

NEWSLETTER
October 2012
ISSUE 89



Share&Care
Community Services Group
Building resilience in communities

LEWIS MOTORS



GENEROUSLY SPONSORING OUR HEAD OFFICE
VEHICLE

Arctic ice melt

Arctic sea ice, a key indicator of climate change, melted to its lowest level on record this year before beginning its autumnal freeze, US researchers say.

The extent of ice probably hit its low point on September 16, when it covered 3.42 million square kilometres of the Arctic Ocean, the smallest amount since satellite records began 33 years ago, according to the US National Snow and Ice Data Center (NSIDC).

Changing weather conditions could further shrink the extent, the centre said. A final analysis is expected next month.

The record was broken on August 26, when the ice shrank below the record set in 2007. After that, it kept melting for three more weeks, bringing the ice extent - defined by NSIDC as the area covered by at least 15 per cent ice - to nearly half of the 1979-2000 average.

"We are now in uncharted territory," the centre's director, Mark Serreze, said in a statement.

"While we've long known that as the planet warms up, changes would be seen first and be most pronounced in the Arctic, few of us were prepared for how rapidly the changes would actually occur."

The summer ice is not just dwindling. It has also become thin, relatively fragile, seasonal ice instead of the hardier multi-year ice that can better withstand bright sunlight.

Continued...

"The strong late-season decline is indicative of how thin the ice cover is," NSIDC's Walt Meier said.

"Ice has to be quite thin to continue melting away as the sun goes down and fall approaches."

The Arctic is a potent weather-maker for the temperate zone, and is sometimes dubbed Earth's air conditioner for its cooling effects.

However, as ice wanes and temperatures rise in the far north, the Arctic could add more heat and moisture to the climate system.

Recent climate models suggest the Arctic could be free of ice before 2050, but the observed rate of melting is faster than what is shown in many of the models, according to NSIDC scientist Julienne Stroeve.

Both the Northwest Passage along Canada's coast and the Northern Sea Route along Russia were open to traffic this summer, and investors gathered in Alaska last month to discuss commercial and transportation opportunities for the Arctic.

Environmental group Greenpeace International took issue with that approach.

"Rather than dealing with the root causes of climate change, the current response from our leaders is to watch the ice melt and then divide up the spoils," the group's executive director, Kumi Naidoo, said in a statement.

Focus on Share and Care Staff

Interview with Trevor

When did you first get involved with Share & Care?

On the 10th of February 1992

What is your role in the organisation?

Transport and I also look after the vehicles

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

I had a poem written about me (Photo and poem are in the passage way at Share and Care)



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

The people I work with

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

Driving in traffic

What is the secret to your long time of service at S&C?

It's the people I work with; and I love my job and I get to meet people from all walks of life.

What would you say are some of your strongest beliefs about S&C?

That Share and Care always seems to go ahead.

Who inspires you most and why?

No one

When you are not working, what do you spend your time doing?

Umpiring football or cricket

What was the last book you read?

Readers Digest

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

That I am a stamp collector.

How would (someone) describe you?

Helpful and caring...

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

I have learned to treat people with respect.

Jokes- Short Stories

1. A big-city lawyer was representing the railroad in a lawsuit filed by an old rancher. The rancher's prize bull was missing from the section through which the railroad passed. The rancher only wanted to be paid the fair value of the bull.



The case was scheduled to be tried before the justice of the peace in the back room of the general store.

The attorney for the railroad immediately cornered the rancher and tried to get him to settle out of court. The lawyer did his best selling job, and finally the rancher agreed to take half of what he was asking. After the rancher had signed the release and took the check, the young lawyer couldn't resist gloating a little over his success, telling the rancher, "You know, I hate to tell you this, old man, but I put one over on you in there. I couldn't have won the case. The engineer was asleep and the fireman was in the caboose when the train went through your ranch that morning. I didn't have one witness to put on the stand. I bluffed you!"

The old rancher replied, "Well, I'll tell you, young feller, I was a little worried about winning that case myself, because that bull came home this morning."

2. When our second child was on the way, my wife and I attended a pre-birth class aimed at couples who had already had at least one child.



The instructor raised the issue of

breaking the news to the older child. It went like this: "Some parents," she said,

"tell the older child, 'We love you so much we decided to bring another child into this family.' But think about that. Ladies, what if your husband came home one day and said, 'Honey, I love you so much I decided to bring home another wife.'" One of the women spoke up immediately. "Does she cook???" www.ahajokes.com

Just 20 Minutes of Weekly Housework Boosts Mental Health

ScienceDaily (Apr. 10, 2008) — Just 20 minutes of any physical activity, including housework, in a week is enough to boost mental health, reveals a large study published ahead of print in the British Journal of Sports Medicine.

While regular exercise is known to be good for mental health, no one seems able to agree on how much, or what type of activity, is best.

The findings are based on a representative sample of almost 20 000 men and women who were quizzed for the Scottish Health Survey about their state of mind and how much weekly physical activity they engaged in.

Over 3000 participants were deemed to be suffering from stress or anxiety, using a validated scoring system.

But any form of daily physical activity was associated with a lower risk of distress, when other influential factors, such as age, gender, and the presence of a long term condition, were taken into account.

The range of activities, which proved beneficial, included housework, gardening, walking, and sports, although the strongest effect was seen for sports, which lowered the risk of distress by 33%.

The results also indicated that while just 20 minutes improved mental state, the more activity a person indulged in, the lower were their chances of psychological distress.

Physical activity curbs the risks of a range of serious diseases, such as heart disease and certain cancers.

And it improves several biological risk factors, such as glucose intolerance and inflammation, which have themselves been linked to depression and dementia, say the authors.



Did you know?



- The croissant was invented in Austria
- In eastern Africa you can buy beer brewed from bananas
- Australia was originally called New Holland
- 'Lonely Planet' for travelers is based in Melbourne Australia
- All the blinking in one day equates to having your eyes closed for 30 minutes
- Sponges hold more cold water than hot
- Lightning strikes the Earth 6,000 times every minute
- Camel's milk doesn't curdle
- Apples are more effective at waking you up in the morning than coffee
- Room temperature is defined as between 20 to 25°C (68 to 77°F)
- An octopus pupil is rectangular
- The Australian aircraft carrier QANTAS stands for Queensland And Northern Territories Aerial Service
- The movie Pulp Fiction cost \$8 million to make with \$5 million going towards actor's salaries
- There are only 4 words in the English language which end in 'dous' (they are: hazardous, horrendous, stupendous and tremendous)
- Grapes explode when you put them in the microwave
- The word 'Strengths' is the longest word in the English language with just one vowel
- The movie 'Wayne's World' was filmed in two weeks
- That you can spell the word 'level' the same backwards
- Madonna and Michael Jackson were both born in 1958
- Almonds are members of the peach family
- An egg contains every vitamin except vitamin C
- Flamingos can bend their knees backwards
- You take over 23,000 breaths everyday
- Gold never erodes
- Ants stretch when they wake up in the morning
- The longest possible eclipse of the sun is 7.31 minutes

Buttoned-Up Bolsters

Step 1: Iron shirt to smooth out all wrinkles. Button it, then pin the shirt's front and back to each other to keep them together when cutting.

Step 2: Cut out the shirt to match the shape of your pillow insert — adding two inches to both the width and length, and centering the row of buttons down the front. (You'll now have two pieces of fabric.)

Step 3: Repin the fabric so the shirt's finished sides face each other. Sew the pieces together using a 6/8-inch seam. Snip the corners at an angle to ease turning.

Step 4: Unbutton the fabric and turn the pillowcase right side out. Iron, then rebutton.

Step 5: Topstitch around the case twice — first 1/8 inch from the edges, then 3/8 inch from the edges — to finish it.

Step 6: Unbutton the case, insert the pillow, then rebutton and fluff.

How to add rickrack trim to your tailor-made cushions: Cut an old shirt as described in Steps 1 and 2, but adding only 1/2 inch to both the fabric's width and length. You will have two pieces of material: one with buttons (keep them closed) and one without. Take the piece without buttons and pin rickrack along the perimeter of its front side. Rickrack should be parallel to the edges with no overhang. Machine-baste the rickrack onto the fabric using a scant 1/8-inch seam (you will just be sewing across the top of the rickrack to hold it in place — the trimming will flip up once the pillow is inserted). Pin the two pieces of fabric together so the side with the buttons and the side with the rickrack face each other. Sew together using a 1/4-inch seam. Unbutton the case, turn it right side out, and insert pillow.



Fish Getting Smaller as the Oceans Warm

ScienceDaily (Sep. 30, 2012) — Changes in ocean and climate systems could lead to smaller fish, according to a new study led by fisheries scientists at the University of British Columbia.

The study, published September 30 in the journal *Nature Climate Change*, provides the first-ever global projection of the potential reduction in the maximum size of fish in a warmer and less-oxygenated ocean. The researchers used computer modelling to study more than 600 species of fish from oceans around the world and found that the maximum body weight they can reach could decline by 14-20 per cent between years 2000 and 2050, with the tropics being one of the most impacted regions.

"We were surprised to see such a large decrease in fish size," says the study's lead author William Cheung, an assistant professor at the UBC Fisheries Centre. "Marine fish are generally known to respond to climate change through changing distribution and seasonality. But the unexpectedly big effect that climate change could have on body size suggests that we may be missing a big piece of the puzzle of understanding climate change effects in the ocean." This is the first global-scale application of the idea that fish growth is limited by oxygen supply, which was pioneered more than 30 years ago by Daniel Pauly, principal investigator with UBC's Sea Around Us Project and the study's co-author.

"It's a constant challenge for fish to get enough oxygen from water to grow, and the situation gets worse as fish get bigger," explains Pauly. "A warmer and less-oxygenated ocean, as predicted under climate change, would make it more difficult for bigger fish to get enough oxygen, which means they will stop growing sooner." This study highlights the need to curb greenhouse gas emissions and develop strategies to monitor and adapt to changes that we are already seeing, or we risk disruption of fisheries, food security and the way ocean ecosystems work.

www.sciencedailynews.com



Adequate Sleep Helps Weight Loss

Information obtained from ScienceDaily (Sep. 17, 2012) —

Adequate sleep is an important part of a weight loss plan and should be added to the recommended mix of diet and exercise, states a commentary in *CMAJ (Canadian Medical Association Journal)*.



Although calorie restriction and increased physical activity are recommended for weight loss, there is significant evidence that inadequate sleep is contributing to obesity. Lack of sleep increases the stimulus to consume more food and increases appetite-regulating hormones.

"The solution [to weight loss] is not as simple as 'eat less, move more, sleep more,'" write Drs. Jean-Phillippe Chaput, Children's Hospital of Eastern Ontario Research Institute, Ottawa, Ontario and Angelo Tremblay, Laval University, Québec, Quebec.

"However, an accumulating body of evidence suggests that sleeping habits should not be overlooked when prescribing a weight-reduction program to a patient with obesity. Sleep should be included as part of the lifestyle package that traditionally has focused on diet and physical activity."

The authors' recently published research found that total sleep time and quality of sleep predicted the loss of fat in people enrolled in a weight loss program.

The Canadian Obesity Network has included adequate sleep in its new set of obesity management tools for physicians.

Origins of Halloween



The Celtic people, who lived more than 2000 years ago feared the evening of Oct. 31 more than any other day of the year. It was the eve of their festival of Samhain. Samhain was a joyful harvest festival that marked the death of the old year and the beginning of a new one. The day itself was a time for paying homage to the sun god Baal who had provided the people with the ripened grain for use in the upcoming winter. Come evening the people believed evil spirits were everywhere. Charms and spells were said to have more power on the eve of Samhain. Several rituals were performed by the Celtic priests, Druids, to appease the Lord of the Dead.

Later on Christianity was born, and grew strong until in the fourth century after Christ, the Roman Empire Constantine declared it lawful. Within the Roman Empire, the Christian Fathers tried their hardest to stamp out all things pagan, which is what they named the older religions. However, the Celts held firmly to their Druid customs. So, the Christian church gave them new meanings and new names, and told the people that the fire rites they had previously held for the Lord of the Dead on Oct. 31 would now protect them from the Devil, the enemy of God.

In the 7th century the church celebrated All Saint's Day in May, but by the 9th century the date had been changed to Nov. 1st. The original festival for the pagan Lord of the Dead became a festival of Christian dead. People went on expecting the arrival of ghosts on Oct. 31st. Another name for All Saint's Day was All Hallows' Even which was later shortened to Halloween.

The witch is a central symbol of Halloween. The name comes from the Saxon "Wicca", meaning wise one. When setting out for a Sabbath, witches rubbed a sacred ointment onto their skin. This gave them a feeling of flying, and if they had been fasting they felt even giddier. Some witches rode on horseback, but poor witches went on foot and carried a broom or a pole to aid in vaulting over streams. In England when new witches was initiated they were often blindfolded, smeared with flying ointment and placed on a broomstick. The ointment would confuse the mind, speed up the pulse and numb the feet. When they were told "You are flying over land and sea," the witch took their word for it!

Prawns with lemon pasta

Equipment

- You will need 4 bamboo skewers.

Ingredients

- 3 garlic cloves, crushed
- 3 tbs olive oil
- 3 tbs finely chopped dill
- 350g peeled green prawns, tails on
- 450g linguine
- 150g frozen peas
- 300ml thin cream
- 2 tsp lemon zest
- 85g parmesan, grated
- Lemon wedges, to serve



Method

1. Soak the skewers in cold water for 2 hours to prevent them burning.
2. Place two-thirds of the garlic, the oil and 2 tablespoons dill in a glass bowl. Add the prawns and set aside for 30 minutes to marinate.
3. Meanwhile, bring a large pan of salted water to the boil, add the linguine and cook following packet directions until al dente, adding peas for last 2 minutes of cooking. Drain.
4. Place the cream, lemon zest and remaining garlic in a saucepan over low heat and simmer, stirring, for 5 minutes.
5. Preheat a grill or barbecue to high. Thread 4 prawns on each skewer and grill for 2-3 minutes each side until cooked through.

Add the cream mixture, parmesan and remaining dill to the linguine and serve with the prawn skewers and lemon wedges.

Roast vegetable salad

- **Ingredients**

- 1 small kumara (orange sweet potato), chopped
- 1 60g pumpkin, chopped
- 2 small Desiree potatoes, peeled and chopped
- 1 medium carrot, peeled and sliced
- 2 small onions, sliced
- 2 cloves garlic, crushed
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon olive oil
- 420g can Edgell Four Bean Mix, drained
- 1 tablespoon balsamic vinegar
- rosemary, to garnish
- crusty toasted bread, to serve



- **Method**

1. Preheat oven to 200°C. Line a large baking tray with non-stick baking paper.
2. Combine kumara, pumpkin, potatoes, carrot, onions, garlic, rosemary and oil in a large bowl. Mix until vegetables are evenly coated with oil. Season with salt and pepper.
3. Place vegetables in a single layer in a large baking dish. Roast for 35 minutes.

Place vegetables into a large bowl and stir in beans and vinegar. Garnish with rosemary. Serve with toasted bread.

Bats and Spider Chocolate Crackles

Ingredients

- 80g white marshmallows
- 40g unsalted butter
- 1 tablespoon caster sugar
- 1 tablespoon cocoa powder
- 2 cups cocoa puffed rice cereal
- 240g packet licorice straps (see note)

For 6 spiders

- 1 tube Cake Mate red writing icing
- 12 red mini M&Ms

For 6 bats

- 1 tube Cake Mate blue writing icing
- 12 blue mini M&Ms

Method

1. Lightly grease an oven tray. Place marshmallows, butter, sugar and cocoa powder in a saucepan over low heat. Cook, stirring, for 2 minutes or until melted. Place rice cereal in a bowl. Add marshmallow mixture and stir to combine.
2. Make spiders: Cut twenty-four 7cm-long, thin strips from licorice. Using damp hands, shape 1 tablespoon of crackle mixture into a 5cm round. Lay 4 licorice strips across round, overhanging evenly on each side. Sandwich with another round of crackle mixture. Use icing to secure M&Ms as eyes. Place on prepared tray. Repeat with remaining crackle mixture, licorice strips, icing and M&Ms to make 5 more spiders.
3. Make bats: Using the template (see notes) as a guide, cut twelve 7cm-long 'wings' from licorice. Using damp hands, shape 2 tablespoons of crackle mixture into a 8cm-long oval. Place tips of licorice wings on long sides. Sandwich with another 2 tablespoons of crackle mixture. Use icing to secure M&Ms as eyes. Place on prepared tray. Repeat with remaining crackle mixture, licorice wings, icing and M&Ms to make 5 more bats.
4. Refrigerate spiders and bats for 1 hour or until set. Serve

www.taste.com.au



How to Deal With Worry

40% of your time is spent on worrying about things that never happen,

30% of your time is spent on fretting about things that couldn't be changed by all the worry in the world,

12% of your time is spent misinterpreting the actions or feelings of others,

10% of your time is spent on your own health.

Therefore — 8% of your time is left for legitimate concerns.



Worry isn't something you do, it's something you feel. Divide out the stress factor, and what you have left to act on is **Concern**: when you've eliminated the **Worry feeling**, it's then possible to think, plan or compromise in a constructive manner.

Some suggestions to counter or manage Worry: Write down 'what' you can do about a situation, and 'when', Make the 'what' a step by step action plan; By noting 'when', set aside your concern until that time,

Analyze your worry habits, e.g.: sleeplessness, isolation from friends, moodiness, panic,

Actions to counter or manage your worry habits could include learning, sharing, facing up to, meditating, new experiences, physical activity, capturing your feelings in your journal in words, diagrams, pictures or any other form. **Then – make a 'Worry' list:** Write them all down, date and file away, Review your list after 1 week, 1 month, 6 months, and 1 year, Monitor the lifespan of each worry item, and Reward yourself for not worrying!

PROGRAM NEWS

Family & Domestic Violence Services

Waminda House

Waminda accommodated 6 women and 8 children during September, 3 women were accommodated off-site due to the refuge being full, so has been quite busy. Gail and Jeni have been acting manager while Di was on leave swanning around Europe; all is now back to business as usual. All reporting has been completed. A long term client who has been residing at the refuge for 4 months has recently obtained a house through the Homeless Accommodation and moved out at the end of September. The Homemaker Program has been steady with clients and cooking sessions at Share and Care.

DV Child Support Program

Steph has arranged for the clients interviews for the final evaluation for the program to be completed and has been busy with the children at the refuge. Congratulations to Steph who is on leave for her wedding on the 29th September for the next three weeks.

Safe at Home

The service received 52 referrals, provided 1 security upgrade, 6 Violence Restraining Orders were granted and 20 outreach visits for September. The staff distributed program information and brochures to both Merredin and Northam Police and to Mental Health Services. Bernie attended the Sussex Street Community Law presentation at Share and Care and two Family and Domestic Violence workshops in Narrogin. Congratulations to Di H on becoming a grandmother for the second time, Di is currently on leave to spend some time with the new family member.

Continued...

CMCS

The program has case managed a total of 14 families in September with three new referrals and three cases closed. Jeni has attended Supervising Staff with Performance Problems two day workshop in Perth and found the workshops to be very informative. The AGR has been completed and information packs were provided to the DCP FDV Co-located worker for the York Community Safety Day for Families. The month was the commencement for the meetings to be monthly for Moora and Narrogin; time will tell if this has been an effective change.

Djookanka House

This month the refuge has accommodated 5 women and 5 children. The Rainbow Centre sessions included healthy cooking, Share and Care services and safety planning. The staff continues to work out safe walking sessions with clients for fitness and healthy mental health. There have been several OSH reports from the Coordinator that will be addressed. Staff has attended the FDV workshops held at Djookanka and Joan and Kristy attended the "One Life" Suicide Prevention Seminar in Narrogin. The Child Support Workers attended the Regional visit from the Commissioner for Children and Young people.

Outreach Support & Counselling

Joan and Kylie have had 18 outreach services for the month and referred 1 client to Counselling. The staff continues to be very busy with transport and advocacy for clients. Information packs have been distributed to the hospital and doctors surgeries in Brookton and Pingelly, also to the Department for Corrections, Police, hospital, SWAMS and doctors surgeries in Narrogin. Staff attended the Police Remembrance Day service and Strong families meetings.

Home Support Services

Spring is in the air and once again our clients enjoyed their Saturday trip to Midland, it is a popular outing and seats always fill up fast. There was also a Saturday trip to the Galleria in Morley for some extra shopping and every one was thoroughly delighted with the lovely lunch they had at Sizzlers.

The Men's Group travelled to Merredin Military Museum for an enjoyable day out and are looking forward to the "Mystery Trip" that is planned for November.

Our Cuppa Club is becoming increasingly busy and Client donations for Cuppa Club are rising. In the near future we will be looking at having a Cuppa Club excursion once a month to a local café or restaurant.

This month has been full of new referrals and numerous Assessments which have needed to be done, keeping our staff very busy.

Continued...

Mental Health & Mobile Respite Services News

This month we have said goodbye to one of our support workers Amy. Amy has left us to pursue a career working with the homeless. We wish her well with her future.

We had the pleasure of attending the Riding for the Disabled Association 2012 games with several clients who were presented with awards. Congratulations to our award winning riders who also enjoyed their sausage sizzle luncheon.

Welcome to Trish who will be working with us in Mental Health as a support worker. Trish has a wealth of experience and we look forward to having her as part of our team.

On the 12th of September we participated in R U OK? Day by asking family, friends and colleagues, 'Are you ok?' This national day of action aids in reaching out to one another and having open and honest conversations so we can all help build a more connected community and aim to reduce the rate of suicide.

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

Financial Services



Financial Counselling has been busy; 70 clients were assisted this month even with Yvette and Rhonda having time off.

The Financial Counselling conference is on this month for a week, this is a great week for being updated with changes and networking with other financial counsellors from all over the state.

Emergency Relief is starting to get busy after the tax, school and carbon payments. We are starting to look at Christmas hampers etc again.

The Lodge is full, and the clients are all responding well to mentoring and supports available and interacting with each other in a positive way. The path at the Lodge has been repaired and the garden looks great.

NPAH has been busy with new clients referred and clients housed this month. John is on holidays.

John and Rupert have completed their training held over a six week period with Lyn Mutton in Narrogin.

Northam Emergency Accommodation has housed a few itinerant homeless; evictions and ingoings are few at the moment.

Cheers

Occupational Safety & Health

Sensational September!!!!

There were 5 incidents this month:

2 Men's Lodge incidents: 2 client incidents resulting in the client being removed from the premises.

1 HACC incidents: Involving a Support Worker inhaling fumes at a clients house. Hospital treatment was sought with no lost time.

1 Mental Health incident involving an abusive client phone call.

1 Admin incident involving an abusive client resulting in them being removed from the premises.



We are still waiting for the Dept Housing to rectify the remaining issues at the Lodge & all outstanding issues at Djookanka have been closed..... woohoo!!!!

In Today's World...

Article: Aged Care Services Strapped for cash in retirement

Most Australians will be short of cash at retirement age, statistics from the Financial Services Union reveal.

The analysis found a male aged 47 years and earning \$87,500 will retire at 67 years with \$98,000 in super – short \$432,700 on the amount he'll need to live comfortably in retirement.

The figures are more daunting for women – an 18-year-old female earning \$34,507 will take a five-year break before retiring at 67 years with a shortfall in her retirement savings of \$771,200.

However, apparently worst off are males and females aged 25 to 29 years, who by the time they reach retirement, will have a much greater average life expectancy than older generations.

Financial Services Council chief executive, John Brogden, says every five years life expectancy increased by one year, excluding medical breakthroughs.

"The number of people who live beyond a century will grow exponentially, that is people who will retire at about 65 and live for another 35 years," he says.

"So you're looking at a situation where more and more people will be retired for the same amount of time they worked. Our system hasn't been geared for that."

Mr Brogden urged government to consider revising the current superannuation preservation age of 60 years, when a person can access their super.

Many Australians have to wait seven years from the time they retire to the time they can access the age pension.

Superannuation Minister, Bill Shorten, last week held talks with industry representatives to discuss post-retirement policy issues to address this savings shortfall.

Mr Shorten said new laws to increase the universal superannuation rate from nine to 12% were a step forward.

"Those of us over 65 now are only three million in number, but by 2050 there'll be 8.1 million of us," he said.

Article: Domestic violence services

Push to Deter Domestic Slayings

The tragedy of a Perth mother who was punched to death and left in her home with her children undiscovered for weeks has spurred a push for a 20-year penalty for lethal domestic violence in Western Australia. Saori's Law, as the opposition's amendment bill was named on Monday, seeks to double the penalty for so-called one-punch deaths in cases of domestic violence from 10 years to 20. The law refers to the December 2010 case of Saori Jones, 31, a Japanese-Australian woman punched by her partner, Bradley Wayne Jones, 34, in front of their two toddlers and left to decompose in their suburban Perth bedroom, where her body remained for two weeks before it was found by police. Jones was jailed last year for a minimum three years, after pleading guilty to manslaughter, and will be eligible for parole in December 2013. Opposition Leader Mark McGowan said he would introduce the bill on Wednesday. It will also seek to introduce the presumption of restraining orders in domestic assault cases and allow victims to remain in their homes, even if the properties are registered in the offenders' names. Mr McGowan said there were 35,000 reported cases of domestic violence in WA last year. "In the last 11 years in WA, more than 150 women have died in (domestic violence) circumstances. In the last seven months alone, there have been 11," he told reporters. "(This) sends a strong message to the courts. People cannot go to jail for three to five years for punching their wife to death." Women's Council for Domestic and Family Violence Services WA chief executive Angela Hartwig said a petition in relation to the Saori Jones case had attracted more than 3000 signatures, which would be presented to parliament with the bill. "We hope it's going to be a deterrent," Ms Hartwig said. "It needs to send a strong message to perpetrators of violence that they can't hide behind a lesser charge." Ms Hartwig said the most important amendment would allow courts to take prior family violence and history into account when sentencing. Mr McGowan said he hoped the WA government would support the bill. news.ninemsn.com.au

Article: Financial & homelessness services

We Will Halve Homelessness - Fed govt



The federal government says it's shining a new light on homelessness in Australia and has reconfirmed the goal of halving the problem by 2020. Federal Homelessness Minister Brendan O'Connor says the government's future policies will be shaped by data gathered from frontline service providers, a national long-term study of homelessness currently under way, and redefined census numbers. 'These facts and figures will give us the most accurate picture of homelessness we have ever had,' he told the National Homelessness Conference in Melbourne on Thursday. Mr O'Connor reaffirmed the government's 'ambitious' pledge - first made by Kevin Rudd in 2008 - to halve homelessness and provide supported accommodation for all rough sleepers by 2020. The minister also released a new report from South Australia's Flinders University which called for better strategies to help homeless jobseekers overcome complex obstacles. The study, led by Professor Kostas Mavromaras, found while the homeless often desired full-time employment, that wasn't feasible for many disadvantaged people. The Flinders study, Finding Work: Homelessness and Employment, said existing employment services assumed that success meant homeless jobseekers becoming independent of financial or service support, but for many that was not possible. The report was based on interviews with 32 homeless jobseekers and 17 frontline workers from support agencies. One interviewee, a homeless 43-year-old woman named Sarah, said stress, recovery from drug addiction and a constant battle to house herself and her daughter made her search for work even tougher. 'You know you try to get back on your feet and you get knocked back down again. There's never any positive news, it's all negative,' Sarah said. At Thursday's conference, Mr O'Connor criticised the Queensland government for cutting the Tenant Advice and Advocacy Service and the NSW government for hiking public housing rents, saying these steps were not helping the cause. He also said he'd had 'productive' talks last week with states and territories about a \$1.1 billion new national agreement on housing affordability and homelessness, which must be finalised by July next year. The Australian Bureau of Statistics has broadened its definition of homelessness to include people who have no choice but to live in dwellings deemed unfit for human habitation, without tenure, or without privacy or personal space.

Night Of Fright

Monsters, stalking through the night,
Halloween is the Night of Fright.
Fear is what this night brings,
Along with many other things.

Are you sure you are prepared?
Tonight is not for the easily scared.
Creatures from hell roam on this night,
For tonight is the Night of Fright.

Trick or treat you say,
You should not have waited until the end of the day.
Tonight you will lose your tricks and treats,
For the monsters need to eat.

You better not take this night lightly,
Or else you will truly learn what fright means.

In ancient times people feared this night,
The night they greeted with fright.
Why they were so scared you will soon see,
On this "All Hollows Eve

BOARD OF MANAGEMENT



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 Morby Cottage Committee Chairman for 15 years, a Penguin Public Speaking Club member for 15 years, Charter member of the Inner Wheel Club of Northam Inc (27 years), Chairman of District A40 Inner Wheel Inc (State Level), and Paul Harris Fellow for service to Rotary. Currently Ann works part time and her Interests include reading, gardening and music. Ann

has 4 children and is a grand mother to ten grandchildren.



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

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



TREASURER - 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.

BOARD OF MANAGEMENT



BOARD MEMBER - Attila Mencshelyi, Attila was born and educated in Merredin married with 4 children and 8 grandchildren. Regional Manager with the Department of Housing with 38 years experience in the housing sector and 5 years prior to this with the Public Works Department.

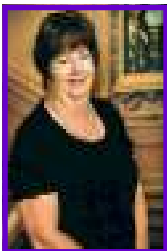
Attila has worked in Merredin, Kalgoorlie and Northam. While in Kalgoorlie/Boulder was a City Councillor from 1994 to 1999 and served on Boards of Goldfields Group Training and also Goldfields Independent Family Support Association. Attila has been on Share

& Care Board since 2009 and also on Wheatbelt Independent & Family Support Association, and Chair of the Wheatbelt Senior Managers Forum.



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.



Born an Aquarian post 2nd WW (not Boer) Arrived in Northam 1965 to train as a registered nurse with the then Govt School of Nursing and graduated in 1968, married in 1970 to Peter Beazley. We have 3 children and are now grandparents to five.

I served on the Town Council for 3 yrs and when the Shire & Town amalgamated remained a further 3 yrs. I am an avid reader of fiction, love going to the movies and am very involved in lawn bowls. I recently worked for Share and Care as their assessment officer and miss the staff and clients very much, but as we are now semi retired

it was sensible to give up the best job in Australia and have some "We" time.



BOARD MEMBER - David Gorham joined the Management Board of Share and Care in 1996 and has served as Treasurer, Vice Chairperson and Board Member since then.

David formerly owned and managed an automotive repair company and is a former teacher. He has been a Justice of the Peace since 1983 and moved to Northam in 1989. David is a Director of a company managing farms and properties as well as a partner in a manufacturing business in Northam.

David's interests include farming, land care, mechanical engineering, new technology, product development and social issues.



Welcome!

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

Community Services Group

Building resilience in communities