

NOTE Ability

THE GUNNEDAH WORKSHOP ENTERPRISES
NEWSLETTER
Volume 12 Issue 1

MANAGER'S REPORT

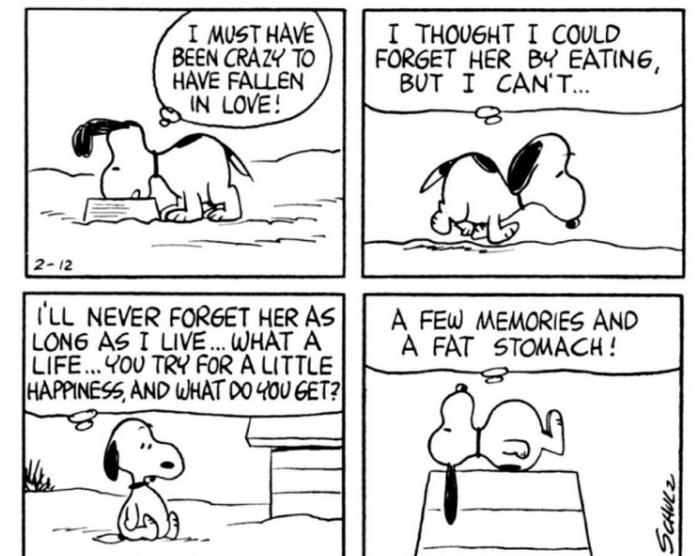
Well here we are into another year and it is already the end of January.

I want to say a big THANK YOU to the Recyclit crew for their hard work over the holiday period keeping up with all the product that came in.

Mooki and CC worker are all back at work and the wood work area has already received orders for pegs from the mines.

The rain we are receiving is most welcome but drivers are reminded to be careful on the roads with the slippery conditions.

THE BOSS



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Providing employment & training for people with a disability

www.gunnedahworkshop.org.au
www.facebook.com/
GunnedahWorkshopEnterprisesLtd



RECYCLIT



Bower Bird Shop



MOOKI WOODWORKS



COMMUNITY CONTRACTS

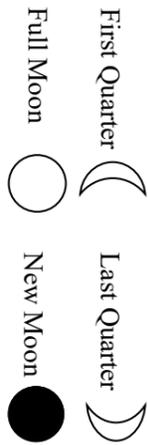


TOP HAT COSTUME HIRE

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February 2016

H&S Topic:
Personal
Hygiene



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 Mick 	9 Worker's Committee	10	11 Staff Meeting H&S Meeting	12	13
14 St Valentine's Day Sessions 	15	16	17	18	19 Pay	20 Country Markets
21	22	23	24 Area Meetings	25 Staff Meeting	26 Kim	27
28	29 Board Meeting					



Welcome back for another hard working year of 2016.

On December the 23rd 2015, Community Contracts and Mooki Woodworks had their Christmas party at the Services and Bowling Club and everyone seemed to enjoy it. The International Day of People with Disability was also celebrated at the Services and Bowling Club on the 4th of December and was a good afternoon.

All employee's have returned from their two weeks break. Tai Chi and massage have not yet resumed but should do so next month.

Sonya came in and helped us with our job of wrapping and labelling soaps which are now ready for pick up, thanks Sonya. Linda normally does the job but has been away so Tabitha was trained to put the labels on the soap and is now able to do the job as well.

Lyn enjoyed a two-week break over at the coast and returned with a nice tan.

In craft the employees made two different sized note books as shown in the photo and in cooking we made and cooked a variety of chocolate pastry deserts.



That is all this month—till next time,
Community Contracts.

Need a costume for a theme party, Book Week, the Eisteddfod or putting a play on at School?

Look no further than Top Hat Costume Hire located at Gunnedah Work Shop Enterprises Ltd, 71 Conadilly Street Gunnedah. Phone (02) 6742 1318.



We have a great range of costumes and accessories in sizes from children to adults and a wide and diverse wardrobe of characters to choice from.

Trestle tables are also now for hire.
Planning a party or function—think Top Hat Costume Hire.

Word Puzzle

Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



B Q Q J D F I R S T K I S S N T I U K O
 O C Q E Z Y D P K K G E Y O D H J Q K A
 X Z T S H E J F P I U I W C U G R J T U
 I A C R L H V W L V B U G K E I O C C Q
 D V V J U P O R D V L V C I I L M N D F
 Q I L H G E A Q B A P O V I Z E A M V Z
 I K N I P I L A S O P O R P S L N E G X
 O K O N P M P O E O M P Z T Q D C H M H
 K H J X E W R M V O S Z V L P N E F A F
 Y P I S M R A L P E P A G S W A U G D E
 P N K D Z K A K S D L T O T X C H W W L
 E T U R D P E O O E S W Z R P B W M O P
 S E L A A Y R Z N U M I L A E D E R Z Y
 S D E C R L M T E N E P X T S W X Y H L
 B D G C O S I M Y A M Z G E N O L I J X
 F Y G R N N D D X M O L T E C K L M Y N
 P B W Q E Y T S A Z R U O W D D J V Z P
 D E H K Q K U D V T I G E S N C G Q C C
 B A C H O C O L A T E B Q D I P U C T O
 J R V D C F X T N E S Y R J J I Z T A F

Fun Trivia

1. Who are Shakespeare's "Star-crossed Lovers"? _____
2. Which Patron Saint is Valentines named after? _____
3. What fruit is also known as the "love apple"? _____
4. What is the winged child shooting arrows at unsuspecting Valentines called? _____
5. Which bird symbolizes Valentine's Day? _____
6. Who "kissed the girls and made them cry"? _____
7. What do you need to kiss to turn it into a Prince? _____
8. Who was "Victorian Lace" named after? _____
9. Where do you "wear your heart" if you are quick to show your feelings? _____
10. The Goddess of Love in Greek Mythology _____
11. The O in XOXOXOX means what? _____
12. Favourite colour featured on Valentine's Day _____
13. What does the word Valentine mean? _____
14. What colour rose would you give to a friend? _____
15. Something you keep flowers in _____
16. A novel dealing with love _____
17. What is the most common shape associated with Valentine's Day? _____
18. What is the "official" date of Valentine's Day? _____
19. You might write this to your sweetheart _____
20. A dozen red ones of these says "I Love You" _____

ANSWERS

1. Romeo and Juliet 2. Saint Valentines 3. Tomato 4. Cupid
 5. Dove 6. Georgie Porgie 7. Frog 8. Queen Victoria 9. Sleeve
 10. Aphrodite 11. Hugs 12. Red 13. Sweet Heart 14. Yellow 15.
 Vase 16. Romance 17. Heart 18. February 14 19. Love Letter
 20. Roses



MOOKI'S REPORT

Written by Ray Gaynor



Hi all,

Everybody seemed to have a great time at the International Day for People with Disability. Thanks must go to the Services Club and everyone else who helped to make the day run smoothly. BJ may have found some future lawn bowlers from our workers. I have booked the Club again for this year if we decide to have it there again.

Brian did his first bag of Finish from Prydes last week and this week, with another bag he is putting stickers on the buckets while Sam is filling and weighing the buckets.

Peg orders are starting to come in from the mines and surveyors. Narrabri Challenge have closed their woodwork department so we could get some orders from up that way. The Narrabri Shire Council have already opened an account with us, as well as a surveyor from up there who picked up his second lot of stakes last weekend.

We finally got our evaporative air conditioner working in the peg shed, blowing cool air on our workers and on very hot days, using the fans and misters as well. The guys are very happy with the set up.

That's all for this month.

Ray.



RECYCLIT'S NEWS

Written by Sonya Lodge



Another year has come and gone with 2016 finally here. Many fun and exciting things have happened at Recyclit since our last chat so here goes.

We were all very excited to see our old cardboard press being craned out and our new Press going in its place. It was bright and shiny and everyone couldn't wait to be trained in its operation.

Also we need to congratulate two of employees at Recyclit on their good news. Peter Knight and his partner Wendy announced their engagement and Cameron Shaw and his partner Kate announced they are having their third child due in May this year. Cameron also just found out they are having a girl after two gorgeous boys. Congratulations to you all. We look forward to a wedding and the pitter-patter of tiny feet in the future.

December started with a bang when we celebrated the International Day for People with a Disability at the Services Club, then we were getting ready for the onslaught of Christmas.

Recyclit had their usual Christmas Lunch on the 23rd of December and everyone enjoyed themselves. We would like to thank Kirralee Irvine (Rex's daughter) for assisting Sonya on ordering the platters and salads for our lunch and delivering them out to us. Thank you Kirralee, also a big thank you goes out to Fiona Hinton (Jamie and Jesse's Mother), Mrs Lodge (Andrew's mother) and Sonya for the desserts they made for the lunch.

Some people were lucky enough to go away over the festive season with Stewart Berry and Neil England going to family and Jamie and Jesse Hinton going after Christmas to Coffs Harbour with their parents.

Many thanks to all the employees who did work over the festive season. There was cardboard everywhere on our return and you all worked your little bottoms off to get on top of it. Well Done!!!

Just a reminder that the hot weather is here so keep the sun screen and hats on at all times when working out in the sun, and drinks lots and lots of water to fight both dehydration and heat exhaustion.

Well that's it from us out here, keep safe and keep cool, talk to you next month.

Recyclit

Riddles

From the Mad Workshop Riddler

- 1: **Two children are born from the same mother on the same day but they are not twins. How is this possible?**
- 2: **What word in the English language is spelt incorrectly?**
- 3: **What is bigger than you but doesn't weigh anything?**
- 4: **What did the lawyer name his daughter?**
- 5: **What has a bottom at it's top?**
- 6: **Where do you find a one legged dog?**
- 7: **What did zero say to 8?**
- 8: **Knock Knock
Who's there
Cow say's
Cow say's who?**
- 9: **What is red and white and black all over?**
- 10: **Forward I am heavy but backward I am not. What am I?**
- 11: **You answer me although I never ask a question. What am I?**
- 12: **What can't you keep until you have given it?**

Answers

1: They are triplets 2: Incorrectly 3: Your Shadow 4: Sue
5: A Leg 6: Where you left it 7: Nice Belt 8: No silly cows say
MOO 9: A skunk with nappy rash 10: A Ton 11: A Telephone
12: A Promise

What's on in Gunnedah

Walcha Races Friday February 5 th in Walcha at the Walcha Race Course.
Gunnedah All Breeds and Hack Show Saturday February 6 th Gunnedah Show Ground
Sunday Sessions February 14 th Gunnedah Kennel Club Grounds 9.00am to 14.00pm
Gunnedah Country Markets February 20 th Worsley Park 8.30 am to 14.00 pm
Tamworth Farmers Market Bicentennial Park Kable Ave Tamworth February 13 th and the 27 th
New castle Permanent Cinema Under the Stars Bicentennial Park; gates open at 5.30pm movie starts at approximately 8pm entry is free.

THE BOWER BIRD SHOP



The Bower Bird Shop is your one stop shop for pre-owned furniture, kitchen ware, nick knacks, outdoor/garden items, tools and much more, or are you looking for projects to do.

Do you have any unwanted non-electrical items large or small that are no longer used? Are you moving and don't want to take some things with you, then we are the place for you.

All donations greatly accepted, all sales go back into assisting the employees i.e. Training and assistance.

The Bower Bird Shop is open Monday to Thursday 8am to 3.45pm, Friday 8am to 2.45pm and Saturday 9am to 11am, inside the Recyclit Shed at Gunnedah Waste Management Facility, 418 Quia Rd Gunnedah (02) 67421522.

NATIONAL STANDARDS FOR DISABILITY SERVICES

STANDARD 4—FEEDBACK AND COMPLAINTS You can tell people what you think about the services you receive.



Rights for people

You have the right and freedom to give positive and negative feedback about all aspects of your supports and services and expect to see improvements as a result. You also have the right to independent advice and support to provide feedback or make a complaint when you need it

Outcome for people

You have a range of ways to speak up about your supports and services and play an active role in working out how things will improve. You know how to access independent support and advice when providing feedback or making a complaint.

Standard for service

Regular feedback is sought and used to inform individual and organisation-wide service reviews and improvement.

Indicators of practice

4:1	Individuals, families, friends, carers and advocates are actively supported to provide feedback, make a complaint or resolve a dispute without fear of adverse consequences.
4:2	Feedback mechanisms including complaints resolution, and how to access independent support, advice & representation are clearly communicated to individuals, families, friends, carers and advocates.
4:3	Complaints are resolved together with the individual, family, friends, carer or advocate in a proactive and timely manner.
4:4	The service seeks and, in conjunction with individuals, families, friends, carers and advocates, reviews feedback on service provision and supports on a regular basis as part of continuous improvement.
4:5	The service develops a culture of continuous improvement using compliments, feedback and complaints to plan, deliver and review services for individuals and the community.
4:6	The service effectively manages disputes.



We Held our function to celebrate International Day of People with Disability at the Gunnedah Services and Bowling Club on Friday 4th December 2015.

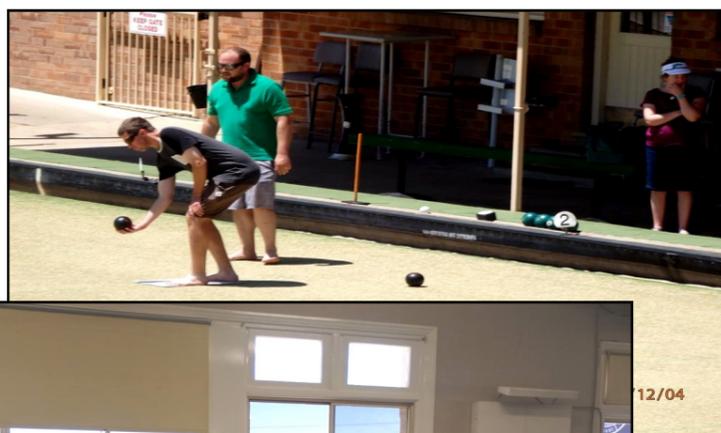
Employees from all areas joined together for a day of fun, food and drink, games and generally getting together and socialising. We owe the Services club a big thank you for the food they provided for our lunch and the great atmosphere of the day.

Also thank you to Ray Gaynor for organising the day and the prizes on offer donated by the club. Everyone enjoyed the Wii Game Ray set up in the Green room and Kelly pool was also a big hit.

We had a few winners and a few losers, but everyone was a winner on the day receiving T-shirts, hats and key-rings just to name a few of the prizes.

The BBQ lunch served and donated by the Club was superb, the sausages, steaks, onion and salads were delicious and some people even had seconds.

It was nice to see all employees and staff associating together and getting to know different people we don't work with each day. Friends and family also had such a great day. Can't wait for this year's event.



LEGEND CORNER

Written by Lorraine Maddigan

Happy New Year one and all! As I am writing it is raining outside and for me that is an indicator that there are great times ahead. I really hope this is true in all aspects of our lives...work, home, health and happiness.

While many of us enjoyed a few days off over the Christmas and New Year period the team at Recyclit worked hard through the heat and around the public holidays to keep on top of all the extra product that comes with the season. They are true Legends all of them and deserve a massive pat on the back.

It would be wonderful if the community could see and appreciate how much these guys do in the course of their work that not only reduces the rubbish going into landfill but also contributes to sustaining a better future for coming generations.

As many of you already know, Sonya is taking on the preparation of Note-Ability as Linda has had to deal with some ongoing health issues of late. Linda has done a great job on the newsletter for many years for which we really thank her. She will continue to provide puzzles and riddles for the newsletter and manage the footy tipping competition as well as work in the Top Hat when she is here.

I hope you will all support Sonya and contribute ideas and articles for the newsletter. It is there for everyone involved in our Service and it should be informative and fun.

Our webpage has been given a major facelift and while there are still some details to be added I ask you all to check it out and give me your opinions. We will need to keep information up to date on it so if there is anything you think needs changing please let me know.

I must thank Les Alker for all the time he has put into the webpage. He has been very enthusiastic about promoting our organisation as an invaluable part of the Gunnedah community. Go to www.gunnedahworkshop.org.au to see all the changes and don't forget to "like" our Facebook page if you are on Facebook.

Regardless of which area we work in, we are all one big team here so let's go forward into 2016 and make it extraordinary. We can show Gunnedah that we make more than a difference to the community and the town would be a lesser place without us.

Lorraine

The Roving Reporter

The new movie "Superman V Batman" is coming out soon.



My question is. "Who do you think would win in a battle between these two superheros?"

Andrew: Batman - he uses Kryptonite Knuckles.

Gareth: Superman – he's very strong.

Alex: Batman – all the weapons he uses.

Dave T: Superman – he can leap tall buildings in a single bound.

Darryl L: Superman – he's no boy scout.

BJ: Batman – he's better.

Dave C: Superman – he's better.

Lorraine: Superman - he can fly.

Kimmy: Superman – no reason

Fred: Batman – no reason.

Tabitha: Superman – he has got strong muscles.

Rebecca A: Batman – he's better than Superman.

Debbie: Batman – he goes fast and he is good looking.

Sam: Justine Bieber.

Craig: Superman – he's strong like Craig.

Brian: Batman – I don't know.

Mark: Batman – he has Kryptonite in his utility belt.

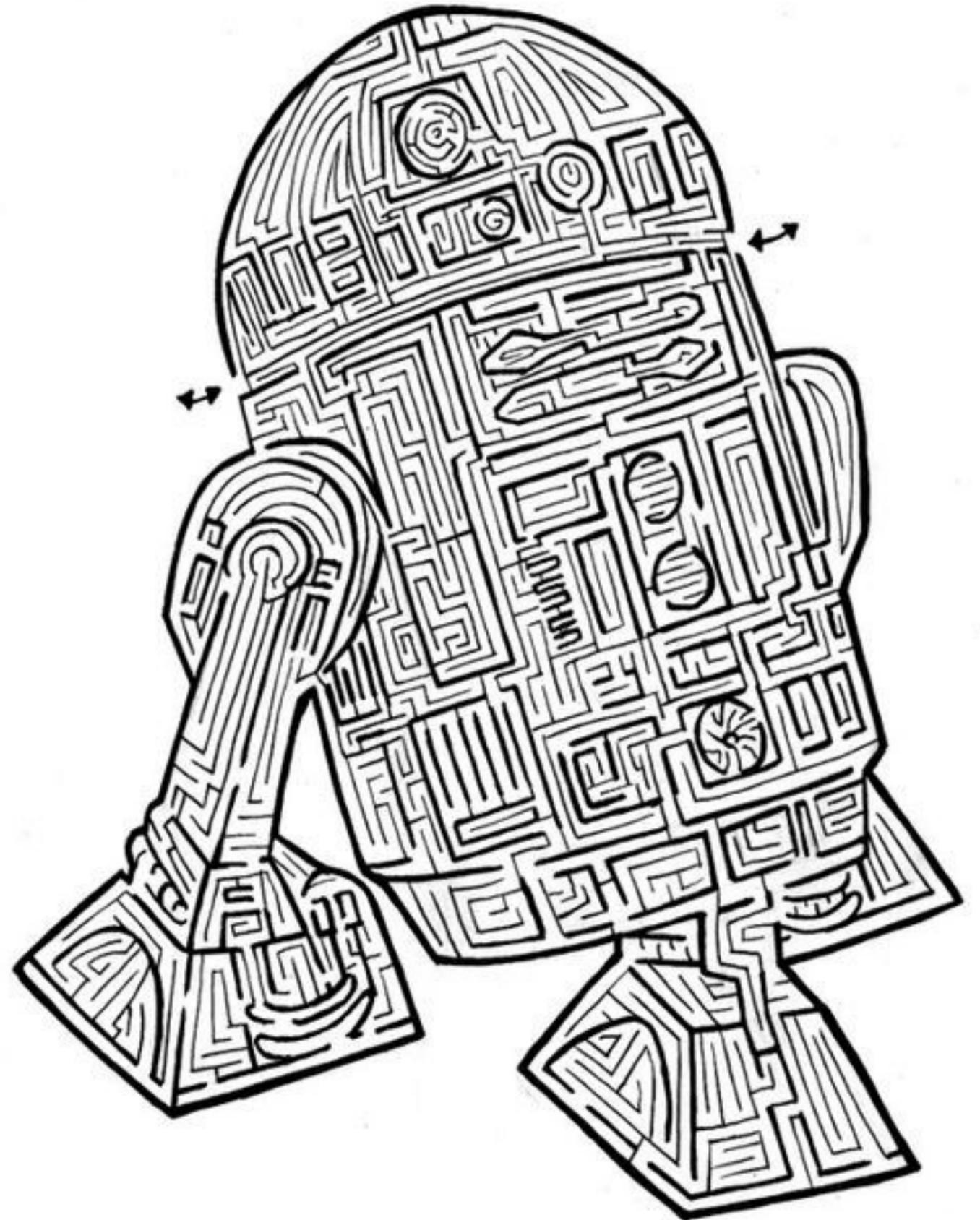
Ray G: Both – their both good guys.

Cecily: Superman – he has his cape to fly away and he can use Kryptonite to make people disappear.

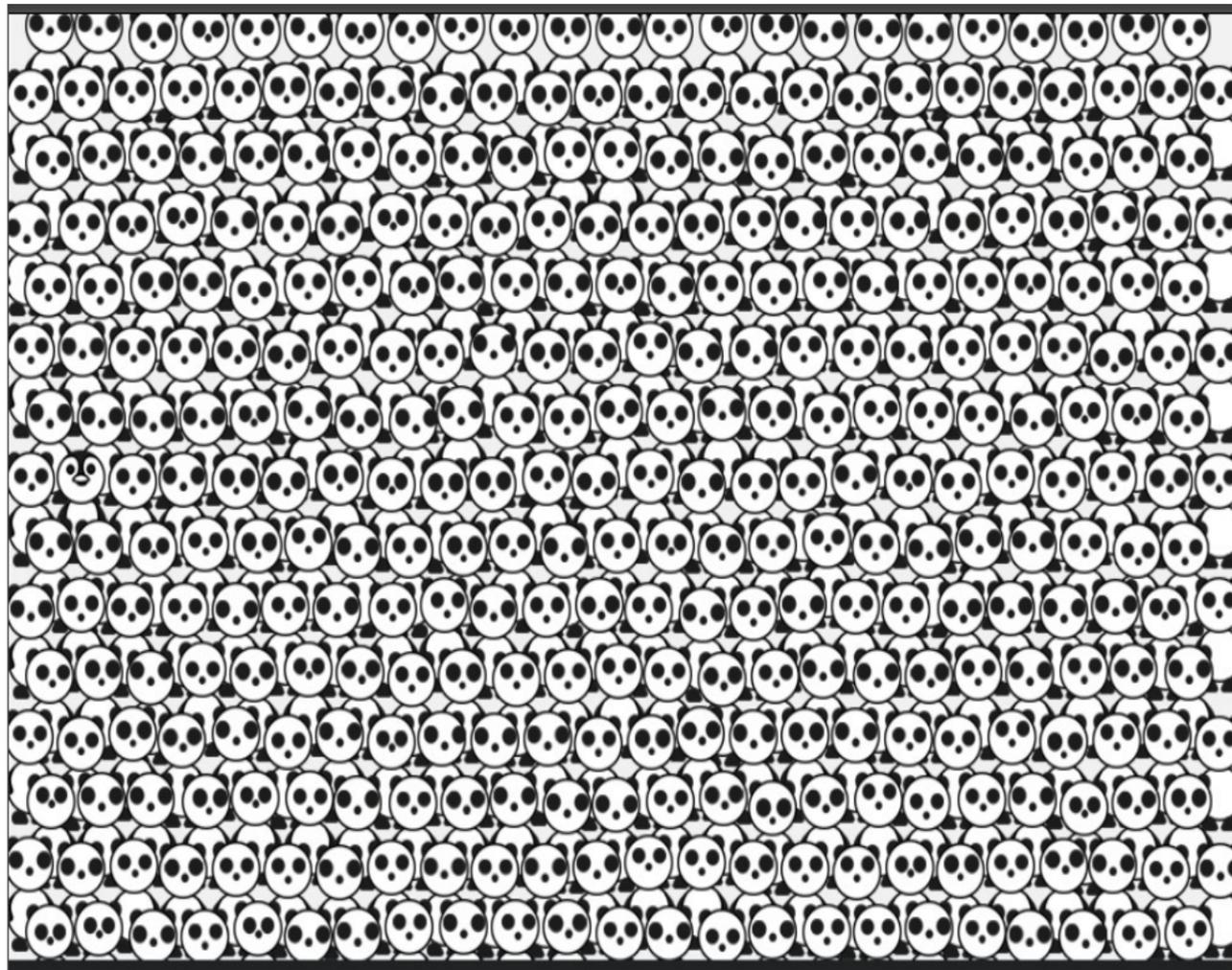
Well there you have some great answers, we will be back next month with another inquiring question.

STAR WARS MAZE

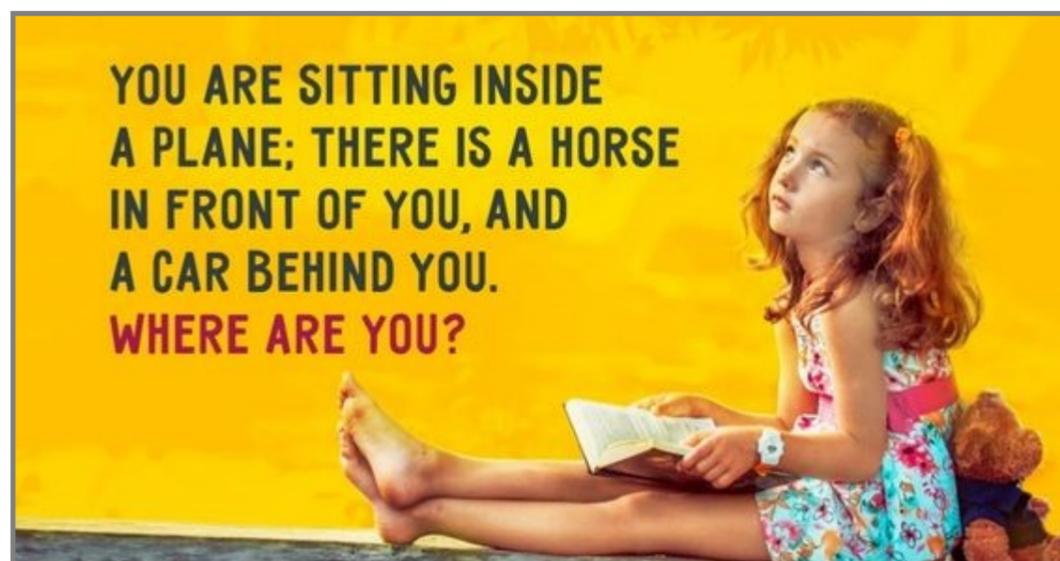
Enter from one side and find your way out the other side without crossing and lines.



BRAIN TEASERS



HOW QUICKLY CAN YOU FIND THE PENGUIN?



**YOU ARE SITTING INSIDE
A PLANE; THERE IS A HORSE
IN FRONT OF YOU, AND
A CAR BEHIND YOU.
WHERE ARE YOU?**

Answer: A carousel

RECIPES

EASY SCONES

Ingredients:
4 cups self-raising flour
300ml cream
1 can lemonade

Method:
Sift self-raising flour into a bowl, make a well and pour in cream and lemonade. Mix to a firm dough, roll out, cut with a scone cutter and bake in hot oven until golden brown.



EASY APPLE SLICE

Ingredients:
240gr packet of vanilla cake mix
3/4 cup melted butter
400g tin pie apple
200gr sour cream

Method:
1. Preheat oven to 180C. Mix butter and cake mix to a dough. Spread evenly in a paper-lined rectangular baking dish and bake for 15 minutes.
2. Combine apple and sour cream. Spread evenly over base and return to oven for another 15 minutes.
3. Cool in fridge. Serve cold.

