

SHARE & CARE TIMES

MAY 2007 Issue 24 - The Times 2nd Birthday

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



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.....
Enjoy!

WEB SITE STATS SUMMARY - APRIL 2007

www.shareandcare.com.au

- > A total of 676 distinct visits were made to the site.
- > The average visit lasted 1 Minute and 11 Seconds.
- > 50 distinct web pages were viewed a total of 854 times.
 - > The average visit contained 1.26 page views.
- > People spent an average of 56 Seconds viewing a page.
 - > On average 5.40 files were downloaded per visit.

POLICY & PROCEDURE - Driving Fatigue Management Guidelines

These guidelines are provided for staff that are required to drive. It is assumed that all action has been taken in accordance with the agency's Driving Policy to avoid or minimise the need to drive.

Staff who are driving more than 40,000 km or 400 hours per year are likely to be driving an excessive amount and managers / supervisors are required to review with the staff member means to reduce the amount of driving being undertaken.

Fatigue or sleepiness at the wheel can occur at any time while driving. Therefore, basic guidelines need to be applied by everyone involved in driving – both drivers and passengers.

Recognise the signs of fatigue / sleepiness at the wheel. These signs include:

- Drowsy, relaxed feeling
- Blurred vision
- Difficulty keeping your eyes open
- Head nodding
- Excessive yawning
- Repeatedly drifting out of lane

When these signs are present **carry out immediate action** to stop sleepiness becoming sleep:

- Change drivers
- Have a short break
- Take a short walk
- Drink tea / coffee
- Use accommodation for sleep

Continued.....

Other guidelines are recommended to be applied, where practicable, for each of the identified risk categories.

All drivers shall hold current driving licenses for the class of vehicle(s) they are to drive. License cancellation or suspension is to be reported immediately to the Program Manager who will advise the CEO



Employees shall not driver under the influence of alcohol, medication or drugs that may impair their ability to control their vehicle

Drivers shall abide by all road traffic regulations

Drivers shall not use hand held mobile phones in a moving vehicle, unless with a hand free kit.

Drivers should drive with their lights on during country travel

FACTS.....

On 13 March 2007 at 23:47:49 (Canberra time), the resident population of Australia is projected to be:

20,773,937

This projection is based on the estimated resident population at 30 June 2006 and assumes growth since then of:

one birth every 1 minute and 59 seconds,

one death every 3 minutes and 54 seconds,

a net gain of one international migrant every 4 minutes and 47 seconds leading to an overall total population increase of one person every 2 minutes and 11 seconds



World POPClock Projection

According to the International Programs Centre, U.S. Bureau of the Census, the total population of the World, projected to 03/13/07 at 12:57 GMT (EST+5) is

6,581,968,140

BANANA CAKE

You need:

½ pound sweet butter 1 cup granulated sugar 2 eggs 1 cup mashed ripe bananas

1 ¾ cup unbleached all-purpose flour ½ teaspoon salt 2/3 teaspoon baking soda 5 tablespoons buttermilk
1 teaspoon vanilla extract Cream Cheese Frosting 1 teaspoon vanilla extract

Juice of ½ lemon 8 oz cream cheese at room temperature 6 table-
spoons sweet butter, at room temperature 3 cups confectioners sugar

1 ½ medium size, firm but ripe, bananas, sliced 1 ½ cup chopped walnuts

Method:

Preheat oven 350F Grease and flour two 9 inch layer cake pans.

Cream butter and sugar together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add mashed bananas, mixing thoroughly.

Sift dry ingredients and add to butter and egg mixture. Stir until flour has been incorporated completely. Add buttermilk and vanilla. Mix for 1 minute.

Pour batter into the prepared pans. Set on the middle rack of the oven and bake for 25 minutes or until a cake tester inserted into the centre comes out clean.

Cool in pans on rack for 10 minutes. Un mould and cool on rack for 2 hours. When cooled, place one layer on a serving plate and frost with Cream Cheese Frosting. Arrange slices of banana over frosting, cover with second layer and frost top ;and sides of cake. Cover sides of cake with chopped nuts, holding nuts in palm and pressing firmly to sides of cake. Dust top of cake with confectioners sugar.

Cream Cheese Frosting

Cream together cream cheese and butter in a mixing bowl. Slowly sift in confectioners sugar and continue beating until fully incorporated. Mixture should be free of lumps. Stir in vanilla, and lemon juice if you use it.



Team Building - El Caballo

Recently Program Managers, Coordinators and the CEO went for an overnight team building exercise to El Caballo. A great way to introduce some staff who hadn't met each other.

The evening began with an interesting challenge, one which required 2 teams to find a variety of objects, first team to hand all objects in was the winner.

Some of the list included page 3 of a newspaper, leaves from a Plain Tree (yes Di & Gail, we know that was the incorrect name of the tree NOW and NO we didn't have to climb TOO high to get them!!), golf & tennis balls, 220 mls of water (**I WAS CLOSE Ms L**) boxes of matches (thanks Susanna for that walk to the roadhouse and the "ACQUIRING" of a pencil), paper with an ink blot (yes, a few ruined biros and a energetic discussion over the definition of what constituted an ink blot) Of course bribery of staff all over the resort was par for the course, I think they had as many laughs as we did.

MESSAGE FOR Ms L.....WE ARE THE CHAMPIONSSSSSSSSS !

(sorry, couldn't resist - dates for appeals are now finished)

Throughout all this I must add we had at least one COMPROMISED judge (not looking at anyone **DI** and one who was taking 10 cent BRIBES (not looking at anyone else around either **GAIL**)!!!!

We progressed to a lovely dinner, and I can confidently say we kept the staff mightily amused for about 3 hours with our antics - thankfully we had the whole dining room to ourselves!! Noise and laughter levels were somewhat elevated !

We continued on with a hilarious game that required a 20 cent coin and good control of the maximus gluteus muscles ! Some rather interesting photos from this will be in the upcoming editions!!

Prizes were all over the place, the CEO modelled hers.....**and all I can say is be very GLAD there is no photo of THAT one!**

The evening concluded in Rhonda's Room with hand and feet massages before tucking into bed. Breakfast in the morning was relaxed before our drive home to sanity !

Thank you to Di & Gail for the excellent team building exercises and Rhonda for the massages.....we had a blast!

Make your own.....

Make your own homemade Car Wash Concentrate

Use this straightforward mixture to leave your car clean and shining.

To make enough for 2 washes

- 8 floz/225ml washing-up liquid
- 12 tablespoons washing powder
- 1 large bucket of water

Mix the washing-up liquid and washing powder together and store in a clearly labelled bottle. To use, add 4 floz/115g of the concentrate to the water, or more if a stronger solution is desired.

Make your own homemade Furniture polish recipe 5

To make this great smelling lemony furniture oil

- 1 cup olive oil
- 1 tsp lemon essential oil

Mix well. Apply with a soft rag. Wipe and buff well to a gleaming shine.

Make your own homemade Hand treatment

This recipe is for a treatment that will moisturize chapped hands.

To make enough for 1 application

- 3 tablespoons ground almonds
- 2 tablespoons dried comfrey root
- 1 tablespoon parsley, chopped
- 1 egg 1 tablespoon honey
- 1 tablespoon glycerin

Mix the ground almonds, comfrey root and parsley in a small bowl and put to one side. In another bowl, combine the egg, honey and glycerin. Stir in 3 tablespoons of the almond mixture.

Dip your hands into the concoction and gently massage it in, especially around the nails. Leave for about 30 minutes and then rinse off with warm water. Double quantities will keep for 5 days if refrigerated.

The Benefits of Indoor Plants

Adjunct Professor Margaret Burchett at the University of Technology Sydney led a number of trials with plants placed inside large airtight glass containers or chambers.

Common pollutant chemicals were pumped into the containers and the researchers were astonished at how much of the pollution was gobbled up – totally gone. It turned out that the microbes in the potting mix in association with the plant were doing the work.

Three large pot plants per room (that's floor-standing sized plants like these) are enough to clean the air to the point where contaminants are negligible.

New paint, carpets, furniture and fittings radiate these VOCs, and Professor Burchett and her colleagues caution that "if you smell that new office smell, you are scenting the toxic VOCs".

Dominant VOC toxicity symptoms are sore eyes, nose and throat; a feeling of dizziness; loss of concentration; headaches; mild nausea; faint disorientation; and mildly depersonalised feelings. These are the same symptoms present in "sick building syndrome" or "building-related illness".

Professor Burchett's research group has shown that a mixture of plant species — including:

Spathiphyllum (Peace Lily)

Howea forsteriana (Kentia Palm)

Dracaena marginata (Marginata)

Dracaena deremensis (Janet Craig)

Epipremnum aureum (Devil's Ivy)

can achieve a complete removal of VOCs in 24 hours in a closed chamber with no ventilation, and a 10 to 20 per cent reduction in flow-through conditions.

PC USERS PLEASE STAND

Long haul air travel is not the only activity to pose a risk of developing potentially deadly blood clots - sitting at your computer for too long may also put you at risk.

The European Respiratory Journal reports the case of a young man from New Zealand who nearly died after developing deep vein thrombosis following long periods of physical inactivity in front of his computer.



Blood clots are afflicting computer users who sit immobile for too long.

Researchers say the malady is essentially the same as "economy class syndrome," and the story has the same moral: Exercise your limbs or risk suffering the effects of deep vein thrombosis.

At Share & Care we have for a long time subscribed to the view that staff sitting in front of computers should take regular breaks, not just to prevent DVTs but to give the eyes a rest, the back some exercise and the neck some release from tension.

Take a walk to the next door office, walk around the building, do those "down town" jobs that have been sitting there.....

But DO take those breaks!

Another new S&C project - Domestic & Family Violence Early Intervention & Outreach

The Domestic Violence Court Assistance Program (Fax Back) operates at the Wheatbelt District Family Protection Unit in Northam. It provides assistance and support to women accessing the court for legal protection or presenting evidence in a prosecutorial case.

A specifically designed domestic violence office which includes office space, secure waiting area, interview room and restroom was incorporated into the design. The area is secure. A separate entrance is available to the Northam Magistrates Court which has a distressed witness room available as well.

By creating a user-friendly environment and placing victim safety at the core of our approach, the program empowers women to take action to protect themselves and their children. The key features of the Domestic Violence Court Assistance Program is a safe waiting space and support for women.

The program is staffed by Share and Cares Waminda House Women's Refuge and the Police. The court assistance program can assist with:

- The provision of information about legal and court processes
- Applications for violence protection orders or variations to existing orders
- Criminal matters arising before the court
- Safety planning
- Pre-court visit and orientation
- Preparation in giving evidence
- Support in the courtroom
- Post-court debriefing
- Referral
- Liaison and advocacy

The refuge staff are available to assist women with applications for domestic violence orders, provide information on court processes and courtroom orientation, liaise with police prosecutors and court staff, provide support for Mentions and Hearings, provide information and referral as well as follow-up post court.

The program will work in partnership with the refuge, police, clerk of courts and court staff. The program is an integral part of the coordinated collaborative response. This approach to domestic violence prioritises women and children's safety which is paramount when women and children's lives are at risk.

The Fax-Back program also works with the collaboration of the Police and the Refuge as follows:

Following a police call-out and with the clients consent, a fax is sent to Waminda House detailing the action taken by the police ongoing safety issues and a safe phone contact to enable an advocate (support worker) to initiate contact with the client.

Telephone advocates will work with the client to determine risks and undertake a safety plan.

Clients are provided with information and resources to enable them to make safe choices – including refuge accommodation if required.

The program will also have strong links to the Court Assistance Program and the provision of assistance with Violence Restraining Orders

Provide information on court outcomes, bail conditions and any future court hearings.

Clients can receive on-going support and contact from the point of the police call-out - through the court process

Case management to monitor and track issues, barriers and successes for key agencies. Assess the client outcomes for ongoing quality improvements and review.

This project was another of our “Value added” Projects. This means it is in addition to the contracted service and without additional funding. Share & Care take great pride in finding innovative ways to value add to existing funded programs. Beginning the 1st of May we have been granted Funding to continue it as a pilot for 12 months with review after that.

Weird, Wonderful, Whacky & True

It has been medically proven that laughter is an effective pain killer.

The slowest growing finger nail is on the thumb nail and the fastest growing is the finger nail on the middle finger.

The risk of cardiovascular disease is twice as high in women that snore regularly compared to women who do not snore.

Russian I.M. Chisov survived a 21,980 plunge out of a plane with no parachute. He landed on the steep side of a snow-covered mountain with only a fractured pelvis and slight concussion.

Scientists have determined that having guilty feelings may actually damage your immune system.

St. Patrick never really drove out any snakes from Ireland. This story was an analogy of how he drove paganism out of Ireland.

In 1982, Larry Walters tied 24 weather balloons to his lawn chair in Los Angeles and climbed to an altitude of 16,000 feet.

The game Monopoly was once very popular in Cuba; however, Fidel Castro ordered that all games be destroyed.

The most senior crayon maker Emerson Moser retired after making 1.4 billion crayons for Crayola. It was then that he revealed that he was actually colour-blind.

The deepest point on the Earth's surface is in the Pacific Ocean located in the Marianas trench. This point is called the "Challenger Deep" and is 35,818 feet deep.

In Quebec, Canada, an old law states that margarine must be a different colour than butter.

The largest employer in central Florida is Walt Disney World. There are approximately 50,000 people working there.

Since the United Nations was founded in 1945, there have been 140 wars.

There are more pigs than humans in Denmark.

Next to bone marrow, hair is the fastest growing tissue in the human body

The scientific name for a gorilla is gorilla gorilla gorilla.

In the dry valleys region of Antarctica, it has not rained in two million years according to scientists.

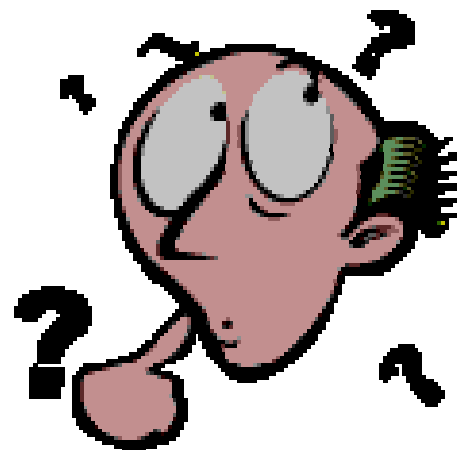
Bamboo plants can grow up to 47 inches in one day.

An office desk has 400 times the bacteria as a toilet seat.

Until the late 1960s, men with long hair were not allowed to enter Disneyland.

There are 500,000 detectable earthquakes in the world every year.

Albert Einstein was offered the presidency of Israel in 1952, but he declined.



PROGRAM NEWS

FDC and In-home Care - Efts have decreased which has decreased our funding, however we are managing the budget accordingly. We are applying for funded EFT places for In home care. We are working towards QA for FDC and have identified one major area for improvement. That is educating families about the coordination units role. We have a new carer in Dowerin and two prospective carers in Northam. We need more FDC providers.

CCC - We have submitted our last round of NCAC surveys and now await a six week window date for the Validator from NCAC to visit our service and observe our practices. The professional support coordinator for W.A is attending our service in the next two weeks to give us feedback about our service and its current standards. 20% of child care services in W.A do not get through Q.A in the first instance. This is high compared to other states. We were very excited to have our lottery west grant approved. Work has begun and we hope to have the new shed built soon. Then we can begin purchasing the new toys. One feature staff are very excited about is the dishwasher. This will save so much time and staff will have more time to attend to children

Families Assistance program which assisted with schooling and uniforms is now exhausted waiting for further funding. Support letters have been requested from the local schools to show the funding body of the need for assistance with this project as this is a financially draining period for low income families and more often than not it's the children who miss out.

Financial Counselling is extremely busy with loan consolidating, refinancing and bankruptcy bookings two weeks ahead, I have mixed emotions regarding this program - it is good for us to be busy but sad to see the financial environment in such a sorry state.

Emergency relief is always busy, so there is no major change in this program other than more demand and not enough funding, as we are getting requests from areas further and further away. We applied for more funding to include these areas, however at the moment there is nothing available, "but they will keep us in mind".

The **SAAP** program is being used extensively by families accessing rentals with the letting fee being provided, which our program can support with the assistance "to obtain and maintain independent housing".

Mental Health Services - This has been a very busy month for Alex with the successful relocation of an at risk client. This particular consumer required intensive psychosocial support, transport services to access community services and advocacy assistance to gain appropriate accommodation. Once this was achieved all that was needed was to physically move the house hold which was no mean feat. Many thanks to friends and neighbours who provided their time, the muscles to lift the furniture, the moving truck and the qualifications to drive it.

Home and Community Care - Manual Handling and Hoist Operation Training is scheduled for May. Due to the staff numbers this has necessitated the course being held in two separate sessions. Killara has kindly agreed to us borrowing three of their beds (hopefully with no clients in them) and the hospital has also generously allowed us to use their standing hoist. "**Men's Social Support Group**" is now on track with the appointment of Robert (Bob) as a support worker to this group of men. **Administration** - Commencing from the 30th April Maggie will be Part-time working Monday, Wednesday and Friday as Senior Administration Officer and Kylie will move up as Administration Officer on Tuesday, Thursday and Friday.

WAMINDA HOUSE - This month has been a month of networking and meetings, one very exciting meeting was with the SAAP V Policy and Planning Sector who have recognised the work done by the refuge in our participation with the Police and Court assisting clients applying for Violence Restraining Orders, Share and Care have been granted funding for the refuge to continue and extend our court support work and a new Fax Back program, we will commence on the 1st May, Jeni in the role as Early Intervention and Outreach Coordinator. Our lovely ladies from the Wooroloo CWA have delivered enough children's winter pajamas to keep us in supply all season. On the 8th April it was my 17th anniversary working with Share and Care and the refuge! I don't know where the time has gone and I'm surely not getting any older!!

DJOOKANKA HOUSE - Rebecca and I had been invited to lunch at DCD to meet with the Director General Dr Ruth Sheen, it proved to be very successful networking with other agencies etc. Gail and I have attended Narrogin this month for a staff meeting and training. Most staff will be attending training from the 30th April – 2nd May in Narrogin – Person Centered Planning, Planning for the Future. Nuressa and Julie from Northam will be attending a Working Therapeutically with Children in early May. Some renovations have started so that we can get the Rainbow Centre operating, but, we are still waiting on the builder to erect a new doorway, unfortunately he can't start until it has rained!

THE LODGE - has been operating to full capacity during the month but is now slowing down, the premises are coming on nicely with one resident maintaining the yard, we hope to have a winter vegetable garden in soon, just waiting for a bobcat to dig up the very solid ground. Gary is also going to get a compost heap started. I have invited some aboriginal and non- aboriginal men to start a reference group so that there will be input from different agencies to get the best possible results and outcomes for the residents. Share and Care have submitted a funding application to Lotterywest to refurbish the lodge. Gary is working well with the residents and assisting them in volunteer work and employment opportunities.

FRANCE & UFO FILES

France became the first country to open its files on UFOs on Thursday when the national space agency unveiled a website documenting more than 1600 sightings spanning five decades.

The online archives, which will be updated as new cases are reported, catalogues in minute detail cases ranging from the easily dismissed to a handful that continue to perplex even hard-nosed scientists.

"It is a world first," says Jacques Patenet, the aeronautical engineer who heads the office for the study of "non-identified aerospace phenomena."

"Cases such as the lady who reported seeing an object that looked like a flying roll of toilet paper" are clearly not worth investigating, says Patenet.

But many others involving multiple sightings – in at least one case involving thousands of people across France – and evidence such as burn marks and radar trackings showing flight patterns or accelerations that defy the laws of physics are taken very seriously. No explanation A phalanx of beefy security guards formed a barrier in front of the space agency (CNES) headquarters where the announcement was made, "to screen out uninvited UFOlogists," an official explained.

Of the 1600 cases registered since 1954, nearly 25% are classified as "type D", meaning that "despite good or very good data and credible witnesses, we are confronted with something we can't explain", Patenet says.

Other countries, notably Britain and the US, collect data more or less systematically about unidentified flying objects. In the US, information can be requested on a case-by-case basis under the Freedom of Information Act.

"But we decided to do it the other way around and made everything available to the public," Patenet says.

The aim was to make it easier for scientists and other UFO buffs to access the data for research. The website itself – which crashed host servers hours after it was unveiled due to heavy traffic – is extremely well organised and complete, even including scanned copies of police reports.



ONLY IN AMERICA.....

Kathleen Robertson of Austin, Texas, was awarded \$80,000 by a jury of her peers after breaking her ankle tripping over a toddler who was running inside a furniture store. The owners of the store were understandably surprised at the verdict, considering the misbehaving little toddler was Ms. Robertson's son.

19-year-old Carl Truman of Los Angeles won \$74,000 and medical expenses when his neighbour ran over his hand with a Honda Accord. Mr Truman apparently didn't notice there was someone at the wheel of the car when he was trying to steal his neighbour's hubcaps.

Terrence Dickson of Bristol, Pennsylvania, was leaving a house he had just finished robbing by way of the garage. He was not able to get the garage door to go up since the automatic door opener was malfunctioning. He couldn't re-enter the house because the door connecting the house and garage locked when he pulled it shut. The family was on vacation, and Mr. Dickson found himself locked in the garage for eight days. He subsisted on a case of Pepsi he found, and a large bag of dry dog food. He sued the homeowner's insurance claiming the situation caused him undue mental anguish. The jury agreed, to the tune of \$500,000.

Jerry Williams of Little Rock, Arkansas, was awarded \$14,500 and medical expenses after being bitten on the buttocks by his next door neighbour's beagle. The beagle was on a chain in its owner's fenced yard. The award was less than sought because the jury felt the dog might have been just a little provoked at the time by Mr Williams who had climbed over the fence into the yard and was shooting it repeatedly with a pellet gun.

A Philadelphia restaurant was ordered to pay Amber Carson of Lancaster, Pennsylvania, \$113,500 after she slipped on a soft drink and broke her coccyx (tailbone). The beverage was on the floor because Ms Carson had thrown it at her boyfriend 30 seconds earlier during an argument.

Kara Walton of Claymont, Delaware, successfully sued the owner of a night club in a neighbouring city when she fell from the bathroom window to the floor and knocked out her two front teeth. This occurred while Ms Walton was trying to sneak through the window in the ladies room to avoid paying the \$3.50 cover charge. She was awarded \$12,000 and dental expenses.

Mrs. Grazinski purchased a brand new 32-foot Winnebago (RV) motor home. On her first trip home, having driven onto the freeway, she set the cruise control at 70 mph and calmly left the driver's seat to go into the back & make herself a sandwich. Not surprisingly, the RV left the freeway, crashed and overturned. Mrs Grazinski sued Winnebago for not advising her in the owner's manual that she couldn't actually do this. The jury awarded her \$1,750,000 plus a new motor home. The company actually changed their manuals on the basis of this suit, just in case there were any other complete morons around.

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



THE TRUE COST OF BOTTLED WATER

Some have tried to calculate the true cost of producing and transporting bottled water before, and have come up with just vague approximations, which did not take the production of the bottle into account. Over at Triple Pundit, Sustainability Engineer and MBA Pablo Paster has done a thorough and exhaustive study of the cost of bring a litre of Fiji Water to America. He starts with the production of the bottle in China, taking the bottle blanks to Fiji, and confirming that it takes more water to make the bottle than it actually holds. He then transports the bottle to the States by ship. Not even including the distribution in the States, the numbers are absolutely staggering.

In summary, the manufacture and transport of that one kilogram bottle of Fiji water consumed 26.88 kilograms of water (7.1 gallons) .849 Kilograms of fossil fuel (one litre or .26 gal) and emitted 562 grams of Greenhouse Gases (1.2 pounds). Nearly seven times as much water used to make it than you actually drink. Staggering is an understatement.

Many have heard Julia "Butterfly" Hill (everyone's favourite tree-sitting sweetheart) say that it pollutes several times more water to make the plastic bottle than it actually holds. We might as well put that myth to the test while we're at it. Where do we begin? Well, I doubt that Fiji has a booming plastics industry so they probably get the bottles in the form of "Blanks" from China, which are then expanded to their final size and shaped by a process called "stretch blow moulding." The total mass of the empty 1 litre bottle is probably around 0.025kg (25g) and it is made from PET (Polyethylene terephthalate) Plastics of this type use around 6.45kg of oil per kg, 294.2kg of water per kg, and result in 3.723kg of greenhouse gas emissions per kg. So, with a quick check ($200\text{kg/kg} \times 0.025\text{kg} = 5\text{kg}$ of water) we find that Butterfly is indeed correct. Based on my calculations a bottle that holds 1 litre requires 5 litres of water in its manufacturing process (this includes power plant cooling water).

Let's take a look at the transportation aspect to see what the total ecological impact of an imported bottle of water might be. A container vessel uses 9g of fuel per tkm (that's metric tons carried x distance travelled), 80g of water per tkm, and releases 17g of GHGs per tkm. The distance from China to Fiji is 8,000km, which gives us exactly 0.25tkm ($(0.025\text{kg} / 1\text{t}/1000\text{kg}) \times 8,000\text{km} = 1.0\text{tkm}$). So, 2.3g of fossil fuels, 20g of water, and 4.3g of GHGs per bottle delivered to Fiji from China.

Now let's look at the trip to the US. The distance from Fiji to San Francisco is 8,700km. But this time the bottles will be full, so they will have a mass of 1.025kg each. This gives us a much larger value of 9.8tkm ($(1.025\text{kg} / 1\text{t}/1000\text{kg}) \times 8,700\text{km} = 8.9\text{tkm}$) which I will round up to 9tkm. So, 81g of fossil fuels, 720g of water, and 153g of GHGs per bottle delivered to the US from Fiji.

Since the fossil fuels end up being accounted for in the GHG emissions I'll ignore those values for now. The total amount of water used to produce and deliver one bottle of imported water is 6.74kg (5kg + 20g + 1kg + 720g)! And the amount of GHGs released amount to 250g (93g + 4.3g + 153g), or 0.25kg, or 0.00025 tons

GREAT WEBSITES

BOOKS AT GREAT PRICES:

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

<http://www.booktopia.com.au/?OVRAW=australian%20online%20book%20stores&OVKEY=australian%20online%20book%20store&OVMTC=standard>

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

<https://www.constantreader.com.au/home.php>

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

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

<http://www.qbdthebookshop.com/index.cfm>

<http://www.biblio2.com.au/>

<http://www.akabook.com/>



COOKING - RECIPES:

<http://whatscookin.proboards4.com/index.cgi?board=australia&start=20>

<http://home.ivillage.com/cooking/rushhour/topics/0,,4tjk-n2,00.html>

<http://home.ivillage.com/cooking/recipes/recipefinder>

FOR YOUR COMPUTER:

<http://free.grisoft.com/freeweb.php/doc/2>

<http://www.cybertechhelp.com/>

<http://www.windowsecurity.com/trojanscan/>

<http://www.designdrops.com/fonts/cfonts3.htm>

Time & Stress Management Series...

Biggest Time Wasters

1. Interruptions. There will always be interruptions. It's how they're handled that wastes time.
2. Hopelessness. People "give in", "numb out" and "march through the day".
3. Poor delegation skills. This involves not sharing work with others.

Common Symptoms of Poor Stress and Time Management

1. Irritability. Fellow workers notice this first.
2. Fatigue. How many adults even notice this?
3. Difficulty concentrating. You often don't need to just to get through the day!
4. Forgetfulness. You can't remember what you did all day, what you ate yesterday.
5. Loss of sleep. This affects everything else!
6. Physical disorders, for example, headaches, rashes, tics, cramps, etc.
7. At worst, withdrawal and depression.

Wise Principles of Good Stress and Time Management

1. Learn your signs for being overstressed or having a time management problem. Ask your friends about you. Perhaps they can tell you what they see from you when you're overstressed.
2. Most people feel that they are stressed and/or have a time management problem. Verify that you really have a problem. What do you see, hear or feel that leads you to conclude that you have a time or stress problem?
3. Don't have the illusion that doing more will make you happier. Is it quantity of time that you want, or quality?
4. Stress and time management problems have many causes and usually require more than one technique to fix. You don't need a lot of techniques, usually more than one, but not a lot.
5. One of the major benefits of doing time planning is feeling that you're in control.
6. Focus on results, not on busyness.
7. It's the trying that counts - at least as much as doing the perfect technique.

NEXT MONTH: SIMPLE TECHNIQUES TO MANAGE STRESS

Written by [Carter McNamara, MBA, PhD](#)

STAFF—Personal Stories File

I was looking forward to a holiday in Kununurra with my husband until I saw the rather small plane we had to fly up in as I am not the best flyer even in a Jumbo jet, however I braved the circumstances. Once we landed in Kununurra I came down with the flu and after spending the first three days in bed I decided to get on with it and have a good time but as I was going into breakfast I fell over and broke my ankle and had to spend most of the day in the outpatients department at the hospital. When I left the hospital all bandaged up and on crutches I find out my husband had booked a river cruise, I virtually had to be carried onto the boat feeling totally pathetic! and had to climb what seemed at the time up a big hill for the morning tea stop off, the captain and my ever sympathetic husband found a wheelbarrow and suggested they take me up the hill in that!!!! I refused and had the morning tea bought down to me (and rightly so).

We had also had a planned light plane flight over the Argyle Mines and the Bungle Bungles, I reluctantly went and I was the only person in the plane other than the pilot who wasn't throwing up into paper bags. I had decided in only my fanciful imagination that the plane would crash in the Bungle Bungles and I would probably survive in the wilderness with my broken ankle, however this did not happen fortunately.

The day came for us to leave for home, I was rather glad about leaving the Kimberley, however I knew I wouldn't be able to get up the very steep and narrow stairs to the plane, my husband spoke to some-one at the airport who said that this type of thing does happen and they would be able to get me on the plane. We reached the airport and once everyone was waiting to board the plane my name was announced to go to the tarmac, I hobbled out to be greeted with a forklift, I thought it was a joke and was very embarrassed as all the passengers were watching, however it was not a joke and I climbed aboard the forklift and the passengers broke into an applause with my husband slinking into the background. I was put in the front seat where everyone greeted me as they boarded.

The flight was okay and when I arrived at the Perth airport they had a wheel chair waiting for me, I felt like a total invalid but after everything that happened on the holiday I was happily wheeled to my car.

That was my first and last experience in the Kimberley's - I am a bit reluctant to return!.....Di

What does our Board of Management do?

Besides give up large amounts of time for no payment, take numerous phone calls, being expected to drop everything they are doing to work on something for us?

The Board upholds the constitution of the Association. This is a legally binding document that governs the scope of the activities of the Association. It is a contract between members, the directors, staff and the Association itself to conduct themselves according to the terms of the constitution and the relevant laws. It is mandatory that Share and Care operates with a formally structured Board of Management

The Board regularly reviews the Constitution to ensure it remains relevant to the Association. Each Board Member is responsible for the proper governance of the association, and is held accountable for the various duties and responsibilities imposed by law. The Board is responsible to various regulatory bodies under the relevant legislation and regulations.

The Board keep themselves informed of the affairs of the Association via the CEO and other sources deemed relevant, and is accountable for the overall performance of the Association. The Board must ensure via the CEO that deadlines are met, Policies & Procedures are being observed, contracts are adhered to, objectives achieved and standards of performance are being reached. **The Board is our Employer.**

The Board approves and monitors the Code of Ethics and Code of Conduct, and is responsible for the employment of the Chief Executive Officer.

The Board approves and monitors through the Treasurer and independent accountant/s the financial plans of the Association. The Board approves all budgets and monitors the consequences and ensures that Members are kept informed and involved in the activities of the Association.

Board Members represent the Association at appropriate functions and meetings and approves public relations Policies for the Association, establishes the image the Association wishes to project and promotes at every opportunity.

So the bottom line is this.....Our Board decides after consultation with membership and feedback from stakeholders where we are going as an organisation, (Our Mission & Vision) what we wish to achieve and the framework we will operate within. The Board then delegates to the Chief Executive Officer and monitors to ensure the desired outcomes are achieved as required and within any timeframes set.

The Board of Management sets the operational and governance boundaries through the Share & Care Policy & Procedure Manual, through the Board of Management Manual and through the Service Standards Manual and are legally, morally and ethically responsible for ensuring everything about Share & Care is accountable, transparent, effective, accountable and efficient and within all legal boundaries.

Without our Board we don't have an organisation!

OUT OF THE MOUTHS OF BABES....

The following excerpts are actual answers given on history tests and in Sunday school quizzes by children between 5th and 6th grade, They were collected over a period of three years by two teachers.

(Note: These teachers corrected the harder words for clarity)

Ancient Egypt was old. It was inhabited by gypsies and mummies who all wrote in hydraulics. They lived in the Sarah Dessert. The climate of the Sarah is such that all the inhabitants have to live elsewhere.

Moses led the Hebrew slaves to the Red Sea where they made unleavened bread, which is bread made without any ingredients. Moses went up on Mount Cyanide to get the ten commandos. He died before he ever reached Canada but his commandos made it.

Solomon had three hundred wives and seven hundred porcupines. He was an actual hysterical figure as well as being in the bible. It sounds like he was sort of busy too.

The Greeks were a highly sculptured people, and without them we wouldn't have history. The Greeks also had myths. A myth is a young female moth.

Socrates was a famous old Greek teacher who went around giving people advice. They killed him. He later died from an overdose of wedlock which is apparently poisonous. After his death, his career suffered a dramatic decline.

In the first Olympic games, Greeks ran races, jumped, hurled biscuits, and threw the java. The games were messier then than they show on TV now.

Julius Caesar extinguished himself on the battlefields of Gaul. The Ides of March murdered him because they thought he was going to be made king. Dying, he gasped out, "Same to you, Brutus."

Joan of Arc was burnt to a steak and was canonized by Bernard Shaw for reasons I don't really understand. The English and French still have problems.

Queen Elizabeth was the "Virgin Queen". As a queen she was a success. When she exposed herself before her troops they all shouted "hurrah!" and that was the end of the fighting for a long while.

It was an age of great inventions and discoveries. Gutenberg invented removable type and the Bible. Another important invention was the circulation of blood.

Sir Walter Raleigh is a historical figure because he invented cigarettes and started smoking.

Sir Francis Drake circumcised the world with a 100-foot clipper which was very dangerous to all his men.

The greatest writer of the Renaissance was William Shakespeare. He was born in the year 1564, supposedly on his birthday. He never made much money and is famous only because of his plays. He wrote tragedies, comedies, and hysterectomies, all in Islamic pentameter.

Writing at the same time as Shakespeare was Miguel Cervantes. He wrote Donkey Hote. The next great author was John Milton. Milton wrote Paradise Lost. Since then no one ever found it.

Continued.....

Delegates from the original 13 states formed the Continental Congress. Thomas Jefferson, a Virgin, and Benjamin Franklin were two signers of the Declaration of Independence. Franklin discovered electricity by rubbing two cats backward and also declared, "A horse divided against itself cannot stand." He was a naturalist for sure. Franklin died in 1790 and is still dead.

Abraham Lincoln became America's greatest President. Lincoln's Mother died in infancy, and he was born in a log cabin which he built with his own hands. Abraham Lincoln freed the slaves by signing the Emancipation Proclamation.

On the night of April 14, 1865, Lincoln went to the theatre and got shot in his seat by one of the actors in a moving picture show. They believe the assassin was John Wilkes Booth, a supposedly insane actor. This ruined Booth's career.

Johann Bach wrote a great many musical compositions and had a large number of children. In between he practiced on an old spinster which he kept up in his attic. Bach died from 1750 to the present. Bach was the most famous composer in the world and so was Handel. Handel was half German, half Italian, and half English. He was very large.

Beethoven wrote music even though he was deaf. He was so deaf that he wrote loud music and became the father of rock and roll. He took long walks in the forest even when everyone was calling for him. Beethoven expired in 1827 and later died for this.

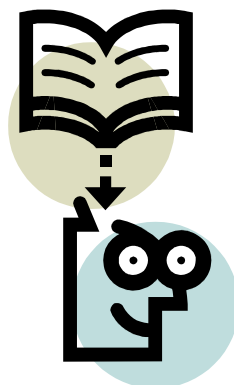
The nineteenth century was a time of a great many thoughts and inventions. People stopped reproducing by hand and started reproducing by machine. The invention of the steamboat caused a network of rivers to spring up.

Louis Pasteur discovered a cure for rabbits but I don't know why.

Charles Darwin was a naturalist. He wrote the Origin of the Species. It was very long and people got upset about it and had trials to see if it was really true. He sort of said God's days were not just 24 hours but without watches who knew anyhow? I don't get it.

Madam Curie discovered radio. She was the first woman to do what she did. Other women have become scientists since her but they didn't get to find radios because they were already taken.

Karl Marx was one of the Marx Brothers. The other three were in the movies. Karl made speeches and started revolutions. Someone in the family had to have a job, I guess.





TO:

- >Robert who has Started as our Social Support Worker in our HACC Men's Group
- >Mary who will be joining HSS
- >Jenni who has been promoted to our Early Intervention & Outreach (FDV) program as Coordinator
- >Gail who has joined our Accommodation Services Team as Coordinator
- >Amanda in Child Care Services who will be taking on a traineeship between S&C & TAFE

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