



Tuart Place

T Together...we build
U Understanding
A Acceptance
R Respect ...and
T Trust



'Yum Cha with Yoyo'

by Mary M, Julie D, and Ricky M

A big thank you to our wonderful volunteer Yoyo for her Yum Cha presentation in May

It was fascinating to hear the Chinese perspective on this great dining tradition. It showed us the important connection between family and food. You might have seen the Yum Cha signs around. If you look in, you would find

families all sitting around eating and talking and eating literally dozens of plates of food. We couldn't believe the range of food on offer. And for us who haven't been to Yum Cha it was a real eye opener.

We first tried the aromatic Chinese Tea which Yoyo said was a good accompaniment to the dozens of courses. The obvious thing about Yum Cha is that you have entrée size serves of everything. And we mean everything- steamed pork buns, chicken wrapped in pillows of rice pastry, vegetarian food. You can even get chicken feet (cooked of course)!!



MICHELANGELO 23 June 2022

Ann McVeigh



The Michelangelo exhibition was a real treat for all of us who got there. The Naval Store building turned out to be a nice surprise. The 'paintings' were on a huge scale. Some of the paintings were almost 10 metres in length. And it was all set out to look like the paintings in the actual Sistine Chapel.

We couldn't believe the beauty of these enormous paintings. I loved the detail of the figures. I sat looking at some of them for ages. Everyone else said the same thing too - just imagine what the real Sistine Chapel looks like!

Lunch at Culleys worked out real well. They just kept on bringing out those platters of food. I think we all had ample.

And finally, thank you to Tash for organizing this. We look forward to the next Tuart Place Outing.

All in all, a good day out.

And don't forget Mal can give you copies of these photos to take home



What's orange and sounds like a parrot? A carrot.

What's better than a good friend? A good friend with chocolate.

What happens if you eat a dinner of yeast and shoe polish? You'll rise and shine in the morning.

Did you hear about the man who choked on his lasagne dinner? He pasta way.



Tuart Place Volunteers Thank You Lunch

By Dale Lynch

On the 19th May Tuart Place held a thank you lunch across the road at the Orient Hotel for the many volunteers that help keep Tuart Place functioning throughout the year. Tuart Place has a rich history of volunteering, in fact, several of our staff were former volunteers themselves. We are very lucky to have a wonderful group of volunteers here at Tuart Place, both participants and non-participants. The event was organised by Natasha and was a great success. Thanks Natasha from all of us.



Dale Lynch, Tuart Place participant & Vice Chair of the FACT Inc Board



Elizabeth Tassell, one of the brilliant Craft Ladies who make gifts and raffle prizes tirelessly throughout the year

Our volunteers are part of almost every facet of the operation and running of Tuart Place. Here's just some of the areas we get help from our wonderful volunteers: Craft, Mail Out, Tuart Place Board, Information Technology, Cleaning, Driving, Food Service, Legal, Music/Singing to name a few! Our volunteers are made up of participants, professionals along with ordinary people who all have an impact on life at Tuart Place.

Volunteers make the world go around, many large world events like the Olympics, Expos, Formula One, Ironmans, etc. would not happen without the hard work of their volunteers. At Tuart Place our volunteers are no less valuable, it is thanks to them that staff can get on with the administration and crucial work which needs to be completed each day. A big heart felt thank you to the people who have generously given their own time to help make Tuart Place the success it is.

The lunch opened with a Welcome to Country from Ricky Michael. Ricky impressed with his story and sincere and respectful delivery of the welcome to the custodians of the land. Many thanks Ricky.



Ricky Michael giving the Welcome to Country

I was honored to be asked to tell my own story of volunteering both at Tuart Place and the wider community. I have met so many wonderful people since I began volunteering including the many beautiful people at Tuart Place.

After I spoke, Cevrina Reed the chair of the Tuart Place board spoke about her own role and journey at Tuart Place as a volunteer along with thanking the many volunteers there. Thank you Cevrina for your speech and more importantly your dedication and work to Tuart Place.



Cevrina Reed Chair of the FACT Inc Board

Overall the lunch was an awesome event so many

thanks to the staff of Tuart Place for taking the time to commend and reward all of us volunteers.

As one Tuart Place participant and board member (Kevin Collins) said: "Exceptional...Great work done by everyone at Tuart Place"..... "Couldn't fault it"

I would also like to take this opportunity to thank all our volunteers - to all our "external" volunteers Elle, Danny B, Pav, Cinzia, Danny C, Rahul, Matt, John K, Margo, Dave O, Yoyo, Gary, David B, Mary W, Bev - thank you.



Some of the Clonnie Boys and sometime 'sausage sizzlers' Dennis McNerney, Doug McGlade, and Kevin Collins (FACT Board member)

REPAIR LAB VISIT from Ricky and Doug

This group came along in April to fix and repair broken and damaged household items from clothing to walkers, to all sorts of other stuff. These volunteers were great. They fixed things that many places don't do anymore. Hopefully they will be back again - watch this space. (Tash and Mal will let us know). We were both very happy with what they did for us. They fixed my raincoat and repaired Doug's walker. All I can say is, *"it's nice to know that there are such good people in the world"*

Below are some of the things they did for us
Here's Ricky's *raincoat being repaired*



And here's Doug getting his *walker repaired with 3D Printing! Wow!!*



Congratulations Ella for
being accepted into
nursing!

Mercheeko

"That looks so good"



*ELLA AND THE BEAUTIFUL PEOPLE-
from Peter and Mercheeko*

We were so impressed with our "new" beauty therapist -Ella has been fantastic and a lovely relaxing person to chat with during the facials. We recommend the "Ella Treatment" for women and men.

I only decided at the last minute but so glad I did-I can't remember the last time I pampered myself. Everyone commented on how relaxed I looked after- and I did

*Peter "I have only one word -
Excellent!"*



Tuart Place staff say clients are easily recognized by their glowing skin and serene smiles. So if you want to be one of the "beautiful people" here's your chance. You can book with Mal or Tash. Our advice is -get in early!