting with the Boys in Blue!



## 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 the LSV office 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@outlook.com](mailto:deandbill22@outlook.com)

## Curated cards

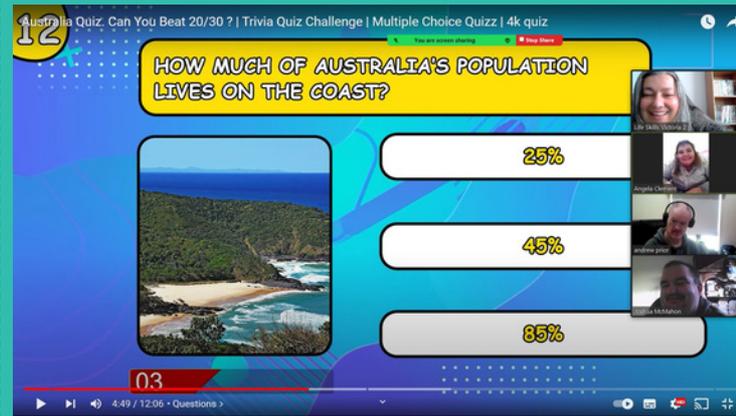


Take a look at our curated selection of unique art cards. Send a card that is both beautiful to receive and display. Support our local artists. Cards are sold in packs of eight featuring one artwork from each of our eight Mainstreet artists.

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

Contact office on (03) 5127 7999 or email [office@lifeskillsvic.com.au](mailto:office@lifeskillsvic.com.au) to order

# Games Galore at Parer



At Games Galore, we had a really good time playing the Australia Quiz. It had heaps of questions that were fun and we learnt some interesting trivia along the way. We all worked as a team, so nobody missed out. We had a lot of laughs and some friendly banter too.

Oh, and the answer to that question was 85%. Did you get it right?

We also played a game called Deal or No Deal. And guess what's happening next week? Bingo, Exciting stuff!

## Important Dates



### 3rd to 7th of July:

Life Skills Victoria holiday closure.

### 31st of July:

Professional Development and Planning day.

## Happy Birthday



Best wishes to all those who are celebrating a birthday in May, June and July.

# Cracking Cases and Smiles: A Q&A with Moe's Finest!



In this edition of the newsletter, our team spoke with Constable Barlow and First Constable Rooye from the local police, and we learned about their training, how they do their jobs, and how they keep us safe in our community.



First, we learned about when the police force started. We had no idea that it was way back in 1853. That's a long time ago!

Then we talked about training. To be a police officer, you need to train for six months at a place called Mount Waverly. The cadets learn about the law, how to use their gear, and how to talk to the public. After that, they spend 18 more months learning on the job at a police station close to where they live. After their training, when the cadets become police officers, they work about 38 hours each week. If you need to find Constable Barlow or First Constable Rooye, they work at the police station, 3-5 Anzac Road in Moe.

Next, we talked about the crimes that happen most in Moe. Constable Barlow and First Constable Rooye said that theft and road policing are the issues they deal with the most around Moe.

We also talked to Constable Barlow and First Constable Rooye about how fingerprinting works. They told us that special officers called Crime Scene Officers put fingerprint dust on things that a criminal might have touched. The dust sticks to the criminals' fingerprints and the police use a piece of sticky tape to lift the fingerprints off the thing the criminal has touched.

Then we asked Constable Barlow and First Constable Rooye what they do when people go missing. They told us that they first go to places where the person might be, then they talk to the person's family and friends. If at this point they still have not found the person, they put the person's name on a special list of missing people.

Our team then asked about what happens when criminals get caught. Constable Barlow and First Constable Rooye explained that they go to court. A judge decides what happens to them. They said that if they did something really bad, like robbery, kidnapping, or murder, they might have to go to jail.

At the end of the interview, Constable Barlow and First Constable Rooye gave us some tips on how to stay safe in Moe. They said to stay where there are lots of people and in places that are well lit. They also said to keep the police's emergency number in your phone.

The newsletter team would like to thank Constable Barlow and First Constable Rooye for taking the time out of their busy schedule to be interviewed by our team and we hope you enjoyed learning about our local police as much as we did!



# Word Search

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

Voice	Support	Rights	Time	Speak
Respect	Vote	Teamwork	Self	Pride
Power	Help	Meetings	Decisions	Plan
Leadership	Assertive	People	Ideas	Friends

# Movie Review



Combat Wombat is an animated movie about superhero animals protecting others.

Even though Maggie the Wombat is grumpy, she still helps her friends.

It's a good and easy-to-watch film that's highly recommended for animal lovers.

I give this movie:



## The Funny Pages



What an astronaut's favourite chocolate?  
A Mars bar!

What is a lion's favourite dance?  
Lion dancing!



What trees do hands grow on?  
Palm trees



# Player Review



Ellie Blackburn, born on the 25th of March, 1995, plays for the Bulldogs. Now 28, she's a standout player. Since 2017, she's played in 58 games and scored 28 goals. She was picked for the team in 2016 and has become a three-time All-Australian and two-time best and fairest at the Bulldogs. In 2018, Ellie helped the Bulldogs win their first AFL Women's Premiership.

Since 2020, she's been the captain of the Bulldogs. In 2021, the AFL Players Association voted her best captain.

Ellie is known for her speedy running, strong power, and her ability to kick goals. Watch out for her on the field - she's a game-changer!

## Lamingtons

### Ingredients:

#### Cake:

¾ cup self-raising flour, sifted  
½ tsp baking powder  
½ cup caster sugar  
4 eggs  
75g butter, softened

#### Icing:

3 ½ cups icing sugar  
¼ cup cocoa powder  
25g butter, softened  
1 cup boiling water  
2 cups desiccated coconut,  
for coating



### Method:

#### Cake:

Using an electric mixer, beat the eggs and sugar on a high speed until pale, thick and tripled in volume.

Sift the baking powder and half of the flour over the egg mixture and gently fold to combine. Repeat with the remaining flour.

Add the butter and gently fold to combine.

Pour the mixture into a rectangular, greased baking tin.

Bake for 15 minutes at 180°C and test with a skewer before taking it out.

Cool on a wire rack and then cut into squares.

\*Tip: Icing is even easier if you have time to freeze squares before icing and allow them to thaw out again before serving

#### Icing:

Mix the icing sugar, cocoa powder, butter and water in a large bowl.

Put your desiccated coconut in a separate bowl.

Using two forks, dip the squares in the icing mixture, followed by the desiccated coconut.

Place on a tray lined with baking paper and allow to set.

## Kate McCulley

Drama Instructor



### What does your role involve?

On Thursdays, I teach Drama to the BEST gang going around. I also love hanging out, getting messy, creating fabulous things and drinking tea with my friends at Parer. I'm very fortunate to also be working in the office, towards some new projects and innovations for LSV. My week at LSV has many exciting components and I love it!

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

I work from 'The Hub' on High Street, Parer Avenue and from the office at Life Skills Victoria, which is also on High Street.

### What do you like most about your job?

The people. The connections. The inclusion and support that my drama guys show me. Their willingness to go on this extraordinary creative ride with me and all the soulful contributions they make to our show and to our 'Drama Family'. (A special shout out also, to our 'Performing Art's Cousins', down the hall from us)

I love that at drama, I can just be 'me'.

### Are you working on show at the moment and what's it about?

Yes! Since January, we began working towards creating our own show. We have the bones of it and parts of it finalised. We continue to develop the show through Improvisation, Workshopping and Journaling. We've had some special guest visitors to help inspire us and teach us more about all the roles involved in putting on a show.

The show will be a series of little 'vignettes' about each participant. It will explore what is important to them and what they want to share with the world. I think it's going to be called "Our Authentic Selves" but we need to confirm that.