

NEWSLETTER
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Share & Care

Community Services Group

Building resilience in communities

LEWIS MOTORS



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VEHICLE

The Threat of Fracking

Hydraulic Fracturing (Fracking) is a highly destructive and extremely dangerous form of gas extraction.

Here in WA, "unconventional gas" deposits deep in the earth are already attracting attention from petroleum companies. With no proper regulation in place to stop them, these companies continue to develop sites; drilling first and asking questions later. The contamination of precious groundwater supply by toxic and radioactive waste by-products is a real threat to our future water security (ccwa.org.au)



With this in mind I decided to look at some of the effects that fracking has had in the United States. The following report is extracted from Mother Earth News:

"Natural gas is promoted by some as a promising "bridge fuel" that can help the United States transition from petroleum and coal to cleaner, renewable energy. Its production has increased with new drilling methods that use hydraulic fracturing, or "fracking," to extract natural gas from rock sources that were previously uneconomical to access, such as shale.

Unconventional gas production more than doubled between 2000 and 2010, as shale gas increased from 1 to 20 percent of the U.S. natural gas supply.

Continued...

Federal and state regulators largely turned a blind eye to the environmental degradation caused by fracking, and the lack of government oversight facilitated the mad rush to drill. A 2011 Cornell University study found that burning shale gas releases more greenhouse gas pollution than burning conventional gas or oil.

Methanol, formaldehyde and carbon disulfide are known air pollutants found near fracking sites. Texas regulators found that air samples near wells contained high levels of neurotoxins and carcinogens such as benzene. Sublette County, a rural Wyoming community with a high concentration of gas wells, has recorded higher ozone levels than Los Angeles.

Some fracking wells have also polluted drinking water. A 2011 Duke University study found potentially explosive levels of methane in water near natural gas wells in New York and Pennsylvania, and the non-profit group ProPublica identified more than 1,000 cases of water contamination near drilling sites in Colorado, Pennsylvania, Texas and Wyoming.

The shale gas rush is not just a danger to human and environmental health, but also to local economies. While the industry promotes job creation and local investment benefits, it does not acknowledge the long-term economic damage and reduced quality of life caused by fracking.

We need to stop destroying public air quality and water in the interest of oil and gas company profits, and instead seek energy solutions that will provide a renewable energy future.

www.motherearthnews.com

Focus on Share and Care Staff

Interview with Dianne

How would people describe you?

This is a tricky question...I have asked some of the staff and their responses were theatrical , funny, caring but assertive when

needed, wise and NO I didn't have them in a strangle hold at the time or threaten in any way! Carol sums it up as trouble.



Tell me how you first got involved with Share and Care?

I started work at the old refuge in Agett Way as she Child Support worker and then went on to do the Support workers role for many years, then the Coordinator and for the past 10 years as the Program Manager

What was your first impression of the organization?

Share and Care was a much smaller organisation 22 years ago, it was a Neighborhood Centre. There have been many changes during the growth of S&C which has developed into a professional organisation

What's the best/worst thing to happen since you started working with Share and Care?

The best thing for me is that I have grown both personally and professionally and met lots of great and interesting people.

What is the most challenging thing about your job?

The most challenging thing for was going from Program Manager for one program Waminda to then go onto manage 6 and at times 8 programs but that has improved and also to get a harmonious balance for all staff at times.

If you could change one thing about Share and Care, what would it be?

After 22 years I think most changes have happened and I can't complain as I am still here.

What would you say are some of your strongest beliefs about Share and Care that keep you loyal to the organization; you have been here more than twenty years..?

The commitment and the loyalty of Share and Care toward staff and the consumer base, which in turn made me as an employee loyal to Share and Care.

What might (someone) be surprised to know about you?

I don't think anyone would be surprised at anything I do!!!

If you weren't working at Share and Care what would you be doing instead or what would your life be like?

At home organizing my husband to finish our renovations and establishing the garden while I sit back sipping Pina-Coladas. Also spending time with my lovely children and gorgeous grandchildren whether they like it or not!

What do you do when you aren't (working, volunteering)?

Relaxing...movies, reading, musicals nothing too strenuous.



Ponderings...

1. Why are there flotation devices under plane seats instead of parachutes?
2. Why is it that when you're driving and looking for an address, you turn down the volume on the radio?
3. What would we have called the colour orange if it wasn't a fruit?
4. Why do fat chance and slim chance mean the same thing?
5. The severity of the itch is proportional to the inability to reach it.
6. A clear conscience is usually the sign of a bad memory.
7. If the 7-11 is open 24 hours a day, 365 days a year, why are there locks on the doors?
8. If someone invented instant water, what would they mix it with?
9. Why is it called a TV "set" when you only get one?
10. After eating, do amphibians have to wait one hour before getting out of the water?
11. Why are cigarettes sold in gas stations when smoking is prohibited there?
12. Why do people without a watch look at their wrist when you ask them what time it is?
13. Why does sour cream have an expiration date?
14. Is there another word for synonym?
15. Why is it that when you transport something by car, it's called a shipment, but when you transport something by ship, it's called cargo?



Natural Insecticidal Soap Spray

This is by far the spray I reach for most often. It's easy to make and keep on hand, and should take care of most of those annoying common pests such as aphids, mites, white flies, thrips, and mealy bugs. It kills them by attacking them at the skin, suffocating and therefore eliminating them.

I like to add a few drops of orange or lemon essential oil, which is in itself, a natural insecticide, especially effective against ants and scale, and it also helps the spray stick to your plants.

1 1/2 tablespoons of liquid soap

1 quart of water

A couple drops of orange or lemon essential oil

Use a biodegradable, liquid soap (such as Murphy's oil soap, castile soap or Ivory), to make the mixture. Add water and essential oil to the spray bottle and shake. Spray your plant thoroughly, making sure you cover the underside of the leaves as well.

Pepper and garlic are both natural insect repellents and will help to repel Japanese Beetles, borers, leafhoppers and slugs. Garlic also deters larger pest like rabbits.

Natural Insecticidal Soap Spray (from recipe above)

1 tablespoon of chilli powder (you could also use fresh or dried hot peppers)

5 cloves of garlic, crushed and cut roughly

Allow garlic and chilli powder to steep overnight. Strain and pour into a spray bottle. Add Natural Insecticidal Soap Spray. Should keep for a couple weeks.

By Carol

Team Leaders Retreat



We arrived around noon with lunch ready for us.



Bernie and Jeni have a yarn...

The afternoon was divided between a little relaxation and work on staff feedback on operations.



**Carol & Marg playing Bocce
Marg was our Champion for the day!**

A game of Bocce drew most of the staff in, best of 3 won each round.



Nicole and her eagle eye!



Gail and Len have a friendly match

The evening was spent on a host of topics from personal to work related.

As the evening wound down there were all sorts of pranks going on by a notable few.....

Needless to say the final prank was very late in the night when a certain GHOST appeared at peoples bedroom doors!!!



Damned funny looking ghost if Ever I saw one!!!

The Cheerleaders....full of cheek and plenty of laughs!

Tomato Sauce

700g white sugar
30 medium ripe
tomatoes (no need
to peel or cut)
350mls white vinegar
2 level soup spoons
salt
1 tsp mixed spice
½ tsp cayenne
pepper
12 whole cloves or ½
tsp ground cloves
1 leek sliced finely



Boil ingredients together until sauce has reduced by
half

Use stick blender to puree

Place into oven sterilised bottles and seal immediately

Will keep for 12 months on a shelf in a dark cupboard
Keep in fridge once opened

**Note: if you like your sauces milder lessen the
reduction and thicken with a little cornflour

Ham & Red Lentil Soup

Lower GI - but not in flavour - this soup of ham and red lentils is a one pot wonder.

Cooking Time

40 minutes

Ingredients (serves 4)

- 1 tablespoon olive oil
 - 1 medium brown onion, finely chopped
 - 2 medium carrots, peeled, chopped
 - 3 celery stalks, finely chopped
 - 2 garlic cloves, crushed
 - 2 litres salt-reduced chicken stock
 - 100g piece leg ham (see note)
 - 1 cup red lentils, rinsed, drained
- 1/4 cup fresh flat-leaf parsley leaves, chopped



Method

1. Heat oil in a large saucepan over medium heat. Add onion, carrots, celery and garlic. Cook, stirring, for 5 minutes or until onion has softened.
2. Increase heat to high. Add stock. Bring to the boil. Reduce heat to medium. Add ham and lentils. Simmer for 20 to 30 minutes or until lentils are tender. Remove ham from pan. Using a fork, shred ham. Return to soup. Cook for 2 minutes or until heated through. Stir in parsley. Season with pepper. Serve.

KITCHEN TIPS FROM CHEFS AROUND THE WORLD CONTINUED

- Remember schmaltz? Your mom and grandmother probably used a lot of it in their home cooking. Schmaltz, or chicken fat, has a great flavour and richness; it has a deeper flavour than duck fat and can be used on nearly everything
- If you find you need more oil in the pan when sautéing, add it in a stream along the edges of the pan so that by the time the oil reaches the ingredient being cooked, it will be heated
- When you deep-fry, hold each piece of food with long tongs as you add it to the oil. Hold it just below the oil's surface for five seconds before releasing it. This will seal the exterior and stop it from sticking to the pot or the other food.
- For rich, creamy dressings made healthy, substitute half the mayo with Greek-style yogurt.
- When chopping herbs, toss a little salt onto the cutting board; it will keep the herbs from flying around.
- To make a great sandwich, spread the mayonnaise from corner to corner on the bread. People rush this step and just do a swoosh down the middle. Every bite should be flavourful. Now that's a sandwich!
- If you keep it simple and buy ingredients at farmers' markets, the food can pretty much take care of itself. Do as little as possible to the food; consider leaving out an ingredient and relying on instinct
- Always season meat and fish evenly; sprinkle salt and pepper as though it's "snowing." This will avoid clumping or ending up with too much seasoning in some areas and none in others.
- For best results when you're baking, leave butter and eggs at room temperature overnight.
- Homemade vinaigrettes have fewer ingredients and taste better than bottled ones. No need to whisk them: Just put all the ingredients in a sealed container and shake.



The SmileVirus

Unknown Author



Smiling is infectious,
you catch it like the flu,
When someone smiled at me
today,
I started smiling too.

I passed around the corner
and someone saw my grin
When he smiled I realized
I'd passed it on to him .



I thought about that smile
then I realized its worth,
A single smile, just like mine
could travel round the earth.



So, if you feel a smile begin,
don't leave it undetected
Let's start an epidemic quick,
and get the world infected!

PROGRAM NEWS

FAMILY AND DOMESTIC VIOLENCE SERVICES



WAMINDA HOUSE

The refuge is once again full to capacity; the quiet times don't last long. Wheatbelt Aboriginal Health Service has commenced attending the refuge each Wednesday to do health mum and children health checks. Di and Gail provided an Information session at Wheatbelt Drug and Alcohol Service providing S&C and Waminda resource packs. Jeni, Bernie and Di also attended Avon Youth Services for the same sessions; we have had very positive feedback regarding all S&C services. All programs Planning Day will be next month. The Financials have been handed over to the Financial Controllers, so hopefully all will go smoothly. There has been lots of re-arranging at the refuge and cleaning out storage rooms. For those staff who are not aware Marg is leaving the F&DV services after many years of service with Share and Care, Marg is not leaving until July, it will be a sad time for the staff but Marg is going to be enjoying her life of retirement and we are happy for her.

DV CHILD SUPPORT PROGRAM

Steph has been assisting mothers with 7 children on-site, busy linking children into School Holiday programs across town from Avon Youth Service to Northam Recreation Centre. Four children have been linked to school with the assistance of Waminda providing uniforms and school supplies. The Parent Information Centre staff attended the refuge and provided a presentation on the Effects of Alcohol in Utero. Steph has been busy organising the new sheds at Waminda, sorting out all the Buddy Bags and donations etc. Thanks for the hard work Steph!

Continued...

SAFE AT HOME

The staff received 26 referrals for outreach support and 2 security upgrades for April. Di H has had some annual leave. There have been lots of promotional materials supplied to the Police, Holyoake, Avon Youth, Doctor Surgeries and the Court in Northam and Midland. Penny attended the 3 day workshop "Working with People with Complex Needs".

CMCS

The Family and Domestic Violence Unit has held Development Sessions in Narrogin, Merredin, Northam and Moora over the past two weeks with Jeni and met with Di T regarding any new information and any issues with the program. Jeni is still attempting to engage with Moora agencies. Northam has had two new referrals and case managing 25 cases across all towns.

DJOOKANKA HOUSE

The refuge is still quiet with just 2 clients accommodated. The Rainbow Centre however, was very productive with Kylie doing sewing classes, making wheat bags etc. cooking healthy meals which is always a hit with the client base. Kristy provided presentations to the Narrogin Police, the Department for Corrective Services and the Narrogin Regional Child Care Centre. Kristy completed the Mental Health 1st Aid Course for Youth. All the staff has been busy with Promotional work and cleaning and re-arranging the client area. Welcome to Karen who will commence work in May.

OUTREACH SUPPORT AND COUNSELLING

Outreach has been very busy with 24 adults receiving support, this included clients attending the Rainbow Centre, transport, referrals and outreach visits. Joan also attended the Mental Health 1st Aid Course for Youth. Joan continues to promote the services and this month has provided resources to Department of Health, DCD and attended the presentations with Kristy at the Narrogin Police, Child Care Centre and the Department for Corrective Services.

Home Support Services News

We welcome a new staff member to our HSS team, Lee, who will be part time in our Admin while Lisa is on maternity leave. Lee will be shared across all share and care programs in the meantime. Welcome Lee.

We have had quite a few Fieldworkers on Annual Leave, Sick Leave and nursing prac this month which has made the office and the remaining workers really busy. We welcome back Kristy from Annual Leave, she was missed and we heartily welcome her back! Matthew has also returned from his break in India and we are happy to welcome him back out into the field.

Our Men's Social Group had a game day this month and spent their day at Pot Black playing a few games of Pool and Snooker. They then had a great lunch at Sizzler. All the clients agreed that it was a great day and they are excited about the next trip in May.

The Saturday Bus Trips are still a big hit with our HACC clients. We do not have enough seats in the bus for all the clients that want to go. This month the Midland trip went off without a problem with the clients even stopping at Bunning's for a few home improvement items. The tourist trip this month went to the Perth Museum and Art Galleries. All the clients who went had a great time perusing the art on display and had a lovely lunch in the city.

Our Cuppa Club is going well with a great turn out every week and all the clients are happy to come have a chat every Friday.

Mental Health & Mobile Respite Services News

April has been a quiet month for Mental Health & Mobile Respite due to School Holidays.

We say a sad goodbye to our Mental Health Co-Ordinator Liz, who has had to leave due to personal illness and we wish her all the best for a speedy recovery.

Our 'Get Tapping' group has been on holidays this month but all clients are eagerly awaiting the start of the group in May.

The 'Mobile Respite Craft group' have also been on holidays but they have been participating in the Town Library Craft days, which has been a great school holiday activity. They have also been on a day trip to SciTech where they visited the planetarium and learnt about the solar system. They had a great time at the Science show learning about elements and their properties.

The staff at Home Support Services are happily anticipating all the fun for May. See you then!

OCCUPATIONAL SAFETY & HEALTH

Awesome April!

There were 7 incidents this month:

2 Admin incidents relating to client abuse.

3 HSS staff injuries: 1 back strain not requiring medical attention

1 twisted ankle not requiring medical attention

1 electric shock requiring medical attention but was released after the check up

1 HSS client incident requiring medical attention for medication issue

1 Mental Health client incident requiring the police to be involved due to the threats being made.

2 Action request were submitted with one being rectified the same day and follow up was performed on the other for outside security lighting to be installed at the Men's Lodge. This will be performed by 15/5/2012.

Most issues at The Lodge have been rectified.

Djookanka are still rectifying their issues on a priority basis .

Carol & Di T completed their OSH Representative course this month with other program coordinators to complete their course in the coming months.

FINANCIAL SERVICES

Financial Counselling is still busy with two weeks ahead with bookings, for Merredin Moora and Northam. HUGS is on the increase with an average of one a day.

Emergency Relief is steady with approximately 6 clients a day seen with food vouchers, medicine and utility payments.

Northam Emergency Accommodation is in demand with rent arrears and eviction notices and the odd ingoing fees requested.

The Lodge is fully booked at the moment which is usual for this time of year.

Len is busy with the NPAH program, with more referrals coming through.

END OF PROGRAM NEWS

Do you believe? Seniors do



Do you believe there is something bigger out there than meets the eye? Older people across the globe believe so; a new study has revealed as people age, their belief in God seems to increase. The University of Chicago researchers looked at data from 30 countries where surveys, taken at two or more time points between 1991 and 2008, asked residents about their belief in God.

Participants answered three main "belief" questions, including their level of belief (from strong to atheistic), their changing beliefs over their lifetime and their attitude toward the notion that God was concerned with their personal lives.

Age seemed to be a significant factor in belief, as it was the highest among older adults, with 43% of those aged 68 years and older stating they were certain of God's existence, compared with 23% of those 27 years and younger, averaged across the countries surveyed.

"Looking at differences among age groups, the largest increases in belief in God most often occur among those 58 years of age and older," lead researcher, Professor Ian Smith, said in a statement.

"This suggests belief in God is especially likely to increase among the oldest groups, perhaps in response to the increasing anticipation of mortality."

Atheism seemed to have the strongest hold in northwest European countries such as Scandinavia and those of the former Eastern Bloc, excluding Poland.

Atheism ranged from 52% in the former East Germany. However, 8% of those in East Germany stated they were certain God existed, with the lowest 'strong belief' in God held in Japan with just 4%.

Overall, countries dominated by Catholic societies, such as the Philippines, showed the strongest belief in God.

The United States stood out for its high belief in God among developed countries. Over the study period, just five of the countries showed a consistent growth in their belief in God; these included, West Germany, Israel, Japan, Russia and Slovenia. Meanwhile, 16 countries showed a consistent decline in belief: Australia, Austria, East Germany, Great Britain, Ireland, the Netherlands, New Zealand, Northern Ireland, Norway and Poland.

Great Ideas



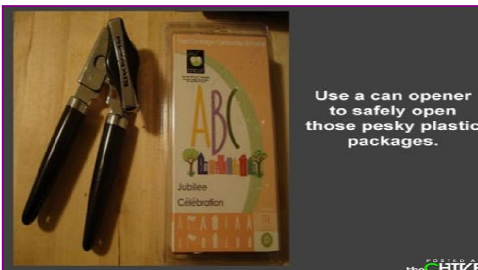
Use a wooden spoon to prevent water from over-boiling.



Don't waste money on Swiffer towels when kitchen rags can work just fine.



A Pringles container is just the perfect size to store spaghetti.



Use a can opener to safely open those pesky plastic packages.

BOARD OF MANAGEMENT



CHAIRPERSON - Caroline Smart has been a Board Member and Vice Chair with Share & Care in the past, along with regional health Boards and a variety of other groups.

Caroline's forte lies in her extensive knowledge of and experience in the Child Care industry and her grass roots knowledge of regional community issues.

Caroline's interests are reading, gardening and community needs.



TREASURER - 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.



VICE 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 contender in the Mrs Australia Pageant, Morby Cottage Committee Chairman for 15 years, a Penguin Public Speaking Club member for 15 years, A 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 10 grandchildren.



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 - Attila Mencshelyi, Attila Mencshelyi – 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. 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 Training and also Goldfields Independent Family Support Association. Has been on Share & Care Board since 2009 and also on Wheatbelt Independent & Family Support Association, and Chair of the Wheatbelt Senior Managers Forum.



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 joining the Board.

Trisha is passionate about ensuring access to high-quality services for all residents in the Wheatbelt.



BOARD MEMBER - John Klassek lives in Spencers Brook and works as an IT technician and film producer. Together with his wife Rebecca, they have six children.

John recently finished building their family home, and his interests include archaeology, public speaking and film production. Recently John wrote and published his second book.

John is also involved in community service work in Northam, and his work in Christian outreach takes him interstate and overseas.



BOARD MEMBER - Fiona Conley joined the board of Share and Care in late 2011. A new resident, Fiona and her husband Troy and two children moved to Northam in January 2011, when she transferred with work.

Fiona is currently the Bank Manager with Westpac and has over 12 yrs experience in the Financial Services Industry. Community Services has always been a strong interest for Fiona and she looks forward to being part of the Share and Care team.



Share and Care would like to welcome the new staff that have started in our various programs, we hope you enjoy your time with us.



Share&Care

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