ADVOCACY IN ACTION
For Equality, Independence & Integration
March/April/June 2017

SPECIAL GENERAL MEETING
Tuesday - 27 June 2017 - 5:00pm at the Wollundry/Murrumbidgee rooms, Senior Citizens Centre, Tarcutta Street, Wagga Wagga NSW.

Notice is given to all voting members of the Disability Advocacy Network Inc (DAN) of a Special General Meeting to be held at 5:00pm on Tuesday 27th June, at the Wollundry/Murrumbidgee rooms, Senior Citizens Centre, Tarcutta Street, Wagga Wagga NSW.

Notice of meeting together with proxy forms have been posted to all of DAN’s current financial members.

What will we talk about?
At the Annual General Meeting last October it was agreed to go ahead with merging Disability Advocacy Network Inc (DAN) with Disability Advocacy and Information Service (DAIS), located in Wodonga, Victoria. A new organisation called Regional Disability Advocacy Service Ltd has been registered.

The next step is for members of each organisation to vote on the transfer of the assets of the Disability Advocacy Network Inc, including money in the bank, cars, desks, etc. to Regional Disability Advocacy Service Ltd.

If members of both organisations agree to the merger, we can start operating as Regional Disability Advocacy Service from 1 July 2017.

What will we vote on? (Notice of Special Resolution)
Members will vote on whether the Disability Advocacy Network Inc and Disability Advocacy and Information Service Inc (DAIS) merge into a new entity known as Regional Disability Advocacy Service Ltd.

This would mean that the Disability Advocacy Network Inc would be wound up and all assets, after paying all debts and liabilities, transferred to Regional Disability Advocacy Service Ltd, a company with a similar charitable purpose as DAN, and registered as a Deductable Gift Recipient.

Need more information?
If you would like further information about the merger you can contact Swie Madden, Manager at DAN (02 69 219225) or Martin Butcher, Executive Officer at DAIS on (02 6056 2420). You can request a copy of the new Constitution of the Regional Disability Advocacy Service Ltd by contacting either Swie or Martin.

What if you are unable to attend in person?
Proxies -
A member entitled to attend and vote at the Special General Meeting may appoint a person to attend at the meeting as the member's proxy. A proxy must be a current member of DAN.
Hello Everyone,

Right now a lot of change is happening at DAN and one of those changes is that this will be DAN’s last Newsletter. However, when DAN and DAIS merge to become the one organisation to be known as the Regional Disability Advocacy Service (RDAS), a new newsletter will be developed. It will keep you just as informed as this one has for many years.

An enormous amount of work has been done by Swie and the Board (in particular the Steering Committee) to bring about this merger in early July. There is one more important step needed in this process and that is for members of DAN to attend the Special General meeting next Tuesday 27th June at 5pm at the Senior Citizens Centre, Tarcutta St where information will be given about the merger and members will be asked to vote on transferring the assets of DAN to the Regional Disability Advocacy Service Ltd.

Another important date to note is the 13th July at 10.30 am at DAN’s office when the name of the newly merged organisation, Regional Disability Advocacy Service (RDAS), will be launched. Please also note in this newsletter information about the NDIS. Also the SAS pages are full of news and photos of everyone. As I am leaving the Board at the end of June, I would like to take this opportunity to offer my very best wishes to you all and, in particular, the RSAD and all those who are involved in this exciting new venture.

Ros Griffin

Recipe Corner

Smoked salmon & potato frittata

INGREDIENTS

- 6 small (about 850g) coliban (washed) potatoes
- Olive oil, to grease
- 2 X 100g pakets Tasmanian smoked salmon
- 150g (1cup) frozen baby peas
- 2 tablespoons coarsely chopped fresh dill
- 8 eggs, lightly whisked

METHOD

Step 1 - Place the potatoes in a medium saucepan and cover with plenty of cold water. Bring to the boil over high heat. Cook for 15 minutes or until just tender. Refresh under cold running water. Drain well. Cut into 1cm-thick slices.

Step 2 - Reheat grill on high. Brush a 27cm-diameter (base measurement) non-stick frying pan with oil to lightly grease. Place over low heat. Arrange half the potato, in a single layer, over the base of the pan. Top with half the salmon, peas and dill. Pour in half the egg. Repeat with the remaining potato, salmon, peas, dill and egg. Cook for 7-8 minutes or until frittata is set around the edge but still runny in the centre.

Step 3 - Cook under preheated grill for a further 5 minutes or until golden brown and just set. Remove from grill. Cut into wedges and serve immediately.

NUTRITION FACTS:

(All nutrition values are per serve)

Energy: 1100 kJ; Fat Total: 13g; Protein: 3.5g

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Author: Michelle Southan


WINTER JOKES

1. Why did the gingerbread man go to the doctors?… He was feeling crummy.
2. What do you get when you cross a snowman with a vampire?… Frostbite
3. How do snowmen travel around?… By icicle!
4. How does one snowman greet another snowman? … Ice to meet you.
5. What is the favorite Mexican food of snowmen?… Answer: Brrrr-ritos.
6. What kind of money do snowmen use at the North Pole?… Cold cash!
7. Where does a snowman keep his money?… In a snow bank.
8. What do snowmen eat for breakfast?… Snowflakes!
9. What do snowmen like to do on the weekend?… Chill out.
10. What does Jack Frost like best about school?… Snow and cold.
11. What happened when the snowgirl had a fight with the snowboy?… She gave him the cold shoulder!
12. What’s an ig?… An eskimo’s home without a roof!
13. What do snowmen eat for lunch?… Icebergers!
14. Where do snowmen go to dance?… Snowballs!
15. How do you know when there is a snowman in your bed?… You wake up wet!
16. How do you call an Eskimo cow?… An Eskimo!
17. How do you scare a snowman?… You get a hairdryer!
18. What do you call a snowman in the summer?… A puddle!
19. What did the snowman do to the fast food restaurant?… An ice burger with chilli sauce.
20. Why are there only snowmen and not snowwomen?… Because only snowmen are stupid enough to stand out in the snow without a coat.

Source: Mytowntutors.com
**COMMUNITY NOTICE BOARD**

**Cootamundra Parkinsons Support Group**

**When:** Monthly - 19/7/2017, 16/8/2017 and 20/9/2017

**Where:** Cootamundra Library, 61-71 Wallendooon Street, Cootamundra NSW.

**Time:** 2pm - 3pm

**For more information:** Helen Eccleston 02 6942 2418

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**Scared and Carved Aboriginal Discovery Exhibition**

**When:** 6/6/2017 - 31/7/2017

**Where:** Tumut Region Visitor Centre, 5 Adelong Road, Tumut

**Time:** 9am - 5pm - Seven days a week.

**For more information:** 02 6947 7025

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**Wagga Wagga Women’s Shed Open Day**

(Sausage sizzles, produce, crafts, ribbon cutting ceremony, registration to join, etc.)

**When:** 2/7/2017

**Where:** Apex tennis courts, Beckwith Street, Wagga Wagga

**Time:** 11am - 2pm

**For more information:** 0407074298

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**Story Time at the Library**

(for 0 – 5 year olds, their parents/carers and siblings)

**When:** Wednesdays at 10am and again at 11am (excluding school holidays). Fridays at 10am and again at 11am (excluding school holidays).

**Where:** Wagga Wagga City Library, Cnr Baylis & Morrow Streets, Wagga Wagga.

**For more information:** 02 6926 9700

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**ART to CROW ABOUT**

(Kurrajong )

**Free Exhibition**

WHEN: 30 June – 13 August, 2017

TIME: Tuesday – Saturday 10:00am – 4:00pm, Sunday 10:00am – 2:00pm. Closed Mondays.

**Opening Night**

WHEN: Thursday, 29 June 2017

TIME: 6:00pm – 8:00pm

WHERE: Links Gallery, Wagga Wagga Art Gallery, Civic Centre, Corner of Baylis & Morrow Streets Wagga Wagga.

**For more information:** Debbie Howard at Kurrajong 02 6971 0789.

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**Community Services EXPO**

Over 30 Services/Information/Freebies

(An initiative of the Griffith Interagency Community Services Network)

**WHEN:** Thursday, 29 June 2017

**TIME:** 10am to 2pm

**WHERE:** Griffith Central, Yambil Street.

**FOR MORE INFORMATION:** Barbara Penninga, 6962 4144

Please drop in to DAN’s stall, Swie & Belinda will be there to welcome you.

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**Special General Meeting**

(Disability Advocacy Network Inc)

**WHEN:** 27/6/2017

**TIME:** 5:00pm

**WHERE:** Wollundry/Murrumbidgee meeting rooms, Senior Citizens Centre, Tarcutta Street, Wagga Wagga.

**For more information:** DAN on 69 219 225.

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**For more information:** DAN on 69 219 225.
Many people who are not working due to injury, illness or disability and are on Disability Support Pensions or New Start will be covered for disability benefits under any employment superannuation policies they have-or had in the past.

The benefits, which are usually insurance benefits, can be lump sums or monthly payments.

The types of superannuation/insurance benefits are:

**Total and Permanent Disablement ("TPD") Benefits:**
These benefits are usually lump sums paid to people who permanently stop work due to any injuries or illnesses. They are typically paid to people who are unlikely to ever be capable of working in their usual job or other suitable work they have the skills or experience to do.

The test for TPD is different to the test for a DSP but many people who are on DSPs and some people on New Start will be eligible.

**Income Protection Benefits:**
These benefits are usually monthly payments paid to people who are unable to do their usual job for now because of any injuries or illnesses. The benefits are usually paid after waiting period of 1–3 months and for up to 2 years—or maybe to age 67.

People on DSPs and many on New Start would be eligible.

**Death or Terminal Illness Benefits:**
Death Benefits are usually lump sums paid to superannuation fund members’ dependents or their estate if they die whilst still a member of a fund.

Terminal illness benefits are usually the pre-payment of the death benefits if super fund members’ doctors say that they have less than 12 (or 24) months to live. People on DSPs and New Start with terminal illnesses may be eligible.

Centrlink Treatment of Superannuation/Insurance
Lump sum benefits paid out to a super fund member will count towards the Centrlink assets test. However, if the money is kept in a superannuation rollover fund it won’t count towards the assets test.

Monthly payments will count towards the Centrlink income test.

Claming Benefits
If someone on a DSP or New Start had superannuation when they last worked, they may have an insurance claim even if that was years ago or their super accounts have closed. However, there are time limits to claim and to lodge court or Ombudsman complaints so it’s important to get advice and lodge a claim as soon as possible.

They might also have more than one lump sum claim if they had multiple accounts. Unlike Workers Compensation benefits or motor accident claims benefits, a super fund member can claim for any injuries or sicknesses and often even if they had health problems before they joined the super fund or insurance policy.

So, if a person on a DSP or New Start has a bad back, a mental illness, a brain injury, addiction problems, cancer, stroke etc, they may have 1 or more superannuation/insurance claims.

Some people on Centrlink will also have been covered for lump sums or monthly payments under private insurance policies or group insurance policies arranged through their previous employers, unions or sporting associations. If so, they may have further claims.

Get Advice
It’s really important for someone on a DSP or New Start to get advice about their superannuation and insurance rights and benefits and how they might affect their Centrlink benefits.

You can contact Berrill & Watson Lawyers for FREE advice anytime on (03) 94488048.

Source: Tom Cobban - Berrill & Watson Superannuation & Insurance Lawyers
Disabled People’s Organisations Australia (DPO Australia) along with 163 civil society organisations, and 383 individuals wrote to Prime Minister Turnbull yesterday calling for a Royal Commission into violence and abuse against people with disability, as was recommended by the Senate Inquiry two years ago.

A diverse group of organisations from across Australia signed the statement, including peak bodies, disability and human rights groups, and advocacy and violence prevention organisations. Collectively, the signatories have substantial and direct knowledge of the violence and abuse experienced by people with disability in Australia. The issue is systemic. The evidence is extensive and compelling. The violence can no longer be ignored.

A copy of the civil society statement is available from: http://dpoa.org.au/

Key facts:
- people with disability experience far higher rates of violence than the rest of the community;
- 90% of women with intellectual disability have been sexually assaulted in their lives, and 60% before the age of 18;
- children with disability are three times more likely to experience abuse than other children;
- in many cases, people with disability experience violence in places where they are meant to be receiving support;
- people with disability can’t always rely on the police for protection against violence;
- people with disability are often treated as ‘unreliable witnesses’, or are not even permitted by law to provide testimony at all.

Extracted from Media Release of Disabled People’s Organisations Australia

NO more SILENCE about Domestic and Family Violence

There is NO EXCUSE for Domestic and Family Abuse

24-hour Help Line
1800 656 463

IT’S OK to TALK ABOUT ABUSE AND NEGLECT

for free help and advice contact 1800 880 052 www.disabilityhotline.net.au

Getting ready to meet your LAC

Getting ready to meet with your LAC is important. Some things to think about before your meeting are:

- Your current supports. Do you have established relationships with providers that you would like to continue? Would you like to connect with new service providers?

Service providers in your area. Are there any providers that you already know about? You might like to ask family or friends about their experiences with providers. Using the internet to explore service providers that are available in your area is also a good option.

The activities you are currently doing in your community. Would you like help to find social or community based groups or activities to participate in?

Would you like help to investigate education, training or employment options?

Have you thought about developing your self-advocacy skills? Your LAC can help you link with training or peer support groups in your area.

Getting started

Your LAC will work with you to explain:
- your NDIS plan
- how to identify options for community, mainstream and funded NDIS supports
- how you could meet with, choose and establish service agreements with providers
- how to register for myGov website and link to NDIS Participant Portal myplace
- how to navigate and check you details on myplace
- If you are self-managing any element of your plan:
  - how to make Service Bookings
  - monitor funding
  - submit Payment Requests and
  - provide feedback.

More information

www.ndis.gov.au

1800 800 110
8am to 11am (local time)
Monday to Friday

For people with hearing or speech loss
TTY: 1800 355 677
Speak and Listen: 1800 555 727

For people who need help with English
TIS: 131 450

Follow us on Twitter @NDIS
Find us on Facebook
Facebook/NDISaus

*1000 calls from fixed lines are free. Calls from mobiles may be charged.
NDIS Code of Conduct

A new National Disability Insurance Scheme (NDIS) Quality and Safeguarding Framework (the Framework) has been developed to ensure that all NDIS participants can access high quality and safe supports. The Framework was developed in consultation across governments and with people with disability, carers and providers and is available on the Department of Social Services website.

One aspect of the new NDIS Quality and Safeguarding Framework is a new NDIS Code of Conduct.

A code of conduct is important to:
- empower people with disability in relation to their rights;
- outline expectations for providers and individual workers,
- shape the behaviour and culture of organisations; and
- provide a mechanism to enforce consequences if workers and providers do not meet expectations.

The final Code of Conduct will be enforceable by law and will include sanctions for breaches of the Code. The Code will come into effect once the NDIS is at full-scheme.

We welcome your ideas and feedback on the content of the Code of Conduct. We invite you to read the Discussion Paper, which is also available in an Easy English version. You are encouraged to complete the quick survey on DSS website https://engage.dss.gov.au/ndis-code-of-conduct-consultation/ndis-code-of-conduct-consultation-survey/ or upload a submission if you have more detailed feedback to contribute to the discussion. Your input, along with others who contribute to the consultation, will be considered as we finalise the Code of Conduct.

The closing date for completing surveys and uploading submissions is 5pm (AEST), 21 June 2017.

Source: engage.dss.gov.au

Roll Out of the NDIS in Murrumbidgee District

The NDIS has been introduced in stages since it started because Australia is a big country and NDIS is a big change and it is important for the government to ensure that the NDIS is well supported and put into action properly. Disability service users who have already been on the system and new participants will enter the NDIS scheme progressively. The NDIS will become available in the Murrumbidgee district from 1 July 2017. You may have to wait up to 6 months prior to the NDIS rolling out in your areas to meet the NDIS access requirements.

The NDIs’ Murrumbidgee district covers the local government areas of:
- Albury
- Berrigan
- Bland
- Boorowa
- Carrathool
- Conargo
- Coolamon
- Cootamundra
- Corowa Shire
- Deniliquin
- Greater Hume Shire
- Griffith
- Gundagai
- Harden
- Hay
- Jerilderie
- Junee
- Leeton
- Lockhart
- Murray
- Murrumbidgee
- Narrandera
- Temora
- Tumbarumba
- Tumut Shire
- Urana
- Wagga Wagga
- Wakool
- Young

If you live in one of the above district areas, are you going to apply to be an NDIS participant and not sure what to do? Please contact NDIS on 1800 800 110, speak to one of the Advocates at DAN or Dave from DAIS’ office on 6046 2420, they should be able to provide you with the answer you wanted and/or direct you to the right people.

SAS Group’s Coming-up workshops

Movie Night - PG rated
When: Friday, 30/6/2017
Time: 4:30pm start
Where: DAN’s office
Cost: $5 - pizza/soft drink

“Why Self Advocacy Matters”
Include “Have A Say” DVD from other Self Advocacy Support Groups
When: Monday, 10/7/2017
Where: DAN’s office
Time: 4:30pm - 6:30pm
For more information, ring DAN’s office.

Some of the benefits of being part of DAN’s Self Advocacy Support group:

1. You won’t be alone
   - Members will be introduced to the other members who are going through similar experiences.
   - Members will create a special bond with other members by sharing feelings, achievements, etc.

2. Learn new skills
   - Members will hold discussions on certain topics and DAN will help bring in guest speakers.
   - Each member will have a go at chairing a meeting.
   - Members will be encouraged to be part of the celebration of the International Day of People with disAbilities by being on the steering committee of DAN’s annual Dance Party.

3. Keep members Up-to-Date on disability issues
   Members will share information on the most up-to-date information on service programmes, events, etc.

4. Expand your social circle
   Opportunity for members to get together and make friends over coffee, lunch, dinner or leisure activities.

Photos above:
DAN’s SAS group members enjoying their social night out at the Sportsman Club (Photo 5) and helping out at the Super Hero Expo (Photo 6). Satisfied Pinecom Valmar participants at DAN’s Standard 4 Complaint & Feedback workshop (Photo 7). Enthusiastic participants from the Leisure Company at DAN & Advocacy workshop (Photo 8).
I am writing this report with mixed feelings; sad and happy. Sad because after all this time (just shy of 25 years), the DAN that I know will be replaced by RDAS as a result of our merging with DAIS. I am happy, however, and in fact excited with the merger, because the new DAN will be stronger and in a better position to meet our consumers’ needs. The new DAN will retain the same office in Fitzmaurice Street and the same friendly faces will be behind the counter as well as the very supportive advocates to assist service users. Head office, however, will be in Wodonga and management and administration will be carried on from there. The structure of RDAS will be introduced officially as from the 1st of July when the merger proceeds, and I will be undertaking a new role, details of which will become clearer after the Special General Meeting.

I would like to take this opportunity to thank all of the advocates for their cooperation and understanding having the extra workload and pressure that they endured from the changes and adjustments. I would also like to thank DAN’s Board members, especially the outgoing members, for their hard work, dedication and support.

I have been extra busy lately engaged in the merger procedures as well as processing the end of financial year work to ensure that the transition goes according to plan and smoothly. It is expected that as is usually the case, there will be some hiccups and or changes required and modifications when two or more organisations merge. However, I dare say that those clouds will go away and we will work as a team with the same vision and directions.

With the guidance from a professional consultant Miriam O’Brien and Martin Butcher of DAIS, the Merging Steering committee has been working very hard to make this merger a success with a minimum of fuss and many changes for the better. Advocates from both DAN and DAIS have come together to meet and greet as well as undertake joint training sessions.

It is less than two weeks until the NDIS is rolled out in our region and already there have been a few NDIS issues and enquiries presented to DAN. The majority of DAN’s Self Advocacy Support group members seem to have undertaken their NDIS planning meetings at their work places or other venues.

Congratulations must be extended to DAN’s Self Advocacy Support Group for its members’ diligence and enthusiasm in attending the monthly meetings. I would also like to thank DAN’s Board members, especially the outgoing members, for their hard work, dedication and support.

Until next time,

Swie

Report from April meeting:
- The group welcomed new member, David Oakman.
- Jackie Ward of SARU came to the meeting as a guest speaker. She talked about her project (Photo 1).
- The group were very excited about the project, especially the national conference that SARU is trying to get up and running.
- Jackie also spoke about how important self advocacy support is for people who have a disability. Her company is going to support DAN with some resources. Jackie will try to do a video for DAN’s Self Advocacy Support group.
- The group watched “Backyard Ashes” movie on their Social night (Photo 2).
- Some of members helped Swie at the Autism Support Group’s My Super Hero expo.

Report from May meeting:
- The group had a quick Friendship Circle session chaired by Kane Myers.
- Adam and Ben from Job Centre Australia Ltd (JCAL) were invited to the group to talk about their NDIS support program (Photo 3).
- The group asked a lot of questions and some members are going to see them again in their office.

Report from June meeting:
- Michael announced the passing of Rodney Clark on the 7th of June. We had minute’s silence.
- The group had a Friendship Circle session chaired by Len Robinson.
- The group watched “Smart Shopper” education short films. It is all about “Knowing Your Rights” as a shopper (Photo 4).