

NOTE Ability

THE GUNNEDAH WORKSHOP ENTERPRISES
NEWSLETTER NOVEMBER 2016

Gunnedah Workshop Enterprises Ltd.

71 Conadilly St
PO BOX 229
GUNNEDAH NSW 2380

- ☎ 02 6742 1318
- ☎ 02 6742 6220
- ✉ info@gunnedahworkshop.org.au
- ✉ mooki71@tpg.com.au
- ☎ Recyclit 67421522
- ✉ recyclit@westnet.com.au

Providing employment & training for people with a disability

www.gunnedahworkshop.org.au
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RECYCLIT



Bower Bird Shop

MOOKI WOODWORKS

COMMUNITY CONTRACTS

TOP HAT COSTUME HIRE

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H&S Topic:

NOVEMBER 2016

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Staff Meeting WHS	4	5
6	7	8 Workers Committee	9	10 Pay	11	12
13	14	15	16	17 Staff Meeting	18	19
20	21 Cameron	22	23 Area Meeting	24 Pay	25	26
27	28 Board Meeting	29	30 Tabitha			

MANAGER'S REPORT

With Christmas fast approaching, don't forget if you would like some time off over the holidays you better start talking to your Supervisor to see if you can be spared as everyone cannot have holidays at the same time.

With the weather starting to warm up, don't forget to carry sun screen a hat and plenty of water if you are travelling about town in the trucks. You should wear a hat at all times when outdoors.

The Boss





Hello,

Our rag stock was very low, nearly an empty box. The ladies have been very busy cutting sorting and sewing up the bags to restock it again. We got another bale of rag from Southern Globe to keep us going.

Top Hat have been very busy with costumes being hired out for a lot of parties and events. Lyn has brought some stock for the Halloween Ball. Jayde has decorated our front window and it looks really spooky.

In craft we made spiders and bats for Halloween, some of them are also in the front window.

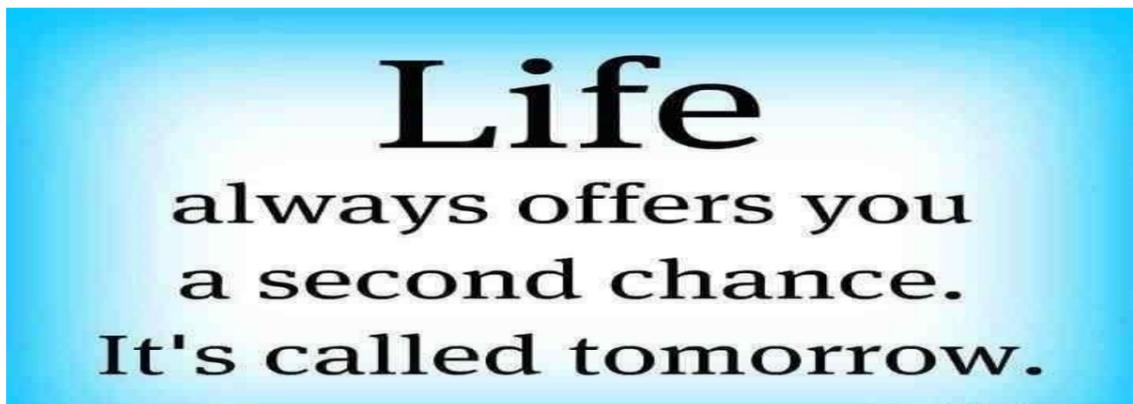


Need a costume for a theme party, Book Week, the Eisteddfod or putting a play on at School?

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 choose from.

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



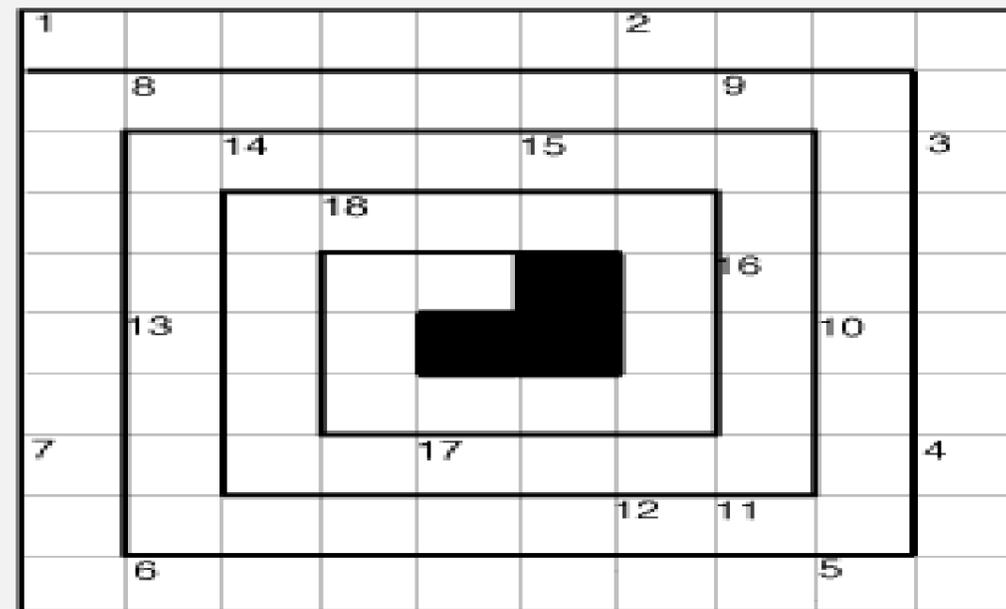
More pics on www.imfunny.net

Word Puzzle

Overlaps

Write the answers to the clues into the diagram where indicated by the numbers. Each word overlaps the previous one.

- | | |
|-------------------|---------------------|
| 1 card game | 10 sport |
| 2 find fault with | 11 Egyptian goddess |
| 3 inversion | 12 women's group |
| 4 fish | 13 peculiarity |
| 5 massive | 14 despotic ruler |
| 6 special skill | 15 aged |
| 7 amuse | 16 interrogate |
| 8 meant | 17 spectator |
| 9 teach | 18 reviving |



© australianwordgames.com.au 161

Overlap solutions 161
 1 patience, 2 censure, 3 reversal, 4 salmon,
 5 monumental, 6 talent, 7 entertain, 8 intended,
 9 educate, 10 tennis, 11 Isis, 12 sisterhood, 13 oddity,
 14 tyrant, 15 antique, 16 question, 17 onlooker,
 18 resuscitating

What's on in Gunnedah

03,17 November 2016— Elders Bingo: Red Chief Aboriginal Land Council. Activities For Seniors Cost \$2.50 Time 10.30am to 2.30pm

Bingo every Tuesday and Thursday in the Green Room Gunnedah Services and Bowling Club. Morning Session 11am to 12pm Afternoon Session 1pm to 2pm

Walcha Garden Festival 2016. 12th to 13th November. Showcasing seven beautiful gardens south along the Thunder Bolts way. Cost Apply.

Gunnedah Country Markets. 19th November Wolseley Park 8.30am to 1.30pm

The Highway Men Show, Gunnedah Services And Bowling Club Green Room 26th Nov entry free Start 8.00pm



MOOKI'S REPORT

Written by Ray Gaynor



Hi from Mooki,

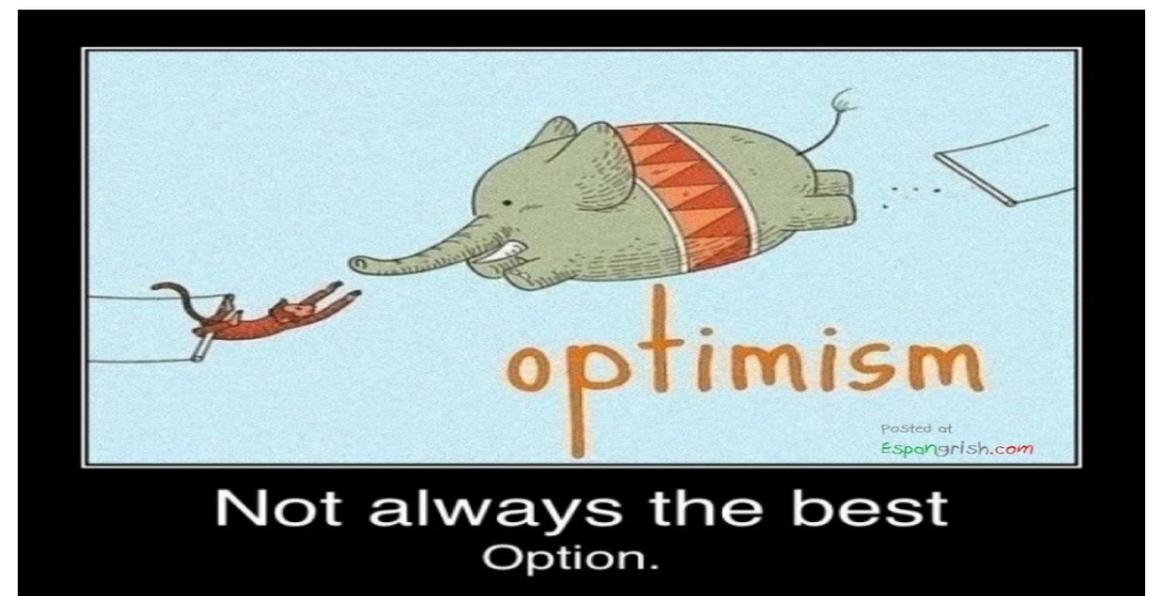
It does not seem long since our last newsletter, but here's what has been happening in the last few weeks.

The ground is drying up so the surveyors can get out and do some jobs. We have had orders from surveyors in Tamworth, Gunnedah and Narrabri. We have also had orders from Gunnedah and Narrabri Shire Councils and a couple of small orders from the mines. We filled most of these, so now we will keep the guys busy and build up stock again.

Anyone in need of cuphead or hexhead bolts or coachscrews, 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 booked the Green Room to celebrate International day of people Disability on Friday the 2nd 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.

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





Hi from Recyclit,

Brendan and Darryl Looker are both back from their holidays and they could not have gone to two different places if they tried. Brendan and Kristy had 8 days in beautiful Thailand and the rest of the two weeks at home, while Darryl went to Adelaide to visit family. Both have returned well rested and ready to go.

We sadly said goodbye to the old Dingo this month, it has moved on to greener pastures. I seriously think the boys are happy to see the back of it after having to push it in and out of the shed every day.

This month saw the start of Cricket season with a few of the Recyclit crew and family members playing for Kookaburras. The Third Grade team Captained by Dave Partridge has Luke Agostino and Alex Seach playing alongside Dave and Kerry's son Matt and Sonya's son Callum. Brendan is playing in Second Grade.

All the guys are working really well and getting prepared for the coming festive season that's nearly upon us.

Not much more to tell, till next month

Recyclit

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.



Answers Quiz Continued from Page 12

Answer 7: (C Avoided where possible, because bags consume oxygen as they break down and this can lead to algal blooms.) - Biodegradable bags may seem like a good idea, but they too are not without environmental cost. The breakdown of starch-based plastic in water consumes oxygen, resulting in oxygen depletion that contributes to algae blooms and the death of marine life. It takes at least 18 months for most biodegradable bags to break-down.

Answer 8: (D All of the above) - Bizarre though it may seem, they are all true. The United States is one of the world's largest producers of rubbish, and one of the lowest recyclers. In 2009 the US only recycled 33.8 per cent of its household waste. Mount Rumpke is a mountain of garbage located in the Rumpke landfill. Reaching over 300 metres, it is the highest point in the US state of Ohio.

Answer 9: (C Two months) - Aluminium is one of the easiest and fastest materials to recycle and typically take less than 60 days – or two months – to be ready for re-use. Recycled aluminium is used in various products like vehicle parts, sliding shutters for windows and doors.

Answer 10: (D Washing machines, dryers, air conditioners, vacuum cleaners and other small appliances.) - E-waste is broken into two categories: electric waste and electronic waste. In the first category electrical goods such as washing machines, dryers, air conditioners and vacuum cleaners make up 30 per cent of e-waste. Refrigerators another 20 per cent. Electronic waste includes computers, telephones fax and printers, which make up 15 per cent of the total, televisions which make up 10 per cent, monitors 10 per cent and DVD/VCR players, CD players, radios and stereos.



Answers Quiz

Question 1: (C Austria)- Austria heads the European Union in recycling with approximately 70 per cent of waste either composted or recycled (2009 figures). Australia isn't too far behind with 52 per cent recycled on average (2006/7 figures) although this varies from 75 per cent in the ACT to 33 per cent in WA). (Note: different classifications and methods of recycling make it difficult to compare accurately.)

Question 2: (A Plastic bags) - Plastic bags made it into the Top 10 list for 2009, but by 2010, had just slipped off the list, possibly due to higher re-use or recycling, or lower usage. The top rubbish item in 2010 were cigarette butts, with approximately every fifth piece of rubbish picked up being a butt. Cigarette butts made up fully one third of the top 10 items of rubbish collected (by number of items)

Question 3: (B It is toxic and shreds into tiny particles) - Due to the relatively high toxicity of the styrene monomer and the tendency for expanded polystyrene to shred into tiny particles, expanded polystyrene is counted separately from other plastics. Expanded polystyrene represented 20 per cent of all plastic items removed. Further, of the total polystyrene items removed 73 per cent were partial polystyrene pieces.

Question 4: (D Meat scraps) - ABC TV's Gardening Australia program says many plant, food and paper items can go in your compost heap, as long as they can break down. The exceptions are items which attract vermin or carry disease, such as meat scraps, weed seeds and diseased leaves.

Question 5: (A No) - Planet Ark recommends that plastic bottle tops are placed in your rubbish bin as they are too small to be recycled. They shouldn't be left attached to the bottle as any liquid left in the bottle can spill out at the recycling centre, potentially damaging the equipment **Continued page 13**

Answer 6: (B Indefinitely) - Glass can be recycled forever. The same glass can be recycled a million times over to produce high quality bottles and jars, but only if the right type of glass is used. When you do your recycling, only include clear, green or brown glass bottles and jars. Do not recycle ceramic crockery, Pyrex, mirrors, light bulbs or broken drinking glasses as these will contaminate the recycling process.

NATIONAL STANDARDS FOR DISABILITY SERVICES

STANDARD 2— PARTICIPATION AND INCLUSION

You can take part in the community and feel included when you use disability services.



Rights for people

You have the right to participate in your chosen community. You also have the right to decide how you have contact with family, friends and community.

Outcome for people

You follow your interests, with the support of your services, family, friends, carers or advocates.

Standard for service

The service works with individuals and families, friends and carers to promote opportunities for meaningful participation and active inclusion in society.

Indicators of practice	
2:1	The service actively promotes a valued role for people with disability, of their own choosing.
2:2	The service works together with individuals to connect to family, friends and their chosen communities.
2:3	Staff understand, respect and facilitate individual interests and preferences, in relation to work, learning, social activities and community connection over time.
2:4	Where appropriate, the service works with an individual's family, friends, carer or advocate to promote community connection, inclusion and participation.
2:5	The service works in partnership with other organisations and community members to support individuals to actively participate in their community.
2:6	The service uses strategies that promote community and cultural connection for Aboriginal and Torres Strait Islander people.

Riddle Page

- 1) Soldiers line up spaced with pride, Two long rows lined side by side. One sole unit can decide, If the rows will unite or divide. Tell me, tell me, scream it out. What's the thing I talk about?
- 2) Which part of a road do Ghost's love to travel the most?
- 3) Johnny `s mother had three children. The first child was named April The second child was named May. What was the third child `s name?
- 4) Why did Cinderella fail at basketball?
- 5) What do you call a fish with no eyes?
- 6) Why do french people eat snails ?
- 7) What did the triangle say to the circle?
- 8) A plane crashes on the US and Canada border. Where do they bury the survivors ?
- 9) Why did the student eat her homework?
- 10) How do you make a tissue dance?



1) A zipper. 2) The Dead End. 3) Johnny of course. 4) Because she had a pump-kin for a coach. 5) Fish. 6) They don't like fast food. 7) You're pointless! 8) They don't bury the SURVIVORS !! 9) Because the teacher said it would be a 'piece of cake'. 10) Put a little boogie in it.

ANSWERS

Recyclit Quiz continued from Page 10

- Question **7** Biodegradable plastic bags should be:
- a) Used all the time because they break down in landfill
 - b) Used only sometimes, as they still take up space in landfill
 - c) Avoided where possible, because bags consume oxygen as they break down and this can lead to algal blooms
 - d) Used occasionally as they are very expensive
- Question **8** Which of the following statements is true?
- a) Americans throw away enough aluminium every month to rebuild their entire commercial air fleet
 - b) Americans throw away enough plastic bottles each year to circle the Earth four times
 - c) Mount Rumpke, in the United States, is over 300 metres high and created entirely from rubbish
 - d) All of the above
- Question **9** How long does it take (approximately) to recycle an aluminium can?
- a) Seven days
 - b) One month
 - c) Two months
 - d) Six months
- Question **10** E-waste is being sent to landfill at three times the rate of general waste. What types of appliances make up the greatest percentage of e-waste?
- a) Computers, telephones, printers and faxes
 - b) Refrigerators
 - c) Televisions
 - d) Washing machines, dryers, air conditioners, vacuum cleaners and other small appliances.



Recyclit Quiz

Australia is getting better at recycling, but around 48 per cent of our rubbish still ends up in landfill. Do you know what happens to your trash?

Question 1 Which country recycles the highest proportion of its household waste?

- a) Australia
- b) United Kingdom
- c) Austria
- d) United States

Question 2 Which one of these items was NOT in the top 10 number of items of rubbish collected in the 2010 Clean Up Australia Day?

- a) Plastic bags
- b) Metal bottle caps
- c) Cigarette butts
- d) Glass pieces

Question 3 Why is polystyrene counted separately from other plastic in annual Clean Up surveys?

- a) It floats on water
- b) It is toxic and shreds into tiny particles
- c) It is a different colour
- d) All of the above.

Question 4 Which of these items shouldn't go in the compost heap?

- a) Coffee grounds

Question 5 You can recycle most plastic bottles, but should you also recycle the plastic bottle tops?

- a) No
- b) Only in some states
- c) Yes
- d) Yes, but only if still attached to their bottle

Question 6 How many times can glass be recycled?

- a) 10 times
- b) Indefinitely
- c) 80 times

Continued Page 11

RECIPE

Goosey Lemon Squares

Top of Form



Ingredients

Serves: 36

- **For the base**
- 1 3/4 cups (220g) plain flour
- 1/2 cup (90g) icing sugar
- 185g butter, softened
- **For the lemon filling**
- 3 eggs
- 2 cups (350g) caster sugar
- 2 tablespoons plain flour
- 3 tablespoons lemon juice
- 4 tablespoons icing sugar for decoration

Directions

Preparation:15min > Cook:45min > Ready in:1hour

1. Preheat the oven to 190 degrees C. Grease a 20cm x 30cm x 5cm deep baking pan.
2. Combine the base ingredients and pat dough into prepared pan.
3. Bake in the preheated oven for 20 minutes until slightly golden.
4. While the crust is baking, whisk together eggs, caster sugar, flour and lemon juice until frothy. Pour this lemon mixture over the hot base.
5. Return to the preheated oven for an additional 20 to 25 minutes, or until light golden brown. Cool on a wire rack. Dust the top with icing sugar and cut into squares.

Thanksgiving

Thanksgiving Day is a national [holiday](#) celebrated in [Canada](#) and the [United States](#). It was originally celebrated as a day of giving thanks for the blessing of the [harvest](#) and of the preceding year. Thanksgiving is celebrated on the [second Monday of October](#) in Canada and on the [fourth Thursday of November](#) in the United States. Several other places around the world observe similar celebrations. Although Thanksgiving has historical roots in religious and cultural traditions, it has long been celebrated in a [secular](#) manner as well.

History: Prayers of thanks and special thanksgiving ceremonies are common among almost all religions after harvests and at other times.^[1] The Thanksgiving holiday's history in North America is rooted in English traditions dating from the Protestant [Reformation](#). It also has aspects of a [harvest festival](#), even though the harvest in New England occurs well before the late-November date on which the modern Thanksgiving holiday is celebrated.^{[1][2]}

In the English tradition, days of thanksgiving and special thanksgiving religious services became important during the [English Reformation](#) in the reign of [Henry VIII](#) and in reaction to the large number of religious holidays on the Catholic calendar. Before 1536 there were 95 Church holidays, plus 52 Sundays, when people were required to attend church and forego work and sometimes pay for expensive celebrations. The 1536 reforms reduced the number of Church holidays to 27, but some [Puritans](#) wished to completely eliminate all Church holidays, including [Christmas](#) and [Easter](#). The holidays were to be replaced by specially called [Days of Fasting or Days of Thanksgiving](#), in response to events that the Puritans viewed as acts of [special providence](#). Unexpected disasters or threats of judgement from on high called for Days of Fasting. Special blessings, viewed as coming from God, called for Days of Thanksgiving. For example, Days of Fasting were called on account of drought in 1611, floods in 1613, and plagues in 1604 and 1622. Days of Thanksgiving were called following the victory over the [Spanish Armada](#) in 1588 and following the deliverance of [Queen Anne](#) in 1705. An unusual annual Day of Thanksgiving began in 1606 following the failure of the [Gunpowder Plot](#) in 1605 and developed into [Guy Fawkes Day](#).^[3]

The Challenge Disco was enjoyed by some of the clients from the Workshop last Thursday. They all looked fantastic in their costumes supplied by Top Hat Costumes.

