

# news & muse

## Contents

Well done Gary and Stanley.	1
The great campervan trek	1
Melbourne 2009	2
Human Resources	3
The Silver Falls walk	3
ABI in action	4
From the CEO's desk	4
Acorns Morning Tea	5
The CLP summer	5
January jaunts	5
Brendan and Glen "Doo" the Zoo	6
Nolan heads North	6
Acorns Christmas Party – a Firthside view	7
Thank you Rosny Park Bowls Club	7
Introducing the Board	8
Music While You Munch	9
John goes East	9
Visit us on Facebook	9
Acorn members sought	10
Montrose Park	10
Editorial	10



"Outback"

## The great campervan trek

January 2nd, departure day from Hobart, finally arrived for an adventurous group of 9 Lodge residents, 5 men and 4 ladies, off on another holiday with a difference. They choose to spend their time travelling in a campervan through Victoria and South Australia.

On arrival in Melbourne they collected their two campervans. On board the men's van were Neville Fitzmaurice, David Gigney, Peter Harvey, Rohan Naughton, Ian Rayner, and Ian as support and tour coordinator. The ladies were Robyn Green, Julie Reeves, Maree Watt and Joy Weston, with support staff Christine.

The first day on the road found them at Geelong. They were ready to "let the holiday begin". They quickly learned the ropes and routine of setting up camp, with everyone chipping in. This allowed time to relax each evening and to have some fun around the camp site, and also helped to ensure they were up and on the road early each morning.

The ten days travelling brought many highlights. They had the pleasure of seeing koalas in the trees above the camp in Cape Otway, where the lighthouse signal station marked the start of the

### Well done Gary and Stanley.

At our recent 'Music While You Munch' function, Gary Lane was selling his drawings to raise money for the Victorian Bush Fire Appeal. He persevered all day and in to the evening, raising \$114.00. He was very happy about this because he had been so concerned about the bush fire victims and really wanted to help them.

Another client, Stanley Henry, donated one of his money boxes of change, a total of \$24.00.



"Lady Nelson Museum"

"Shipwreck Coast" and The Great Ocean Road. There were the spectacular Twelve Apostles off the coast and a car museum in Portland with a brilliant display of vintage cars and cable trams.

A rest day saw them settled down at Mount Gambier for a sight seeing tour. First stop was the famous Blue Lake and a visit to the Lady Nelson Museum with its realistic displays of ship life and memorabilia of the day.

On the road to Horsham they all really enjoyed a stop at The Wool Factory. This factory is an innovative business service employing people with a disability. They viewed sheep living under cover and producing wool for overseas markets and picked up some cosy woollen hats and boots here.

The last three legs of the journey, during which they enjoyed superb weather, were to Mildura, then Swan Hill and finally Bendigo.

Highlights on this part of the journey included the Swan Hill Pioneer Settlement and a very relaxing paddle steamer cruise



"Underground in Bendigo"

on the Murray River. In beautiful and historic Bendigo they rode a talking tram through the city. This was followed by a goldmine tour where, fully decked out in miners' gear, they descended 90 metres. They heard many a story of the hardships the miners endured, and saw how they worked by candlelight. Burt, the guide, proved funny and interesting and he won the confidence of a few in the group who, at first, were a little unsure about it all. "What an experience".

They flew home on the 11th January after a little shopping at the DFO. They have happy memories of the trip and thank Ian and Christine for the experience.



"Some set up – some relax"

## Melbourne 2009

A large and excited group comprising Genevieve Allen, Peter Dunkley, Patsy Henry, Nicki Ioannou, Mary Holowenko, Gary Lane, Cleve Mitchell, Charles Mitchell and Sandra Palmer accompanied by Daniel, Gianna and Janine headed off for "Punt Hill Apartments Manhattan" in Flinders Lane, Melbourne.

On their first morning they took a tram to the Queen Victoria Market. Here they spent the morning browsing the stalls and buying things that took their fancy. From the Market they walked through a park to Docklands and enjoyed a tasty Chinese lunch. Then they visited the DFO in Spencer Street, where most bought new clothes.

Saint Kilda was the destination next day. Another tram trip took them to the craft

market. Next they walked St Kilda shopping district and on past Luna Park. They visited one of the many specialist cake shops to buy some afternoon tea.

An early start was required next morning for a bus trip to the Mornington Peninsula. The scenic drive included Arthurs Seat, the highest point on the Peninsula, some lovely beaches and rural areas. They visited two vineyards, a strawberry shop and Ashcombe Maze and Lavender Gardens.

The next few days were spent looking around the city and suburbs and included a 'shop 'til you drop' morning, movies, general sightseeing and an evening show at Dracula's.

By day seven it was time for a quiet day, so they took a tram to the Casino. All had a flutter and most lost money on the pokies. Genevieve's luck however, was in. After lunch they went to the Gold Class cinema and saw Yes Man with Jim Carrey; but nobody would admit to falling asleep in those comfy chairs.

Next day, refreshed and eager, they started off early for a trip to Bendigo and Echuca. In Bendigo they learnt the history of the town's pioneering days on a Talking Tram tour. By lunchtime they were at Echuca and



"Relaxing on the peninsula"

dined at the local pub. After lunch some went for a ride on a paddle steamer whilst others enjoyed a cool drink and a walk through the replica town. It was very hot that day at 37 degrees.

The last few days found most of the group tiring. Some simply stayed around the hotel. Daniel took Gary, Charles and Cleve to the football museum at Geelong; and



"The tram that talks"

Gianna took Genevieve, Mary, Patsy and Sandra for hair appointments and facials.

On the final day they visited the Aquarium, where the penguins and the sharks proved favourites. Then finally it was off to the airport for an evening flight back home.

Another successful trip. More memories to treasure.



"Echuca"

### Human Resources

I hope everyone had an enjoyable Christmas and New Year break and that the rest of the year is good for all of us.

We welcome new staff Emma (Lodge), Danielle (Burwood) and Kate (CLP) to Oakdale Services.

Training has just begun for 2009. We are looking forward to an interesting year with Diabetes, Wound Care, Dementia and more as training additional to our usual modules. We have several new staff undertaking

their Certificate 3 in Disability Work and some graduates from last year beginning Certificate 4 and the Diploma in Disability Services Work.

There are some interesting conferences coming up this year. The NDS National Workforce and OHS Conference to be held in Hobart in May is a good example. It will discuss quite a few of the issues affecting our sector and will, I think, attract many delegates.

The first Climate Survey for the year is due in March and I will be visiting all our staff members during that time. It gives staff the opportunity to discuss ideas, issues, and requests or ask questions and gives me a chance to see everyone.

I would like to share with you briefly how we provide support for our clients who have particular needs.

Some of our clients require specialist care. For example: tube feeding directly into the stomach because of an inability to eat normally; or a client who requires invasive intervention for control of epileptic seizures. When a client requires such specialist care we need to provide training to the staff supporting the client.

Before specialist training can go ahead, we must ensure that the client has in place a current Complex Care Plan (CCP). This document is collated by a medical professional, usually a Registered Nurse from a Registered Training Organization (RTO). Oakdale provides all of the health related information it has about the client. The nurse will meet with the client; other health professionals; family and advocates; key workers; team leaders; and anyone else needed to provide essential information. The CCP is then finalized and signed off by the doctor, client and nurse. This is an expensive procedure currently funded by Disability Services for clients requiring procedures regarded as invasive.

An RTO will then provide training to the staff who will administer to the client. Before being able to undertake the training, staff members must have a current First Aid Certificate and a Certificate

in Administration of Medication. The training involves class room attendance, an exam and workplace assessment. The qualification must be renewed every 12 months.

Much work goes into specialized training for our staff to ensure they are continuously working towards a standard of excellence and providing quality care and support to our clients.

We are very proud of our staff for their dedication and hard work!

That is it from me for this issue. I hope we all enjoy a relaxing Easter break and a visit from a bountiful bunny!

This edition's quote: "I hope to be the kind of person my dog thinks I am." [Anon.]

**Kathy Tauber**  
*Human Resources Manager*

### The Silver Falls walk

What a beautiful day for a walk! Glen-Michael Stanton and Laura Judd set off with Lauren and Fiona for a drive to Fern Tree. They parked and headed across to the Silver Falls walk. It was great amongst all the mountain trees and ferns. They tried to get to the waterfall but the mountain terrain became too bumpy and hazardous for the wheelchairs. They went as far as they could and saw part of the waterfall. They then checked out the facilities at Wellington Park and are now planning a barbeque there soon.



"Great day"

Lunch at the Fern Tree Tavern was greatly appreciated, and the staff was most helpful. There was some good 'old time' music playing to help them enjoy the setting even more.

.....

## ABI in action



"Reid shovels"

Getting out and about in a wheelchair can be a challenge, but often there are ways of getting around the obstacles. There are also many businesses that are extremely accommodating.

Two businesses recently visited stand out for their excellence in customer service and support. Stuart Maughan and his son dined at The Red Velvet Lounge at Cygnet. When they arrived it seemed that the step at the front door made dining there a no go. But a staff member came out and offered to open a side entrance and assisted them to enter the restaurant and get comfortable. The staff was warm and friendly and the meal was exceptional.



"Graeme rakes"

The Peppermint Bay Cruise was the next standout. Firstly, the operators accepted Companion Card, which also included a meal for the support worker. Once again staff members were amazing. Three gentlemen were eager to assist with getting Stuart's wheelchair across the ramp and into the boat. Service on board was brilliant, the meal wonderful and the cruise enjoyed by Stuart and Thomas. Staff made it quite clear that it was a pleasure to have the guys on board.

Oakdale Services provide day support for gentlemen at a residence in Carbeen Street.

Recently all hands were on deck to rejuvenate the garden. Support worker Sharyn arrived with a ute load of loam, Reid Free and Graeme Close took charge of the tools and the job was underway. Reid was up on the ute with Sharyn, shoveling into the wheelbarrow and on to the garden, while Team Leader Leanne removed blue metal to accommodate the wonderfully rich loam. Graeme's job was to rake out the loam to perfection, ready for the vegetable planting the following day. Chives are already growing in abundance and will soon be accompanied by broccoli, caulies and carrots.

.....

## From the CEO's desk

Welcome to the first edition of news & muse for the New Year.

2009 is already shaping up to be a busy and challenging time for Oakdale Services and, although anticipated, somewhat difficult for me personally. The role of service provider is one that is particularly familiar to me having had almost 30 years in the disability sector. However, recent family experience has bought me in contact with not only the acute health sector but also with the aged care sector. Even with my years of experience and significant family support, the challenges of the past week have given me a taste of the processes people with disabilities, their families and carers experience as they endeavour to navigate the service system as it currently exists.

In Parliament, over the past week, opposition parties have raised concerns that the disability reform process appears to have stalled.

A key aspect of the reform process is the establishment of a single point of entry through the proposed gateway services. I have some concerns in regard to the structure proposed. However I hope that, once implemented, this reform will simplify what is currently a cumbersome and challenging system.

The lessons of the past week have also highlighted for me the challenges people with a disability who are ageing, their families, carers and service providers must face as they attempt to traverse the gap between the disability sector and the aged care sector. For many this process must be overwhelming. Fortunately for my family once the resources were identified they became readily available and we received full support both through the bureaucracy and service providers.

A further benefit of accessing short term intensive support has been alleviating the need for significant personal upheaval and hopefully, the need for far more expensive longer term options. This is a lesson that has been well articulated throughout the disability sector for many years but is absent from the current service system. Consequently far more expensive options must be engaged when they could have been avoided through better planning and a timely investment of resources. Hopefully another benefit of the reformed disability sector will be the strategic application of resources as and when they are needed to prevent crisis responses which are costly both in human and economic terms.

I would like to take this opportunity to welcome our new board members; Ginna Webster, Jennifer Lee, Fiona Abercrombie Howroyd and Jonathan Eadie. The diversity of their professional backgrounds and skills will compliment the corporate knowledge and experience of incumbent board members. We have further benefited from the addition of Mary Keller, Sue Leitch and Sarah Forward to the Client Policy, Strategic Planning and Finance Committees respectively.

The board and senior management will be commencing a strategic planning process within the next month with a view to ensuring Oakdale Services Tasmania has the capacity to actively pursue service development opportunities while at the same time maintaining the provision of quality services to our existing client base.

It is with deep regret that I note the passing of two people whose lives have touched Oakdale Service in very different ways.

**Bessie Morgan**

Mother of John passed away recently. It was Bessie's request that her passing remained private and so I must respect that wish. I shall say only that to my knowledge Bessie was associated with OST from the late 1970's. Those who knew Bessie will remember her strong commitment, her smile and her engaging laugh. A true lady.

**Michael Woulleman**

Michael received Community Access services through our ABI support program at Carbeen Street. While I only met Michael on a couple of occasions, those who new him have described him as being fiercely independent yet a gentle man, with a passion for his finches, for 'real' flowers and a colourful garden. OST staff who provided support were privileged to work with him.

**Paul Byrne**  
Chief Executive

*Acorn Mothers Day  
Morning Tea  
Our next fundraising event  
will be a Mothers Day  
Morning Tea at Oakdale  
Lodge on Wednesday May  
6, commencing 10.30am.  
All welcome!*

**The CLP summer**

So what have we been up to at the Community Living Program homes over summer?

Everyone enjoyed the Christmas/ New Year break. Many went home to family or friends for Christmas Day to eat way too much, relax and kick back. Those who decided to stay enjoyed a home-style cooked lunch with all the trimmings. Special thanks to staff member Rosemary for slaving away in the kitchen to make it an enjoyable day for all.



"Home-style"

There was a farewell function for our departing Team Leader, Teresa, to wish her well. A few tears were seen to be flowing, and everyone is really going to miss her whirlwind presence in our homes.

Robert Helps, Troy Pearn, Hartmuth Pallavicini and Kayleen Harwood with staff Wayne and Emma headed off for a tour of the North West of Tassie. This featured afternoon tea at the Launceston airport; the chair lift at Stanley; and a visit to Dismal Swamp where Robert was the only one brave enough to tackle the very long and fast slide.

Janelle Triffett and staff Sharon had a fishing week at Bruny Island, where they attempted to catch their tea. Luckily they also took supplies as fish were not to be on the menu this trip.

There were a number of day trips for everyone to enjoy. These included, Orford, Zoodoo, ten pin bowling and much more.

That's what we have been up to!

**January jaunts**



"Prickly little fellow"

Whilst some were interstate, other Lodge residents found a variety of interesting day activities to while away the Christmas/New Year break.

The Cadbury Chocolate factory was the first visit. After lunch at Claremont Village the group continued on to Cadbury's where some lovely merchandise was bought. They met Freddo the Frog, watched a movie about the making of the chocolate and were given big blocks of delicious chocolate! Did you know that the factory manufactures an equivalent of 400,000 blocks of chocolate a day!

The day of the Peppermint Bay cruise was glorious, and all had a wonderful time. They were even given a guided tour under water without getting wet! Using an underwater video camera they saw many different types of kelp and seaweed and also spotted a particular fish which changes from a female to a male (but can't change back again). The meal on board was a beautiful platter sourced from the south of Tasmania. Our brave Rodney Howe and Shauna patted a Port Jackson Shark!

Curinga Farm near Hamilton provided a 'rural outing' with Farmer Tim Parsons proving an entertaining host. He showed them his crops and some of the wildlife on the property. A bbq lunch cooked over an open fire was enjoyed prior to a shearing exhibition.

A Gold Class Day at the movies attracted a large number of residents. As well as being able to relax in superb reclining chairs they were able, at the push of a button, to order food and beverages.



"Lovely big fellows"

Another large group found Hatchers Manor, just outside Richmond, a great destination. Jasmine and Meteor, two lovely Clydesdale horses, took them on a carriage ride around Richmond. The meal back at the Manor was great! An after dinner walk among the apricot trees, as well as helping the meal to settle, yielded a box of freshly picked apricots.

Shauna took the wheel of the silver bus for a Mystery Bus tour, and all the residents hoped she knew where she was going! First stop proved to be Zoodoo wildlife park, where a highlight was the miniature horse racing. Next stop was the historic Pontville pub for a counter lunch. Then they meandered their way back, via the Bellerive fish bar, to the Lodge.

## Brendan and Glen "Doo" the Zoo

Brendan Craig and Glen-Michael Stanton recently visited Zoodoo at Richmond, accompanied by Tina and Lauren.

At the animal nursery pens they were very fortunate to have a friendly Zoodoo staff give Brendan and Glen some special attention. She went to each pen and lifted

out a different animal for them to have a close up look and to pat. They met all sorts of beautiful animals including a rabbit, guinea pig, piglet, goose and a fowl. Next they ventured around to see some very playful monkeys and then on to have the guy's photos taken with a



"what are you looking so worried about?"

Bengal Tiger. What a great photo and a permanent reminder of the visit! It is now framed and displayed on one of the walls at home.

Then it was off to see the Zoodoo's latest exhibit – the lions. They were fast asleep when the group arrived but were soon awakened by the Zoodoo staff with lunch.

Further wanders led to the discovery of more creatures great and small. They saw a koala, wallabies, possums, native birds,

tiger quolls and a very large Forester Kangaroo who was quite happy to be admired and photographed. Brendan seemed to attract animals because the Tassie devil, which was fast asleep in his log, came out to say hello as soon as Brendan appeared.

Brendan and Glen stopped to see some black cockatoos and once again Brendan worked his magic with the wildlife. One bird seemed to be mesmerized by him and put on quite a show.

Lauren suggested to Tina that a miniature pig might be a great house pet for the clients. Let's hope she rethinks that one!

## Nolan heads North

After packing up the Nolan and Aged Care buses Bianca Breda, David Chandler, Peter Steen and Ben Stevens made their way to Launceston to begin a four day holiday. They stopped briefly in Campbell Town for lunch and supplies before driving to the Tamar River Villas where both buses were promptly unloaded and rooms inspected.

Bianca and staff, Angela and Nicola, went to the nearest store and bought supplies for dinner. Everyone agreed that, after all the driving on the first day, it was then time to rest.

Next day they took a cruise through the Cataract Gorge, taking in the sights and hearing about the local history. Lunch was enjoyed on the river and dinner at the Casino.

Next day they drove to Westbury, where they found the Maze a little too difficult,



"Bells Parade picnic"

and then on to Latrobe where they had a wonderful time on Bells Parade.

Everyone enjoyed their time away. Clients and staff thoroughly recommend the facilities available at the Tamar River Villas, they provide excellent disability access and there is even enough room to swing a hoist.

.....

### Acorns Christmas Party – a Firthside view

On that morning, all of Firthside woke with excitement as they knew they were in for a jam packed day full of fun. Brendan Craig, Glen-Michael Stanton and Graeme Rycroft all dressed in a suit with a Christmas tie. Didn't they set the trend? Laura Judd dressed in all black with a red cardigan and she looked fabulous. The guys all had their wheelchairs decked with tinsel.

Everyone boarded the bus early as they were keen to be the first to arrive and to get a good seat. When they arrived they all lined up outside to have their photo taken. Then they rolled into the auditorium to pick front row seats for all the action. And action there was! Tim, Julie and Bob were there to entertain, so as soon as people started arriving they were up dancing and partying. The boys laughed as staff Susan and Jen



"It's nearly party time"

performed the chicken dance. Laura joined Jen, Susan and Fiona in the conga line.

The Acorns provided Christmas presents for all residents, something much appreciated. Then everyone moved to the next room for the fabulous afternoon tea. There was a large variety of food on offer for all to enjoy.

Everyone thought that this year's venue, the City Wide Baptist Church in Mornington, was the best yet for the Acorns Christmas Party. There was plenty of room to move and no struggle to find parking. They look forward to the 2009 Party at the same venue.

Thanks to the Acorns and the entertainers for making this a great party.

.....

### Thank you Rosny Park Bowls Club

Rosny Park Bowls Club recently conducted their annual Charity Day to benefit Oakdale Lodge.

The year in which this was inaugurated has been lost in history, but it is agreed that it was at least in the early 1980's. Every year since then the Ladies Division has organised the event during February. Many thousands of dollars have, as a result, been put to the direct benefit of



"Geoff tries"

Lodge residents.

A social game of bowls, in which Management or Board members are invited to participate, meat wheel spins and a raffle all precede the superb afternoon tea provided by club members.

This year Anne Glover and Simon Kerslake represented Oakdale Lodge residents and of course found it a terrible burden to have to assist with the demolition of the afternoon tea.

Treasurer Geoff Harper tried his hardest on the green as the Board representative. It can only be noted that he faired better than at his last attempt, which is saying little.

Deputy Chairman Anne-Marie Stranger accepted a cheque for \$600 on behalf of OST. In accepting the donation she noted that this day was "International Random Act of Kindness Day." Anne-Marie applauded the fact that Rosny Park Bowls Club were performing more than a random act in that they have annually chosen to support Oakdale. She advised that this year's donation has been earmarked towards the redevelopment of the courtyard at the Lodge.

Oakdale thanks Rosny Park Bowls Club for their ongoing efforts on behalf of residents and look forward to arranging a visit to the Lodge by Club members to allow them to see the benefits of their efforts. We especially appreciate the efforts of Club Secretary Freda Mason for once more coordinating the day.

.....

## Introducing the Board

Over the past few months there has been a large change to Board membership. It therefore seems appropriate to briefly introduce the current Board to you.

### Robert Allen

Rob has been Chairman of Oakdale Services Tasmania since its incorporation in 1995. His interest in disability support is a result of the fact that one of his children has Turner's syndrome and an intellectual disability. Rob is a professional engineer and part owner of a consultancy business.



### David Dunkley

David holds an Economics degree and is a Certified Practising Accountant. He has a long family association with Oakdale and has a brother resident at Oakdale Lodge. David is currently resident in Tonga, but is able to access Board material through the web and participates in Board meetings by conference call link.



### Jonathan Eadie

Jonathan's interest and experience in disability stems from family experience as he has a sister with Down's syndrome. His



professional background is in the print media industry. He currently manages several large accounts for a local printing company.

### Geoff Harper

Geoff joined the Board in 2002 and is currently Treasurer. He has experience in a wide range of positions and has owned and managed his own business. Geoff is currently employed part time at Oakdale Services, where his work includes administrative support, editing of the newsletter and web maintenance.



### Fiona Abercrombie Howroyd

Fiona has an extensive background in policy and project management. She is currently Assistant Director, Forestry Policy, in the Tasmanian Department of Infrastructure Energy and Resources. Fiona holds a Masters Degree in Public Administration and a Diploma through the Australian Institute of Company Directors.



### Arthur Jones

Arthur is our Company Secretary, joining the Board in 2005. His professional background is in Information Technology specializing in large business applications. Arthur's outside interests include yacht racing, music (a retired professional trumpet player), wine appreciation and Rotary.



### Jennifer Lee

Jennifer is Program Manager with Tasmanian Leaders and holds a Bachelor of Arts with Honours in Policy and a Masters Degree in Public Administration (Policy). Jennifer has a strong academic and professional interest in the areas of social policy, community capacity building and participatory policy making.



### Anne-Marie Stranger

Anne-Marie has been Deputy Chairman since 2007. She has extensive experience in the Public Sector Health and Human Service Industry. She holds a Bachelor of Science, Bachelor of Business Health Administration, Master of Public Health and a Diploma of Project Management. She has held senior and executive management positions in the public health sector during the past 22 years.



### Ginna Webster

Ginna has been employed by the Tasmanian Department of Justice since 2002 and is currently Acting Director, Community Corrections. Ginna was a participant in the 2008 Tasmanian Leaders Program and, with her fellow participants, is currently working on a project aimed at benefitting the Tasmanian Community.





“Chicken dancing”

## Music While You Munch

The Acorns commenced their fundraising for 2009 in February with Music While you Munch. One hundred and thirty people attended to ensure the social and financial success of the day. The weather was not kind at first but when Julie, Bob and Tim commenced their music the day really brightened up.

A large number of clients, representing all of OST's services, attended and there is no doubt that Julie, Bob and Tim are rapidly becoming their favourite entertainers. There was plenty of dancing and some were more than willing to assist the trio with the music.

Burwood resident Matthew Hoori, as well as being a very active participant during the day, led the vote of thanks to Julie and the team.

Acorns would like to thank the staff members from Oakdale whose assistance



“More dancing”

was invaluable. Also a big thank you to our chefs; Tony Kingston, Ian Eadie, Peter McDonald, Paul Byrne, Reg Millar and Glenn Noble. Thank you also to Gil Noble for his assistance in many capacities on the day.



“Part of Julie's fan club gathers”

## John goes East

John Geeves was very excited about his trip away with Marc in support.

They set off early, with John very keen to engage in a spirited conversation and note with interest any horses and sheep whizzing past the car windows.

John was very impressed by his cappuccino when they stopped at Bicheno for lunch. Next they visited the wild life park where John fed the kangaroos; was very interested in the

wombats and birds; was not keen on a feisty looking emu; and wanted a quick getaway from the snake enclosure!

A short while later they were checked in to their accommodation at Scamander and admiring the superb view from the windows overlooking the beach. A 'sausage fest' by the boats at St Helens took care of tea and then a walk on the beach left John plum tuckered with, in his words, “the sun going to sleep”.

Next morning a full buffet breakfast built up John's strength for another beach walk; a drive up to Binalong Bay and shopping in St Helens for a shirt. John shops like man: in the door, quick purchase and then back out the door. After lunch they went in search of a lookout west of the coast up a steep and winding dirt road with no safety barrier. They abandoned the quest and instead spent more time sightseeing on some remote beaches.

For dinner that evening they experienced fine dining in the resort restaurant which required more walking by the river and quite a few pit stops before they made it back to the rooms. John really enjoyed making coffee and having good chat about a wide variety of subjects.

In the morning they again went for an early walk on the beach then packed up and drove back to Bicheno exploring a few side roads on the way. By late afternoon they were back home where John found, to his relief, that they had indeed washed his sheets whilst he was away!

## Visit us on Facebook

To discover more about major activities of Oakdale Services Tasmania's clients and events visit us on Facebook. You can access this via a tab on our website.

Facebook is a world wide social network where friends keep in touch with each other sharing news and photos and interacting in other ways. The photo gallery setup on Facebook allows us to have on display, in a large format, an almost unlimited number of photos giving us a better online presence of photos than we can on the OST website.



"Liberated"

## Montrose Park

Brendan Craig, Laura Judd, Graeme Rycroft and Glen-Michael Stanton accompanied staff Tony, Maureen & Tina to Montrose Park one cold and showery summer's day. The barbecue lunch took a while to cook because of the cold wind. But, under shelter and with extra jumpers on, they managed to have a good time.

One highlight of the trip was the liberty swing. They thought they would not be able to use it because a key was required, but Maureen suggested they try the key to the

liberty swing at Dru Point and lo and behold it worked. Glen was all smiles after he got used to the idea of swinging back and forth. Laura, too, had some early misgivings but she settled to the idea and was laughing and having a wow of a time. Brendan took straight to it.

While lunch was cooking we had a visit from Tony's girlfriend and her daughter. They had some bread to feed the ducks which gathered around at everyone's feet.

They found Montrose Park a versatile place to visit, with a variety of things to do: fishing;

feeding the ducks; using the liberty swing or sensory play equipment; or simply watching other people or the boats out on the water.

.....

## Editorial

A very full magazine this month; more pages and still no room for me to get worked up about things. Probably a blessing for all readers.

This is a timely opportunity to note that we have reached edition number 14, ticking past the 3 year mark. I believe that 'news & muse' has improved over the years and that we now can make a permanent step up to ten pages. But, for a continuing evolution, it may well be time for a new Editor.

Therefore we issue an invitation (or is it maybe a challenge?) for you to consider taking up the editorship of 'news & muse'. Initially you should talk the matter over with Paul Byrne or me to explore the possibilities. I can only say it is a rewarding position.

**Geoff Harper**  
Editor

## Acorn members sought

*Acorns are looking forward to another successful year and hopefully an increase in membership. They do need more help to provide the same level of assistance they have in the past. Please call Gwen on 62 441287 if you would like more information about becoming involved.*



*Any opinions expressed herein are not necessarily those of the management or Board of OST.*

Newsletter of Oakdale Services Tasmania  
A.C.N. 055 028 562  
A.B.N. 72 867 597 283  
PO Box 205 Rosny Park Tasmania 7018  
Phone 6244 8846 Fax 62448024

Email admin@oakdaletas.org  
Website http://www.oakdaletas.org  
Editor: Geoff Harper  
Email: contactus@oakdaletas.org  
Graphics: Savage Media