

# SHARE & CARE TIMES

**MARCH 2007 Issue 22**

**We hope you enjoy this edition. If you would like to submit An article or even request articles or Information, call Christine in Administration.**



**For those that continue to read**

## **A TESTAMENT TO EVERYONE'S HARD WORK**

Recently Marnie and I attended a seminar on “Good People Management”. The presenter was a lecturer from Curtin University, specialist in not for profits and corporate consultancy, Janet Cooper.

During the course of the seminar, Janet latched onto Share & Care processes and held them up as examples. In fact at the end of the day she placed our website on her board and suggested people visit and take what they needed to bring them up to speed.

## **POLICY & PROCEDURE - Employee movement between Programs**

There will be times when staff from one program will wish to apply for an advertised position in another one.

This may come about for many reasons, and the following will apply:

The employee will sit with the Chief Executive Officer and Program Manager and complete an Exit Interview for the Program they are leaving.

The contract for the new position will be signed in the Chief Executive Officers office with the employee and appropriate Program Manager.

**In regards to entitlements for the employee:**

***Since the employee has chosen to leave one program for another, there is under the awards no necessity for any accruals to be transferred – however; the Ethos of caring for our staff is important and continuous, therefore:***

**Long service leave will be determined pro-rata by the Program the employee is leaving, this will be recorded as outstanding via memo to the Program starting off the employee in their new role, and transferable to that program via the Contingency Account.**

\*\* Copies of memo to: Program concerned, Financial Controller and Chief Executive Officer.

Holiday pay will be determined for the year pro-rata, also transferable via the Contingency account to the Program taking the employee on board.

\*\* Copies of memo to: Program concerned, Financial Controller and Chief Executive Officer.

\*\* SICK LEAVE accrued will not be allowed. This will begin fresh with the new program.

## **P&P - Employment of Staff**

**Employment of staff is the responsibility of the Board of Management. This responsibility is delegated to the Chief Executive Officer as a part of their role.**

After discussing with the CEO the need for a new employee in any program, the Program Manager will submit an advertisement to be approved by the CEO. Once approval has been given, the advertisement will be placed in the relevant newspaper by Central Administration.

Application packs will be developed jointly between the Program Manager and the CEO, and will be sent out by Central Administration. This will include the job descriptions as ratified by the Board of Management.

Applications will be sent to the CEO, who will photocopy for the Program Managers perusal.

Upon discussion, the applicants will be short listed by the CEO and Program Manager.

Letters will be sent out by the CEO to all applicants acknowledging their application, their success in gaining an interview or otherwise, and time of interview where applicable.

Interviews will be done by the CEO and Program Manager jointly. After discussion and agreement on the successful applicant, the CEO will notify the applicants as to their success or otherwise. In cases where there is a difference over the final choice, the CEO will make the final decision on behalf of the Board of Management.

Phone calls to applicants will not be made; the decision will be communicated via a letter, sent out the day after interviews by the CEO.

## Share & Care Website

Some time ago we developed the Share & Care website.

This site fast became a recommended site to others via DCD and other agencies staff and has led to numerous invitations for seminars on Governance, Risk Management, Human Resources, and Policy Making from afar as Moora and a special invitation to attend and deliver the Share & Care story with an international speaker (Program Managers will remember Micki Berg)



The site has been a great asset, with smaller organisations utilising the Policy Bank to get their own P&P Manuals going rather than re-inventing the wheel.

Community members are also visiting the site, every program has been visited numerous times since the opening of the site, and continues to be read on a monthly basis.

Each month we will include the stats for the website so that you can see what we see when we check our server stats for the site.

### WEB SITE STATS SUMMARY: DECEMBER 2006

- A total of **474** distinct visits were made to the site.
- The average visit lasted **1** Minute and **37** Seconds.
- **51** distinct web pages were viewed a total of **970** times.
- The average visit contained **2.05** page views. People spent an average of **47** Seconds viewing a page.
- On average **6.91** files were downloaded per visit.

### WEB SITE STATS SUMMARY: JANUARY 2007

- **WEB SITE S** A total of **548** distinct visits were made to the site.
- The average visit lasted **1** Minute and **12** Seconds.
- **47** distinct web pages were viewed a total of **717** times.
- The average visit contained **1.31** page views. People spent an average of **55** Seconds viewing a page.
- On average **5.14** files were downloaded per visit.

## Fresh Corn Fritters (Torrejas de Maíz)

These Colombian corn fritters are a wonderful accompaniment to any seafood dish. Try serving them with a Hot Sauce to really add an authentic Latin American flavour.

### RECIPES FROM AROUND THE

- 3 cups sweet corn, cut from the cob, with its liquid
- 1/4 cup flour
- 2 tablespoons light brown sugar
- 1/2 teaspoon salt
- 1 teaspoon habanero hot sauce
- 1 large egg, lightly beaten
- 2 tablespoons grated cheddar cheese
- 1/4 cup vegetable oil for frying

In a bowl, gently but thoroughly combine the corn and its liquid with the flour, sugar, salt, and hot sauce. Blend in the egg and cheese. Stir the batter well.

Heat the oil in a pan to 265 degrees F and drop in the batter by teaspoonfuls. Fry until golden brown on all sides. Drain on paper towels and serve very hot.

Yield: About 2 dozen  
2-inch fritters

**Heat Scale: Mild**



## Companion Planting for your garden

Many vegetables grow well with other plants in the garden and, using a few basic principles, organic gardeners can really have nature on their side in the biological control of pests.

- Basil helps repel flies and mosquitoes.
- **Birch** dead leaves encourage compost fermentation.
- **Borage** in the strawberry patch will increase the yield.
- **Catnip** repels fleas, ants and rodents.
- **Caraway** helps breakdown heavy soils.
- **Chamomile** deters flies and mosquitoes and gives strength to any plant growing nearby.
- **Chives** grown beneath apple trees will help to prevent apple scab; beneath roses will keep away aphids and blackspot.
- **Elderberry** a general insecticide, the leaves encourage compost fermentation, the flowers and berries make lovely wine!
- **Fennel** (not *F. vulgare* or *F. officinale*) repels flies, fleas and ants.
- **French Marigold** root secretions kill nematodes in the soil. Will repel white fly amongst tomatoes.
- **Garlic** helps keep aphids away from roses.
- **Hyssop** attracts cabbage white moth keeping brassicas free from infestation.
- **Mint** repels cabbage white moth. Dried and placed with clothes will repel clothes moth.
- **Nasturtium** secrete a mustard oil, which many insects find attractive and will seek out, particularly the cabbage white moth. Alternatively, the flowers repel aphids and the cucumber beetle. The climbing variety grown up apple trees will repel codling moth.
- **Pyrethrum** will repel bugs if grown around the vegetable garden.
- **Rosemary** repels carrot fly.
- **Rue** (*Rutus*, not *Peganum*) keeps cats and dogs off garden beds if planted round the borders.
- **Sage** protects cabbages from cabbage white moth.
- **Tansy** (*Tanacetum*, not *Senecio*) repels moths, flies and ants. Plant beneath peach trees to repel harmful flying insects. Tansy leaves assist compost fermentation.
- **Wormwood** (*Artemesia*, not *Ambrosia*) although it can inhibit the growth of plants near it, wormwood does repel moths, flies and fleas and keeps animals off the garden.

## Make your own Perfumes

### Citrus Blooms Body Splash Recipe

**Ingredients:**

2 cups distilled water                      3 tablespoons vodka  
1 tablespoon of each: orange and lemon peel (finely chopped)  
5 drops lemon verbena essential/fragrance oil  
10 drops mandarin essential/fragrance oil 10 drops orange essential/fragrance oil

**Directions:**

Combine the fruit peels with the vodka in a jar, cover and let stand for 1 week. Strain the liquid, add the essential oils and water to the liquid.

Let stand for 2 weeks shaking jar once a day. Keep in a dark bottle or keep in a cool dark area.

## OSH OFFICER FOR SHARE & CARE

Share & Care now have a dedicated Occupational Health & Safety Officer.

With close to 100 staff and premises all over the place outside of our head office, it is vital that we take very seriously the health & safety of our clients, staff and visitors.

Mark from our HSS (Home Support Services) program began this new role on the 5th of this month.

Visits will be made twice yearly to program premises to ensure we are meeting all required OSH standards and follow up investigations will be done by Mark for all accidents/incidents with recommendation reports being completed and acted upon by Management.

Mark will also look after OSH training for staff, source educational materials and develop a library for program use.

Mark will be completing a weeks training that will see him come out with certification for the role.

## TWO CHOICES

What would you do? You make the choice! Don't look for a punch line. There isn't one! Read it anyway.

My question to all of you is: Would you have made the same choice?

At a fundraising dinner for a school that serves learning disabled children, the father of one of the students delivered a speech that would never be forgotten by all who attended.

After extolling the school and its dedicated staff, he offered a question:

"When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do.

Where is the natural order of things in my son?"

The audience was stilled by the query. The father continued. "I believe that when a child like Shay, physically and mentally handicapped, comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child."

Then he told the following story: Shay and his father had walked past a park where some boys Shay knew were playing baseball.

Shay asked, "Do you think they'll let me play?"

Shay's father knew that most of the boys would not want someone like Shay on their team, but the father also understood that if his son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps.

Shay's father approached one of the boys on the field and asked if Shay could play, not expecting much. The boy looked around for guidance and a few boys nodded approval, why not?

So he took matters into his own hands and said, "We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we can put him in to bat in the ninth inning."

Shay struggled over to the team's bench put on a team shirt with a broad smile and his father had a small tear in his eye and warmth in his heart. The boys saw the father's joy at his son being accepted.

In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as his father waved to him from the stands.

In the bottom of the ninth inning, Shay's team scored again.

Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat. At this juncture, do they let Shay bat and give away their chance to win the game? Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball.

However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least be able to make contact.



The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher

The game would now be over, but the pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game. Instead, the pitcher threw the ball right over the head of the first baseman, out of reach of all team mates. Everyone from the stands and both teams started yelling, "Shay, run to first! Run to first!"

Never in his life had Shay ever run that far but he made it to first base. He scampered down the baseline, wide-eyed and startled. Everyone yelled, "Run to second, run to second!" Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to second base.

By the time Shay rounded towards second base, the right fielder had the ball, the smallest guy on their team, who had a chance to be the hero for his team for the first time

He could have thrown the ball to the second-baseman for the tag, but he understood the pitcher's intentions and he too intentionally threw the ball high and far over the second-baseman's head.

Shay ran toward second base deliriously as the runners ahead of him circled the bases toward home. All were screaming, "Shay, Shay, Shay, all the Way Shay". Shay reached second base, the opposing shortstop ran to help him and turned him in the direction of third base, and shouted, "Run to third! Shay, run to third".

As Shay rounded third, the boys from both teams and those watching were on their feet were screaming....."Shay, run home!"

Shay ran to home, stepped on the plate, and was cheered as the hero who hit the "grand slam" and won the game for his team. That day," said the father softly with tears now rolling down his face, " the boys from both teams helped bring a piece of true love and humanity into this world."

Shay didn't make it to another summer and died that winter, having never forgotten being the hero and making his Father so happy and coming home and seeing his Mother tearfully embrace her little hero of the day!

**A wise man once said every society is judged by how  
it treats its least fortunate amongst them.**

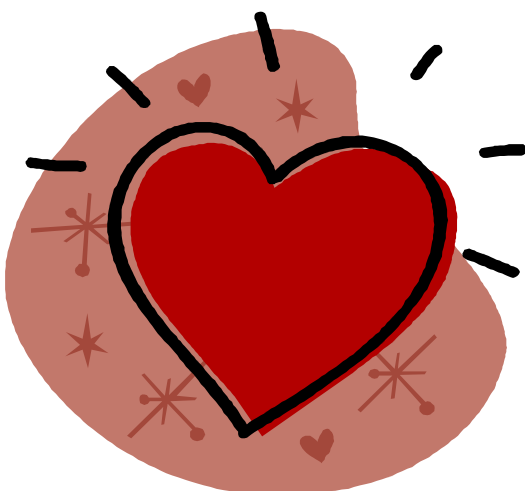
## Cardiovascular disease is the single greatest health threat for women today

Heart disease kills more women each year than any other disease. Dr. Susan Bennett, President of the Association of Women's Heart Programs and one of the country's leading women's heart specialists, teamed up to offer simple tips to help women improve their cardiovascular health and form stronger partnerships with their doctors.

No matter how young or old you are, talk with your doctor now about your heart and cardiovascular system and how to keep them healthy.

- Talk with your doctor about the differences between men and women in how heart disease presents itself, including primary signs in women that may be different than the signs that signal heart disease in men.
- Make sure your doctors all understand that heart disease kills more women at all ages than any other disease, and that it kills more women than all seven of the next diseases combined.
- Ask your doctors what they know about prevention, diagnosis and treatment of heart disease in women. It's important to form a partnership with your physician to set goals for your blood pressure and cholesterol.
- On your own, get moving and exercise. Give your heart a workout. Remember it's a muscle too. A strong heart pumps blood and nutrients more easily through your body.
- Plan ahead. Keep heart-healthy snacks including fresh fruits, vegetables and nuts like pistachios on hand whenever you're on the go to keep you on track for healthy eating habits. Keep in mind that a one-ounce serving of pistachios is 49 nuts, more than any other snack nut.
- Keep your weight down. Losing excess weight will help lower blood levels of harmful LDL cholesterol and prevent other risk factors.
- Stop smoking. All research comes back to the same conclusion smoking is not good for your health or your heart. Women who smoke have up to six times greater risk of a heart attack or stroke.
- Control the risk for diabetes. Because nuts including pistachios are low carbohydrate foods that contain predominantly monounsaturated fat, there may be a potential to help control diabetes.

-- Eat fibre-containing foods every day. Start with a goal of five servings of fruits and vegetables daily along with whole grains, nuts and legumes.



**Don't put off regular checkups. See your doctor regularly and don't hesitate to speak up if you're not feeling "right."**

<http://www.heartcareforwomen.org>

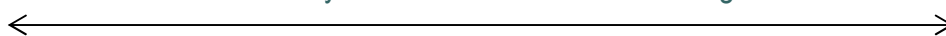
<http://www.heartfoundation.com.au/>



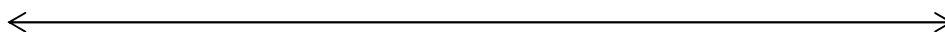
**Long Day Care** - Welcomes Rachel on board as a trainee in Cert 111 in children's services. Happy Birthday to Susanna Throne for 4th March

**Family Day Care** - Extends sincere thanks to Jenny Budas for her time and passion on the Family Day Care Sub committee, in her role as Carer representative. Kathy Roser remains on the sub-committee with our new Carer rep being Debbie Eastwell from Beverley.

There will be a state child care conference on 24th, 25th and 26th August to be held at the Hilton. Vic Cooke has been on holidays. Suz and Rhonda are looking forward to her return.



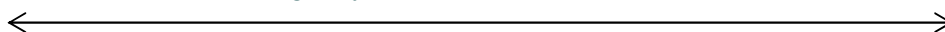
**Financial Services:** The funding application for the financial counselling workshop has been completed with some great letters of support from other agencies we network with, so fingers crossed we are successful.



**Waminda Women's Refuge** - Well we are certainly back into the swing for 2007 we have had full capacity for this month. I have been extra busy with getting the new Program for Men's Emergency Housing organised and it continues on.

#### **Djookanka House Women's Refuge**

Like Northam, Djookanka has also been to full capacity with clients which has been difficult due to a shortage of staff but thanks to the staff for the extra they have put in. Hopefully next month we will have a full contingency of staff back on board.



**Mental Health Services** - Mental Health and Welfare to Work Forum was attended by three of our consumers with support and transport being provided by Alex. All three consumers were sponsored by Lotteries with just the cost of the staff being funded by the program.

To evaluate the benefits of further forums, feed back was sought from the clients and all felt it was definitely worth while. The fact that we managed to get any consumers to attend the Forum at all reflects the progress and positive effects the services are having on the people in the program.

**Home and Community Care** - Ian Dhu and Terry Oakes have departed the Home Maintenance Team for greener pastures and we are delighted to welcome Dean back into the team after a short sojourn trying his hand at a few other ventures, initially in Perth then in the wider Wheatbelt. Trevor is also accepting the challenge of change and he is swapping his role as a community support worker in the Men's Social Support Group and moving into the gardening group, however this means a vacancy now exists for a C.S.W for this men's group.

A big thankyou to Reg Sice who stepped in to temporarily fill the staffing gap that existed in the interim.

Welcome to Silvana and Teresa who have now joined the team and successfully completed induction and orientation.

**Community Aged Care Packages** - All packages have been allocated

## Science Panel Calls Global Warming ‘Unequivocal’

A climate panel has concluded that human industrial activity is “very likely” driving global temperature rises.

They said the world was in for centuries of climbing temperatures, rising seas and shifting weather patterns — unavoidable results of the build-up of heat-trapping gases in the atmosphere.

But their report, released here on Friday by the Intergovernmental Panel on Climate Change, said warming and its harmful consequences could be substantially blunted by prompt action.



While the report provided scant new evidence of a climate apocalypse now, and while it expressly avoided recommending courses of action, officials from the United Nations agencies that created the panel in 1988 said it spoke of the urgent need to limit looming and momentous risks.

“Feb. 2 will be remembered as the date when uncertainty was removed as to whether humans had anything to do with climate change on this planet,” he went on. “The evidence is on the table.”

The report is the panel’s fourth assessment since 1990 on the causes and consequences of climate change, but it is the first in which the group asserts with near certainty — more than 90 percent confidence — that carbon dioxide and other greenhouse gases from human activities have been the main causes of warming in the past half century.

The new report says the global climate is likely to warm 3.5 to 8 degrees Fahrenheit if carbon dioxide concentrations in the atmosphere reach twice the levels of 1750, before the Industrial Revolution.

Many energy and environment experts see such a doubling, or worse, as a foregone conclusion after 2050 unless there is a prompt and sustained shift away from the 20th-century pattern of unfettered burning of coal and oil, the main sources of carbon dioxide, and an aggressive expansion of non-polluting sources of energy.

And the report says there is a more than a 1-in-10 chance of much greater warming, a risk that many experts say is far too high to ignore.

Even a level of warming that falls in the middle of the group’s range of projections would be likely to cause significant stress to ecosystems, according to many climate experts and biologists. And it would alter longstanding climate patterns that shape water supplies and agricultural production.

Moreover, the warming has set in motion a rise in global sea levels, the report says. It forecasts a rise of 7 to 23 inches by 2100 and concludes that seas will continue to rise for at least 1,000 years to come. By comparison, seas rose about 6 to 9 inches in the 20th century.

John P. Holdren, an energy and climate expert at Harvard, said the report “powerfully underscores the need for a massive effort to slow the pace of global climatic disruption before intolerable consequences become inevitable.”

## BILL GATES VS GENERAL MOTORS

For all of us who feel only the deepest love and affection for the way computers have enhanced our lives, read on.

At a recent computer expo (COMDEX), Bill Gates reportedly compared the computer industry with the auto industry and stated, "If GM had kept up with technology like the computer industry has, we would all be driving \$25.00 cars that got 1,000 miles to the gallon."

In response to Bill's comments, General Motors issued a press release stating: If GM had developed technology like Microsoft, we would all be driving cars with the following characteristics (and I just love this part):

1. For no reason whatsoever, your car would crash..... Twice a day.
2. Every time they repainted the lines in the road, you would have to buy a new car.
3. Occasionally your car would die on the freeway for no reason. You would have to pull to the side of the road, close all of the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.
4. Occasionally, executing a manoeuvre such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.
5. Macintosh would make a car that was powered by the sun, was reliable, five times as fast and twice as easy to drive--but would run on only five percent of the roads.
6. The oil, water temperature, and alternator warning lights would all be replaced by a single "This Car Has Performed An Illegal Operation" warning light.
7. The airbag system would ask "Are you sure?" before deploying.
8. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.
9. Every time a new car was introduced car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car.
10. You'd have to press the "Start" button to turn the engine off.

## Crabby Old Man - True Story

*When an old man died in the geriatric ward of a small hospital near Tampa, Florida, it was believed that he had nothing left of any value.*

*Later, when the nurses were going through his meagre possessions, they found this poem.*

*Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.*

*One nurse took her copy to Missouri . The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health.*



*A slide presentation has also been made based on his simple, but eloquent, poem.*

*And this little old man, with nothing left to give to the world, is now the author of this "anonymous" poem known throughout the nursing profession around the world.....*

What do you see nurses? .....What do you see?  
 What are you thinking.....when you're looking at me?  
     A crabby old man, .....not very wise,  
     Uncertain of habit .....with faraway eyes?

Who dribbles his food.....and makes no reply.  
 When you say in a loud voice....."I do wish you'd try!"  
 Who seems not to notice .....the things that you do.  
     And forever is losing ..... a sock or shoe?

Who, resisting or not.....lets you do as you will,  
 With bathing and feeding ..... the long day to fill?  
 Is that what you're thinking? Is that what you see?  
 Then open your eyes, nurse.....you're not looking at me.

I'll tell you who I am ..... as I sit here so still,  
As I do at your bidding, .....as I eat at your will.  
I'm a small child of Ten.....with a father and mother,  
Brothers and sisters .....who love one another

A young boy of Sixteen .....with wings on his feet  
Dreaming that soon now. ....a lover he'll meet.  
A groom soon at Twenty .....my heart gives a leap.  
Remembering, the vows.....that I promised to keep.

At Twenty-Five, now ..... I have young of my own.  
Who need me to guide ..... and a secure happy home.  
A man of Thirty ..... my young now grown fast,  
Bound to each other ..... with ties that should last.

At Forty, my young sons .....have grown and are gone,  
But my woman's beside me.....to see I don't mourn.  
At Fifty, once more, ..... babies play 'round my knee,  
Again, we know children ..... my loved one and me.

Dark days are upon me ..... my wife is now dead.  
I look at the future .....I shudder with dread.  
For my young are all rearing .....young of their own.  
And I think of the years..... and the love that I've known.

I'm now an old man.....and nature is cruel.  
Tis jest to make old age .....look like a fool.  
The body, it crumbles.....grace and vigour, depart.  
There is now a stone.....where I once had a heart.




But inside this old carcass ..... a young guy still dwells,  
And now and again .....my battered heart swells.  
I remember the joys..... I remember the pain.  
And I'm loving and living.....life over again.

I think of the years .....all too few.....gone too fast.  
And accept the stark fact.....that nothing can last.  
So open your eyes, people .....open and see  
Not a crabby old man. Look closer. see.....**ME!!**

SOMETIMES A PICTURE IS WORTH A THOUSAND

*"Let me explainify the war against Iraq a little bit in Texas terminologragy."*

We  not  Saddam Hussein for his actions.

We will  to meet this threat in the Persian  until an  ble solution is reached.

Our plan is to .

Failing that, we  ming to **liberate**  **country.**



## Share & Care attracts new program

As most of you would have heard by now, DCD interviewed Share & Care and others for the opportunity to become managers of the Gwabba Duck Mia Men's Homeless Lodge. Beginning February we are the new managers of the Lodge for 12 months initially.

The target group for the lodge are homeless males or those at imminent risk of becoming homeless.

The Lodge is currently being revamped by the Department of Housing & Works, fresh paint, floor coverings etc. Viewing the house from the outside would leave you believe it is more a "cottage", however once inside you realise just how large it is.

Mr Gary Quartermaine, an employee of the previous operators has been interviewed and has accepted the offer to continue with Share & Care as the Lodge Support Worker.

The lodge accommodates up to 6 homeless males and will operate on similar practices as do our refuges. Some differences will occur naturally as refuge accommodation does differ from lodge/hostel type.

Di the Program Manager from the refuges will take this project under her wing as it slots in under the SAAP funding the refuges receive. Advertising internally for a Coordinator of Accommodation Services to assist Di in her expanded role failed to bring any applications. This led to advertising in the local paper.

An application to Lotterywest to revamp all furniture, curtains and some additional equipment is being worked on. This hopefully will see individual lockable bar fridges and lockers in the kitchen for each client and an update on some tired old household furniture along with some landscaping.

Accommodation is something Share & Care have done very well for decades via our Refuge staff. This new lodge will expand our accommodation the full circle, being now able to accommodate both men & women.

## Gardening Tips

### Improve your health or air cleaner pot plants

Indoor plants have the most amazing effect on your health and well-being.

Apart from looking fantastic, many have been found to help cleanse the air.

Nowadays our homes and offices contain quantities of benzene and formaldehyde from glues, paints and plastics.

Plants such as Aglaonema 'Silver King', spathiphyllums, Howea forsteriana and Dracaena 'Janet Craig' are outstanding air-cleaners and are helped by micro-organisms in potting mixes.

These plants are easy to look after being among the hardiest indoor choices.

Water only when the first few centimetres of the mix is dry and fertilise with a seaweed liquid once a month in winter and once a fortnight during the growing season.

### Dividing your plants

Some plants such as bulbs and herbaceous perennials are able to identically reproduce themselves.

Its time to divide clumps when they are too big for the area, lose their vigour or have stopped flowering.

The best time to divide is between late autumn and late winter/early spring.

Remove as much foliage as possible by pruning to the crown.

Dig around the whole clump lifting it gently out of the ground, being careful not to damage roots or crown.

Tough plants may need to be matted out. Remove soil from around the root ball.

Use a knife, spade or machete to split the plants through the crown.

Re-pot the plantlets into containers using potting mix or replant them into the ground.

### Bales in the garden

A great way to create a raised vegie garden is out of straw bales.

This not only makes vegie gardening possible on poor soil, but also helps people who have difficulty bending.

You will need six or more bales of straw, depending on the size you want, placed in a rectangle.

Fill the centre with layers of soil, manure, compost and straw adding mushroom compost and blood and bone.

Let it settle and allow the worms to start working to break it down.

In a few months, it is ready to plant with tomatoes, lettuce, cucumbers and so on

### Creating A Rainforest Garden

There is a misconception that rainforest plants need to be planted under a canopy of existing trees in the shade.

A walk through the rainforest will show seedlings on the floor of the forest in a dormant state waiting for a gap to form in the canopy for the sunlight to stream in.

In the same way new seedlings planted in the shade will grow slowly, and will become thin and lanky as they struggle upwards to the light.

Plants positioned close to existing trees generally grow poorly due to root competition and lack of sunlight.

In their natural habitat, most rainforest plants do not flower until their canopy reaches the sun.

So if these rainforest canopy trees are planted in full sun they will grow shorter, thicker and bushier and flower much younger than if they are grown in shade.

This does not apply to the shade-dwelling understorey shrubs of the rainforest, as these naturally need the shade.

Most rainforest plants will grow in the garden to only about a quarter or a third of their height in the forest.

By planting them in full sun from the start, they have no need to grow taller to reach the sunlight at the top of the canopy.

Choose plants that grow in a similar climatic zone, or that are indigenous to the area.

Through planting plants in groups approximately 1.5m apart, you can create a more natural look than by planting individual specimens.

Grouped plants are also easier to maintain than scattered individuals.

When creating a new garden bed, the backbone should be of hardy, reliable plants that will create the general structure and provide a solid backdrop against which to showcase the spectacular or unusual.

Be very mindful of which plants to position on the edges, as these are the ones that draw attention to garden.

Edge plants should be attractive in shape, have attractive foliage or spectacular flowers.

Also choose plants that may become smothered if placed.

## **CONGRATULATIONS TO:**

Gary who joins our Accommodation Services (The Lodge)

Dean who returns to our Home Maintenance Crew after a stint away

Welcome to Rachael who joins our Child Care Services

Welcome to Silvana & Theresa who have joined our Home Support Services

## **S & C Mission Statement**

**Share and Care's mission  
is to lead communities in Support, Education and Advisory Ser-  
vices.**

### **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**