

Jobmatch Newsletter

October 2011

- Giving Jobmatch Clients an opportunity to keep in touch, and have their say.

www.jobmatchgympie.com.au

NEXT GET TOGETHER

Monday

17th October

5.00 PM

@ Jobmatch

16 O'Connell St

Gympie.

Sausage Sizzle

following the meeting

Hi to all Jobmatch Clients,

Welcome to the October Newsletter!

The September outing was a BBQ at Paul and Marlene's property at Lower8 Wonga. It was a perfect day: the weather was not too hot, not too cold, as we sat enjoying the stunning view and watched the goats grazing happily in the paddock. There were enough salads, garlic bread, and desserts, for 4 times the number of people—but we struggled through most of them!

The October Outing will be on Wednesday 19th at 6.00 pm at the Mt Pleasant Hotel, Corner of Mt Pleasant and River Road. A reminder that we want YOUR suggestions for outings in 2012. You can talk to your Employment Co-ordinator at Jobmatch, or to myself on 0439 670 920 or email at afrikate@bigpond.com.au. If we don't know what sort of activities you would like, it is difficult for us to provide them !!

We are thinking of holding our meetings at different venues, times, and days of the week in 2012, and I am also hoping to get access to a small bus that we can use to do some day trips, instead of being restricted to only Gympie.

TILL NEXT TIME -

Kate and the Newsletter Team

Inspirations

Never regret.
If it's good, it's
wonderful. If it's
bad, it's experience

Victoria Holt

The future depends
on what we do
in the present

Mahatma Gandhi



apology

OUR TRIPLE MEDALLIST !!!!!

In last month's newsletter, we featured Stephen O'May, and reported that he had won a medal at the Special Olympics in Spain.

We were wrong Stephen won no less than THREE medalsSorry Stephen !!!

Stephen won two gold medals and one silver medal;

- ✓ Gold in the Teams event
- ✓ Gold in the singles event and
- ✓ Silver in the Doubles event.
- ✓

Congratulations Stephen from all your friends and colleagues at Jobmatch.



Peace Picnic in the Park

Memorial Park, Gympie

September 12 noon - 4pm

Free community event

- * Noosa & District Concert Band
- * Qetesh Bellydancers
- * Cooloola Voices Choir
- * Heart and Soul
- * Julian & Paul
- * Hervey Bay City Band

Sausage sizzle, coffee van available, face painting and other things for children

Bring your chair, blanket, and friends

Sponsored by



A Bands in the Rotunda event

A partnership between Gympie Regional Council Heritage Committee and Cooloola Community Arts Council. www.gympie.qld.gov.au

Contact Joolie Gibbs 5481 0732

Artwork by Kerrie Atkins, 'Memorial Park' 1983, Wide Bay Australia, Permanent Art Collection



During a visit to the mental asylum, a visitor asked the Director how you determine whether or not a patient should be institutionalised. "Well", said the Director, "We fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub".

"Oh, I understand", said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No," said the Director, "A normal person would pull the plug. Do you want a bed near the window?"

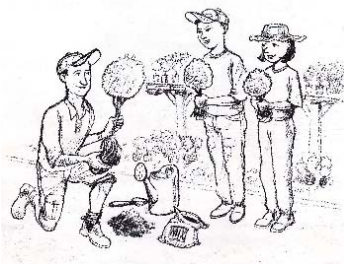


Enjoying the Food and Company at Our September Outing at Lower Wonga



A CLOSER LOOK

Disability Standard 10



Mike is teaching Lee and Gina new skills for their gardening job.

LEARNING THE RIGHT SKILLS FOR YOUR JOB

Good training and support means you have the skills to get a job you like.

Your service must give you the training you need

- To find a job that you will like
- To keep a job
- To learn how to do new jobs
- To keep your skills up to date.

Gympie VOLUNTEERS



- Little Haven Palliative Care 5482 9091
- Cooloola Medical Transport 5486 2488
- Mary Street Community & Business Information Booth Volunteer 5481 0744
- Woodworks Museum Volunteers 5483 7691
- Tourism Information Centre Volunteers Co-ordinator 5482 5444

Each month, this spot will feature a fresh list of places that need volunteers to keep doing their valuable work.

SHAUN DAVIES' RECIPE BOOK

STRAWBERRY CREAM PIE

Ingredients

Prepare a biscuit base in the bottom of a round pie plate and refrigerate.

- 1 pkt strawberry or cherry jelly crystals
- 1 punnet of strawberries
- 300 ml boiling water
- 1 tsp gelatine 1 TBS sugar
- 300 ml cream 1 egg white

Dissolve jelly crystals and gelatine in boiling water. Cool jelly and refrigerate until slightly set.

Chop strawberries.

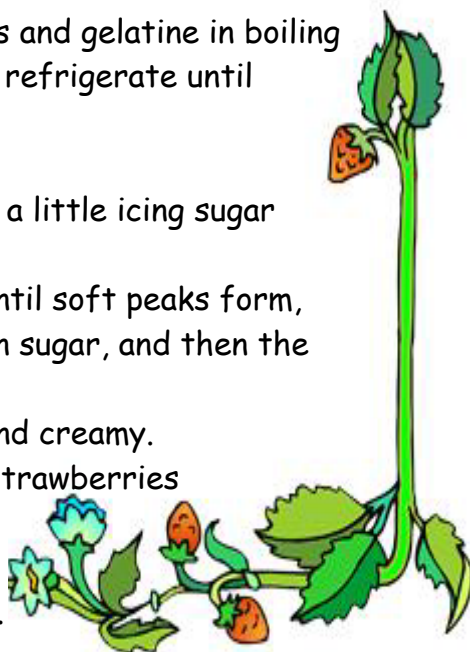
Whip the cream with a little icing sugar until just firm.

Beat the egg white until soft peaks form, then gradually beat in sugar, and then the thick jelly.

Beat it all till thick and creamy.

Fold in the chopped strawberries and cream.

Pour over biscuit base and refrigerate.



October Outing



Where *Mt Pleasant Hotel,
Corner Mt Pleasant
and River Roads*

When *Wednesday 19th
October 6.00 p m*

RSVP *Kate on 0439 670 920*

Or

afrikate@bigpond.com.au



CLIENT OF THE MONTH AWARD



Kerry started with Alan's Misto Kleen almost 6 months ago. At this time Kerry required full time support to carry out the required duties assigned to him. He has since become an integral part of the business and now, not only works independently, but has been given extra responsibilities.

Kerry has learned to prioritise his work load and learned to complete his work thoroughly and in a timely manner. Kerry's manager is very happy with the progress that he has made for the business.

Kerry has also improved in his independence by sourcing and acquiring a flat for himself. Since he commenced with Alan's Misto Kleen, Kerry has developed his confidence and motivation to do better.

Well Done Kerry.



SOME WAYS TO ENHANCE YOUR RESUME

As recommended on the "SEEK" job website:

- * Keep it short and easy to read. Don't make an extra page for your **name and contact details**. Put these on the top of the first page of your resume.
- * List your **skills** next.
- * Then list **the jobs you've had**. Don't go back into ancient history—the last 10 years is the absolute most.
 - Put in the most amount of detail in your most recent job or activity; even if you don't have a recent job, you might have been on a training course, volunteering, etc).
 - Job title first, then employer's name
- * **Education section** after employment **section**
- * **DON'T** put your age in !

A Purpose For Life

By Helen H.

As I try to find a purpose for my life
 Memories of long ago silently capture me
 Keeping me lost and bound
 In a barren mind of haunting dreams and sleepless
 nights
 The discovery to remain free
 Is in the distance to be found

A steep and winding road I walk
 Through the thickets and coloured stones of jade
 While the birds in their nest squawk
 And a thundering dark cloud overshadows the way to
 go
 A small light which never fades
 Gently sparkles her gleam over my steps like pure gold

I clench in my hands the future which is waiting to be
 Through every decision I am to make
 And one day the time shall come to believe
 It was always there for me to take
 A hope and a future was planned out
 For the purpose for life and Me.

Your Next Get Together

**Monday, 17th October at
 5.00 p.m. Jobmatch
 Training Room**

Sausage Sizzle following the
 meeting.

Come along and be in the
 draw for the IGA Vouchers.

**Why not come along
 and say hello,
 and have a chance
 to win your
 share of
 \$50 ??**

The Jobmatch Team

Hi All!

The client of the month award for October has now been announced and congratulations to Kerry F.

Firstly, I would like to thank those jobseekers who attended the AGM; your presence is always a pleasing sight each year.

When writing up the October Newsletter, one important event came to mind. October is internationally recognised as Breast Cancer month, to help raise awareness for both men and women.

Let's not become complacent and shrug our shoulders and pretend it will never happen to us. Breast cancer can affect people at any age, but if detected early it can be cured. So for those people who have a family history of breast cancer but feel they are too young for a mammogram, have a re-think, for those women who are aged 40 or older, pick up the phone and dial 132050 and book in for your free mammogram.

For those of you who are not aware, there are many support services locally for women who are experiencing difficulties. Gympie and District Women's Health Centre is one such service which aims to improve the health and wellbeing of women living in Gympie and surrounding areas. This service provides access to information and support which allows women to make informed choices about their health. The centre offers counselling on any issues, an information and referral service, a safe and friendly environment to share experiences, courses and workshops as well as a venue for women's groups to meet. If you would like to find out more about this service, contact the Gympie Women's Health Centre on 5483 6588.