

NEWSLETTER
July 2013
ISSUE 96



Share & Care
Community Services Group
Building resilience in communities

LEWIS MOTORS



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VEHICLE

Industrialization Of China Increases Fragility Of Global Food Supply



Global grain markets are facing breaking point according to new research by the University of Leeds into the agricultural stability of China.

Experts predict that if China's recent urbanisation trends continue, and the country imports just 5% more of its grain, the entire world's grain export would be swallowed whole. The knock-on effect on the food supply - and on prices - to developing nations could be huge.

Sustainability researchers have conducted a major study into the vulnerability of Chinese cropland to drought over the past 40 years, which has highlighted the growing fragility of global grain supply. Increased urban development in previously rich farming areas is a likely cause.

"China is a country undergoing a massive transformation, which is having a profound effect on land use," says Dr Elisabeth Simelton, research fellow at the Sustainability Research Institute at the University of Leeds, and lead author of the study. "Growing grain is a fundamentally low profit exercise, and is increasingly being carried out on low quality land with high vulnerability to drought." The study looked at China's three main grain crops; rice, wheat and corn, to assess how socio-economic factors affect their vulnerability to drought. Researchers compared farming areas with a resilient crop yield with areas that have suffered large crop losses with only minor droughts.

Continued...

They found that traditionally wealthy coastal areas are just as susceptible to drought as areas with poor topography in the east of the country.

"Quality land is increasingly being used for high profit crops, such as vegetables and flowers. The impact of this on local and global economies is an issue that the newly created Centre for Climate Change, Economics and Policy (CCCEP) will address," explains Dr Simelton.

CCCEP is a partnership between the University of Leeds and the London School of Economics. Its main objectives include developing better climate change models and understanding how developing countries can adapt to climate change.

At the moment the Chinese government claims that China is 95% self sufficient in terms of grain supply. If China were to start importing just 5% of its grain (to make up a shortfall produced by low yields or change of land use to more profitable crops) the demand would Hoover up the entire world's grain export.

The pressure on grain availability for international grain markets could, in turn, have a huge knock-on effect. Poorer countries are particularly vulnerable, as demonstrated by the 2007-2008 food crisis.

Published in the journal *Environmental Science and Policy*, the study used provincial statistics of harvests and rainfall together with qualitative case studies to establish the differences between land that is sensitive to drought and land that is not.

"One aim of this research is better understanding of the socio-economic responses to difficult conditions so that we can improve models of climate change" says Dr Simelton.

"These trends of urbanisation are also happening in India, with the population predicted to keep on rising until at least 2050. Ultimately the limiting factor for grain production is land, and the quality of that land."

The research is part of the Quantifying and Understanding the Earth System (QUEST) project and has been funded by the Natural Environment Research Council (NERC). QUEST aims to look at global scale impacts of climate change across a range of areas including fisheries, agriculture, and epidemiology.

Focus on Share and Care Staff

An Interview with Jeni



When did you first get involved with S& C?

I started working at S&C in 2003. Originally I commenced as a Support Worker at Waminda, I have worked in a few D/V programs since, including the Early Intervention and Outreach, Child Support Worker, and the Case Management

Services. I have now left the D/V programs and have started working as a Financial Counsellor and Emergency Relief and Emergency Accommodation Program Manager.

What is your role in the organisation? I am employed as a financial Counsellor, and also am the Program Manager for the Emergency Relief and Emergency accommodation Programs.

What is the thing you love most about working at S & C?

The thing that I like the most about S&C is the fact that we have such a diverse range of programs, which it is like a one-stop –shop for our consumers.

What are some of the most challenging things you face in your role?

At the moment, having recently changed programs, I am feeling challenged on many different levels, which I am enjoying. I am working with a really great bunch of supportive people, which is making it easy

What are some of the lessons you have learned in your role while at S& C?

I have learned many lessons since I started working for S&C. Working to support such a complex group of clients has taught me to be a patient and considerate person. I believe it has made me a better person.

Although I have to admit to learning some of these lessons the hard way!

Who inspires you most and why? I have had many people in my life that have inspired me. If I had to name just one it would be my father. He is a very good man and he will always put his family above anything else.

When you are not working, what do you spend your time doing? I am a bit of a recluse, and my family are very important to me. On a weekend, I am found either at home, enjoying my property, animals and garden, or in Perth spending time with my family.

What might “someone” be surprised to know about you?

Oh dear, probably that I am a recluse. If I didn't work I would probably never leave my front gate.

What was the last book you read? I don't have a lot of time to reading for enjoyment; however I do like a good horror/thriller.

Meat Eating Snag Hits a Snag

In today's new-age thinking about reducing our meat consumption for the good of the planet, sausages may even be described as positively flexitarian. So what's the problem? Too much saturated fat and too much salt (sodium). Accredited Nutritionist and [Eat to Beat Cholesterol](#) author, Nicole Senior looks at whether the humble sausage still has a place on our money-saving-meals plate.



'Although many nations would stake a culinary claim on the humble sausage, it has become an iconic Aussie food and much more likely to be thrown on the barbie than the proverbial shrimp! Although they are cheap as chips, they transcend socio-economic food influences: everyone from the company CEO to the ditch-digger can eat a sausage with pride. The sausage sizzle is a social glue bringing people together. Even the weekend trip to the local hardware store involves the appetising aroma of a sausage sarnie cooked by a community organisation raising funds for a worthy cause. You'd have to travel quite a way to find an omnivorous Aussie who doesn't enjoy a sausage, especially one with an obligatory squirt of 'dead 'orse' (tomato sauce). It's most uncomfortable to contemplate, therefore, that this loveable morsel isn't that good for us.

Most people prefer to remain blissfully ignorant about the ingredients in sausages – or 'snags' as we like to call them. They are colloquially known as 'mystery bags', and the mystery refers to the meat content: how much meat is actually in there, and which cuts? Sausages are an economical food because cereal (grain) is used to stretch the meat content and cheap off-cuts are traditionally used.

Unfortunately, the traditional sausage is mired by a high saturated fat and salt content. This is because historically sausage-making was a preservation method. . Now we have refrigeration, the high salt content is not needed but it persists because that's the way it's always been done.

Continued....

The Australian Division of World Action of Salt and Health (AWASH) found only 2% of sausages sold in Australian supermarkets met acceptable salt levels. And those meaty off-cuts are generally fatty as well, and the fat is highly saturated and cholesterol-raising. A typical supermarket pork sausage is 6% saturated fat so a serving of two 85g (3oz) sausages contain 10g of saturated fat which is just under half the daily recommended maximum.

Because of how far removed sausages are from fresh meat from a nutrition point of view, the newly revised Australian Guide to Healthy Eating classifies sausages as discretionary foods to be eaten 'only sometimes and in small amounts' rather than part of the core meat food group. And this is just fresh sausages: once you start to cure a sausage into salami, pepperoni or bratwurst you open a whole other can of worms about 'processed meat' that warrants its own article in a future addition of GI News. Perhaps it's time to end our love affair with this much-loved staple, or at least ration our affections to occasional use only. Or maybe demand better from our sausages.

I like Kanga Bangas made with kangaroo meat and they contain much less fat and salt too. There are also low fat beef and pork sausages in supermarkets, although they can have just as much salt. There are also low fat beef and pork sausages in supermarkets, although they can have just as much salt. Sausage making has now become an art form and butchers are going to town with exotic gourmet flavour combinations such Honey Chicken & Macadamia, and Lamb Mint & Rosemary. This should be encouraged as a way of stretching small amounts of meat to go further, although I wish "gourmet" sausages wasn't code for "fatty and salty". And perhaps we should be putting more offal in sausages like they did in times past. So called 'nose to tail eating' is a frugal approach to an expensive food (in monetary and planetary terms). Bring on the Liver Sage and Onion snag!

Chicken Noodle Soup

Our grandmothers and mums have long known what science is now discovering - a hot bowl of chicken soup is tasty medicine for someone with a cold. Colds are the result of infection in the upper respiratory tract, which causes inflammation, and a study by Dr Stephen Rennard, a US chest specialist from the University of Nebraska Medical Centre, found chicken soup has anti-inflammatory properties. It may also prevent throats becoming sore and help stop the movement of white blood cells that encourage the flow of mucus that accumulates in the lungs and nose.

"Chicken soup, whether it's the heat, combination of vegies and protein, or the antioxidant properties, appears to be a wonder food for those who have a cold or flu," www.bodyandsoul.com.au

Ingredients

- 1 (about 1.4kg) organic chicken
- 1 onion, peeled
- 1 garlic clove
- 2 carrots, peeled, chopped
- 2 celery stalks, leaves removed
- 1 bay leaf
- 2 sprigs thyme
- 200g vermicelli pasta, cooked, drained
- 2 tbs freshly chopped flat-leaf parsley



Method

- Place the chicken in a large saucepan with the onion, garlic, carrots, celery, herbs and 2 litres of water. Bring to the boil, skimming any scum that may appear on the surface. Reduce heat to very low and simmer for 2 hours (don't boil). Strain the soup, returning the liquid to the pan.
- Set aside the chicken to cool, discard vegetables.
- When the chicken is cool enough to handle, remove the meat from the bones and set aside to use in other dishes.
- Return the bones to the stock and cook for a further hour at a low simmer. Strain, allow to cool, then refrigerate overnight.
- Remove any fat that has appeared on the surface and discard. Reheat soup. Season well with salt and pepper.
- Divide pasta between serving bowls, and ladle the soup over the top. Sprinkle with parsley and serve.



Miso Soup with Prawns, Tofu and Udon Noodles

Ingredients

- 1 x 270g pkt dried udon noodles
- 24 (about 550g) small cooked prawns, peeled
- 150g silken firm tofu, cut into 2cm pieces
- 2L (8 cups) water
- 200g white miso paste
- 1 tbs finely grated fresh ginger
- 2 tbs soy sauce
- 1 bunch asparagus, woody ends trimmed, cut into 3cm lengths diagonally
- 300g mixed Asian mushrooms (such as oyster, shimeji and shiitake)
- 80g baby spinach leaves
- 2 shallots, ends trimmed, thinly sliced diagonally



Method

1. Cook the noodles in a large saucepan of boiling water for 8 minutes or just until tender. Drain.
2. Divide the noodles among serving bowls. Top with the prawns and tofu.
3. Place the water and miso in a medium saucepan over medium-high heat. Bring to the boil, whisking often, until the miso dissolves.
4. Reduce heat to low. Add the ginger and soy sauce to the pan. Simmer for 2 minutes. Add the asparagus, mushrooms and spinach, and simmer for 30 seconds or until the spinach just wilts.
5. Ladle the soup over the noodles. Sprinkle with shallot and serve immediately.



Seafood Mornay Pies

Ingredients

- 1 tbs olive oil
- 1kg fresh marinara mix
- 300ml ctn pouring cream
- 100g vintage cheddar, crumbled
- 2 sheets (25 x 25cm) frozen puff pastry, quartered, just thawed



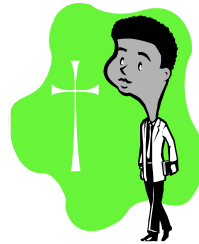
Method

1. Preheat oven to 200°C. Heat 1 teaspoon of oil in a large frying pan over medium-high heat. Cook one-quarter of the marinara mix, stirring, for 3-4 minutes or until almost cooked. Transfer to a 310ml (1 1/4-cup) capacity ovenproof dish. Repeat, in 3 more batches, with remaining oil and marinara mix and 3 more dishes.
2. Add the cream to the pan and bring to boil. Reduce heat to medium. Simmer for 3-4 minutes or until the cream has reduced by a third. Add the cheddar and season with salt and pepper. Stir for 1-2 minutes or until the cheddar melts.
3. Pour the cream mixture over the seafood in the dishes. Arrange 2 pastry squares, at opposite angles, on top of each dish. Press down gently to seal the edges. Brush the tops of the pies with water. Season with salt and pepper. Place the dishes on a baking tray. Cut 2 small slits in the top of each pie to allow steam to escape. Bake for 20 minutes or until puffed and golden.

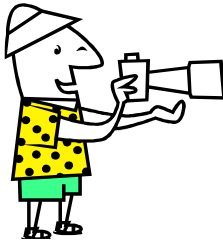
Jokes

Absent from Church...

Harry walked over to the Priest after services, "You know Father, I am really stuck in a quandary I would like to attend church next week but I just can't miss the big game next Sunday, it's just out of the question." "Oh Harry, Harry" said the Priest putting his arm around Harry, "don't you know? That's what recorders are for." Harry's face lit up "you mean I could record your sermon?"



Professional Photographer...



As a professional photographer, Judy takes a lot of pride in her pictures. Wherever she goes, she brings her pictures with her, to show off her work. "Wow", said her host Sandra, "these are really nice pictures, you must have a great camera." Fuming mad at the implication that her whole talent came from her camera. Judy waited until the end of the meal and then thanked her host, "thank you the meal was delicious," and then as if an afterthought added, "you must have great pots."...

The Lawyer and the Doctor....

A doctor and a lawyer were both at a reception. The lawyer noticed that people were constantly coming over to the doctor. "Why are so many people coming over to you?" asked the lawyer. "It's terrible," sighed the doctor, "ever since I became a doctor I don't have a moments peace, people are constantly coming over to me for medical advice." "I'll tell you what I do," said the lawyer with a sneer, "I send them a bill in the mail." The doctor agreed with the lawyer that this was a good solution. The next day upon mailing the bills he was surprised to see a letter from the lawyer, he was even more surprised when he opened it.....**it was a bill!** ...





LOTTERYWEST 80 YEARS

Share & Care were invited to share the celebration of Lotterywest's 80th year by providing our story for their 80 stories celebration book.

This book is a tribute to the Western Australian community and the changes that occurred when Lotterywest partnered with 'other organizations' over 80 years.

Our story was based around the importance of support with infrastructure needs. Funding for services will provide the monies necessary to operate the service, however it is rarely allocated to infrastructure requirements.

Over the years we have had major renovations, moving from office space that allowed for seven services to the current twenty five, - all thanks to Lotterywest.

By early next year, thanks once again to Lotterywest, we will have a brand new addition to the building; two stories that will house administrative and management activities on the top and the aged care services and consumers activities on the ground floor.

Without this very vital assistance there would be no hope of continuing our work in several programs. Without Lotterywest our work would be hamstrung, limited by much less space

Report Warns of Permanent Drought for Wheatbelt



A report by the Climate Commission has warned the Wheatbelt is at risk of permanent drought.

The Commission's annual update on climate change indicates the south west of Western Australia will continue to dry rapidly unless greenhouse gas emissions are cut.

The report says the decline in rainfall in WA's Wheatbelt is bigger than reductions in any other wheat growing region in Australia.

Yilgarn shire president Romolo Patroni says it is a challenging time and some Wheatbelt farmers are trying to sell up.

"There's a lot of farmers that are willing to get out and it's a matter of finding a willing buyer and they don't seem to be plentiful at this time," he said.

Sticky Bug Catcher Paper

Instead of using harmful chemicals or pricey fly traps, make your very own fly paper at home with household ingredients and materials.

What you'll need:

paper grocery sack
small pot
scissors
hole punch
string
1/4 cup each of honey, sugar and water



First, cut your paper bag in to 4" strips and punch a hole in the end of each of them. Cut a piece of string for each paper strip and loop it around the hole.

How to:

Combine the honey, sugar and water in your pot over med high heat and cook until the mixture is well dissolved, then turn off the heat.



Dip each of your paper strips into the mixture, making sure to coat it really well.

Hang your strips up 'to dry' on another string. You'll want to put something underneath them to catch the sticky drips that are sure to fall, like newspaper or a baking sheet. Leave them here until they've stopped dripping- about 30 minutes.

Now you're ready to hang your fly strip! These are unbelievably sticky, so be careful to hang them out of the way.

PROGRAM NEWS

FAMILY AND DOMESTIC VIOLENCE SERVICES

Waminda House



The refuge continues to be busy, we have been full for the last few months, with many single women and children requiring a great amount of a support. During their time here the support staff engage with the Mothers assisting in advocacy and our support program's to empower the mothers and children.

Some of the children residing at the refuge have been attending Avon Youth Services for activities after school and on weekends. All staff attended the 'Gone in 5' training which is an 'Emergency Evacuation Exercise' in case of fire or other threats to the building. The Womens Council for Family & Domestic Violence had a luncheon held for them by the 'Variety Club' they raised \$34,000 this month with the funds going to projects for children in schools and the community, also toys were donated on the day, Waminda received a generous amount for the children at the refuge

Safe at Home

The average amount of referrals to Safe at Home for the past 3 months has been 54 per month.

Violence Restraining Orders are 4 per month

Outreach Visits are averaging at 14 per month

Security Upgrades 3 per month.

The Family & Domestic Violence Crisis Response Service [FDVCRS] complements the Safe at Home Program and is working very well together.

Brochure's and Information for this program were distributed to the Merredin District Hospital and surrounding agencies.

Home Maker Program

This program provides support assisting in areas of Budgeting, Linking to employment options, Basic living skills, Social Support plus shopping on a budget.

Taking clients shopping for healthy food options is a keen activity that the clients enjoy, it gives them a variety of alternatives to the types of meals to prepare and the food budgeting is very beneficial. If you would like any further information regarding this program please call Share and Care.

Continued...

Outreach Support and Counselling

Several clients that attend the Outreach Service also engage in the Rainbow Centre activities, this can be also a supportive meeting place that provides the women with ongoing advocacy and empowerment.

The Outreach services to the clients have been 64 for the past three months, these services include Court Support, Violence Restraining Orders and Counselling Services.

A Promotional drive was conducted in the Wagin, Dumbleyung area and down to Lake Grace, providing information regarding the Domestic Violence Services and Share and Care Services.

Family & DV Crisis Response Services.

We say farewell to Jenny the previous Coordinator of this role, who has now moved to another role at Share and Care and welcome our new Co-ordinator Linda to this Program.

The Coordinator [Linda] attended a 'Common Risk Assessment & Risk Management Framework Training' a one day workshop for all staff working in this role to discuss how the new model is working and to implement any new changes.

This Program receives the 'Incident Reports' from the Police, from there these are discussed at a Triage Meeting involving the Police, Dept for Child Protection and the Coordinator.

This is a new program, however since its commencement the amount of I.R's have been considerable, The average amount of Incident Reports per month is 97

Djookanka House

Staff at Djookanka have attended several workshops and training courses, including 'Gone in 5' Emergency Evacuation, Parental Mental Health and Cultural & Linguistically Diverse training.

The Refuge has also been very busy with 6 women and 11 children accommodated these past few months, all the children receive 'Buddy Bags' which are supplied by the 'Alannah & Madeline Foundation' New projects were enjoyed by clients at the Rainbow Centre, the women had sewing classes and made heat bags for themselves for the cold times in these winter months, the following month the ladies made health choice food dishes to cook for their families. Promotions to agencies in the district included the Medical Centres and Police Stations. Domestic Violence Packs which also includes Share and Care Information.

Home Support Services

HSS would like to welcome Karlee to our team, who started with us in May. She has worked previously in other community service roles. Cuppa Club took an outing on the bus to the Riversedge cafe for tea and cake in mid June which was well received by all participants. The Saturday bus trips have been to some new places in the past couple of months. At the beginning of each month the bus goes to Midland and takes the participants shopping and if they can squeeze it in a visit to Bunning's. They have visited Fremantle to have lunch at Cicerello's and been to Sizzlers in Riverton also for a meal. Late July they are going to Malaga Markets. The participants in the bus have been enjoying the trips with support workers and having a fun filled day.

Matthew, one of our support workers has just welcomed a baby boy to his family.

Next week some Administration and Community Support staff will be attending Elder Abuse Training at Bridgley.

Mental Health & Mobile Respite Services

Lee Ann has consolidated her role as Program Co-ordinator, and has provided invaluable assistance to the new Program Manager Mental Health, Neil who started with Share and Care in late May. Neil has previously worked in a number of roles including, counsellor, consultant, psychologist, researcher and manager across rural and remote Australia.

This organisational change allows Nicole to focus on the HACC/CACP programs. The Mental Health staff would like to express their appreciation and gratitude to Nicole for the work that she has done with this program and continued to do so during this transitional period. Thank you, Nicole.

Also new is Cassandra (Cat) – like Lee Ann a New Zealander who has quickly adapted to the Mental Health environment. Cat has post-graduate qualifications in Psychology.

Congratulations to Jo who has had a baby girl.

Training for staff in June was "Working with Children and Families with a Disability" and attending a Mental Health Commission workshop on policy changes to goals and funding. Activities conducted by Mental Health include Craft Group (now Youth Peer Support Group) and Get Tapping continue as before, while clients continue to interact with external programs e.g. DADAA, and Riding for the Disabled (RDA). A number of clients will be going to a 4 day Outward Bound activity course (with activities such as tree top walks) in October at Walpole.

Occupational Safety & Health

During the past three month's there has only been one (1) incident, being minor lacerations to a staff member's leg that did not require outside medical attention nor did it result in any lost time. The injury was attended to by a first aid officer and has now fully healed. The outstanding maintenance issue with the eaves at the Men's Lodge has been repaired and repainted. There was another maintenance issue reported at the Men's Lodge, being a tree leaning on the fence causing some damage. The tree was removed within 2 days of notification.

Two (2) action requests were submitted for this period.

One (1) was in relation to fumes emitted from a photocopier and after investigation was confirmed that there were no ozone emissions. M.S.D.S.'s were provided and the action request was closed.

One (1) was whether the remnants of the previous boundary fence, located outside the existing colour bond boundary fence, were fibro or asbestos. The investigation confirmed that the remnants were fibro and the action request was closed.

The quarterly hazard identification checks for the main Share and Care building area and the Men's Lodge were completed with the following hazards identified:

Electrical cord under the Admin desk not covered – **Rectified immediately**

Lighting in MHMR/Homemaker office inadequate – **Lighting proved to be adequate.**

Emergency exit sign missing from Gazis Room exit door – **Exit sign purchased and replaced 24/06/13**

A Whistle in bedroom 3 at the Lodge missing – **Replaced 21-06-13**

The thermostat in the clothes dryer was broken – **Clothes Dryer removed 20-06-13**

A cut-off switch in the washing machine was broken – **Washing machine repaired 21-06-13**

A hole in the vinyl in the kitchen – **Quotes sought for repair 21-06-13**

Effective 1 July 2013 Jeni will be the OSH Representative for the Share and Care main building area and the Men's Lodge. Stay safe everyone and keep up the excellent work with safety awareness.

FINANCIAL SERVICES

Financial Counselling

We have been very busy again in Financial Counselling this month, all our appointments are booked four weeks in advance in Northam Moora & Merredin. We are trying to cut this down to two weeks, and have made great progress with this as it was up to six weeks at one stage.



Changes to our Moora Merredin days will occur in September, Jeni will be going to Merredin on Thursdays and I will be going to Moora on Tuesdays, this ensures there is a Financial Counsellor in Northam every day. We have had a lot of success stories this month, with the banks wiping off debts and the closing of some client files who no longer need Financial Counselling, which is a great morale boost for us.



Since going to the Financial Counselling conference in Sydney last month we have made a lot of useful contacts who have proved invaluable. With the new financial year upon us it is all go, with staff starting the Financial Counselling Diploma and all our professional development programs being considered and put in place as well as the progress reports and the dreaded Archiving.

Continued....

Emergency Relief & Homelessness Services

Emergency Relief has seen a notable decline in new consumers over the past three (3) months. The assistance with utility bills has increased with most of these consumers referred on to Financial Counselling. The provision of overnight crisis packs has proved to be a positive initiative for most consumers requiring immediate assistance.



Families Assistance has been kept busy with consumers requiring assistance with higher utility bills and credit debt. This assistance is provided to consumers through Financial Counselling appointments.

Emergency Accommodation Services has primarily assisted with emergency/crisis accommodation. There has also been assistance provided to help two (2) consumers to enter permanent accommodation and assistance to three (3) consumers with rent arrears to prevent eviction.

Welcome Michael to the Men's Lodge and NPAH.

During April The Men's Lodge was very busy with a diverse range of consumers. During May most consumers moved on to other accommodation. There were no incidents reported over this period.

As there is no available accommodation for new consumers for the NPAH Program the Support Worker has been busy supporting existing clients. As the new financial year approaches preparation is under way for the release of more housing for NPAH consumers.

“Something In The Air”



Fridays
dawning,
oh so
sweet
The day is
starting
well
But down
at **Share
and Care**,
you know

It's just so hard to tell
The day is clearly underway
And all are on the go
Or so it seems, for something's
wrong

It's just so hard to know
Trev is acting really strange
And **Dave** just looks transfixed
They haven't bothered picking up
The clients on their list
The phone is really running hot
With clients all asking why
Nic can't walk on water
And why **Kristy** cannot fly
Lisa's stuck there on the phone
She's glued it to her ear
Sarah's madly printing out
HACC rosters for a year
Jen's gone quiet, she hardly
speaks
It's bringing **Robyn** down
Amy's doing burn-outs
In her car all over town

All around the building
Is the sound of rushing feet
Ruth and Sue are traumatized
They're smoking in the street

Marg's out doing donuts
On the bypass near the bridge
Neil and Jo are scoffing cakes
now **Marg's** hidden in the fridge

The ladies from the Cuppa Club
Are dancing in the street
They're throwing scones and cups
of tea

At everyone they meet
Carol's crying, "Now, don't stress
Because we're doing fine
This place will re-assert itself
And that's the bottom line"
"Somethings in the water, guys
It simply must be said
I've had the strangest feeling
Since I first climbed out of bed"
The water in the taps has turned
The most disgusting brown
Doly's left Wundowie clients
behind
And bolted out of town

Geni's rushing to
and fro
Rebecca's in a
flap
Jeni P has locked
her door
And curled up for
a nap



Sue R is busy baking cakes
She's only slightly stressed
She's stripping off her outer
clothes

And working in her vest
Tracey's madly "Hooverin'"
And smoking on the job

"And I've no
gloves to clean
the loo"



Her voice
breaks on a
sob
Joel and Kyle
are doing laps
And so are
Josh and Tim
They're
wearing out

the roundabout

Their tyres are on the rim
Poor **Mathew** thinks it's Sunday
Kristy's pulling out her hair
He's doubling up all over town

And **Nic** is going spare
Cheryl's sitting in a trance
And **Sandra's** full of gloom
They've got the day wrong,
there's no kids

Down in the Gazis room

Maureen's hiding in the loo
She's curled up on the floor

Kerry's pacing up and down
And pounding on the door

Annette's gone on strike because

The urn is on the blink
And no one's washed the coffee
cups

They're piled up in the sink
Lee-ann's talking Kiwi speak
To fellow **Kiwi Kat**

The room is full of 'roaches
And she swears she's seen a rat
Yvette is just her usual self

But there are signs of strain
Neil's just bolted out the door
To catch an early train

Rhonda's off in La La Land
Lost out on Meals on Wheels
John's hiding down the Coffee
Pot

He knows just how she feels
Troy is sleeping on the job

And **Lee's** just wandering in
Waminda Di and part time Di
Are knocking back the gin
Karlee's lost and can't be found

Mareesa's acting weird
Marnie's going mental, and

Our **Eva** must be feared
She's rushing round the building
Hypodermic in her hand
while **Nic** has rallied all the troops

To form an office band
But thankfully the day must end
And order be restored
And there could never be
complaints

That we are ever bored

And you could say,
at close of day
There's something in the air

**But this is quite an average day
At good old Share and Care**

*Poem by our very own Marg G
(copyright) Marg G 2013*

Planes, Trains, or Automobiles: Travel Choices for a Smaller Carbon Footprint

Planes, trains, or automobiles: what's the most climate-friendly way to travel? A new study by researchers from IIASA and CICERO brings better estimates of how much personal travel impacts the climate. The study, published in the journal *Environmental Science and Technology* by researchers at IIASA and Center for International Climate and Environmental Research (CICERO) calculates the climate impact for passenger trips of 500-1000 km -- typical distances for business or holiday trips.



It shows that while air travel continues to have the biggest climate impact per distance travelled, the choices that people make about how they drive or take public transport make a big difference in how much they contribute to climate change.

"Traveling alone in a large car can be as bad for the climate as flying, but driving with three in a small car could have an equally low impact as a train ride," says IIASA's Jens Borken-Kleefeld. A 1000 km trip alone in a big car could emit as much as 250 kg of carbon dioxide (CO₂), the researchers calculate, while a train trip or carpooling in a small car could emit as little as 50 kg of CO₂ for each traveler.

Air travel has by far the biggest impact on climate per distance traveled, because it can lead to contrails and formation of cirrus clouds that have a strong climate impact, as well as ozone. These mechanisms have a strong effect on the climate, but cause warming over much shorter periods of time than CO₂.

The study focused on the short-lived greenhouse gases and aerosols emitted by both ground transportation and airplanes. In addition, the researchers accounted for vehicle occupancy and efficiency, based on real-world emissions data from cars, buses, trains, and airplanes in Europe.

For people wanting to minimize their climate impact, Borken-Kleefeld says, "Try to avoid flying, driving alone, and driving big cars. Instead, when you can, choose the train, bus, or carpool with 2 to 3 people."

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In Today's World...

Article: Aged Care Services

Volunteering Reduces Risk of Hypertension in Older Adults

It turns out that helping others can also help you protect yourself from high blood pressure.

New research from Carnegie Mellon University shows that older adults who volunteer for at least 200 hours per year decrease their risk of hypertension, or high blood pressure, by 40 percent. The study, published by the American Psychological Association's *Psychology and Aging* journal, suggests that volunteer work may be an effective non-pharmaceutical option to help prevent the condition.

Hypertension affects an estimated 65 million Americans and is a major contributor to cardiovascular disease, the leading cause of death in the U.S. "Everyday, we are learning more about how negative lifestyle factors like poor diet and lack of exercise increase hypertension risk," said Rodlescia S. Sneed, a Ph.D. candidate in psychology in CMU's Dietrich College of Humanities and Social Sciences and lead author of the study. "Here, we wanted to determine if a positive lifestyle factor like volunteer work could actually reduce disease risk. And, the results give older adults an example of something that they can actively do to remain healthy and age successfully."

For the study, Sneed and Carnegie Mellon's Sheldon Cohen studied 1,164 adults between the ages of 51 and 91 from across the U.S. The participants were interviewed twice, in 2006 and 2010, and all had normal blood pressure levels at the first interview. Volunteerism, various social and psychological factors, and blood pressure were measured each time. The results showed that those who reported at least 200 hours of volunteer work during the initial interview were 40 percent less likely to develop hypertension than those who did not volunteer when evaluated four years later. The specific type of volunteer activity was not a factor -- only the amount of time spent volunteering led to increased protection from hypertension.

"Participating in volunteer activities may provide older adults with social connections that they might not have otherwise. There is strong evidence that having good social connections promotes healthy aging and reduces risk for a number of negative health outcomes."

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Article: Domestic violence services

Babies Seeing Violence Show Aggression Later

June 17, 2013 — Aggression in school-age children may have its origins in children 3 years old and younger who witnessed violence between their mothers and partners, according to a new Case Western Reserve University study.

"People may think children that young are passive and unaware, but they pay attention to what's happening around them," said Megan Holmes, assistant professor of social work at the Jack, Joseph and Morton Mandel School of Applied Social Sciences at Case Western Reserve in Cleveland.

Between three and 10 million children witness some form of domestic violence each year, according the National Centre for Children Exposed to Violence. Holmes said researchers know the impact of recent exposure to violence, but little information has been available about the long-term effect from the early years of life. To her knowledge, she said her study is the first to look at the effect of early exposure to domestic violence and its impact on the development of social behaviour.

In the study, "The sleeper effect of intimate partner violence (IPV) exposure: long-term consequences on young children's aggressive behaviour," Holmes analysed the behaviour of 107 children exposed to IPV in their first three years but never again after age 3. The outcomes of those children were compared to 339 children who were never exposed.

The children's behaviour was followed four times over the course of 5 years. Holmes's research examined the timing, duration and nature of their exposure to violence and how it affected aggressive behaviour. Analysing aggressive behaviours, Holmes saw no behavioural differences between those who did or did not witness violence between the ages of 3 and 5, but children exposed to violence increased their aggression when they reached school age. And the more frequently IPV was witnessed, the more aggressive the behaviours became. Meanwhile, children never exposed to IPV gradually decreased in aggression.

Knowing about the delayed effect on children is important for social workers assessing the impact on children in homes with DV Holmes said. Holmes reported her findings in the spring issue of *Journal of Child Psychology and Psychiatry*.

Article: Financial Services & Homelessness Services

Affluence and homelessness go hand in hand

The Salvation Army says places with rapid population growth like Coffs Harbour are also facing a corresponding rise in the homeless rate.

The organisation says it sees over 60 people in need of help every week at its regular service and supper. Major Steve Metcher heads the Salvation Army's Coffs Harbour



branch and said the area attracts people hoping for a better life. He said many find rents are unaffordable and they often can't find jobs. "In Australia I've found that the more affluent communities attract poverty," he said. "Coffs Harbour is a beautiful place, so you get a single mum who's battling down in Melbourne and things go haywire so she packs up with the kid and moves to Coffs. Then she maybe has to pay more for rent and now she's away from her family and her support. So affluence does attract poverty and a lot of very innocent and good people get caught up in that web." The Salvation Army estimates that up to one hundred people are 'sleeping rough' on the Coffs Coast in any one week. Major Metcher said the region has a crying need for more crisis accommodation. He said joint effort is needed with the local council, the business community and state and federal governments. "Good people have tried in the past in Coffs Harbour to deal with the homeless," he said. "It's a very hard one. But I found when I set up a Homeless House for teenagers 16 to 18 in Sydney way back in the late 1980s, that I had to make it happen first to show the need and then that brings the support, so it'll be the same... We'll need to raise a reasonable amount of money that can keep on coming in. Then we'll need to show that this works then you'll find that governments and other people will come on side."

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BOARD OF MANAGEMENT



BOARD MEMBER - Attila Mencshelyi, Attila was born and educated in Merredin married with 4 children and 8 grandchildren.

Regional Manager with the Department of Housing with 38 years experience in the housing sector and 5 years prior to this with the Public Works Department.

Attila has worked in Merredin, Kalgoorlie and Northam. While in Kalgoorlie/Boulder was a City Councillor from 1994 to 1999 and served on Boards of Goldfields Group



BOARD MEMBER - Jacquie Holmes has been teaching for over 20 years.

A long time local of Northam she enjoys family (4 children and 14 grandchildren) and enjoys reading, spinning, bowls and crosswords.

BOARD MEMBER– James Paxman As a local Northam resident James has a keen interest in supporting his local community and making a positive difference to improving the lives of those who may be disadvantaged or experiencing life challenges.

James has worked in the community sector for 13 years and is currently a lecturer in youth/community services work at CY O'Connor Institute. As a member of other peak community service bodies, James is aware of the major issues facing the community sector. Outside of work, James enjoys cooking, archery, socialising with friends and family and traveling.

BOARD OF MANAGEMENT



CHAIR- Ann Gibbs is long time resident of Northam, married to Ian and has been involved in not for profits that include Rocky Bay Village Morby Cottage Committee Chairman for 15 years, a Penguin Public Speaking Club member for 15 years, Charter member of the Inner Wheel Club of Northam Inc (27 years), Chairman of District A40 Inner Wheel Inc (State Level), and Paul Harris Fellow for service to Rotary. Currently Ann works part time and her Interests include reading, gardening and music. Ann has 4 children and is a grand mother to eleven grandchildren.



VICE CHAIR/ SECRETARY - Trisha Ellis was born and educated in Northam and after moving away and returning several times, has now settled in town with her husband, Daniel, and two young children.

Trisha's work experience is largely in Local Government and the not-for-profit sector, now working in health. Her current role complements the work of Share and Care and she is excited about working with the Board.



BOARD MEMBER - David Gorham joined the Management Board of Share and Care in 1996 and has served as Treasurer, Vice Chairperson and Board Member since then. David formerly owned and managed an automotive repair company and is a former teacher. He has been a Justice of the Peace since 1983 and moved to Northam in 1989.

David is a Director of a company managing farms and properties as well as a partner in a manufacturing business in Northam. David's interests include farming, land care, mechanical engineering, new technology, product development and social issues.

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Building resilience in communities

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This is our core purpose and our work in each service is designed to achieve those goals.