



Note ability

The Gunnedah Workshop Enterprises
News letter
July 2017

MANAGER'S REPORT

Our NDIS audit went very well again with very good reports from the Auditors. Congratulations to all staff and employees for their contribution over the last year. We have purchased a Toyota Hiace Bus to replace our old Bus that was hit by Kangaroo, all people travelling on the Bus are asked to keep it clean and report any problems to your supervisors if you notice anything wrong. Our financial audit starts shortly so Kerry and Rhonda will be very busy over the next four weeks.

THE BOSS

Gunnedah Workshop Enterprises is a Registered NDIS Service Provider. Our primary focus is still Employment but we also provide other supports such as community participation, group or personal activities/day programs (cooking, cleaning tasks for independent living, craft and games, skill development ie: shopping, banking and other personal tasks. Come and talk to us about your goals in your plan and we will assist you toward reaching them.

We are registered for:

- Assist Access/Maintain Employment
- Participate Community
- Assist/Travel Transport
- Assist Personal Activities
- Development Life Skills
- Behaviour Support
- Specialised Supported Employment
- Group/Centre Activities
- Support Coordination
- Plan Management

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Providing employment & training for people with a disability
www.gunnedahworkshop.org.au
www.facebook.com/GunnedahWorkshopEnterprisesLtd



RECYCLIT



Bower Bird



MOOKI WOODWORKS

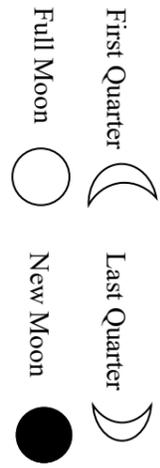


COMMUNITY CONTRACTS



TOP HAT COSTUME

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JULY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 Board Meeting	1	2	3	4	5
23	24	25 Robert	26 Area meetings	27 Staff meeting	28	29
16	17	18	19	20 Pay day	21	22
9	10	11	12	13 Staff meeting	14	15
2	3 Ray	4	5	6 Pay day	7	8



By Tabitha Emily Alker

Last Wednesday the 21st of June Go Co put on A Barefoot Bowls and BBQ at The Services and Bowling Club in the BBQ area. The workshop had 9 people go to the function those people were Brian, Sam, Craig, Bec, Deb and Tabitha along with three staff members Lyn, Ray & Jayde. I was absolutely amazed how many people were there. Everyone had a fantastic day playing Bowls on the green some people sat and watched the game while others had a go. Go Co gave out lot's of novelty prizes and Brian and Jayde won a lucky door prize. The BBQ was absolutely beautiful. Everyone had a really great day.

Debbie is enjoying being in town at the workshop for 4 days a week. She has been making some beautiful button jewellery and had already sold three.



In Top Hat it has been busy with all costumes hires and returns and we have been busy keeping it clean and tidy.

Our day program is running very well with those we have involved. They have been enjoying cooking, exercising, joining in with community events, playing indoor games and doing craft. We still have plenty of room so if you know anyone who would like to join us please tell them to come and see us.

That is all this month

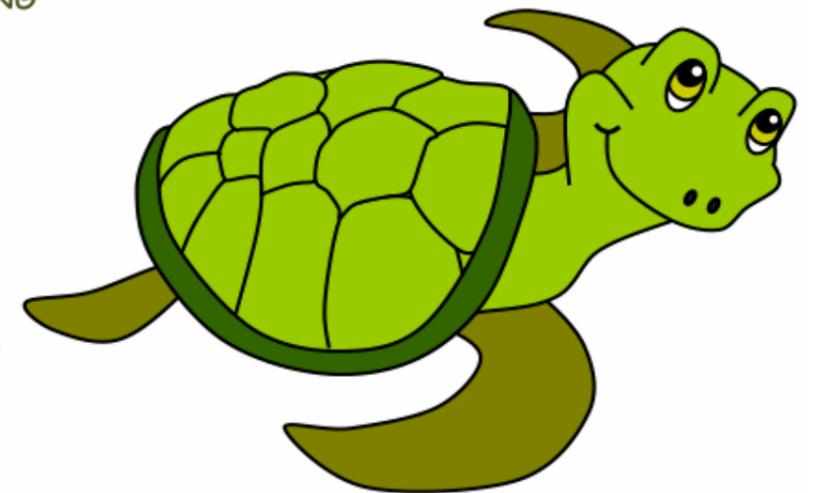


Word Puzzle

Turtle Word Search

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

- | | |
|-----------|---------|
| TURTLE | BASKING |
| SHELL | BITE |
| CARAPACE | RIVER |
| SCALES | OCEAN |
| SCUTES | POND |
| NATAL | HIDE |
| MATAMATA | ROUGH |
| PLASTRON | SWIM |
| TESTUDINE | CRAWL |
| REPTILE | FLIPPER |



What's on in Gunnedah

Curlewis Cup Race Meeting From July 07, 2017 11:00 to 17:00
At Riverside Racecourse
Categories: Activities for Seniors , Sporting & Fitness , For the Kids , Special Events , Live Entertainment

Wean Picnic Races From July 08, 2017 09:00 to 17:30
At Wean Race Track
Categories: Activities for Seniors , Sporting & Fitness , For the Kids , Special Events , Live Entertainment

CAN-ASSIST Real Life Game Show From July 22, 2017 18:30 to 22:30
At Gunnedah Services & Bowling Club
Categories: Activities for Seniors , Fundraiser , Special Events , Live Entertainment

Hi from Mooki,

Now that the year has half gone, Ag-Quip will soon be here and in no time it will be Christmas.

We are still moving plenty of pegs with the timber just keeping ahead of orders. There are some more delineation poles coming up for the Maules Creek Mine as soon as the pipes arrive. Prydes are sending a bulka bag of meal to weigh out every ten days or so. We refurbished an outdoor table and chairs for a customer, and Ray Mason came back in and made three yoga stools for another customer.

That's all for this month,

Ray and the gang.



Answers to Trivia on page 10

1. Gotham city ,2.Bubbles 3. Apple 4. Pig 5. Esso 6. Red 7. The Rupee
8.Venus 9. False 10. Sainsburys 11. Bowling 12. True 13. Iron 14. Dipsy 15.
Four 16. Bowler 17. Scooby Doo 18. Tinkerbell 19. Futurama 20. Red, Green
and Blue

Answers to the riddles on page 11.

A clock! 2. Put it in front of the mirror of course! 3. A glove. 4. An egg.5. A
bottle.6. A towel. 7. Your age. 8. Your name. 9. A shadow. 10. The moon



What a clever use of recycled materials



RECYCLIT'S NEWS

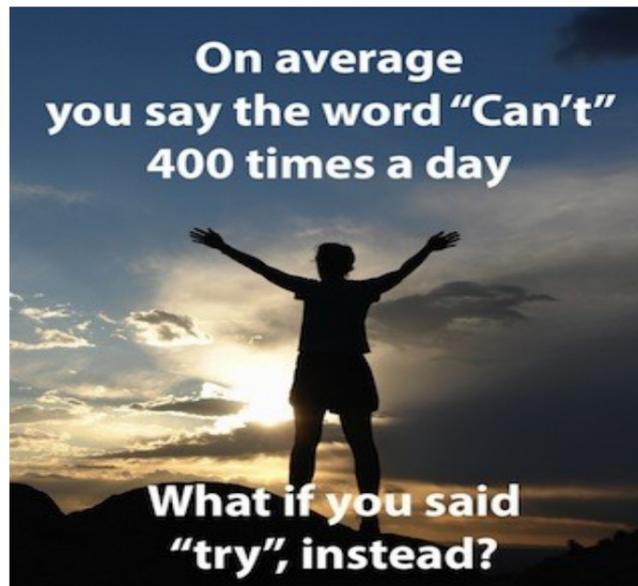
Hi everyone it's been a long time since we last met, I hope you all are well and happy. As everyone knows one of our Recyclit Clients had a serious fall and fractured their back in 3 places. After 2 months of recovery we can finally welcome Sonya back to work.

The guys are all working as a team to keep on top of our daily Kerbside pickups, Drum Muster drop offs and all the cardboard and plastic product we receive from Commercial and Industrial Businesses from around town. Well done everyone keep up the good work. It's that time of the year again, Flu season and for the Staff and Employees who hadn't had the Flu Needle, Dr Gittoes and his nurse came out to Recyclit to administer said needle, this all went well.

We also had our Audit last month with Joe and Shilini who came out and went through paperwork etc and they were very happy with all that they got to see. This was just a surveillance audit with next year being a full one. Well done to all....

Well that's all for now, hope to chat next month.

Recyclit



INFORMATION FROM THE NDIS PLEASE BE AWARE

The following warning was emailed to us and should be shared to prevent anyone falling victim to unscrupulous scammers... "It has been reported that some people living with a disability and/or those who are carers, are receiving phone calls from people claiming to work for NDIA (National Disability Insurance Agency) and affiliated services.

Then, after a 'spiel' about NDIS (National Disability Insurance Scheme) and promises of a package being immediately granted, they ...are requesting bank details and other personal information.

The NDIA or NDIS will not contact you by phone to offer you a plan unless you have already organised a meeting.

Please be aware that you should never give personal details over the phone and that if you have concerns, please contact me and we will go through the right channels for you to access the NDIS for your family member.

At this point in time, the NDIS is currently rolling out across New England area, but first priority is going to those who are already receiving support through government disability agencies, followed by others later in 2017-18.

For more information please see:

National NDIS website: <https://www.ndis.gov.au/index.html>

NSW NDIS: <https://www.ndis.gov.au/about-us/our-sites/NSW.html>

NDIS Access Checklist: <https://www.ndis.gov.au/ndis-access-checklist.html>

NDIS phone number: 1 800 800 110"

If anyone has any concerns or have received a call like this please speak to Mick or Rhonda.

EASY MEAT LASAGNE

Ingredients

- 500 g beef mince
 - 1 onion chopped
 - 1 garlic clove crushed
 - 125 g mushrooms sliced
 - 1 tsp mixed herbs *to taste
 - 850 g canned chopped tomato
 - 1 tsp sugar
 - 3 tbs tomato paste
 - 1 tsp salt
- 5 sheets lasagne sheets**



Cheese sauce

- 1 tbs butter
- 3 tbs plain flour
- 2 cup milk
- 125 g cheese grated
- 1 pinch nutmeg

Method

- STEP 1 Fry the chopped onion and crushed garlic in a little oil for 5 minutes.
- STEP 2 Add the minced beef, mushrooms and herbs.
- STEP 3 When meat is brown add 850g chopped tomatoes, sugar, tomato paste and salt to taste, and simmer for 30 minutes.
- STEP 4 Cheese sauce: Melt some butter in a pan and stir in flour, milk, grated cheese and a pinch of nutmeg. Stir mixture constantly until thick.
- STEP 5 Pour half the meat sauce into a baking dish, then add alternate layers of dry lasagne meat mixture and cheese sauce, finishing with the cheese sauce.
- STEP 6 Sprinkle with grated parmesan cheese and bake at 200C for 35 minutes

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

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

Pumpkin soup



Ingredients

2 tablespoons olive oil
1 onion, finely chopped
1 leek, white part only, finely sliced
1 garlic clove, crushed
1/2 teaspoon ground coriander
1 teaspoon ground cumin
1/2 teaspoon freshly grated nutmeg
1kg peeled pumpkin, diced
1 large potato, peeled, diced
1L chicken stock or vegetable stock
1/2 cup (125ml) thin cream

Method

Step 1

Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.

Step 2

Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.

10 riddles



Put your brains to the test with these 10 top riddles

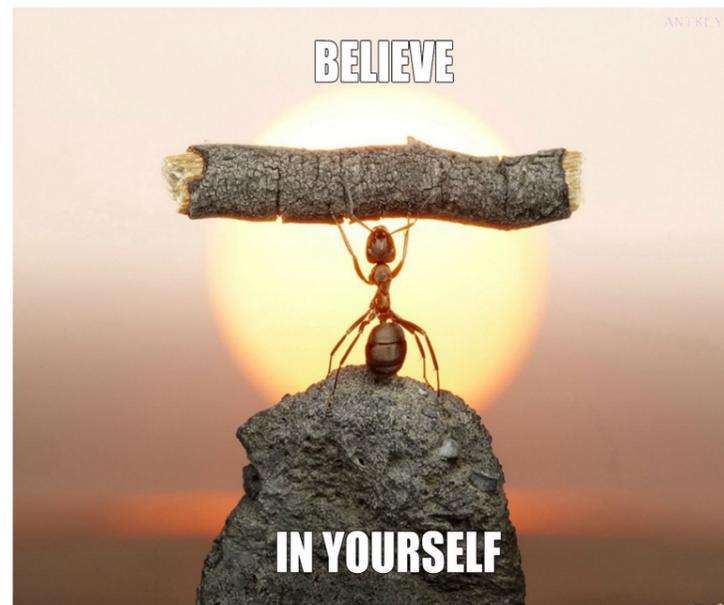
1. **Q. What has a face and two hands but no arms or legs?**
2. **Q. What is the easiest way to double your money?**
3. **Q. What has a thumb and four fingers but is not alive?**
4. **Q. What has to be broken before you can use it?**
5. **Q. What has a neck but no head?**
6. **Q. What gets wetter as it dries?**
7. **Q. What goes up and doesn't come back down?**
8. **Q. What belongs to you but is used more by others?**
9. **Q. Everyone has it and no one can lose it, what is it?**
10. **Q. It's been around for millions of years, but it's no more than a month old. What is it?**

CAUTION!
THIS MACHINE
HAS NO BRAIN
USE YOUR OWN

TRY YOUR LUCK AT TRIVIA

01. The caped crusader, Batman, operated in which city?
02. What was the name of Michael Jackson's famous chimpanzee?
03. Which fruit gave its name to a desk top computer in 1984?
04. What type of animal was Babe in the film of the same name?
05. Who's slogan was "Put a Tiger in Your Tank"?
06. What colour are Superman's shorts?
07. What is the unit of currency in India?
08. What is the closest planet to Earth?
09. True or False, hair yanked out by the roots will not grow back?
10. Which supermarket chain used Jamie Oliver in their adverts?

11. What is Fred Flintstone's favourite sport?
12. True or False, women blink twice as much as men?
13. What mineral is spinach high in?
14. What was the name of the green Tellytubby?
15. How many wings does a butterfly have?
16. What sort of hat did Laurel and Hardy wear?
17. Which cartoon dog has the initials "S.D." on his collar?
18. What is the name of the fairy in Peter Pan?
19. Which TV animation has a robot called Bender?
20. What are the three primary colours ?



DOUBLE CHOCOLATE SLICE



Ingredients

- 1/3 cup (35g) cocoa 250g softened unsalted butter
- 1 cup (220g) caster sugar
- 4 eggs
- 1 3/4 cups (260g) self-raising flour
- 2 tsp baking powder
- 1/3 cup (80ml) milk
- 1/3 cup (110g) apricot jam
- 150g dark chocolate, chopped
- 2 1/3 cups (350g) icing sugar
- Melted white chocolate, to drizzle

Method

1 Preheat oven to 180°C. Grease and line a 30cm x 20cm lamington pan with baking paper. Combine cocoa with 1/3 cup (80ml) hot water and stir until smooth. Set aside to cool slightly.

2 Beat butter and caster sugar with electric beaters until thick and pale. Add eggs, 1 at a time, beating well after each addition. Fold in flour, baking powder, milk and cooled cocoa mixture until well combined. Spoon into pan and bake for 35 minutes or until a skewer inserted into the centre comes out clean.

3 Cool slightly, then remove from pan and cool completely.

4 Melt jam in a saucepan over low heat. Add dark chocolate and 1/4 cup (60ml) hot water, stirring until melted. Remove from heat. Add icing sugar and whisk until smooth. Spread icing over slice and allow to set, then drizzle with white chocolate.

STATE OF ORIGIN HISTORY

Since 1980, New South Wales and Queensland have been at war competing for the ultimate prizes in [rugby league](#) – the State of Origin shield and bragging rights for the next year. Prior to the 2014 State of Origin series, NSW has managed to win 43 matches and 12 series while Queensland leads with 53 match wins and 20 series wins. [Rugby League State of Origin](#) remains one of the most-watched Rugby League events in the world. The game of Rugby League has evolved considerably over the years, and so has the State of Origin tournament. State of Origin history is best examined by decades.

The Eighties

With Arthur Beetson as the Queensland captain in 1980, it's little wonder why Queensland won the one match series 20-10. From the moment Kerry Boustead scored the first try for Queensland, the game became one of the most coveted sporting events in Australia. With Beetson's injuries forcing him into a coaching role in 1981 and Wally Lewis the new captain, Queensland was overwhelmed by NSW who were holding a magnificent score of 15-0 in the single match Origin series. However, with Wally Lewis as captain, the Maroons managed to overcome the Blues in a 22-15 Queensland victory for the match.

1982 was the first year that State of Origin organizers decided to hold a 2 match plus decider series. NSW triumphed in the first game however with an all-star cast in the Queensland team including Mal Meninga, Rod Morris and Wally Lewis, Queensland managed to win the 1982, 1983 and 1984 State of Origin series. This had considerable effect on [State of Origin odds](#), but nothing compared to Queensland's 9 series winning streak from 2006 to 2013.

In 1985 Beetson retired from coaching and consequently NSW fired back with a spectacular first series win. With NSW halfback Steve Mortimer in fantastic form, Queensland just couldn't gather up the strength and determination to win. Even with coaching legend Wayne Bennett coming to the rescue as coach in 1986, Queensland could not win any of the three games despite losing by small margins. 1987 marked a different year when Queensland hit back in games two and three to win the series. This also marked the year that Allan Langer debuted on the Queensland State of Origin team and the controversial USA exhibition match where New South Wales won. The game sparked debate regarding whether it should count towards the player's statistics but not the overall series scores.

With the Queensland team heavily relying on Wally Lewis to captain the team, the 1988 series came as a blow to the Maroons as he was forced off the field during game one due to an injury and was banished by referee Mick Stone in game two. However, the Blues still couldn't manage to win a single game despite the efforts of Andrew Ettingshausen and Mark McGaw to secure just one win. Once again in 1989 New South Wales suffered a humiliating series loss, with the Maroons back in top form thanks to the return of Arthur Beetson as coach.

Since the eighties, [State of Origin team selection](#) has entered a whole new level, with the State of Origin players' histories examined well into the past in order to choose the most consistent and pressure-ready players.

The Nineties

In 1990, New South Wales won their first game since 1987 to finally take home the series' shield with their heads held high. The 12th annual series marked the end of Wally Lewis' State of Origin career and the replacement of Arthur Beetson as coach with New Zealander Graham Lowe. Game two was a memorable match with plenty of team against team violence taking place thanks partly to Blues player Mark Geyer and his volatile style. After chopping down Queensland hooker Steve Walters and later fullback Paul Hauff, he was in strife with Lewis who provoked the NSW player in front of referee David Manson to get him sent off. It worked the second time round. At the end of the series, Queensland won after a fast-paced and hard hitting third match.

With Wally Lewis gone and becoming coach for 1993 and 1994, Mal Meninga took over as Queensland captain between 1992 and 1994; however the Blues dominated the games with the help of coach Phil Gould at both the Melbourne Cricket Ground and Lang Park. NSW won the series with a game two victory of 14-0 and 27-12 game three victory.

The State of Origin suffered a blow in 1995 with players from the Super League Teams off limits to play for State of Origin. As a result, novice Queensland Coach Paul Vautin ended up with a somewhat "baby" team with the biggest player being the international Dale Shearer. Obviously all the odds were on the Blues, with nine international players, to win. However, the Maroons defied the odds to win 2-0 in what was one of the most pivotal games in State of Origin history. The next two games saw NSW almost gain victory several times but it wasn't enough and the underdog Queensland team won the series 3-0.

The following year's series was not as successful for Queensland despite the return of the Super League players they had lost the previous year. Queensland was poorly represented in [State of Origin betting](#). New South Wales entered the series with guns blazing and took home all three games thanks to the superb playing skills of Laurie Daley and Andrew Ettingshausen. The Blues also made history by going through the entire series with an unchanged side. In 1997 the Super League Tri-Series took place, stealing Laurie Daley, Allan Langer, Ricky Stuart, Wendell Sailor, Gordon Tallis, Bradley Clyde and Kevin Walters from playing in the 18th Origin series.

Queensland lost the series as well as their coach. Wayne Bennett came to the rescue again in 1998 along with the Super League player Allan Langer to win the series 2-1.

1999 marked a huge year with the State of Origin's first draw with a 10-10 finish in the final match. New Queensland Coach Mark Murray was delighted with the Maroons able to keep the title and shield for another year however for the Blues it was an uninspiring finish to the series.

Moving into the Future:

The game has developed a massive reputation as a premier sporting event. Each match is surrounded by hype and the series draws millions of dollars in sponsorship deals into the NRL. As such, only the best of the best NRL players are selected to pull on a [State of Origin jersey](#). The year 2000 saw the emergence of Gordon Tallis as the Queensland captain and the continuation of Brad Fittler's captaincy of the NSW team. In the first game of the series Tallis was sent off the field for opposing the referee in a game which ended 20-16 in NSW's favor. The Blues also won the second and third game, in which Blues center Ryan Girdler played the greatest game in his rugby career. The Maroons were defeated 56-16 and the NSW team broke six Origin records in the second half of the game.

With Wayne Bennett coaching Queensland again in 2001, the Maroons smashed NSW 34-16 in their first game but this reversed in game two with NSW winning 26-8 thanks to Blues captain Brad Fittler and his two tries. Game three marked the retirement of Brad Fittler so it was an emotional game for all Blues supporters. However with Allan Langer returning to play for the Maroons, the Blues could not gain control on the field and lost 40-14 as a disappointing end to Fittler's amazing Origin career.

2002 was the second drawn series in Origin history. However, the most memorable moments in the series was when Queensland Rookie Justin Hodges gave NSW two tries due to in-goal mistakes and was crucified by Maroon's supporters.

New South Wales dominated the 2003 and 2004 State of Origin series with new coach Michael Hagan bringing Brad Fittler out of retirement to help the Blues achieve victory. 2005 marked Queensland's third consecutive loss with Blues halfback Andrew Johns returning to help in games two and three. The last game held at Suncorp Stadium attracted a total of 52,596 supporters, creating a new record for the field.

In 2006, Queensland coach Mal Meninga recruited seven new players which resulted in a first game full of mistakes by the young players. However the Maroons did try to make a comeback and lost by one point; 17-16. Meninga and captain Darren Lockyer received a lot of media criticism after the NSW victory and as a result they managed to beat NSW in the second game 30-6 and the third game to take home another series win.

In 2007, Queensland hooker Cameron Smith was awarded the Wally Lewis Medal for player of the series with Queensland winning the series 2-1. In game one, NSW player Brett Stewart scored the only try for NSW. But it is the second game of the series which is long remembered as the first victory for Queensland in the Telstra Stadium. After an 11-game losing streak at the stadium, the Lockyer-led team managed a final game score 6-10. The third match was full of injuries with Dallas Johnson knocked out cold in the first minute of the game, followed by knee injuries to Greg Inglis and Brent Tate. Due to the number of injuries, Queensland prop Steve Price pushed through the entire match, playing the total 80 minutes of game time.

With Queensland on their third consecutive win in 2008, 2009 was a heated match with New South Wales desperate to regain the Origin shield. However with eight new Blues players on the field, Queensland's outstanding international team smashed them in the first two games. The second match also marked the first time that every team in the NRL had provided a player for the Origin match. Despite losing in the third match, Queensland managed to take home the shield for the fourth year. The final game was watched by a record-breaking 3.48 million people.

