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Hi all, this is my first Newsletter as the Services Coordinator, and I am looking forward to many more in the future. My first two months have been very interesting, and a great learning experience. As a Committee of Management member for some ten plus years, I thought I knew all about TABIS, I was wrong, there is much more to TABIS than what is seen or heard of around a big board room table. Now that I am meeting and mixing with the clients, staff, volunteers and those who provide the skills needed to enhance the service we provide: I can now see the real TABIS.

I don't think I need to make any big changes to TABIS, but like anyone new coming in, I will look for some new activities and programs that we may be able to provide for that little bit of extra service and entertainment. I will be arranging for some people from the Tasmanian Fire Service to meet with us, to give you some valuable fire safety information and advice to put to use in your homes. I still need to speak to someone from the fire service to organize a time and place for the information session, and will let you all know well in advance.

Just to let you all know, I have been in touch with Mandy, and she is doing fine in her new job.

I will always be available for a meeting, so if you have any ideas or concerns for TABIS, just call the office so we can make a time. With this newsletter, comes a feedback sheet, please use this to inform us of any ideas and suggestions you may have that could be of interest to others, or could spice up our service.

For those organisations receiving this newsletter, if you or someone you know needs to hire a room for training or that sometime meeting in the Launceston area: give me a call!

Cheers, Russell Walker

OUR SPONSORS



Cooking with Steve

Anyone who thinks cooking fish is too difficult, try this:
Clean a fish, any fish that is freshly caught.

Lightly oil with olive oil.

Sprinkle with cumin and cracked pepper.

Add some basil and thyme.

Grill or lightly barbecue.

Then garnish with lightly grilled or barbecued mushrooms.

Enjoy with a Tasmanian white wine or a cool light beer.
That reminds me, I went to a cafe the other day down the Tamar,
the menu read:

fresh local fish daily – ask your waitress
I asked her “what fish have you today?”
“Don’t know”, she replied, “looks like Hake,
but they’ve thrown the box away.”



FREE (GIVE-AWAY) FREE

ONE DOUBLE-BED
(make your own arrangements
for pick up)

PHONE Dana or Russell
on 6326 2022

Entertainment Voucher Book

Enclosed with this newsletter you will find an “Entertainment Book” form. This is not a TABIS product but is another means of TABIS earning support - each voucher book that is purchased, \$11.00 is donated to TABIS by “Tasmanian Entertainment”.

DISCLAIMER

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Uninvited Offers

Since I worked for TABIS, I've had clients asking me about emails they have received that appear to be of an official style of correspondence. They usually offer a really great deal in return for a small investments on your part.

I myself have also received these types of emails.

You read about it all the time in newspapers, plus the current affairs shows on TV, people losing large amounts of money by believing and investing in these scams. These emails are devised by con artists.

These con artists can manipulate you without you even being aware of it, by 'pushing your buttons', especially with a promise to make you rich very quickly without much effort, or by simply offering you a 'free gift' or prize from a competition you never entered.

In these competition scams, you'll probably be asked to pay a small 'fee' to access your winnings, just think, if you really were a winner, you shouldn't have to pay anything.

If you received emails like this, then you are probably dealing with a scam.

Another form of scam via email is to encourage you to provide your bank details and other personal information, especially claiming to be from your bank or credit card companies asking to send your account details and/or your PIN or password to them by return email, they look convincing and surprisingly genuine.

Here is an example of a email I received over the last week:



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HSBC Bank<http://img42.imageshack.us/img42/7317/clients.gif>
Dear Westpac Bank user,

Your Westpac online bank account is currently locked, and only after you identify on the
website the account will be unlocked and ready for use.

For added security we will send a Westpac Protect SMS Code to you pre-registered mobile
phone number, in order to confirm your identity.

Please follow the link below to request your Westpac Protect SMS Code :

Request Westpac Protect SMS Code <http://www.search.com/click?s1,marin.1.118.1554-1140-
1436.1.0.westpac%2Ecom.0,http%3A%2F%2F189.203.6.93/westpa/sec/>

Westpac Banking Corporation | © ABN 33 007 457 141 AFS Licence No. 233714
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For a fact, banks never send their customers emails requesting their personal account details.

You need to protect yourself from these emails:

- Never send money, or give credit card or online account details through an email or to anyone you do not know and trust, no matter how official the email looks.
- Do not give out your personal, credit card or online account details over the phone unless you made the call and the phone number came from a trusted source.
- Check your bank account and credit card statements when you get them. If you see an unauthorised transaction you cannot explain, report it to your credit union or bank immediately.

For more information:

http://www.consumer.tas.gov.au/fair_trading/scams

TABIS AUGUST 2010

Accepting Yesterday, Building Today, Improving Tomorrow

MON	TUES	WED	THUR	FRI
2	3 GYM Rehabilitation with Don McDonald 9.00 - 12.00	4 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at Bicheno and St Marys	5 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	6
9	10 GYM Rehabilitation with Don McDonald 9.00 - 12.00	11 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at George Town and Outreach at St Helens	12 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	13 Evandale trip with Bilco. Be at TABIS 9.30am Cost \$5.00 
16	17 GYM Rehabilitation with Don McDonald 9.00 - 12.00	18 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at Bicheno and St Marys	19 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	20
23	24 GYM Rehabilitation with Don McDonald 9.00 - 12.00	25 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at George Town and Outreach at St Helens	26 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	27 Longford, Cressy and Poatina trip with Steve. Be at TABIS 9.30am Cost \$5.00 
30	31 GYM Rehabilitation with Don McDonald 9.00 - 12.00			

TABIS SEPTEMBER 2010

Accepting Yesterday, Building Today, Improving Tomorrow

MON	TUES	WED	THUR	FRI
		1 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at Bicheno and St Marys	2 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	3
6	7 GYM Rehabilitation with Don McDonald 9.00 - 12.00	8 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at George Town and Outreach at St Helens	9 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	10 Sheffield trip (the town of murals) with Steve. Be at TABIS 9.30am Cost \$5.00
13	14 GYM Rehabilitation with Don McDonald 9.00 - 12.00	15 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at Bicheno and St Marys	16 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	17 
20	21 GYM Rehabilitation with Don McDonald 9.00 - 12.00	22 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at George Town and Outreach at St Helens	23 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	24 SAIL-ABILITY Be at TABIS 10.30am or make your own way to the Seaport (boat leaves at 11am) 
27	28 GYM Rehabilitation with Don McDonald 9.00 - 12.00	29 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at Bicheno and St Marys	30 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	

TABIS OCTOBER 2010

Accepting Yesterday, Building Today, Improving Tomorrow

MON	TUES	WED	THUR	FRI
				1
4	5 GYM Rehabilitation with Don McDonald 9.00 - 12.00	6 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at George Town and Outreach at St Helens	7 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	8 SAIL-ABILITY Be at TABIS 10.30am or make your own way to the Seaport. Boat leaves at 11am. 
11	12 GYM Rehabilitation with Don McDonald 9.00 - 12.00	13 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at Bicheno and St Marys	14 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	15
18	19 GYM Rehabilitation with Don McDonald 9.00 - 12.00	20 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at George Town and Outreach at St Helens	21 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	22 FISHING at Inspection Head Wharf. Be at TABIS 9.30am. Cost \$5.00 
25	26 GYM Rehabilitation with Don McDonald 9.00 - 12.00	27 ART PROGRAM Tuition with Jonathan Bowden 10am - 12.00 noon Cost is \$5.00 Outreach at Bicheno and St Marys	28 GYM Rehabilitation with Don McDonald 11.30 - 1.00 COOKING at Cosgrove Park 9.30 - 12.00 meet at TABIS 9.15 Cost is \$10.00	