

# SHARE & CARE TIMES

**JULY 2006 Issue 13**

**Welcome once again**

Goodbye to Ashleigh

Ashleigh came to help us out when we were stuck for Administration staff in Central Admin. At the end of this month reception farewells Ashleigh and wishes her well on her College Diploma Course. If she needs guinea pigs there are a few of us here she could experiment on with those beauty treatments!!

Then we get to break in the new girl Leslie Turnock.....poor thing, we will be gentle.....  
..... **to start with!**



## **PAY RISE NOTE- \$20 p/w from July 7th**

Confusing times. For those that are not aware, under the IR changes, Share & Care is considered a "Constitutional Corporation" because we charge for the majority of our services.

What does this have to do with your pay rise you ask?

**It means that Share & Care are not bound by the state awards** and do not have to deliver the rise to employees as we fall under the Federal Industrial Relations system.

**HOWEVER.....because we do value each of you, your loyalty and efforts**, we will be delivering that increase, for those that are paid over the award rate now, we will adjust accordingly.

**FREE: 2 x 15kg Gas bottles suitable for BBQs or caravans - call Carol**

## POLICY : Driving Fatigue Management Guidelines

These guidelines are provided for staff that is 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.

## POLICY : Driving Fatigue Management Guidelines

Continued...

If the passenger recognises the signs of fatigue / sleepiness and the driver takes no appropriate action the passenger can require the driver to stop driving

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

Employees shall not drive 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

**SOME BLASTS FROM THE PAST.....**



**LIKE FINE WINES.....  
WE JUST KEEP  
GETTING BETTER!**



## PROMOTIONS & CELEBRATIONS

I was recently invited to attend the Over 60's and give an overview of our Organisation. Lynne joined me in giving an overview of the HSS programs.

This was an enjoyable opportunity to mix with our ageing community and give out information on who we are and what we do. Question time from the floor wasn't huge, however the few questions we did get were relevant and led to interesting discussions amongst the group.

Presentation from the group was made to Trevor White, our Transport Officer. Trevor is very obviously loved by all and will be missed by many. In terms of organisational promotion, both opportunities were wonderful for us!

### and from **MINISTER DAVID TEMPLEMAN**

**MINISTER FOR Community Development,  
Seniors & Volunteering, Youth**



Recently I had a visit from Minister Templeman in relation to the work we are all doing within the communities and proposed projects.

**One very important point to his visit for us was to discuss the constant demands being placed upon our Volunteers and how we might mitigate those issues for them and the Organisation.**

David's response was excellent and gave some avenues that I will be investigating further, he also added....

“As Minister for volunteering, I am aware of the challenges faced by Community organizations in developing affordable and effective risk management strategies, and I commend the efforts of Share & Care in endeavoring to ensure the wellbeing of the Organisation and its volunteers. I would like to take this opportunity to thank you for bringing the concerns of Share & Care to my attention. I wish Share & Care all the best and look forward to hearing about the good work of the Organisation in the future.

## MOM'S PRAYER

Now I lay me down to sleep,  
I pray my sanity to keep.  
For if some peace I do not find,  
I'm pretty sure I'll lose my mind.

I pray I find a little quiet  
Far from the daily family riot  
May I lie back--not have to think  
about what they're stuffing down the sink,  
or who they're with, or where they're at  
and what they're doing to the cat.

I pray for time all to myself  
(did something just fall off a shelf?)

To cuddle in my nice, soft bed  
(Oh no, another goldfish--dead!)

Some silent moments for goodness sake  
(Did I just hear a window break?)

And that I need not cook or clean--  
(well heck, I've got the right to dream)

Yes now I lay me down to sleep,  
I pray my wits about me keep,  
But as I look around I know--  
I must have lost them long ago!

## AFRICAN Tuna fish with safran and coconut milk



### Ingredients

1.5kg of fresh tuna fish  
 3 spoons of sunflower oil  
 1 sliced big onion  
 3 garlic gloves  
 1 1/2 spoon of fresh grated ginger  
 3 sliced chilis  
 1 spoon of curcuma (safran)  
 1/2 spoon of grinded cardamome grains  
 1 1/2 spoon of salt  
 coconut milk of 2 coconuts plus the grated flesh or a tin of coconut milk of 400g  
 a few curry leaves

### RECIPES FROM AROUND THE WORLD

### Directions

Slice the fresh tuna fish in cubes. Add some salt.  
 Gently colour the cubes of fish in a frying pan with the oil...  
 Reserve. And in another pan make the safran & coconut milk sauce.

Put the onion, the garlic gloves, the ginger, the chilli,  
 the safran and leave it to colour. Add the coconut milk.

Put the tuna fish in the sauce and season with salt,  
 cardamome and curry leaves. Cover and cook gently

for 10 minutes.  
 Remove the cover and cook for a few minutes more until the sauce becomes creamy. This dish is served with basmati rice, tomato chutney or mango and vegetables.



## MEDICINE TODAY

### Alzheimer's vaccine shows success in mice

A DNA vaccine has successfully reduced the symptoms of Alzheimer's disease in mice. The result could signal the first preventative and restorative treatment vaccine for Alzheimer's without serious side effects

When the DNA vaccine was used as a treatment in mice that had already started producing the Ab peptides, their Ab peptide burden was reduced by about 50%. "Ab peptide reduction to 50% that of unvaccinated mice is sufficient [for the return of normal cognitive function]," says Matsumoto.

If these results are replicated in monkeys, he hopes that clinical trials in humans could start within 3 years.

Nick Fox, of the Institute of Neurology at University College, London, UK, says that DNA vaccination is an extremely promising way of slowing the progression of Alzheimer's. "The key will be what happens in humans," he says.

### Why fast foods are bad, even in moderation

Eating a diet consisting largely of fast food could cause your waistline to bulge more than eating the same amount of fat from healthier sources.

Monkeys fed a diet rich in trans-fats – commonly found in fast foods – grew bigger bellies than those fed a diet rich in unsaturated fats, but containing the same overall number of calories. They also developed signs of insulin resistance, which is an early indicator of diabetes.

After six years on the diet, the trans-fat-fed monkeys had gained 7.2% of their body weight, compared to just 1.8% in the unsaturated group. CT scans also revealed that the trans-fat monkeys carried 30% more abdominal fat, which is risk factor for diabetes and heart disease.

### Human health may be the cost of a nuclear future

**As the world gears up to build new nuclear reactors the human cost of uranium mining is often forgotten**

IN THE mountain village of Kara Agach in Kyrgyzstan people are unwittingly eating radioactive waste. Radium left behind by more than two decades of uranium mining during the Soviet era has contaminated their chickens, milk, potatoes and pears.

A new study by Belgian and Kyrgyz scientists has shown that villagers are receiving radiation doses up to 40 times the internationally recommended safety limit, mostly from the food they grow. If the uranium waste dumps were dislodged by earthquakes or landslides, thousands more could be in danger. "There is a potential for a radiological disaster to happen," says Hildegard Vandenhoove from the Belgian Nuclear Research Centre in Mol.

### First cervical cancer vaccine is approved

The first vaccine against cervical cancer has been fast-tracked to approval by US drug regulators. The disease kills 233,000 women worldwide each year

The vaccine protects against the human papillomavirus (HPV), which causes genital warts that can lead to cancer. HPV infections are responsible for 70% of cervical cancer, which is the second most common cancer among women worldwide. The vaccine is effective against four key types of the virus

## SCIENCE TODAY – Earth's earliest life so far, and lots of it

ANCIENT rock formations in Western Australia's Pilbara region are home to the earliest evidence not only of life on Earth, but also of biodiversity. That's the conclusion from research on 3.4-billion-year-old layered rock structures called stromatolites.

Some palaeontologists think stromatolites were formed when growing mats of cyanobacteria trapped sediments and eventually fossilised. Examples of such living, growing mats can be found in Shark Bay, also in Western Australia. Other researchers, however, say that the fossil stromatolites were not formed by living organisms, but by physical and chemical processes around hydrothermal vents.

Abigail Allwood of the Australian Centre for Astrobiology at Macquarie University, Sydney, and colleagues have now tried to settle the question by mapping stromatolites over the Strelley Pool Chert formation in Pilbara Craton. They conclude that the structures are biological and, more dramatically, that the different shapes of stromatolites they found suggest the mats formed a type of reef in which niche specialisation existed.

The researchers described seven distinct types of stromatolite, ranging from cones to domed egg-carton shaped formations, which all appear in different environments. The team claims the complexity of the formations, the repetition of the shapes over an outcrop more than 10 kilometres long and their similarity with some younger structures identified as microbial fossils show that they were made by a biological process (*Nature*, vol 441, p 714). "This is the first time that all these different shapes have been documented, and they're quite distinct," Allwood says.

The team thinks the mats that formed the stromatolites would have resembled a reef. "This is more than just evidence of possible life. It is evidence of biodiversity - that life had a firm foothold by 3.4 billion years ago - so that it pounced as soon as the opportunity arose," Allwood says.

The findings are unlikely to settle the debate about the origins of the structures, which has been raging since the 1960s. "I don't think the claims are convincing," says Martin Brasier of the University of Oxford, a long-time opponent of the idea that stromatolites are the fossils of ancient microbes. He argues that finding different-shaped structures in different physical conditions is not evidence of biological life. "Genetic control of morphology in fact requires the demonstration of near constancy of form under different conditions," he says.

Brasier and his team had their own paper out recently, in which they report finding tube-like structures under the site of the Pilbara stromatolites, also dated to about 3.4 billion years ago. Far from being biological in origin, the team thinks that the structures are most likely to have been made by physical processes (*Philosophical Transactions of the Royal Society B*, vol 361, p 887).

The differences in shape between the Pilbara structures are the result of different physical conditions, Brasier says. "We have simulated similar structures in the laboratory, entirely without microbes." In other words, the different shapes of the stromatolites are produced by processes no more exotic than those that form ripples in sand.

Other researchers support Allwood's claims, though. William Schopf of the University of California, Los Angeles, has previously found what he believes are ancient microfossils in the Pilbara. "The evidence for the presence of life seems to me irrefutable," he says.

If life did emerge on Earth very early in its history, then it might also have had a chance to develop on Mars during the brief period at the beginning of the planet's history when it was habitable, suggests Allwood

## TIME

### "Twenty Dollars Per Hour"

"Daddy, how much do you make an hour?" With a timid voice and idolizing eyes, the little boy greeted his father as he returned from work.

Greatly surprised, but giving his boy a glaring look, the father said: "Look, sonny, that's a rude question to ask people, Don't bother me now, I'm tired."

"But Daddy, just tell me please! How much do you make an hour," the boy insisted. The father, finally giving up, replied: "Twenty dollars per hour."

"Okay, Daddy. Could you loan me ten dollars?" the boy asked.



Showing his restlessness and positively disturbed, the father growled: "So that was the reason you asked how much I earn, right? Go to sleep and don't bother me anymore!"

It was already dark and the father was meditating on what he said and was feeling guilty. Maybe he thought, his son wanted to buy something.

Finally, trying to ease his mind, the father went to his son's room.

"Are you asleep, son?" asked the father. "No, Daddy. Why?" replied the boy, partially asleep.

"Here's the money asked for earlier," the father said.

"Thanks, Daddy!" rejoiced the son, while putting his hand under his pillow and removing some money. "Now I have enough! Now I have twenty dollars!" the boy said to his father, who was gazing at his son, confused at what his son had just said.

"Daddy, could you sell me one hour of your time?"

Time is too precious to spend it ALL on work!

## NEW PROGRAM BEGINS

The recent successful application for the Centrelink Financial Case Assessment program will begin on the 1st of July.

Most of you will have seen the recent advertising in relation to the 8 week waiting period and other new initiatives that will apply to some of the Centrelink clients.

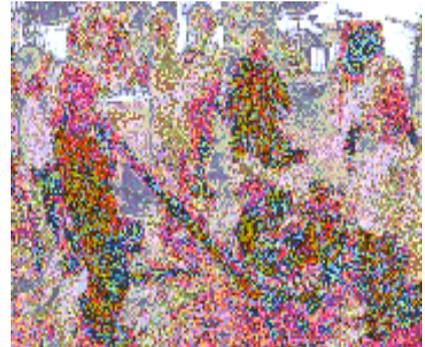
Our organisation has taken on the client assessments which we will feed back to Centrelink (Canberra) for their final financial decision.



**CHILDREN'S SERVICES: FDC:** Maureen is headed for greener pastures! Her and Bob will be moving to Port Headland with Maureen taking on the same role there in the FDC scheme as she had here. We wish her all the best in her new position. Rhonda will be taking Maureen's position as a promotion. Congratulations!! We know you will do a brilliant job.

Susanna's husband is on the mend after another round of surgery, fingers crossed that it is the last time.

**LDC:** Natalie is following in her mother's footsteps and has gone to Bali to celebrate her 18th birthday. Kirstie is becoming a sportsaholic, netball, floorball and indoor cricket are amongst her passions. Sally's has been very busy with a family wedding, the bridal cake was a real treat, two pigs in mud! Rosemary's house in York is going ahead with lots of hard work involved. The childcare team had our first meeting about Q.A and what we have to do, quite daunting, but we'll get there!



Picture this! Akalya Coote had us all completely fascinated with her competence on the didgeridoo! For a four year old she is amazing

### HOME SUPPORT SERVICES:

Big change for HACC as Trevor White who has been the bus driver for twelve years is moving on to be the Men's Social Support Community Support Worker. He will be greatly missed by all the clients who catch the bus but we are sure that the new bus driver will become just as popular over time.

We have recently had 4 new people join us as Community Support Workers namely, Julie Agnew, Anne Hewson, Claire Sands and Christine Hallett. Welcome to you all.

### FINANCIAL SERVICES:

The past month has been steady for all 4 programs. We have had many requests to assist with bedding, wood and gas as the cooler weather approached. We have applied to Charity link for a limited stock of blankets to meet the growing demand. The program has assisted 70 clients with emergency relief this month to date.

### WOMEN'S REFUGES:

#### DJOOKANKA

As a result of an Indigenous Women's Forum held in Narrogin in October (Rebecca was a key organiser) one of the needs identified was a women's "Time Out Day", which would involve a bus trip to Perth for a movie and Op shop shopping. On the trip down there would be an education session on the effects of family violence on children and alternatives to living in abusive relationship. Another outcome is to seek funding for a 'Women's Healing Camp over a weekend. The men had a similar camp last year.

#### WAMINDA

We continue to have an ever increasing client workload and the noticeable trend is accommodating families for longer terms due to homelessness as a result of domestic violence.

The refuge has had excellent feedback from the Police Dept, Victim Support Services, the Court House and clients with the presence of Jeni at Court on Mondays to provide support and information to clients seeking Violence Restraining Orders.

## STAFF AWARDS

On the 24th of June, the Board presented awards to:



**Lynne Reisterer - Program Manager  
Home Support Services  
Certificate of Appreciation**

Lynne's eagle eye spotted a funding tender which we applied for and won!

It is great to see our staff keeping an eye open for opportunities for our Organisational growth.

Great Teamwork!



**Trevor White -Transport Officer  
Home Support Services  
Certificate of Service**

Trevor's dedication and enthusiasm

Has seen him become a much loved driver and friend to our HACC clients, spending 14 years in the role before changing over to our Men's Social Support Group.

Great Contribution!

Trevor has chosen to make a change to his employment, opting to work within our Men's Social Support Group. This is quite a change and we know he will complete the role with as much enthusiasm and dedication as he did his Transport role.

**WELL DONE TREV!**

## GUIDE TO MALE EXPRESSIONS

"I'M GOING FISHING"

Means: "You boring woman, I'm going to drink myself dangerously stupid, and stand by a stream with a stick in my hand, while the fish swim by in complete safety."

IT'S A GUY THING"

Means: "You women never understand, it's just fun. There is no rational thought pattern connected with it, and you have no chance at all of making it logical".

"CAN I HELP WITH DINNER?"

Means: "Why isn't it already on the table?"

"UH HUH," "SURE, HONEY," OR "YES, DEAR..."

Means: Absolutely nothing. It's a conditioned response. If anything, it means; "I haven't heard what you said."

"IT WOULD TAKE TOO LONG TO EXPLAIN"

Means: "I have no idea how it works."

"I WAS LISTENING TO YOU. IT'S JUST THAT I HAVE THINGS ON MY MIND."

Means: "I was wondering if that redhead over there is wearing a bra."

"TAKE A BREAK HONEY, YOU'RE WORKING TOO HARD".

Means: "I can't hear the game over the vacuum cleaner."

"THAT'S INTERESTING, DEAR."

Means: "Are you still talking?"

"YOU KNOW HOW BAD MY MEMORY IS."

Means: "I remember the theme song to 'F Troop', the address of the first girl I ever kissed, and the vehicle identification numbers of every car I've ever owned, but sorry, I forgot your birthday."

"I WAS JUST THINKING ABOUT YOU, AND GOT YOU THESE ROSES".

Means: "The girl selling them on the corner was a real babe."

"OH, DON'T FUSS, I JUST CUT MYSELF, IT'S NO BIG DEAL."

Means: "I have actually severed a limb, but will bleed to death before I admit that I'm hurt."



"HEY, I'VE GOT MY REASONS FOR WHAT I'M DOING".

Means: "And I sure hope I can think of some pretty soon."

"I CAN'T FIND IT."

Means: "Help, it didn't fall into my outstretched hands, so I'm completely clueless."

"I HEARD YOU."

Means: "I haven't the foggiest clue what you just said, and am hoping desperately that I can fake it well enough so that you don't spend the next 3 days yelling at me."

"YOU KNOW I COULD NEVER LOVE ANYONE ELSE."

Means: "I am used to the way you yell at me, and realize it could be worse."

**NEXT MONTH.....GUIDE TO FEMALE EXPRESSIONS!**

## **STAFF PROFILE**

**NAME:** Natalie Wolfenden

**PROGRAM:** Long Day Care

**ROLE:** CareGiver

**FAVOURITE FOOD:** Spagetti Bol

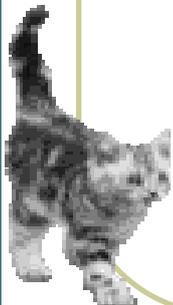
**FAVOURITE HOLIDAY SPOT:** Bali

**FAVOURITE DRINK:** Iced Mocha Coffee

**FAVOURITE SAYING:** You're not a full quid are ya?

**NICKNAME:** Nat, Natty

**PERSONAL MOTTO:** Always look behind when reversing



## **S & C Vision Statement**

Share and Care's vision 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 the continued passion from all who contribute to the Organisation**