

Board profile

One of CODA's strengths is the diverse set of skills our volunteer Board members bring to the organisation. In this newsletter we would like to tell you a little more about one of our Board, Mary Carew.

Mary will be known to many in the Colac community for a wide range of volunteer activities and, most particularly, a 28 year teaching career at St Mary's. Mary's retirement brought an opportunity to contribute those extensive teaching skills to the wider community. Six times over the last 9 years Mary has packed the car (accompanied by her husband Alan) and with a spirit of adventure, they have headed north to Queensland to volunteer with VISE, Volunteers Isolated Students' Education.



VISE was established in 1989 by a small group of retired school teachers in Tennant Creek. It now operates in Queensland, Northern Territory and New South Wales and aims to support isolated outback families with distance education. Mary's experiences with VISE have taken her to some pretty remote areas; she recently returned from a 6 week stint at a property located 80 kilometres outside Winton. During this time Mary gave an invaluable break to the family, mum in particular. As Mary notes it is often the mum who is responsible for supervising the children's education via School of the Air, as well as many other chores required to help run a property.

The school day starts at just before 8.00am, when families dial in to their distance educator and concludes at 3.00pm. Mary thoroughly enjoyed this last experience which had the added luxury of separate quarters and the opportunity to work with 3 lovely children and a very inclusive family. Alan's farming and handyman skills were put to good use as well and the property now has a much appreciated stone wall.

We are sure the family benefitted from your skills Mary. Technology has, of course, impacted in isolated communities and now the national curriculum is delivered via DVD on your home computer. In addition, the use of Skype allows you to see your Distance Educator. But when you are 7, none of that compares to having someone alongside you helping you with reading.

Well done Mary; if we were giving marks, it would be 10/10. The families, and CODA, are lucky to have you.



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Spring Edition

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CODA CHRONICLES



"In the Spring, I have counted 136 different kinds of weather inside of 24 hours."

Mark Twain

The days are getting longer, the sun is getting warmer and the flowers are beginning to bloom. It's a time to throw off the blankets of winter and enjoy the outdoors.

What are your plans for this spring?

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Annual General Meeting

It's hard to believe that a whole year has passed, but here we are after another successful AGM. The AGM was well attended. The Annual Report was presented to the assembled crowd. The important business of reporting the successful running of Colac Otway Disability was undertaken.

A big thank you to Mr Lloyd Brunt, Mr Geoff Wallace, Mrs Mary Carew and Mr George Roberts for accepting their nominations to continue their outstanding work on the CODA Inc board.

Michelle Hamblin then provided a very informative session on her work with the McGrath foundation, and the importance of health checks for all to help in the treatment of breast cancer.

Thank you to everyone who showed up to support another successful year at CODA Inc. See you next year!

National Disability Insurance Scheme

On the 25th October CODA Inc. hosted an information session lead by Leah Hobson from Australian Federation of Disability Organisations with assistance from Belinda Wallin, National Disability Services.

There are still many questions to be answered about the NDIS and staying informed is important.

To find out more please read the enclosed information sheet.

Long Service Awards

Congratulations to those people who received Long Service Awards at the AGM this year!

5 Years of Service	Margaret Delorenzo Jann McQuarrie Mathew Wallace
10 Years of Service	Trish Stephens (Board)
15 Years of Service	Sandi Barber



CASS House



Highlights of the last few months for the CASS House Residents were the usual day programs, shopping, movies, CBD, visits to and from friends and family, foot care visit, massages, afternoon tea's and dinner programs.

Residents purchased gifts and enjoyed catching up with dads for father's day.

St Laurence clients enjoyed a footy fever day at programs, dressing in their team colours and having a special lunch.

All Residents celebrated Grand final day with party food and non-alcoholic beers.

Four residents enjoyed a night out for Matts 30th birthday.

The time has been very busy for our CASS House boys!

Individual Support

What a busy few months it has been for our Individual support clients. Lets have a peek and see just some of what they've been up to.

Marlene's trip to Mildura sounded incredible, and with all the shopping she came back with it's not hard to see that she had a great time.

Catherine and Brendon went to the football in Geelong! CAAAAAARNNNNNN!

Peter is still very involved in the football on the weekend (is there a theme developing here?)

Catherine, Brendon, Peter, and Claire are still involved in netball on a Monday night (I think I see a sport theme!)

Claire, Catherine, and Brendon have booked for their holiday in the New Year.

Neil went to stay with family for 3 days (but no-one knew he was going)!

John has been seeing the friendly faces at Jalamh - any excuse for a sleepover!

It really seems to this reporter that the individual support crew have been having FAR TOO MUCH FUN. Someone should put a stop to this immediately!

Jalmah



So, Jalmah, what have you been up to? Lets have a look and see!

Food has been a big occasion for the gang with take away lunches every Saturday (Where's my invite? Ed.)

As with all our houses, a great big celebration was made of the FOOTY FINALS! Everyone helped put up streamers and balloons and Sue's artistic eye lead the way. The day was a Relay for Life Fundraiser with hotdogs for all. Heather was very excited that Hawthorn were in the finals, but was sad when they didn't win. Don't worry Heather, there is always next year! Beauty treatments were had by the girls who continue to look stunning! With members of the house swimming, bike riding, bushwalking and Sparky running around there is barely a moments rest.

Langdon House

Langdon house is a whirl wind of activity, on a calm day! So lets have a look and see what's been happening at the place where everyone loves to go and play, Langdon House!

Firstly a huge thanks to Jo Cook for her time as House Supervisor, Sandi's holiday was more relaxing knowing that such a great person was at the helm.

When you're next at Langdon, make sure you take a peek at the garden, the Spring weather has brought out the gardeners! New standard roses, vegetables, and new garden beds have all been worked on, I personally think it has something to do with Spring weather making everyone happy to be outside after the long cold winter.

Langdon House now have Skype! Welcome to the technology age! Parents and carers can now talk to (and see) their loved ones while they are away. That's much better than a post card! But send a postcard too!

Other than that it's been business as usual with cooking sessions, music blaring, beauty sessions, shopping, walks, DVD's, the Hot Dog day at Jalmah, a picnic in Geelong and too many other things to mention. PHEW!



Thai Chicken Meatballs

Healthy eating ideas for Spring!

Ingredients:

500g Chicken mince

1/4 Cup sweet chilli sauce
plus extra for dipping

3 spring onions chopped

1 bunch coriander chopped

This super simple recipe is taken from the www.4ingredients.com.au website

1. Preheat oven to 180° C
2. Combine ingredients in a bowl
3. With wet hands form into meat balls
4. Place on a paper-lined baking tray and bake for 15 - 20 minutes.

