



Choice Celebrates Australia Day

Happy New Year!

The Australia Day lunch menu at Choice featured kangaroo sausages with mashed potato and pumpkin, peas and gravy, followed by finger lamingtons with cream. The kangaroo sausages were a bit iffy for some and very much a one-off experience.

Our theme for this newsletter is Australia Day and what it means to be Australian! You will find an interesting feature article on this topic by Helen and recipes for those Aussie favourites, lamingtons and damper!

There is as usual, lots happening at Choice, check out the latest activities in Peer Support and enjoy the February 2010 edition of In Perspective.

Professor Patrick McGorry is a renowned leader in the field of youth mental health. His pioneering work, particularly in the area of early psychosis, has won him both national and international recognition. Professor McGorry is the Executive Director ORYGEN Youth Health and ORYGEN Research Centre.

Prof McGorry was given the Australian of the Year 2010 award by Prime Minister Kevin Rudd for his world-leading care for young people with mental health problems. Professor **Patrick McGorry** is Professor of Youth Mental Health at the University of Melbourne. Professor McGorry specialises in mental health reform and specifically the develop-

Australian of the Year

Professor Patrick McGorry

ment of preventive and early intervention strategies for emerging, potentially serious, mental disorders in young people, aged 12 - 25 years. This involves service development, clinical trials and studies examining the clinical neurobiology of the onset phase of psychotic, mood, and substance use disorders. With an emphasis on early intervention and a commitment to educating the community to the early signs of mental illness, Professor McGorry's extraordinary 27-year contribution has transformed the lives of tens of thousands of young people the world over.



Prof McGorry receiving the Australian of the Year Award



Let's Stamp Out the STIGMA - "Depression is not a weakness"

Australian Flag concept

by Helen

A new Australian Flag! The flag on the right was designed by Helen to express what Australia means to her. The blue represents the sky and waters of our land, the green represents prosperity and hope and freedom and the red is the great desert land.

The boomerang represents the history of the first people and their overarching authority over the land coloured with the lives and blood lost and the future.

The flowers are each of the state's flower emblems. The kangaroo and emu are our native animals food and totem.

The big circle represents all people of many races sharing blood—one thing we all have in common. The three smaller circles represents all races as individuals uniting as a multicultural nation living and working together as one.



Lamingtons

Preparation Time—20 mins
Cooking time—30 mins

Ingredients (serves 15)

Melted butter, to grease
75g (1/2 cup) self-raising flour
75g (1/2 cup) plain flour
70g (1/2 cup) cornflour
6 eggs, at room temperature
215g (1 cup) caster sugar
1 tbs boiling water
170g (2 cups) desiccated coconut

Chocolate Icing
300g (2 cups) icing sugar mixture
35g (1/3 cup) cocoa powder
60ml (1/4 cup) milk
60ml (1/4 cup) boiling water

Method

Preheat oven to 160°C. Brush a 19 x 29cm (base measurement) lamington pan with melted butter to lightly grease. Line the base and sides with non-stick baking paper, allowing it to overhang slightly.

Sift the combined flours together into a large bowl. Repeat twice.

Use an electric beater to whisk the eggs in a large clean, dry bowl until thick and pale. Gradually add the sugar, 1 tbs at a time, whisking well after each addition until mixture is thick and sugar dissolves.



Sift the combined flours over the egg mixture. Pour the boiling water down the side of the bowl. Use a large metal spoon to gently fold until just combined. Pour mixture into the prepared pan and use the back of a spoon to smooth the surface. Bake in oven for 20 minutes or until a skewer inserted into the centre comes out clean. Turn cake onto a wire rack, cover with a clean tea towel and set aside overnight to cool.

Trim the edges of the cake and cut into 15 squares. Spread the coconut over a plate.

To make the chocolate icing, sift the icing sugar and cocoa powder into a medium bowl. Add the milk and water and stir until smooth.

Use 2 forks to dip 1 cake square into the warm icing to evenly coat. Allow any excess icing to drip off. Use your fingers to roll the cake in the coconut to evenly coat, then place on a wire rack. Repeat with the remaining cake squares, icing and coconut. Set aside for 1 hour or until icing sets.

To A Mouse by R. Burns

To a Mouse was probably composed by Burns while working at the plough and inspired by a real incident. It expressed his doubts about the future and regrets about the past. It has been said that he may have been influenced by the death of his 10 year old brother John, the month before, and the death of his father the previous year. The last verse is very poignant and always makes me reflect on life. I have included verses 1, 2, 3 and the last verse here in the original Scots language followed by the English translation, (where necessary). Enjoy Laura Catto

To A Mouse

Wee, sleekit, cowrin, tim'rous beastie,
O' what a panic's in thy breastie!
Thou need na start awa sae hasty
Wi' bickering brattle!
I wad be laith to rin an' chase thee,
Wi' murd'ring pattle!

I'm truly sorry man's dominion
Has broken natures social union,
An justifies that ill opinion
Which makes thee startle
At me, thy poor, earth-born companion
An' fellow mortal!

*Little, sleek, cowering, shy creature
Oh what a panic is in your breast
You need not start away so hasty
With stagger and scamper
I would be loath to run and chase you
With murdering plough staff*

I doubt na, whyles, but thou may thieve;
What then? Poor beastie, thou maun live!
A daimen icker in a thrave
'S a sma' request;
I'll get a blessin wi' the lave,
An' never miss't

World's Greatest Shave

Choice Crop & Colour Crew

Leukaemia Foundation

**WORLD'S
GREATEST
SHAVE**

We're raising money for a cure! Some brave staff are offering to shave their hair (or chest or back!) or to colour their hair to raise money for Leukaemia research.

Cyd, Merv, Lindsay, Steve, Ken, Rosie, Johnno, Helen H, Andrea Han and Karen are the Choice Crop and Colour Crew team. You can sponsor any or all the team for just a few dollars and buy a ticket in the raffle for some great prizes. See Cyd if you want to sponsor our team!



Preparation Time 10 minutes
Cooking Time 30 minutes

Ingredients (serves 4)
450g (3 cups) self-raising flour
Pinch of salt
80g butter, chilled, cubed
185ml (3/4 cup) water

Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Combine the flour and salt in a large bowl. Use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs. Add the water to the flour mixture and use a round-bladed knife in a cutting motion to mix until the mixture just comes together, adding 1-2 tbs extra water if the mixture is a little dry. Use your hands to bring the mixture together. Turn the dough onto a lightly floured surface and knead gently for 1-2 minutes or until smooth. Shape into an 18cm disc and place on tray. Use a sharp knife that has been dipped in flour to mark 8 wedges on top. Dust the damper with a little extra flour and bake in preheated oven for 30 minutes or until the damper is cooked through and sounds hollow when tapped on the base. Transfer to a wire rack for 5 minutes to cool slightly. Serve warm or at room temperature.

Damper was traditionally made in a cast-iron pot with a lid, called a "camp oven". The entire pot was either covered in hot wood coals or the camp oven was placed in a hole in the ground and surrounded with hot wood coals. It was usually served with tea made in a billy over the camp fire. Damper was originally made with plain flour, salt and water. Adding butter and self-raising flour came later on and gives a much tastier result.

*I doubt not, sometimes, but you may thieve;
What then, poor beast, you must live,
An occasional ear in 24 sheaves of corn
Is a small request;
I'll get a blessing with the rest.
And never miss it!*

Still thou art blest, compared wi' me!
The present only toucheth thee;
But och! I backward cast my e'e,
On prospects drear!
An' forward, though I canna see,
I guess an' fear!

*Still you are blessed, compared with me!
The present only touches you;
But oh! I backward cast my eye,
On prospects drear!
I guess and fear!*

Robert Burns (25.1.1759—21.7.1796)
Scottish poet and lyricist and a pioneer of the romantic movement. Regarded as the national poet of Scotland. He famously wrote 'Auld Lang Syne' sung at Hogmanay (the last day of the year).



Feature Article

Reflections on Australia Day

by Helen

Australia Day means many things to all the different people who call this country home, from the first people who lived here from the beginning and those who have arrived in the last 200 years.

For newer arrivals and the descendants of the first convict settlers Australia is the lucky country but as the nation has grown the Aboriginal voice has grown fainter and it is hard for many disposed Aboriginal people to feel 'lucky'. For them Australia Day represents invasion day and the start of much sadness and loss.

On a personal note it is hard to reconcile what being Australian means, as I have both Caucasian and Aboriginal heritage and learning about past events has torn my spirit in two. Though the history of our ancestors is painful, not just for myself, but for everyone who calls this land home and Australia their nation, I am proud to say I am an Australian because it is part of me and I am part of her land.

The Australian land has such beauty (despite what the first settlers claimed was Terra Nullius—a naked or empty land) and we have passed the cruel events of the early settler

years. These days this great nation has more people of different races living together and we have become a wonderfully diverse multicultural society enjoying freedoms and our rights under law. However, we should not stop listening to the Aboriginal voice. Though the blood of many races has mixed and we cannot and would not want to separate each other now, the first peoples of this land have much to teach all of us and we have much to repair for past injustices.

Tolerance, justice, respect, acceptance is how I reflect on what Australia Day means.



Amanda is keen to start a Diabetes Support Group at Choice.

We have spoken with the Diabetes Educator at Gympie Hospital and the Nutritionist who have agreed to come and speak at Choice later this year.

Gympie also has a Diabetes Support Group who will be speaking at Choice lunch on Thursday 11th February.

Meet a Choice Staff Member **GORDON**

Q. What led you to work at Choice?

I saw the job advertised and thought it would suit me as I like helping people.

Q. What have you learned working at Choice?

I am always learning more about mental health and about how best to help people.

Q. What training have you had?

I studied at TAFE and I am able to attend other training offered at Choice or in the sector

Q. What is your favourite part of working at Choice?

All the wonderful people—staff and participants

Q. What are your favourite hobbies?

Lots of hobbies and interests but mostly spending time with my son

Q. Where did you grow up?

In Sale in Victoria. I moved to Queensland 15 years ago.

Q. What is your favourite food?

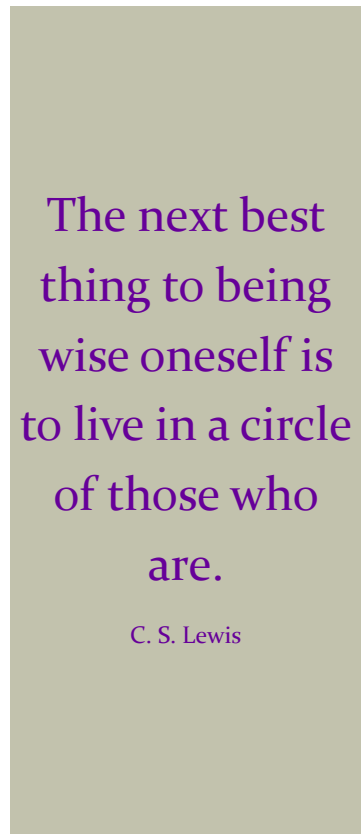
Seafood

Q. What is your favourite colour?

Blue

What were you hoping for, for Christmas?

A new pump for the dam, although I know I won't get it!



Participant Representative **Merv**

Audit compliance tasks have taken up a lot of time since our last newsletter and everyone has been busy and working hard. Sandra wrote policy and procedures, operational plans and updated the brochures and handbook. Amanda and Paul ensured the Quality Management system was in place and operating well. Yaana assisted with policy development and Robyn facilitated information and feedback sessions on the new policies and procedures.

Many thanks to all the gals upstairs for the hard work and getting us through the audit.

We are still planning the Kitchen Garden on the lower terrace. We will organize working bees to start building the first garden beds in mid-autumn, when it cools down a bit.

Merv is fighting fit and ready to go—despite a couple of days in hospital recently. All our thoughts however are with Laura—who hurt her knee in the surf at Rainbow Beach recently and with Jessie who is still in hospital with a broken leg.

We wish you both a speedy recovery.

On a related topic—an expression

of interest will be posted shortly for any participants interested in getting their First Aid Certificate. Just put your name down if you want to do the 1 day course.

Merv is fundraising for the "Shave for a Cure" - for a mere \$5 Merv will shave a strip of his hair!

The role of the Participant representative is to represent your views to staff and management. Let Merv know if you have any great ideas, comments, compliments or concerns.

PS. It is Merv's birthday on 18th February



Choice Impresses the Audit Team

On Thursday 21 January, Choice underwent the final stage of last year's audit process. During the audit in October 2009, the auditors identified a few things that needed attention to ensure that Choice services complied with DSQ standards. As you are no doubt aware, over the past couple of months participants and staff have been involved, at different levels, in ensuring full compliance this time around.

This team effort was well rewarded when the audit team complimented all involved on a 'job well done' and confirmed that Choice now meets all the DSQ standards and some. That is, the combined effort has not only provided the evidence to support Choice meeting required standards, but also showed that the service is prepared to go over and above compliance with progressive "Continual Improvement" strategies.

As a result of achieving full compliance with all audit requirements Choice Support Service Inc. is now re-accredited for the next three years.

As the most recent addition to the Management Team (and the one responsible for meeting with and providing evidence to the auditors), I would like to sincerely thank everybody for their support and participation throughout this process. A combination of the work done to meet the DSQ standards and, no doubt, Thursday's lunch ensured the audit team left Choice very impressed...Congratulations!!!

Amanda Bailey Quality Officer

Interview with Staff Nette

Q. What led you to work at Choice?

I was interested in working with people and doing disability studies

Q. What have you learned from working at Choice?

I have learnt that everybody is different and that is what is beautiful about the world

Q. What training have you had?

I have completed a Certificate IV in Disability Studies as well as lots of other training offered through work

Q. What is the favourite part of working at Choice?

Definitely the participants! And I love how Choice brings new experiences because everyday is a new day

Q. What are your hobbies?

Drawing and reading

Q. Where did you grow up?

New Zealand, then I moved to Australia in 1973 on a working holiday and I'm still waiting to have the holiday!

Q. What is your favourite food?

Something quick and easy, porcupine balls and steamed vegies

Q. What is your favourite colour?

Purple, just because it is my colour!

Farewell to Jeanette McGuire

Jeanette McGuire commenced at Choice Support Service as part time Coordinator in 1998 and contributed to the growth and development of the service from a self help and volunteer run friendship program to an incorporated association employing over 20 professional staff by 2009. Jeanette leaves after ten years of service.

Participants, staff and Management Committee wish her all the very best in her future endeavours.

We have no choice of
what colour we're
born or who our par-
ents are or whether
we're rich or poor.
What we do have is
some choice over
what we make of our
lives once we're here.

Mildred Taylor



Strategic Planning Day

Friday 19th

February

8:00—2:00pm

Choice Boardroom

**All participants are
invited to attend and
have your say.
Morning tea is
provided.**

Helen spoke with multi talented artist Janey about being an artist

Q. What inspired you to paint and draw?

It gives me a calm state of mind

Q. How long have you been artistic?

Since I was 3 years old

Q. What is your favourite media?

Carving masks and chalk works

Q. What is your favourite colour?

Green and red—but over all green

Q. Why is it your favourite colour?

Because it reminds me of trees

Q. Have you sold any of your art work?

Yes I have sold some

Q. Do you think you will become famous one day?

I don't want to be famous. It is enough if my art can make people feel happy.

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CHOICE
SUPPORT SERVICE
JOURNEY TO WELLNESS