

# NOTE Ability

THE GUNNEDAH WORKSHOP ENTERPRISES  
NEWSLETTER  
Volume 12 Issue 1

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*Providing employment & training for people with a disability*

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www.facebook.com/  
GunnedahWorkshopEnterprisesLtd



### RECYCLIT



### Bower Bird Shop



### MOOKI WOODWORKS



### COMMUNITY CONTRACTS



### TOP HAT COSTUME HIRE

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## MANAGER'S REPORT

Well this is probably the last Newsletter for the year, I don't know where this year has gone.

Rhonda is starting to settle into her new job as the Training and Development Coordinator and she is doing a very good job by herself, now that Lorraine has finished work.

I would like to wish you all a Merry Christmas and a safe and Happy New Year.

THE BOSS

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.

# DECEMBER 2016

First Quarter ☾  
Last Quarter ☽  
Full Moon ●  
New Moon ●

| Sun              | Mon           | Tue                    | Wed  | Thu  | Fri | Sat              |
|------------------|---------------|------------------------|------|------|-----|------------------|
| 4                | 5             | 6                      | 7 ☾  | 8    | 9   | 10               |
| 11               | 12            | 13                     | 14 ● | 15   | 16  | 17               |
| 18               | 19            | 20                     | 21 ☾ | 22   | 23  | 24 Christmas Eve |
| 25 Christmas Day | 26 Boxing Day | 27 Xmas Public Holiday | 28   | 29 ● | 30  | 31 New Years Eve |

H&S Topic:  
Summer Safety



Community Contracts  
Hello Everyone

We have been selling a lot of rag which is really good. We have picked up a few new customers. Lyn has ordered another bale from Southern Globe to keep us cutting..... yay.

We had a large folding job come in from Whitehaven Coal, 9212 brochures to fold, bundle and put into post office boxes. We had everyone helping as they needed them to go in the post by Friday allowing us four days. Everyone worked really hard to get this done. Thanks to Sonya and the Mooki boys for their assistance.

Top Hat have been very busy with costumes being hired out for a lot of parties and events. All the Santa suits have been cleaned and bookings have started.

The girls had a morning tea outing on the 8<sup>th</sup> November to McDonalds. A range of Coffee's and slices were enjoyed by all and the service was exceptional. After this some of the girls walked back to work with Lyn and Jayde to drop off some flyers along the way for the costume shop. Unfortunately Kerry and Rhonda had to drive back with Kimmy as it was a bit far for her to walk.

We also had a Melbourne Cup day luncheon ordering in Chinese food. Some of the clients had made fascinators in craft to wear which were judged and small prizes were given out. Congratulations to those that won the sweeps.



## ICE CREAM FLAVORS WORD SEARCH PUZZLE



- |                |                    |                   |                 |
|----------------|--------------------|-------------------|-----------------|
| BLACK CHERRY   | COOKIES AND CREAM  | MOOSE TRACKS      | PRALINE PECAN   |
| BUBBLE GUM     | COTTON CANDY       | NEAPOLITAN        | RAINBOW SHERBET |
| BUTTER PECAN   | FRENCH VANILLA     | NUTTY COCONUT     | ROCKY ROAD      |
| CHOCOLATE CHIP | MINT CHIP          | PEANUT BUTTER CUP | STRAWBERRY      |
| COOKIE DOUGH   | MOCHA ALMOND FUDGE | PISTACHIO ALMOND  | VANILLA BEAN    |

[www.WordSearchAddict.com](http://www.WordSearchAddict.com)

# What's on in Gunnedah

Friday December 2nd 2016 - Carols in the Park; Entry is free Starts 18.30pm-20.30pm.

Saturday December 10th 2016- Christmas Ham Meeting; Riverside Race Course, Starts at 11am to 6pm.

Sunday December 11th 2016- Apex Sunday Sessions; 9am to 2 pm Gunnedah Kennel Club Entry free.

Sunday 11th December 2016- Christmas Toy Raffle; Gunnedah Services and Bowling Club BBQ Area, Tickets on sale 11am Draw starts 1pm.

Every Wednesday Night from 16th of November 2016 for 6 Weeks- Ham and Turkey Raffles; Gunnedah Services and Bowling Club BBQ Area. 30 Hams and 15 Turkey Breasts. Tickets on sale from 5.30pm, Draw 7pm

Thursday 15th December 2016- Chamber of Commerce Spirit of Christmas Fair; 17.30pm to 21.00 pm, Gunnedah Commercial District.

Friday 23rd December 2016- Major Ham and Turkey Raffle; Gunnedah Services and Bowling Club Auditorium



## MOOKI'S REPORT

Written by Ray Gaynor



Hi from Mooki,

Brian has been putting reflective tape on PVC pipe to be used as guide posts for the Maules Creek Coal mine, and we are waiting for some blue reflective tape to do some more. Meanwhile Brian and Craig have been giving the girls a hand to fold Whitehaven Newsletters.

Stocks have built up in the peg department, hopefully we will have enough to cater for the pre Christmas rush.

Anyone in need of cuphead and hexhead bolts, come and see us and we will do you a good deal. We were donated some stock from a local company, which they couldn't use. We sorted and bagged it and will have a supply for a long time.

We have trestle tables for hire, \$5 each, if you need some long tables (3.2M) for parties or gatherings over the Christmas break.

Everything seems ready to celebrate International Day of People with Disability on Friday the 2<sup>nd</sup> of December at the Gunnedah Services and Bowling Club. This is a games day where employees, parents and carers can enjoy a social gathering and a BBQ lunch. All that got to happen now is for employees to write down on the sheet if they are going or not and how many are coming with them (parents, carers).

I wish everybody a Happy and Holy Christmas and hope to see you all in the New Year.

That's all for this month and YEAR, get ready for Christmas.

Ray.



It's that time of the month for our little bit of Recyclit News. Everyone is very busy and everything is running smoothly. We are receiving recycling from JR Richards and our usual pickups, the boys are constantly on the go.

Last month we had some sweeps for the Melbourne Cup, Neil and Dave C were the big winners on the day . Anthony Davis has returned out to Recyclit and is going well, but has noticed some changes from when he worked out here last time.

This month is the last month for the year, we have a few social events happening and Christmas is just around the corner. On the 2nd of Dec we have the International Day of People with Disability Lunch and Games Day at the Gunnedah Services Club , on the 22nd of Dec Recyclit will be the annual Recyclit Chrissy Lunch.

As this is the final news letter for the year we all at Recyclit wish you a very Merry and Safe Christmas and Joyous New Year .

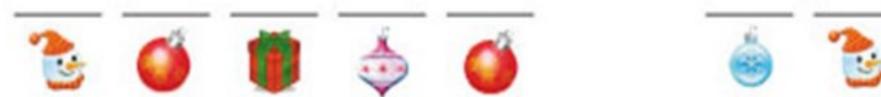
Talk to you all in 2017

Recyclit



## Christmas Secret Message Puzzle

Decode and solve the secret Christmas message. Fill in the blanks with the letter that matches each picture from the box at the bottom of the page to reveal the Christmas phrase.



|   |   |   |   |   |
|---|---|---|---|---|
|  = C |  = M |  = O |  = A |  = T |
|  = I |  = W |  = N |  = S |  = G |

Gunnedah Workshop Enterprises are holding their function for International day of People with Disability on;  
 Friday the 2nd of December 2016.  
 Where: Gunnedah Services and Bowling Club.  
 Time: 11am to 3pm

Lots of fun to be had on the day and lunch catered by the club, so don't forget to mark of your names off on the list on the notice boards at the Workshop and Recyclit. If you are bringing family or friends put them down to and how many for catering purposes.



## NATIONAL STANDARDS FOR DISABILITY SERVICES

### STANDARD 3— INDIVIDUAL OUTCOMES

Your service supports you to make choices about what you want to do. You can work towards your goals.



#### Rights for people

You have the right to lead and direct decisions about your life and how the services you use support you.

#### Outcome for people

You use services and supports which build on your strengths and support you to reach your life goals.

#### Standard for service

Services and supports are assessed, planned, delivered and reviewed to build on individual strengths and enable individuals to reach their goals.

#### Indicators of practice

|            |   |
|------------|---|
| <b>3:1</b> | The service works together with an individual and, with consent, their family, friends, carer or advocate to identify their strengths, needs and life goals.                                      |
| <b>3:2</b> | Service planning, provision and review is based on individual choice and is undertaken together with an individual and, with consent, their family, friends, carer or advocate.                   |
| <b>3:3</b> | The service plans, delivers and regularly reviews services or supports against measurable life outcomes.  |
| <b>3:4</b> | Service planning and delivery is responsive to diversity including disability, age, gender, culture, heritage, language, faith, sexual identity, relationship status, and other relevant factors. |
| <b>3:5</b> | The service collaborates with other service providers in planning service delivery and to support internal capacity to respond to diverse needs.  |

## EDITORIAL

Hi everyone I thought I would just write a small message to say a big thank you to everyone who has contributed or read the News Letter, without you we wouldn't be here. My hope is that the great work Linda West did for the News Letter continues and gets bigger and better as I learn more.

Next year I hope anyone that has idea's, articles, any information or pictures they would like to see in the newsletter please don't be afraid to approach me with your suggestions, as this is not just a one person job you all have a say in the contents.

A big thank you goes out to Linda for her years as editor and also to everyone who has contributed articles this year, this includes Tabitha for Community Contracts, Ray for Mooki Wood Work, Me for Recyclit, Mick and Lorraine.

As this is our last issue for this year I want to wish everyone a Merry Christmas and Happy New Year and look forward to what 2017 will bring.

Bye for now Sonya



Visit [GetFunny.net](http://GetFunny.net)

## Riddle Page

Q: Did you hear about the race between the lettuce and the tomato?

A: The lettuce was a "head" and the tomato was trying to "ketchup"!

Q: What is it called when a cat wins a dog show?

A: A CAT-HAS-TROPHY!

Q: Why can't you give Elsa a balloon?

A: Because she will Let it go.

Q: What do you get from a pampered cow?

A: Spoiled milk.

Q: What do lawyers wear to court?

A: Lawsuits!

Q: What did the pencil say to the other pencil?

A: your looking sharp.

Q: What did Bacon say to Tomato?

A: Lettuce get together!

Q: What is the most hardworking part of the eye?

A: the pupil

Q: What do you call security guards working outside Samsung shops?

A: Guardians of the Galaxy.

Q: Where do bees go to the bathroom?

A: At the BP station!

Q: What do you call a baby monkey?

A: A Chimp off the old block.

Q. What do you get when you cross a cow and a duck?

A. Milk and quackers!

# RECIPE

## United Nations' International Day of Persons with Disabilities (From Wikipedia, the free encyclopedia)

**International Day of Persons with Disabilities** (December 3) is an [international observance](#) promoted by the [United Nations](#) since 1992. It has been celebrated with varying degrees of success around the planet. The observance of the Day aims to promote an understanding of disability issues and mobilize support for the [dignity](#), rights and [well-being](#) of persons with disabilities. It also seeks to increase [awareness](#) of gains to be derived from the integration of persons with disabilities in every aspect of [political](#), [social](#), [economic](#) and [cultural](#) life. It was originally called "**International Day of Disabled Persons**" until 2007.<sup>[1]</sup> Each year the day focuses on a different issue.

### History:

In 1976, the [United Nations General Assembly](#) proclaimed 1981 as the [International Year of Disabled Persons](#).<sup>[2]</sup> It called for a plan of action at the national, regional and international levels, with an emphasis on [equalization of opportunities](#), rehabilitation and prevention of disabilities. The theme of IYDP was "full participation and equality", defined as the right of persons with disabilities to take part fully in the life and development of their societies, enjoy living conditions equal to those of other citizens, and have an equal share in improved conditions resulting from socio-economic development.

### United Nations Decade of Disabled Persons 1983–1992[

To provide a time frame during which Governments and organizations could implement the activities recommended in the World Programme of Action, the General Assembly proclaimed 1983–1992 the United Nations Decade of Disabled Persons.<sup>[3]</sup>

IDPwD is a United Nations sanctioned day that is celebrated internationally. It aims to increase public awareness, understanding and acceptance of people with disability and celebrate the achievements and contributions of people with disability.

The Australian Government has been supporting IDPwD since 1996 and provides funds to promote and raise awareness of the day around Australia

## Jo's white Christmas slice

To prep:25 mins, To cook:10 mins, 7 Ingredients,



Difficulty: Capable cooks, Makes: 40 Slices.

### Ingredients

- 500g white chocolate melts
- 1 1/2 cups rice bubbles
- 100g red glacé cherries, halved
- 160g almonds, roasted, halved
- 160g sultanas
- 1 cup (90g) desiccated coconut
- 1 teaspoon vanilla extract

### Step 1

Line a 30cm x 20cm (base) baking pan with baking paper. Melt the chocolate in a heatproof bowl over a saucepan of simmering water (don't let bowl touch water). Fold in the remaining ingredients. Pour mixture into the prepared pan, pressing down with a large metal spoon. Refrigerate for 4 hours or until set.

### Step 2

Turn slice onto a chopping board. Using a knife that has been dipped in hot water, cut into squares. Serve.

\* You will need 4 hours of refrigeration time

## Christmas in Australia



In Australia, Christmas comes in the towards the beginning of the summer holidays! Children have their summer holidays from mid December to early February, so some people might even be camping at Christmas. Because it's so hot at Christmas time in Australia, there are quite often massive bush fires across the country. Many volunteer bush fire fighters are involved in saving people and property and travel from all over Australia to help in other states. Australians hang wreaths on their front doors and sometimes go out Christmas carol singing on Christmas eve. People also decorate their houses and gardens with [Christmas Trees](#) and Christmas lights. Neighbors sometimes have little competitions to see who has got the best light display. The neighbors often visit each other to look at the light displays at night. Sometimes the displays are put out as early as December 1st. One street in Sydney raises over \$(AUS)35,000 every year for charity with their co-ordinated street display!

Australians also decorate their houses with bunches of 'Christmas Bush', a native Australian tree with small green leaves and cream coloured flowers. In summer the flowers turn a deep shiny red over a period of weeks (generally by the week of Christmas in Sydney).

In each State capital city there is a large [Carols](#) by Candlelight service. Famous Australian singers like The Wiggles, John Farnham, Anthony Warlow, Colin Gery, Niki Webster and many more help to sing the carols. These carol services, held in different cities, are broadcast on TV across Australia. There are also huge Christmas pageants in each state capital city, that are also broadcast across the country. Most towns and cities have festivals and parades. In some places, there is a fireworks display at the local park.

Many towns, cities and schools also hold their own Carols by Candlelight services, with local bands and choirs sometimes helping to perform the Christmas Carols and songs. As it is the middle of Summer in Australia at Christmas time, the words to the Carols about snow and the cold winter are sometimes changed to special Australian words! There are also some original Australian Carols.

When he gets to Australia, [Santa](#) gives the reindeer a rest and uses kangaroos or 'six white boomers' (a popular Australian Christmas song!). He also changes his clothes for less 'hot' ones!

On [Boxing Day](#) most people go and visit their friends and often have barbecues at the beach. A famous Yacht race from Sydney to Hobart in Tasmania is also held on Boxing Day.

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The Flying Doctor Service has to work all though-out Christmas. On Christmas Day the people who live in the outback send Christmas greetings to each other over the radio network.

Most families try to be home together for Christmas and the main meal is normally eaten at lunch time. Most people now have a cold Christmas dinner, or a barbecue with seafood such as prawns and lobsters along with the 'traditional english' food. On Christmas Eve, fish-markets are often full of people queuing to buy their fresh seafood for Christmas day.

Australians often have [Christmas Crackers](#) at Christmas meal times.

