

Sunshine News

ROOF OVER OUR DECKING

Since the early European settlers of Australia built their houses with pergolas/decking's, Australians have been using pergolas as part of outdoor life. They provide shelter from sun rays and rain, great for barbeques, party's and relaxing outdoors and come in different shapes and sizes.



Before



During Installation

Sunshine Mambourin was built in 2004. But it didn't have a roof over the decking until the year 2011. When it's getting installed, Jasna had to get outing week happening to keep all staff and clients out of the way while the builders install the roof on the centres deck.

I've asked four staff members and two clients about the pergola. First was Ashley, he said it's great because it keeps people out of the rain when going to toilet and out of the sun when sitting outside. Staff member Chris said she doesn't like how it blocks out some of the sunlight but she liked how it keeps people underneath out of the rain. Staff member Lee said it's fantastic. Staff member Raylene and client Andrew C said it's great. Now, the sun's rays would come in and out of the pergola from the shade moving due to the sun rising and setting. So it's a good idea to have the outdoor furniture at where shade and shelters the most common at a pergola.



Enjoying Lunch 2011

Article written and typed by Trevor Tomeas Culleton



Respite is back

Clients are very excited with the return of the respite program.

There has been an increase of numbers in participation .

They have enjoy this term going to the Movies, Outdoors BBQ, Melbourne Zoo and Club Wild.

Tina Mason is working in the position as Respite Organiser (WAM), on Monday's, Tuesday's and Thursday's.

If you have any queries, please contact **Tina** on **0400 440 986** or sent an e-mail to: tina.mason@mambourin.org

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.....Our Programs

Choir: The choir was established by Fou in 2006. The choir is about fun, confidence, self-esteem and friendships. Also developing and achieving goals and ability to stand up in front of an audience and perform live. A piano was donated to Altona Site 2000 and was transferred to Sunshine Site in 2004. The piano has enabled the Choir members to co-write their own songs and work as a group to complete song-writing.



Opening the
Footscray 150 year Festival
18 July 2009

Since 2006 the Choir has performed in more than twenty public events within Brimbank, Hobsons City Bay, Mambourin, such as at Sport Festivals, Footscray 150 years Festival, Altona beach events, Christmas Carols by candlelight's, AGM's and many more.

The choir has come a long way and it's design by the Clients to accompany their needs and fulfil their goals. The Choir started in 2006 with 5 members and today accommodates 11 members.

The Choir visits once a week the Western Gardens Nursing Home, where both, Choir members and residents, enjoy music, singing, dancing and sharing stories. Photo on the right

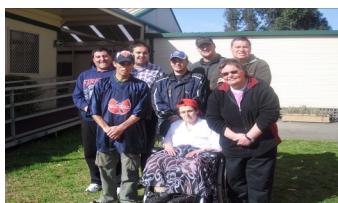


The Choir members enjoy volunteering their time, as they want to be involved with the community and give back to the community.

Typed by Andrew T

The choir 2011...

- Anthony
- Ashley
- Ben
- Chris
- Deb
- James



- Kane
- Quyen
- Rory
- Trent
- Sam

At the bank the staff give me my name tag which I pin on my shirt. My title is CSR (Customer Service Representative). My duties are to assist the staff serving the customers, giving out notes and coins, counting money and putting them in bags, stamp the money bags and putting them away in a safe place. I start at 10 am and finish at 2 pm. I have a lunch break in between and the bank always buys me lunch. At 2 pm, I walk to St. Albans station, take the train to Sunshine and walk back at Mambourin and go home.

All the staff at the bank are great and I want to thank them for being so nice and supported to me.

.....Our Peers



KANE G

Kane is 32 years old and has been with Mambourin 9 years. At Mambourin he enjoys Choir, Nursery, and helping out in the office once a week.

Kane is the chair person for the last two years in Clients meetings and has been voted as one of the representatives with Valid, where they raise any issues and concerns from their meetings.

Kane also is gaining experience in the workforce with St Albans Commonwealth Bank.

Kane likes reading books, music, Fish n chips and supports the "Bombers".

My Day at the Bank written By Kane

"Every Friday morning I arrive at Mambourin, go to Jasna to get money for my train ticket. Then I walk to the station and take the train from Sunshine to St. Albans and walk from there to the bank. I wait at the lights to go green and then cross safely.

.....and the people who support us



Fou has been with Mambourin 11 years. Started at the Altona site at 2000 and since 2004 she's been at the Sunshine site. In 2010 she stepped up as a team leader. Fou is going to graduate this year, gaining the "Advanced diploma in disability and Advanced Diploma in the Community sector management".

Fou was born and raised in New Zealand, moved to Australia at the age of 17 and proud of her Samoa heritage. Fou is family orientated and has a dog, named Rusty that likes to chew the power points.

Fou loves music. Fou has been inspired by Michael Jackson and other artists from Mo town. Fou start playing piano when she was 8.

She likes going to the beach, movies and meeting with friends.

One day, she would like to travel to Spain to experience difference in culture.

Her favourite food is cold pizza and favourite dessert an upside pineapple cake.

On Sunday's, Fou volunteers an hour at an aged facility in Melton playing piano.

If wishes can come true

"I would like to open up a disability sector in a third world country", Fou said.

Typed by Bernadette C

.....Special event



On the 2nd of August we held a get together Morning Tea on our Sunshine site, to support the **National Disability Tea campaign** and raise awareness of the **NDIS**, with the opportunity to join and sign up, to reach national 100,000 supporters to ensure Australians stand up and take notice.



Congratulations. We did it!

You made this happen. By coming together, supporting the campaign and taking action, you showed our politicians that **Every Australian Counts**.

The Government announced that they share the vision for a National Disability Insurance Scheme and will begin laying the foundation for its introduction.



Swimming for all Abilities @ Mambourin

There are approx 50 swimmers from Sunshine, Braybrook, Allara and Altona that are coached by Liz Robertson.

Liz is a qualified swimming instructor and register to teach and to examine for the Royal life saving Bronze Medallions. Liz is using the Halliwick method, which is a 10 step process for people learning to swim. Each person receives an ongoing recording sheet to the level of their ability.

Ashley , Andrew P, Salih, James, Shane and Trent are training for the Royal Life Saving Bronze Medallion, which has 2 components practical and theory. They are learning how to use a PFD (personal floatation device), safety in the water , CPR and answering questions on the theoretic aspect of the course.

Comments by our swimmers:

Trent: 'I like swimming, swimming is fun'

Chris: 'I like doing back stroke, it's fun and I like doing belly flops, it's fun'

Salih: 'I love swimming backwards and freestyle'

Andrew R: 'I can blow bubbles and put my face in the water'

David: 'I like kicking in the water'

James: 'I like strokes, butterfly, trying to improve my time and our swimming song'

Andrew P: 'I like freestyle, butterfly and backstroke'

Shane: 'I'm learning how to swim and kick in the water properly and I like breaststroke'

Ashley: 'I like swimming and keep training, to try to get a spot in Special Olympics'

Swimming and Aquatic Regional Games

Mambourin is affiliated with the Western Group of Special Olympics Victoria. Special Olympics offers a pathway for people with disabilities to be involved in and compete in a number of sports and everyone has the opportunity to achieve, and to experience personal success regardless of their level of ability.

Trent, Ashley, David and James with more swimmers from other Mambourin sites, are meeting at the Laverton pool every 2nd and 4th Sunday of the month at 10am - 12pm, to train and improve their swimming times. The swimmers are being coached by Liz and Irene (from Altona Site), who support them voluntarily on those days. Every swimmer receives an on going recording sheet .

Their aim is to earn a spot in the World Games, which are held every 4 years.

In the time being, our swimmers are training regular and they will experience their first competitions, entering the Aquatic Regional Games held at Bulleen and Ballarat. Everyone's effort and achievement will be acknowledged with a ribbon or a medal.

“ Let me win, but if I cannot win, let me be brave in the attempt”

(Athlete's oath)

OUR VISION:

A world where every individual is empowered to live as independently as possible.

OUR MISSION:

Empowering people to fully participate in the community. We create opportunities for people with a disability to achieve a more independent future and to enhance their self-esteem.



UPCOMING EVENTS CALENDER (TERM 4)

OCTOBER

October 2011

Mon	Tue	We	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

10 Oct: First day back, term 4

18 Oct: **Carer's week 2011** @ Choir performance
Will be held at Mambourin Sensory Garden at Werribee. All day event (9am—3 pm)

20 Oct: AGM— Choir Performance

21 Oct: Leadership For Life(Graduation Ceremony)

22 Oct: Mambourin@Aquatic Regional Games

(At Carey Grammar Sports Complex,
Bulleen Rd— Bulleen, Time: 1:45—5:00 pm)

28 Oct: Clients Halloween party

31 Oct: Annual leave day

NOVEMBER

1 Nov: Melbourne Cup Day

5 Nov: Boot Sales— Fundraising Event
(Note will be sent out soon)

12 Nov: Mambourin@Aquatic Regional Games
(At Ballarat Aquatic Centre, Gillies St,
Lake Wendouree. Time: 2:30—7:30 pm)

November 2011

Mo Tue We Thu Fri Sat Sun

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER

1 Dec: Expressive Arts Concert

Clients from Braybrook, Allara and Sunshine have been working all year for this concert. Venue and time: TBA

2 Dec: Open Day—Note will be sent out

9 Dec: **'Highlights 2011'**

Our Sunshine Site presentation night

At Maidstone community Centre.

15 Dec: CLIENTS CRISTMAS PARTY

16 Dec: Clients Free Day

23 Dec: Last day of term 4

December 2011

Mon Tue We Thu Fri Sat Sun

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FUN FUN FUN



Friday the 1st of July, we had our Sunshine Mambourin Idol 2011 Contest. Staff and Clients were invited to participate in the competition. On the day, there were 17 Performing Acts.

All Performing Acts were well presented with a lot of enthusiasm by the contesters and that energy was expanded to the audience by clapping and cheering up for them

All acts were graded from 1 to 10 being the best, by our Judges, Fou, Edward L and Michael VR.

There were a lot of memorable acts but the winners were:

'WHO LET THE DOGS OUT'

Presented by

Trent, Salih, James, Ashley, Kane, John K, Rory

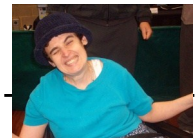
All contesters received a certificate of Participation.



It was a great day with lots of fun and Everyone enjoy it.

LEADERSHIP FOR LIFE

written by Sam C



Every Friday a group of clients attend the Leadership For Life program

The leadership for life program is about helping people with disabilities to build up their self-esteem, confidence in Leadership roles and public speaking. The program recognises the contribution that all people can make to the community, through volunteer participation. The program would like to increase participation of people who have diverse range of skills and abilities in leadership roles for all abilities.

All participants will have the opportunity to build up their leadership skills, through activities such as: Introduction to leadership, public speaking, media skills and guests speakers.

The Leadership for life program is funded by Brimbank Council Community Grant and they provide morning tea each week, We do different things in every session. In one of our sessions we made chocolate condensed milk truffles. I couldn't have chocolate, so I made vanilla truffles. Yummy nice.

In The Memory Of

Most pop stars get remembered only for their music. Some are remembered for the music and the films they're in. But one will be long remembered for a lot more than that. The one we call the king of pop, Michael Joseph Jackson. From the first time he performed with his brothers at Motown to his solo career, his dancing and singing has inspired the world and will continue to do so even decades after his death.

Michael started in the career his older brothers in 1969 which lasted ten years to 1979. His solo career started in the last year of the 70s and has been performing solo since, but he still worked with other people and rarely went on stage with his brothers. Michael was capable of making up his own dances, but not all of his moves are original. But despite that, his dancing wows a crowd more than any other pop dancer. The songs he wrote and sang were written with his true feelings, moods and compassions, always expressing his true colours through songs and dances. The albums he made were; 'Off the wall' in 1979, 'Bad' in 1987, 'Dangerous' in 1991, 'History' in 1995, 'Invincible' in 2001 and 'This is it' in 2009. His love for children often went to the ones in need. Whenever he could, he would give money to charities supporting children, giving presents to the ill ones, playing with children who visited his house in 'Never Land Ranch' and allowing them on his rides at his Luna Park. Michael used to put up with abuse from his father Joseph, but he raised his children in a far better way and turned out to be an excellent father without the use of abuse by reading books of how to raise children from his library and managed to forgive his father. Unlike most stars who believe in God that make their pleas in vain, Michael made his with messages of peace, love, joy and hope, the one good man pure act, Michael Jackson. Thank you Michael for your music, smooth moves and being Gods child doing his work. Rest in peace.



Article written and typed by Trevor Tomeas Culleton



Last Day Term 3 — Friday 23rd. September

We wish everyone a good break

And

See you back

Monday 10th. October— First day term 4

Reminder:

**Swimming for All Abilities
Carnival**

Thursday 29th September

**At: Swim and Fitness Centre
Jennings St., Laverton**

Time: 10am



.....Chill Out Time



Chosen by
Ben B

**FIND-
-a-word**




Q	J	K	O	K	O	D								
W	H	D	A	K	N	P								
D	I	T	M	A	R	R								
L	Y	A	W	E	Y	O								
M	E	Y	E	P	G	R	O	U	C	H	Y	E	Z	C
C	C	D	E	I	S	A	E	L	S	Y	T	W	E	A
S	A	R	C	P	G	A	L	B	P	T	S	G	E	P
K	R	A	P	L	A	R	T	N	E	C	A	T	U	N
Y	G	Z	Z	J	R	T	N	F	L	L	K	B	U	B
F	G	I	L	R	G	P	R	G	L	P	A	P	A	G
I	F	W	D	X	A	U	E	I	C	L	U	M	S	Y
X	M	E	V	Y	C	R								
S	E	C	L	V	O	K								
T	L	E	N	P	V	M								
Y	N	I	A	R	B	U								




Can you find all the listed words relating to The Smurfs hidden in the grid?

- | | | | |
|---------|------------|----------|-----------|
| Cap | Grace | New York | Smurfette |
| Central | Grouchy | Odile | Spell |
| Park | Gutsy | Papa | Village |
| Blue | Katy Perry | Patrick | Wand |
| Brainy | Gargamel | Peyo | Wizard |

.....What's cooking

Cauliflower soup

Ingredients (serves 4)

- 1 tablespoon olive oil
- 1 large brown onion, chopped
- 2 garlic cloves, crushed
- 1 head (1.3kg) cauliflower, cut into florets
- 500g Sebago potatoes, peeled, chopped
- 1 litre chicken stock
- 1/2 cup pure cream



Recipe Chosen
and typed by
Deborah T

Heat olive oil in large saucepan; cook onion and garlic, stirring, until soft but not browned.

Add potato, cauliflower, stock and water, bring to a boil; simmer, covered, until vegetables are very soft.

Blend or process cauliflower mixture until smooth.

While blending the mixture, you find the soup too thick, add hot water or milk for more flavour until you bring the soup mixture to your desire.

Serving suggestions:

- Serve soup topped with fresh herbs, chilli flakes, pure cream, sour cream, croutons or cooked chopped bacon.
- Serve soup with crusty bread, bread rolls or papadums.

.....Joke Time

How do you upset a hitchhiker?

You pick him up and chuck a U turn.

What do you get when you cross a dinosaur with a dog?

A very nervous mailman