

# SHARE & CARE TIMES

**DECEMBER 2006 Issue 18**

**MERRY CHRISTMAS—HAPPY HOLIDAYS!**



**TO EACH AND EVERY ONE OF OUR STAFF AND THEIR FAMILIES, MAY YOUR HOLIDAY BE JOYOUS, SAFE AND VERY SPECIAL HAVE A SPECTACULAR NEW YEAR!**

## SHARE & CARE SCHOLARSHIP



Congratulations go to  
**JADE SOULOS**

Who has won our Scholarship for 2006-2008. This scholarship will see Jades expenses such as Books, uniforms, school fees and a leadership camp paid for over the 2 years it takes for her to complete years eleven and twelve at Northam Senior High School.

## **POLICY & PROCEDURE: INSURANCE**

Share & Care Community Services Group will comply with all legal requirements with respect to insurance. Those programs that insure separately must have the policy over viewed by the Board of Management.

The type of insurance cover and level of insurance cover will be decided by the Board of Management after consultation with the insurance broker.

Insurance will include as a minimum:

Public Liability

Workers' Compensation

Property

Contents

Volunteer Insurance

Vehicle Insurance

Directors & Officers Liability

Fire

Theft & Burglary (replacement cost)

Personal & Accident & Public Liability

Professional Indemnity

### **STUDENTS**

The Chief Executive Officer of Share & Care Community Services Group will ensure that any student on placement with the service are covered by their University or TAFE. If not, appropriate cover will be arranged.

## INTERNET & EMAIL USE

Employees have a responsibility to ensure correct use of any web based services. Share and Care Community Services Group Inc. employees will be subjected to disciplinary measurer/s for misuse or inappropriate use .

### POLICY PROCEDURES

- 1.1 The email and internet services are provided for business use only, and must not be used for private purposes.
- 1.2 No information that may be deemed confidential about clients or business matters may be transmitted by email without prior approval of the Program Manager or Chief Executive Officer.
- 1.3 Internet search facilities must only be used for research or data gathering purposes for Program purposes only.
- 1.4 Viewing or downloading images or documents of an inappropriate or offensive nature will result in disciplinary action.
- 1.5 Computer based games and messengers must not be downloaded or stored on computers.
- 1.6 Staff must not use access codes provided to other staff, unless the Program Manager or Chief Executive Officer grants permission.
- 1.7 An independent IT specialist will be allowed access for random monitoring and reporting.

### POLICY PROCESSES

- 2.1 Accounts from internet service providers are to be retained as part of the normal accounting processes.
- 2.2 Program Managers are responsible for checking, or arranging the checking of the nature and quantity of emails, and downloads at least quarterly, and on the occasion of staff leaving employment. The results are to be forwarded to the Chief Executive Officer in the Program Managers Report.
- 2.3 Staff leaving will clear stored email messages or transfer important information to the Program Manager and Chief Executive Officer.
- 2.4 Computer passwords and access codes will be changed regularly, and available to staff that require access only.

I have read and understand these Policies relating to email, internet and computer use.

Signed: \_\_\_\_\_ Print Name: \_\_\_\_\_

Date: \_\_\_\_\_ Witness: \_\_\_\_\_

## SCIENCE TODAY

### Early Astronomical 'Computer' Found to Be Technically Complex

A computer in antiquity would seem to be an anachronism, like Athena ordering takeout on her cellphone. But a century ago, pieces of a strange mechanism with bronze gears and dials were recovered from an ancient shipwreck off the coast of Greece. Historians of science concluded that this was an instrument that calculated and illustrated astronomical information, particularly phases of the Moon and planetary motions, in the second century B.C.

The instrument, the Antikythera Mechanism, sometimes called the world's first computer, has now been examined with the latest in high-resolution imaging systems and three-dimensional X-ray tomography. A team of British, Greek and American researchers deciphered inscriptions and reconstructed the gear functions, revealing "an unexpected degree of technical sophistication for the period," it said.

The researchers, led by the mathematician and filmmaker Tony Freeth and the astronomer Mike G. Edmunds, both of the University of Cardiff, Wales, are reporting their results today in the journal Nature. They said their findings showed that the inscriptions related to lunar-solar motions, and the gears were a representation of the irregularities of the Moon's orbital course, as theorized by the astronomer Hipparchos. They established the date of the mechanism at 150-100 B.C.

The Roman ship carrying the artifacts sank off the island of Antikythera about 65 B.C. Some evidence suggests it had sailed from Rhodes. The researchers said that Hipparchos, who lived on Rhodes, might have had a hand in designing the device. Technology historians say the instrument is technically more complex than any known for at least a millennium afterward. Earlier examinations of the instrument, mainly in the 1970s by Derek J. de Solla Price, a Yale historian who died in 1983, led to similar findings, but they were generally disputed or ignored.

The hand-operated mechanism, presumably used in preparing calendars for planting and harvesting and fixing religious festivals, had at least 30, possibly 37, hand-cut bronze gear-wheels, the researchers said. A pin-and-slot device connecting two gear-wheels induced variations in the representation of lunar motions according to the Hipparchos model of the Moon's elliptical orbit around Earth.

The numbers of teeth in the gears dictated the functions of the mechanism. The 53-tooth count of certain gears, the team said, was "powerful confirmation of our proposed model of Hipparchos' lunar theory." The detailed imaging revealed more than twice the inscriptions recognized earlier. Some of these appeared to relate to planetary and lunar motions. Perhaps, the team said, the mechanism also had gearings to predict the positions of known planets.

Dr. Charette noted that more than 1,000 years elapsed before instruments of such complexity are known to have re-emerged. A few artifacts and some Arabic texts suggest that simpler geared calendrical devices had existed, particularly in Baghdad around A.D. 900. It seems clear, he said, that "much of the mind-boggling technological sophistication available in some parts of the Hellenistic and Greco-Roman world was simply not transmitted further."

"The gear-wheel, in this case," he added, "had to be reinvented."

## Potato, Capsicum and Zucchini Slice



2 tsp Olive Oil

1 medium Onion, grated finely

4 medium Zucchini, grated

2 medium Potatoes, grated

2 medium Red Capsicums, finely chopped

3 slices Ham, diced

1 ½ cups Cheddar Cheese, grated

2/3 cup Wholemeal SR Flour, sifted

Vegetable Oil

4 Eggs, lightly beaten.

Preheat oven to 180°C.

Grease a 19x29cm slice pan.

Heat oil in a fry pan and cook the onion, zucchini, potato, capsicum and ham for 3-5 minutes or until soft.

Combine cheese, flour, oil, eggs and softened vegetables in a bowl.

Mix well and spread into the slice pan.

Bake for 35 minutes or until firm.

Cut the slice into 3x3cm squares and serve

**RECIPES  
FROM  
AROUND  
THE  
WORLD**



## Board Member Profile



### TREASURER

Gillian Beazley has spent over 30 years in the Nursing profession before retiring to assist her husband in their family business. She also serves the community interests with her elected member of Town Council role.

Gillian enjoys spending time with her 2 grown children, 5 grandchildren and loves reading, knitting and gardening.

### BOARD MEMBER PROFILE: GILLIAN BEAZLEY

NICKNAME: Gill

FAVOURITE FOOD: Chocolate

FAVOURITE DRINK: Gin & Tonic

FAVOURITE MOVIE OR BOOK: Notebook

2 PEOPLE YOU'D INVITE TO DINNER: John Howard & Kevin Costner

FAVOURITE EXPRESSION: Oh for goodness sake!

## CHRISTMAS RECIPES

In the Australian bush in the 19th century people had to improvise. The Billy Can is a tin, with handles, usually used to carry water.

### Christmas Damper from Australia

2 cups of SR flour

1/2 teaspoon of salt 2 teaspoons sugar

1 tablespoon butter 1 cups milk or water

(enough to make a medium or soft dough)

1 teaspoon of bicarbonate soda

Rub the butter into the flour. Knead.

Mould into a Christmassy shape - a wreath, or a star. Bake in hot oven (or in ashes if you are cooking it in a fire). Cook for 20 minutes until brown. Serve with butter and jam, honey or golden syrup.

### Billy Can Pudding from Australia

1 1/2 cups of raisins 1/2 cup of sultanas and raisins 1 cup sugar

1/2 teaspoon of mixed spice and cinnamon

2 cups flour 1 teaspoon of bicarbonate soda

Combine all ingredients. Mix well with 500 mls of boiling tea. Empty into a greased and floured billy can.

Cover, and let it stand overnight.

Steam for 3 1/2 hours.

## HOW MERRY Christmas IS SAID AROUND THE WORLD

**Afrikaans:** Gesëende Kersfees  
**Afrikander:** Een Plesierige Kerfees  
**African/ Eritrean/ Tigrinja:** Rehus-Beal-Ledeats  
**Albanian:** Gezur Krislinjden  
**Arabic:** Milad Majid  
**Argentine:** Feliz Navidad  
**Armenian:** Shenoraavor Nor Dari yev Pari Gaghand  
**Azeri:** Tezze Iliniz Yahsi Olsun  
**Bahasa Malaysia:** Selamat Hari Natal  
**Basque:** Zorionak eta Urte Berri On!  
**Bengali:** Shuvo Naba Barsha  
**Bohemian:** Vesele Vanoce  
**Brazilian:** Feliz Natal  
**Breton:** Nedeleg laouen na bloavezh mat  
**Bulgarian:** Tchestita Koleda; Tchestito Rojdestvo Hristovo  
**Catalan:** Bon Nadal i un Bon Any Nou!  
**Chile:** Feliz Navidad  
**Chinese: (Cantonese)** Gun Tso Sun Tan'Gung Haw Sun  
**Chinese: (Mandarin)** Kung His Hsin Nien bing Chu Shen Tan (Catonese) Gun Tso Sun Tan'Gung Haw Sun  
**Choctaw:** Yukpa, Nitak Hollo Chito  
**Columbia:** Feliz Navidad y Próspero Año Nuevo  
**Cornish:** Nadelik looan na looan blethen noweth  
**Corsian:** Pace e salute  
**Crazanian:** Rot Yikji Dol La Roo  
**Cree:** Mitho Makosi Kesikansi  
**Croatian:** Sretan Bozic  
**Czech:** Prejeme Vam Vesele Vanoce a stastny Novy Rok  
**Danish:** Glædelig Jul  
**Duri:** Christmas-e- Shoma Mobarak  
**Dutch:** Vrolijk Kerstfeest en een Gelukkig Nieuwjaar! or Zalig Kerstfeest  
**English:** Merry Christmas  
**Eskimo: (inupik)** Jutdlime pivdluarit ukiortame pivdluaritlo!  
**Esperanto:** Gajan Kristnaskon  
**Estonian:** Ruumsaid juuluplhi  
**Ethiopian: (Amharic)** Melkin Yelidet Beaal  
**Faeroese:** Gledhilig jol og eydnurikt nyggjar!  
**Farsi:** Cristmas-e-shoma mobarak bashad  
**Finnish:** Hyvaa joulua  
**Flemish:** Zalig Kerstfeest en Gelukkig nieuw jaar  
**French:** Joyeux Noel  
**Frisian:** Noflike Krystdagen en in protte Lok en Seine yn it Nije Jier!  
**Galician:** Bo Nada  
**Gaelic:** Nollaig chridheil agus Bliadhna mhath ùr! **German:** Froehliche Weihnachten  
**Greek:** Kala Christouyenna!  
**Haiti: (Creole)** Jwaye Nowel or to Jesus Edo Bri'cho o Rish D'Shato Brichto  
**Hausa:** Barka da Kirsimatikuma Barka da Sabuwar Shekara!  
**Hawaiian:** Mele Kalikimaka  
**Hebrew:** Mo'adim Lesimkha. Chena tova  
**Hindi:** Shub Naya Baras  
**Hausa:** Barka da Kirsimatikuma Barka da Sabuwar Shekara!  
**Hawaian:** Mele Kalikimaka ame Hauoli Makahiki Hou!  
**Hungarian:** Kellemes Karacsonyi unnepeket  
**Icelandic:** Gledileg Jol



**Icelandic:** Gledileg Jol  
**Indonesian:** Selamat Hari Natal  
**Iraqi:** Idah Saidan Wa Sanah Jadidah  
**Irish:** Nollaig Shona Dhuit, or Nodlaig mhaith chugnat  
**Iroquois:** Ojenyunyat Sungwiyadeson honungradon nagwutut. Ojenyunyat osrasay.  
**Italian:** Buone Feste Natalizie  
**Japanese:** Shinnen omedeto. Kurisumasu Omedeto  
**Korean:** Sung Tan Chuk Ha  
**Lao:** souksan van Christmas  
**Latin:** Natale hilare et Annum Faustum!  
**Latvian:** Prieci'gus Ziemsve'tkus un Laimi'gu Jauno Gadu!  
**Lausitzian:**Wjesole hody a strowe nowe leto  
**Lithuanian:** Linksmu Kaledu  
**Low Saxon:** Heughliche Winachten un 'n moi Nijaar  
**Macedonian:** Sreken Bozhik  
**Maltese:** IL-Milied It-tajjeb  
**Maori:** Meri Kirihimete  
**Marathi:** Shub Naya Varsh  
**Navajo:** Merry Keshmish  
**Norwegian:** God Jul, or Gledelig Jul  
**Papiamento:** Bon Pasco  
**Papua New Guinea:** Bikpela hamamas blong dispela Krismas na Nupela yia i go long yu  
**Pennsylvania German:** En frehlicher Grischtdaag un en hallich Nei Yaahr!  
**Peru:** Feliz Navidad y un Venturoso Año Nuevo  
**Philippines:** Maligayan Pasko!  
**Polish:** Wesolych Swiat Bozego Narodzenia or Boze Narodzenie  
**Portuguese:**Feliz Natal  
**Rapa-Nui (Easter Island):** Mata-Ki-Te-Rangi. Te-Pito-O-Te-Henua  
**Rhetian:** Bellas festas da nadal e bun onn  
**Rumanian:** Sarbatori vesele  
**Russian:** Pozdrevlyayu s prazdnikom Rozhdestva is Novim Godom  
**Sami:** Buorrit Juovllat  
**Samoa:** La Maunia Le Kilisimasi Ma Le Tausaga Fou  
**Sardinian:** Bonu nadale e prosperu annu nou  
**Serbian:** Hristos se rodi  
**Slovakian:** Sretan Bozic or Vesele vianoce  
**Samoa:** La Maunia Le Kilisimasi Ma Le Tausaga Fou  
**Scots Gaelic:** Nollaig chridheil huibh  
**Serb-Croatian:** Sretam Bozic. Vesela Nova Godina  
**Serbian:** Hristos se rodi.  
**Singhalese:** Subha nath thalak Vewa. Subha Aluth Awrudhak Vewa  
**Slovak:** Vesele Vianoce. A stastlivy Novy Rok  
**Spanish:** Feliz Navidad  
**Swedish:** God Jul and (Och) Ett Gott Nytt År    **Tagalog:** Maligayamg Pasko. Masaganang Bagong Taon  
**Trukeese: (Micronesian)** Neekiriisimas annim oo iyer seefe feyiyeech!  
**Thai:** Sawadee Pee Mai or souksan wan Christmas  
**Turkish:** Noeliniz Ve Yeni Yiliniz Kutlu Olsun  
**Ukrainian:** Srozhdestvom Kristovym  
**Urdu:** Naya Saal Mubarak Ho  
**Vietnamese:** Chung Mung Giang Sinh  
**Welsh:** Nadolig Llawen  
**Yugoslavian:** Cestitamo Bozic  
**Yoruba:** E ku odun, e ku iye'dun!

## CHRISTMAS FACTS

The common abbreviation for Christmas to Xmas is derived from the Greek alphabet. X is letter Chi, which is the first letter of Christ's name in the Greek alphabet.

**Oliver Cromwell, in England banned Christmas Carols between 1649 and 1660. Cromwell thought that Christmas should be a very solemn day so he banned carols and parties. The only celebration was by a sermon and a prayer service.**

In 1643, the British Parliament officially abolishes the celebration of Christmas.

**The Puritans in America tried to make Thanksgiving Day the most important annual festival instead of Christmas.**

Silent Night was written in 1818, by an Austrian priest Joseph Mohr. He was told the day before Christmas that the church organ was broken and would not be prepared in time for Christmas Eve. He was saddened by this and could not think of Christmas without music, so he wanted to write a carol that could be sung by choir to guitar music. He sat down and wrote three stanzas. Later that night the people in the little Austrian Church sang "Stille Nacht" for the first time.

**St Francis of Assisi introduced Christmas Carols to formal church services.**

Telesphorus, the second Bishop of Rome (125-136 AD) declared that public Church services should be held to celebrate "The Nativity of our Lord and Saviour." In 320 AD, Pope Julius I and other religious leaders specified 25 December as the official date of the birth of Jesus Christ.

**26 December was traditionally known as St Stephen's Day, but is more commonly known as Boxing Day. This expression came about because money was collected in alms-boxes placed in churches during the festive season. This money was then distributed during to the poor and needy after Christmas.**

Melbourne, Australia has a sporting Boxing Day tradition. The Melbourne Cricket Ground hosts a Cricket test match. Sometimes this attracts 90, 000 spectators. Cricket is Australia's premier Summer sport.

**The first printed reference to Christmas trees appeared in Germany in 1531**

## Santa's Favourites

### Sayings, Superstitions and Quotes

"To have good health throughout the next year, eat an apple on Christmas Eve."

**"Eat plum pudding on Christmas and avoid losing a friend before next Christmas."**

"The child born on Christmas Day will have a special fortune."

**"Wearing new shoes on Christmas Day will bring bad luck."**

In Ireland it is believed the gates of Heaven open at midnight on Christmas Eve. Those who die then go straight to Heaven.

**If you refuse a mince pie at Christmas dinner, you will have bad luck for the coming day.**

If you eat a raw egg before eating anything else on Christmas morning, you will be able to carry heavy weights.

**"Snow on Christmas means Easter will be green."**

"Good luck will come to the home where a fire is kept burning throughout the Christmas season.

**"Place shoes by side on Christmas Eve to prevent a quarrelling family."**

"A clear star-filled sky on Christmas Eve will bring good crops in the summer."

**"A blowing wind on Christmas Day brings good luck."**

In Greece, some people burn their old shoes during the Christmas season to prevent misfortunes in the coming year.

**In the Swedish countryside, from cock crow to daybreak on Christmas morning the trolls (wicked elves) roam about.**

In Devonshire, England, a girl raps at the henhouse door on Christmas Eve. If a rooster crows, she will marry within the year.

**You will have as many happy months in the coming year, as the number of houses you eat mince pies in during Christmas time.**

"Shout 'Christmas Gift' to the first person knocking on your door on Christmas Day and expect to receive a gift from the visitor.

**A three year old once gave this reaction to her Christmas dinner: "I don't like the turkey, but I like the bread he ate."**

## Aboriginals Hit Hard by Cancer

Aboriginal Australians are 62% more likely to die from cancer than nationals of other ethnicities, according to grim new statistics from the state of New South Wales.

This study is the first to combine comprehensive urban data with that of remote populations, and the figures are probably similar for the parts of Australia not covered, says Rajah Supramaniam of the Cancer Council New South Wales, who carried out the study.

Indigenous women are twice as likely to die from lung cancer, he found, while the increased risk for males is 50%. Rates of death from cervical and kidney cancer ran to more than three times that for non-Aboriginals.

Aboriginal people are more likely to smoke, which helps to explain the lung cancer findings. And kidney diseases, which can increase the risk of kidney cancer, are more common in indigenous Australians. But the overall pattern of cancer mortality suggests other causes are involved.

### Widening gap

“We need to know now what’s driving this difference between the populations,” Supramaniam says. “If one of the key reasons is late diagnosis, we need to know what we can do to get people to hospital earlier.”

The average life expectancy of an Aboriginal male is 56, compared with about 76 for the rest of the Australian population. For women, the expectancies are about 65 and 85, respectively. These figures have not improved in 30 years.

“For most indigenous populations in other countries, the differential between their health and the health of the rest of the population has slowly been getting smaller. But for Aboriginal people in Australia, it’s getting wider,” says Supramaniam.

Cancer is now the second biggest killer of Aboriginal people, after cardiovascular disease.

Supramaniam presented his results on Wednesday at the annual meeting of the Clinical Oncological Society of Australia in Melbourne.

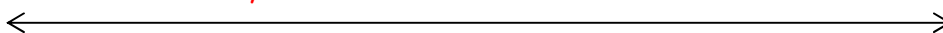


### **FINANCIAL SERVICES:**

I have depleted my funding for ER with the demand over the last three months but have funding in again the end of December.

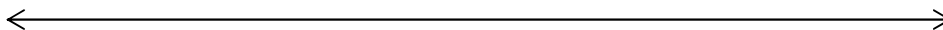
SAAP has been busy with people accessing for letting fees for rentals.

Families assistance will be busy after the Christmas break with the back to school rush.



### **CHILDREN'S SERVICES:**

Rhonda and Vicki will be on leave over the Christmas period. The Childcare Centre will closing on the 21st December and reopening 22nd January. The beginning of the year will see both programs working towards quality assurance.



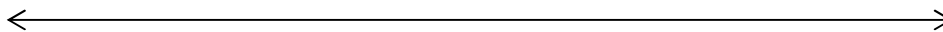
### **WOMEN'S REFUGES:**

#### **WAMINDA HOUSE**

Well the staff enjoyed a Workplace Wellness Weekend recently at Egoline Reflections, which included our end of the year celebration. We all arrived at 12pm on the Saturday followed by a lovely lunch then a meditation session and facial done by Julie, thanks Julie! We continued on to a Planning workshop, went for a walk around the beautiful property and then dinner and a few silly games, great fun and something needed for the staff who work with vulnerable and damaged women and children on a daily basis.

#### **DJOOKANKA HOUSE**

The refuge celebrated the 16 days of Activism Against Gender Violence with a morning tea and power point presentation and had a great turn up of 21 people from different agencies, congratulations Rebecca, Cassie and Maria for a superb job of organising and catering. The staff have also been busy establishing a Day Centre at the refuge, this wont be finalised until next year but will give another much needed service for the refuge.



### **HOME SUPPORT SERVICES:**

Four new staff have completed or nearly completed orientation and are settling in nicely.

No news from funding bodies re: GFR submissions.

Christmas Dinner booked for 24 clients who would otherwise be on their own at Christmas.

The Veterans support program went up for tender. It was won by another company who tendered for a large slice of the country. Our existing Veterans have a choice of remaining with us as HACC clients or taking on the new providers.



Climate change is big news at the moment. If you're inspired to do something about it then making a few simple changes where it counts can have a big impact. ABC Science Online's Bernie Hobbs tells us how, revealing that it is actually easy to be greener.

First of all there's no need to quit your job & drag the family off to some mud hut to live on cold water and baked beans. For less than a dollar a day you can cut your greenhouse gas emissions by one third without changing a thing. All it takes is a couple of phone calls, and a few simple decisions whenever you shop. It really is that easy. It's all about making change where it counts.

### The big culprits...

In greenhouse terms the big culprits you should tackle first up are your car and electricity. Cars burn petrol which generates greenhouse gases. Making electricity mostly involves burning a lot of coal, which also produces carbon dioxide. Between them they account for about 7 of the 25 tonnes - or 28% - of CO<sub>2</sub> we each produce in a year, so sorting them out gives great bang-for-environmental-buck.

The breakdown of emissions for the average Australian. Car and electricity make up 28%  
Source: Dr Manfred Lenzen, University of Sydney.

In the long term we should replace our cars and appliances with longer lasting energy efficient versions, and replace our coal-fired power stations with something more energy efficient, like a three-legged ox on a treadmill. But in the meantime there are some cheap and simple things we can do that will slash their greenhouse impact.

### A green car for \$40 a year?

If you're average, you probably drive your car around 15,000 km each year. And that adds about 4 tonnes of CO<sub>2</sub> to the atmosphere annually. So you could replace that car with a newer, more fuel efficient car - or better still a hybrid car. That will cut your emissions, and within a few years the fuel savings will more than make up for the energy that went into making the new car.

When it comes to everyday shopping you don't have to live like a Buddhist — or worse, a self-righteous hippie — to cut your greenhouse impact. One plastic bag doth not a climate disaster make. But try to make your buying habits good ones instead of bad ones:-

Buy local produce—less energy went into transporting them

Look for second hand if possible (except for things you need to plug in; you're better off buying a new, more efficient version for electrical goods)

Find things that can be re-used and recycled - they need replacing less often, and mean less waste which produces greenhouse gases as it breaks down

Go for less packaging, less energy goes into making and delivering it

Buy products that will last And don't buy stuff for the sake of it.

## CHRISTMAS POETRY



### The Twenty-fourth of December

The clock ticks slowly, slowly in the hall,  
And slower and more slow the long hours crawl;  
It seems as though today  
Would never pass away;  
The clock ticks slowly, s-l-o-w-l-y in the hall.

**Author Unknown**

### Would You Follow

How many would follow the star tonight  
If it shone past the Milky Way,  
Leave comfortable homes and follow it still,  
Over the hills and away.

How many would open their doors tonight  
For a weary and shabby pair?  
Make room at hearths for a Stranger-Child,  
Though the Infant be wondrous fair?

How many would give of their goods tonight,  
The best they possess and more,  
For their faith in a star and an angel choir  
And a King forevermore?

We censure the folk of a bygone time  
For indifference to Mary's plight.  
How many would do any better now?  
Would you follow the star tonight?

**Author Unknown**

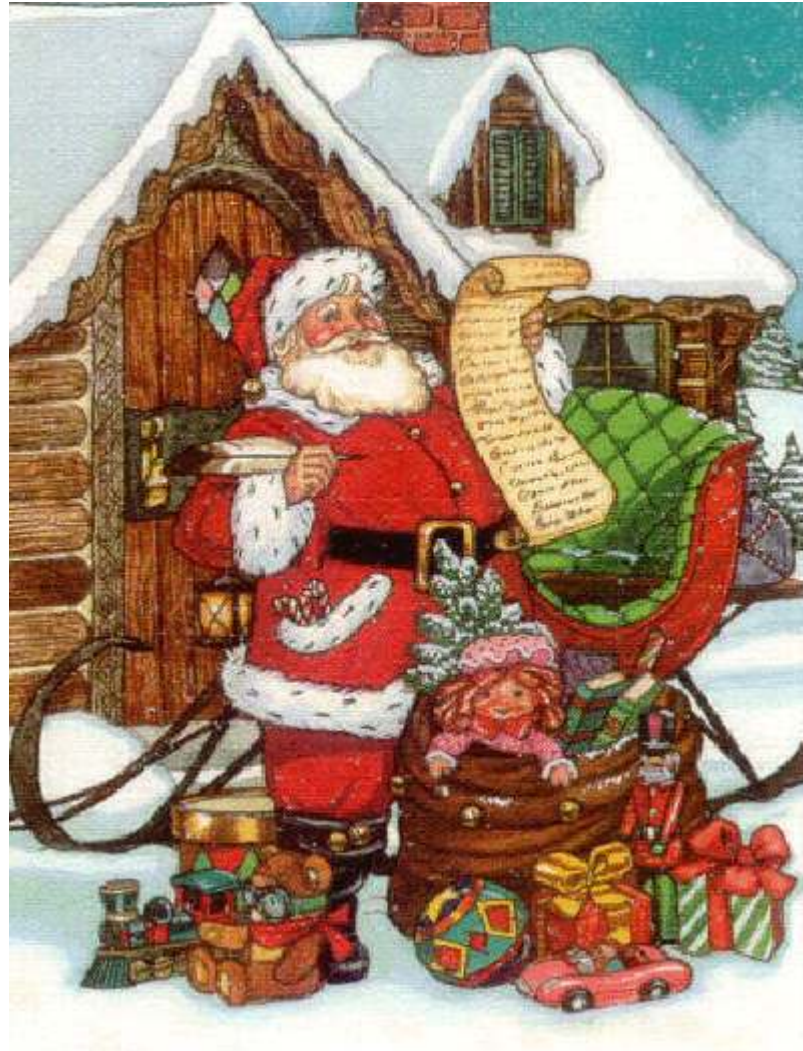
### **When Santa Claus Comes**

A good time is coming, I wish it were here,  
The very best time in the whole of the year;  
I'm counting each day on my fingers and thumbs-  
The weeks that must pass before Santa Claus comes.

Then when the first snowflakes begin to come down,  
And the wind whistles sharp and the branches are brown,  
I'll not mind the cold, though my fingers it numbs,  
For it brings the time nearer when Santa Claus comes.

**Author Unknown**





The picture of a pot-bellied, bearded and well-ringing Father Christmas that we know more recently was an origin of Santa Claus. He was created by Thomas Nast, a North American cartoonist, in drawings he made for *Harper's Weekly* during a period of 20 years from 1863 onwards. He based the pictures on Clement Moore's poem, gradually developing Moore's small fat, elf-like creature into the Father Christmas now known to all.



## TEENS AFFECTED BY VIOLENT VIDEO GAMES

A new study has found that adolescents who play violent video games may exhibit lingering effects on brain function, including increased activity in the region of the brain that governs emotional arousal and decreased activity in the brain's executive function, which is associated with control, focus and concentration. The findings were presented at the annual meeting of the Radiological Society of North America (RSNA).

"Our study suggests that playing a certain type of violent video game may have different short-term effects on brain function than playing a non-violent - but exciting - game," said Vincent P. Mathews, M.D., professor of radiology at Indiana University School of Medicine in Indianapolis.

Video games are big business with nearly \$10 billion in sales in the United States last year. But along with growing sales come growing concerns about what effects these games may be having on the young people who play them.

fMRI measures the tiny metabolic changes that occur when a part of the brain is active. These changes will appear as a brightly coloured area on the MR image, indicating the part of the brain that is being used to process the task. The two groups did not differ in accuracy or reaction time for the tasks, but analysis of the fMRI data showed differences in brain activation.

Compared with the group that played the non-violent game, the group that played the violent video game demonstrated less activation in the prefrontal portions of the brain, which are involved in inhibition, concentration and self-control, and more activation in the amygdala, which is involved in emotional arousal.

"During tasks requiring concentration and processing of emotional stimuli, the adolescents who had played the violent video game showed distinct differences in brain activation than the adolescents who played an equally exciting and fun - but non-violent - game," Dr. Mathews said. "Because of random assignment, the most likely factor accounting for these differences would be the group to which the volunteers were assigned."

SOMETIMES A PICTURE IS WORTH A THOUSAND WORDS.....



# First aid for snakebites

## IT'S THAT TIME OF THE YEAR AGAIN!

### WHAT TO DO IF SOMEONE IS BITTEN

Australian venomous snakes include tiger, black, brown, copperhead and mulga snakes, taipans and death adders, as well as many sea snakes.

With the onset of warmer weather, the land-based snakes come out of hibernation to bask in the sun, just in time to be found by holidaymakers.

Most Australian snakes are defensive by nature. They will usually sense a human's approach and move out of the way. Most don't approach humans unless disturbed, but some, such as the brown snake, are fast, fierce and easily angered.

If someone is bitten by a snake, follow these rules.:

Do apply a crepe bandage firmly to the limb, particularly over the bite site, and immobilise with a splint (for instructions on how to do this, see under the heading, Pressure Immobilisation First Aid). This is to stop the spread of venom into the lymphatic system.

Do get the victim to a hospital or medical centre that has resuscitation facilities and antivenom for snakebites. Preferably make this journey by ambulance. It is better to keep the bitten person still and get transport to them, rather than for them to move.

Do not cut the bitten area.

Do not use a tourniquet.

Do not wash or suck the bite. Traces of venom are needed for use with venom identification kits.

Do not remove the bandage. This will result in spread of the venom through the system.

If the bite is on the head, neck or back and cannot be bandaged, apply firm pressure if possible.

### PRESSURE IMMOBILISATION FIRST AID

The technique of pressure immobilisation first aid for venomous bites and stings was developed in Australia in the 1970s by Professor Struan Sutherland, who was then head of immunology research at Commonwealth Serum Laboratories (CSL).

Venom is spread via the lymphatic system. Applying a bandage – as tightly as you would strap a sprained ankle – slows the movement of venom from the bite site into the lymphatic system.

Immobilisation with a splint (e.g. a piece of wood or timber) strapped to the limb also slows lymphatic drainage. This gives the bitten person more time to reach hospital and medical care, although the situation is obviously still a grave emergency.

Research with snake venom has shown that very little venom reaches the bloodstream if firm pressure is applied over the bitten area and the limb is immobilised. Pressure immobilisation first aid is recommended for most of the life-threatening venomous bites and stings in which the venom travels by the lymphatic system – for example, snake and funnel-web spider bites, and blue-ringed octopus and cone snail envenomations.



Sourced from [www.myDr.com.au](http://www.myDr.com.au)

# Christmas Traditions

## The Coin in The Pudding



The most exciting moment at the Christmas dinner is finding out who the lucky person is whose portion of the pudding contains the coin. Children treasure this custom even if the coin is of no value.

The coin in the pudding is attributed to the festivities held in the last days of the Christmas period, Twelfth Night. This is done in memory of the three kings who are said to have arrived in Bethlehem, a mock 'king' would be chosen for the day only.

There were several names given for this day also such as the 'King of Misrule' where everything was reversed made topsy turvy, another name for this "king for a day" was "King of the Bean", which was based on the method by which he or she is chosen.

A bean was mixed into the cake and baked for the occasion. When the cake was broken up and its pieces distributed among the company, whoever found the hidden bean was supposed to be crowned the 'King of the Bean'. This ancient ritual may be the origin of the modern coin in the pudding.

Another ritual was that belonging to the pagan celebration of Saturnalia where the person who found the coin was killed.

## The Wreath



The Wreath which is traditionally displayed on the front door of a home during the weeks of Advent and the Christmas season once was a multiple role.

The wreath is intertwined with red ribbons which is done to express the festive spirit, while its evergreen leaves were symbolic of the everlasting life promised to the faithful by the birth of Jesus Christ. The circular shape was a reminder of the crown of thorns placed on His head by the Roman soldiers when they ridiculed Him as the 'king of the Jews'.

Another reason for the wreath being used as part of celebrations related to the god Bacchus, whose worshippers were thought to have worn circular ivy crowns.

Another practical purpose for the wreath was that the evergreen boughs were believed to protect a home from evil spirits, which were thought to be plentiful during this dark time of the year. During the Middle Ages the red berries of holly were believed to keep witches out of the home; this is why holly became the traditional and lucky evergreen for the wreath-making.

# Christmas Traditions



## Christmas Symbols Bells

Bells being rung on Christmas morning has been and is done to celebrate the birth of Jesus Christ.

A legend that has been told is that the bells were rung for an hour before midnight on the first Christmas eve, this was said to have been done to warm the forces of darkness of

the imminent birth of the Saviour. At the stroke of midnight, the peal of the bells changed pitch into a joyous peal.

The bells sounding was also for another purpose as well. Just as bells are tolled to announce the death of someone they were also rung to tell the 'death' of the Devil which was brought upon by the coming of Jesus Christ. The church bell was also known as 'the Old Lad's Passing bell', 'Old Lad' which was said to be a euphemism for Satan. The bells pealing has also been assumed to chase away evil spirits, which are said to be repelled by noise of any kind.

There are many types of Christmas bells for the season. They can be heard on Christmas morning, they are used as decoration on Christmas cards as well as on the Christmas tree. Wassailers would use them to announce their presence by ringing them, so did Father Christmas, with jingling bells accompanying his sleigh progress.

## Kissing Under the Mistletoe



The kissing under the mistletoe was originally a belief that this plant, which stayed green even in winter, could produce and increase sexual power.

In a few parts of the world it was regarded as being so potent that it could increase the productivity of the soil, be used as a fertility drug for cattle, and it was also used as a cure for impotence in humans.

The Druids believed that the mistletoe's magic potency extended far beyond just conferring fertility. It was thought to cure almost any disease and was therefore known as 'all healer'. Sprigs fixed above doorways of homes were said to keep away lightning and many kinds of evil. As the plant had no roots it was believed that it grew from heaven.

An old wives tale has it that a girl who had not been kissed under the mistletoe would be barren. Now it is only an excuse to take innocuous liberties.

## Christmas Gifts

The exchanging of Christmas presents can be traced back to an ancient Roman custom of gift-giving which was practised at Saturnalia.

When the custom was Christianised, it was told that it related to the gifts of gold, frankincense and myrrh that the Magi had carried with them from the East when they travelled to pay homage to the newborn Jesus Christ.



## **CONGRATULATIONS TO:**

Cassie, Maria & Rebecca for their Board of Management awards of excellence

Merryl who has taken on our Mental Health Support position.

Amber who has joined our Child Care Services (CCS)

Vicki who has completed successfully her 3 months in CCS

Louise, Teresa, Sharon, Alex & Shirley who have joined our HSS program

Leah who has completed her 3 months successfully in CCS

Rhonda (CCS) for her Board of Management award in Leadership

## **S & C Mission Statement**

Share and Care's mission  
is to lead communities in Support, Education and Advisory Services.

### **Values:**

Recognition of the communities rights to equitably access information and services;

Sensitive to the needs of those from cultural and linguistically diverse communities and special needs;

Recognition and appreciation of the diverse skills and values our employees bring to the services delivered;

Provision of philanthropic opportunities;

Development and maintenance of complimentary relationships across all sectors;

Recognition and appreciation of the skills brought by the Board of Management that ensures transparency, accountability, good governance and leadership for the Organisation;

Operate on the best practice models, ensuring delivery of services to the communities are always of the highest standards.

To acknowledge and encourage  
the continued passion from all who contribute to the Organisation