



Note ability

The Gunnedah Workshop Enterprises

News letter

October 2017

Volume 13 Issue 8

MANAGER'S REPORT

Congratulations to Rhonda on winning the NRL tipping competition, it was a great effort as she led from start to finish. Also well done to all the other people who went in it as it was very close at the finish.

I hope everybody enjoyed the long weekend and before we know it Christmas will be here. I also hope that we will be involved in the Container Deposit Scheme when it begins on the 1st December 2017. We have registered with the EPA, this will probably only be through the Recycling collections from Kerbside and Commercial pickups.

The Boss

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Providing employment & training for people with a disability
www.gunnedahworkshop.org.au
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RECYCLIT



MOOKI WOODWORKS



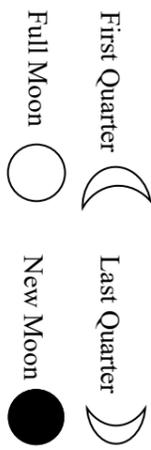
Bower Bird Shop



COMMUNITY CONTRACTS



TOP HAT COSTUME HIRE



October 2017

H&S Topic:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Dave T
8	9	10 Workers Committee	11	12 pay	13	14
15	16 Annual Gen-eral Meeting	17	18	19 Staff meeting WHS	20	21 Country Markets Kylie L
22	23 Mitchell O	24	25 Area Meeting	26 pay	27	28 Laurence T
29	30 Board Meeting	31 Halloween				

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On Thursday the 18th of September the Community College had held a morning tea for are you ok day, the workshop employees and a Recyclit employee along with the workshop ladies staff members were invited to the function where there was a lot of people and there was a lot of information.

Top Hat has been very busy with "Book Week" hiring out a lot of costumes to local and district schools.

We had another job for The Information Centre to fill 125 sample bags with information pamphlets about the Gunnedah Area.

On Wednesday the 13th of September Tafe started back again and those involved are learning gardening, some maths and other life skills.



TOP HAT COSTUME HIRE

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

Halloween

Trick-or-Treat

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

APPLES
BAT
BLACK CAT
BOO
CANDY CORN
COSTUMES
GHOST
GOBLIN
HALLOWEEN

HAUNTED HOUSE
JACKOLANTERN
MASK
MOON
MUMMY
NIGHT
OCTOBER
PIRATE

PRINCESS
PUMPKIN
SPIDER
SPOOKY
SUPERHERO
TRICK OR TREAT
VAMPIRE
WITCH

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What's on in Gunnedah

1st Oct— 42nd Annual Gunnedah Gallop, Family Friendly Community Fitness run, 3 km and 8 km races commence at 9.00am from Longmuir Fields. BBQ Breakfast - coffee and drinks available. Register on line or on the day.

7th Oct—Manilla Cup Race meeting, Riverside Race Course, gates open 11am to 5pm.

21st Oct—Gunnedah Country Markets, Brocks Court, Woolsley Park, 830am to 1pm.

Australian Stock Horse Society Northern Branch Annual Show, Gunnedah Show Ground . Commences 8.30am both days.



MOOKI'S REPORT



Written by Ray Gaynor

Hi from Mooki,

I hope everyone had a good restful break from work over the long weekend and didn't party too much. The next break we get will be Christmas and that won't be far away.

We have been flat out filling orders for pegs, pallets, delineation poles, and thanks to the girls who have been helping us with putting on stickers and filling buckets for Prydes. We have 400 delineation poles (three metre guide posts for the dump trucks roads) to put six pieces of reflective tape on each of them, when the tape turns up and then 700 one metre poles to put three rings of reflective tape around the top 350 green and 350 blue for different designated roads, all for the mines and the orders for survey pegs, just keep coming in.

We still have a table and chair to refurbish when we get time and also a large cubby house to repaint.

If you want to celebrate Disability Day at the club again this year please let your workers committee know so it can be discussed at your meeting. Once we know it can then be organised for catering etc. That's all for this month,

Ray.



A woman calls her boss one morning and tells him that
She is staying home because she is not feeling well.

"What's the matter?" he asks

"I have a case of anal glaucoma," she says in a weak voice.

"What the hell is anal glaucoma?"

"I can't see my ass coming into work today



RECYCLIT'S NEWS



Written by Sonya Lodge

Hi ho everyone it's Recyclit again, ready to dish all the latest goss. We have been very busy with the kerbside pickups gaining extra bins from new properties in town. A new conveyor belt was put on after many, many years of long service.

Some of our employees are excited that Cricket season is about to start, with Brendan, Luke, Alex and Dave P all playing for Kookaburra's again. Enjoy the season and don't forget to Slip, Slop, Slap and plenty of fluids.

As mentioned previously the hotter weather is here and everyone needs to remember when outdoors put on some Sun Screen, wear a hat and take plenty of water with you. We don't want anyone suffering from heat exhaustion or Sun Stroke. Be AWARE of your ENVIROMENT . Well that's all from us this month

RECYCLIT

The 2017 NRL footy comp winners



The footy shield returns to the Workshop for the year with Rhonda being the winner of a close competition. Mick was runner up and Jesse came third. Duncan won the wooden spoon. Well done everyone.

Oktoberfest

From Wikipedia, the free encyclopedia

Oktoberfest (German pronunciation: [ˈoktəˈbɛʁˌfɛst]) is the world's largest [Volksfest](#) ([beer festival](#) and [travelling funfair](#)). Held annually in [Munich](#), Bavaria, Germany, it is a 16- to 18-day [folk festival](#) running from mid or late September to the first weekend in October, with more than 6 million people from around the world attending the event every year. Locally, it is often called the *Wiesn*, after the colloquial name for the fairgrounds, Theresa's Fields (*Theresienwiese*). The Oktoberfest is an important part of [Bavarian](#) culture, having been held since the year 1810. Other cities across the world also hold [Oktoberfest celebrations](#) that are modelled after the original Munich event.

During the event, large quantities of [Oktoberfest Beer](#) are consumed: during the 16-day festival in 2013, for example, 7.7 million litres were served.^[1] Visitors also enjoy numerous attractions, such as [amusement rides](#), sidestalls and games. There is also a wide variety of traditional foods including *Hendl* (roast chicken), *Schweinebraten* (roast pork), *Schweinshaxe* (grilled ham hock), *Steckerlfisch* (grilled fish on a stick), *Würstl* (sausages) along with *Brezen* (pretzels), *Knödel* (potato or bread dumplings), *Käsespätzle* (cheese noodles), *Reiberdatschi* (potato pancakes), *Sauerkraut* or *Rotkohl/Blaukraut* (red cabbage) along with such Bavarian delicacies as *Obatzda* (a spicy cheese-butter spread) and *Weißwurst* (a white sausage).

The Munich Oktoberfest originally took place in the 16-day period leading up to the first Sunday in October. In 1994, this longstanding schedule was modified in response to [German reunification](#). As such, if the first Sunday in October falls on the 1st or the 2nd, then the festival would run until 3 October ([German Unity Day](#)). Thus, the festival now runs for 17 days when the first Sunday is 2 October and 18 days when it is 1 October. In 2010, the festival lasted until the first Monday in October (4 October), to mark the event's bicentennial.



RECPIE OF THE MONTH

No-Bake Tim Tam Cheesecake

If you love Tim Tams and you love Cheesecake, this deliciously decadent Tim Tam Cheesecake is the perfect crime.

Serves: 12 | prep: 0:30

Ingredients

- 400gs Tim Tams
- 80gs butter (melted)
- 375gs cream cheese
- 1/2 cup caster sugar
- 1 tsp vanilla essence
- 1 cup thickened cream
- 3 tsp gelatine powder
- 1/4 cup boiling water
- 200gs white chocolate melts

method

1. Place 250gs of the Tim Tams in a blender and process into fine crumbs.
2. Line a 20cm spring-form cake tin with baking paper.
3. Add the melted butter and process to combine. Press the mixture into a spring-form baking pan and refrigerate for 30 minutes.
4. Beat the cream cheese, sugar and vanilla with an electric mixer until smooth, then beat in the cream.
5. Put the white chocolate melts into a glass heat-proof bowl and melt in the microwave in short bursts of 30 seconds. Let it cool a little.
6. Mix the gelatine with the boiling water until dissolved, then stir it into the cream cheese mixture.
7. Now add the cooled melted chocolate to the mixture, stirring it in by hand.
8. Chop the remaining Tim Tams, reserve about 1/4 for the topping, and stir the rest into the cheesecake mixture.
9. Pour the cheesecake mixture over the Tim Tam base. Refrigerate overnight or until set.
10. To serve, top the cheesecake with the remaining chopped Tim Tams.



GUNNEDAH WORKSHOP

DAY PROGRAMS

Written by **Jayde Bain**

Our day program at the Workshop has had another fantastic month. In craft we have been making individual personalised t-shirts using fabric paint markers. We have also enjoyed working on our scrap books. The clients have been looking through magazines and photos picking out some of their favourite things and cutting out and gluing them into their books. One client has been making a headband and is doing a great job with the stitching.

In our cooking classes this month we have made banana bread and butterfly cakes, which were lovely as an afternoon treat.

Also in our day program some clients choose to go to the shops for some personal shopping with assistance from staff. They are learning to use the automatic teller machines and the self-serve registers at the supermarket. We are also assisting them with their budgeting and money handling and identifying the notes.

We currently have four clients regularly doing a day program on a weekly basis. There has also been several inquiries from participants who will be leaving school next year and are looking at coming along. We have plenty of room and look forward to some more people joining in.

Jayde

NATIONAL STANDARDS FOR DISABILITY SERVICES

STANDARD 6—SERVICE MANAGEMENT **Disability services should be managed well.**



Rights for people

You have the right to services and supports that are effectively managed, regularly reviewed, accountable and contemporary.

Outcome for people

Your strengths and needs are effectively supported through soundly managed services.

Standard for service

The service has effective and accountable service management and leadership to maximise outcomes for individuals

Indicators of practice	
6:1	Frontline staff, management and governing bodies are suitably qualified, skilled and supported.
6:2	Practice is based on evidence and minimal restrictive options and complies with legislative, regulatory and contractual requirements.
6:3	The service documents, monitors and effectively uses management systems including Work Health Safety, human resource management and financial management.
6:4	The service has monitoring feedback, learning and reflection processes which support continuous improvement.
6:5	The service has a clearly communicated organisational vision, mission and values which are consistent with contemporary practice.
6:6	The service has systems to strengthen and maintain organisational capabilities to directly support the achievement of individual goals and outcomes.
6:7	The service uses person-centred approaches including the active involvement of people with disability, families, friends, carers and advocates to review policies, practices, procedures and service provision.

Riddle Page

Q: Who says sticks and stones may break my bones, but words will never hurt me?
A: A guy who has never been hit with a dictionary.

Q: How do you make a fire with two sticks?
A: Make sure one is a match!

Q: Why did the banana go to the hospital?
A: Because he wasn't peeling well!

Q: What's the slipperiest country?
A: Greece!

Q: Why can't you say a joke while standing on ice?
A: Because it might crack up!

Q: Why did the orange stop in the middle of the hill?
A: It ran out of juice!

Q: What do postal workers do when they're mad?
A: They stamp their feet.

Q: Why are the floors of basketball courts always so damp?
A: The players dribble a lot.

Q: What is at the end of everything?
A: The letter G.

Q: What nails do carpenters hate to hit?
A: Fingernails.

Q: How do locomotives hear?
A: Through the engineers.

Q: Why is tennis such a loud game?
A: Because each player raises a racquet.

Q: Who earns a living by driving his customers away?
A: A taxi driver.

BRAIN TEASER PAGE

1. Which animal is the only indigenous animal to Australia ... ?
2. Melbourne's motto is *Vires acquirit eundo* meaning?
3. Which of the following animals was not founded in Australia ... ?
Emu
Kiwi
kangaroo
kookaburra
4. An acronym for Queensland and Northern Territory Air Service is a name for a major airline for Australia. The name is ?
5. Surfers Paradise was previously called ... ?
Little Miami
Golden Surf
Elston
Victoria Beach
6. What is *Crux Australis* better known as ... ?
7. Granny Smith apples originated in Australia. True or False ?
True
False
8. Australia is the worlds largest inhabited island and the smallest continent. True or False ?
True
False
9. The first ever car to be mass produced in Australia was at Fishermans Bend, Victoria in 1948 The car was an [FX H-----] model 48 -215.
10. The foggiest capital city in Australia has an annual average of 47 fog days per year. The town is ... ?

Beer

From Wikipedia, the free encyclopedia

Beer is the oldest^{[1][2][3]} and most widely consumed^[4] [alcoholic drink](#) in the world, and the third most popular drink overall after [water](#) and [tea](#).^[5] Beer is [brewed](#) from [cereal grains](#) —most commonly from [malted barley](#), though wheat, maize (corn), and rice are also used. During the brewing process, [fermentation](#) of the [starch sugars](#) in the [wort](#) produces [alcohol](#) (also known formally as [ethanol](#)) and [carbonation](#) in the resulting beer.^[6] Most modern beer is brewed with [hops](#), which add bitterness and other flavours and act as a natural [pres](#)Beer is one of the world's oldest prepared beverages, possibly dating back to the [early Neolithic](#) or 9500 BC^[citation needed], when cereal was first [farmed](#).^[15] and is recorded in the written history of [ancient Iraq](#) and [ancient Egypt](#).^[16] Archaeologists speculate that beer was instrumental in the formation of civilisations.^[17] Approximately 5000 years ago, workers in the city of [Uruk](#) (modern day Iraq) were paid by their employers in beer.^[18] During the building of the [Great Pyramids in Giza, Egypt](#), each worker got a daily ration of four to five litres of beer, which served as both nutrition and refreshment that was crucial to the pyramids' construction.^[19]

The earliest known chemical evidence of [barley](#) beer dates to circa 3500–3100 BC from the site of [Godin Tepe](#) in the [Zagros Mountains](#) of western Iran.^{[20][21]} Some of the earliest Sumerian writings contain references to beer; examples include a prayer to the goddess [Ninkasi](#), known as "The Hymn to Ninkasi",^[22] which served as both a prayer as well as a method of remembering the recipe for beer in a culture with few literate people,^{[9][10]} and the ancient advice (*Fill your belly. Day and night make merry*) to [Gilgamesh](#), recorded in the [Epic of Gilgamesh](#), by the ale-wife [Siduri](#) may, at least in part, have referred to the consumption of beer.^[23] The [Ebla tablets](#), discovered in 1974 in [Ebla, Syria](#), show that beer was produced in the city in 2500 BC.^[24] A fermented beverage using rice and fruit was made in China around 7000 BC. Unlike [sake](#), mould was not used to saccharify the rice (amylolytic fermentation); the rice was probably prepared for fermentation by [mastication](#) or [malting](#).^{[25][26]} Almost any substance containing sugar can naturally undergo alcoholic fermentation. It is likely that many cultures, on observing that a sweet liquid could be obtained from a source of starch, independently invented beer. Bread and beer increased prosperity to a level that allowed time for development of other technologies and contributed to the building of civilisations.^[27]^{[28][29][30]}

[Xenophon](#) noted that during his travels, Beer was being produced in [Armenia](#).^[31]

Beer was spread through Europe by [Germanic](#) and [Celtic](#) tribes as far back as 3000 BC,^[32] and it was mainly brewed on a domestic scale.^[33] The product that the early Europeans drank might not be recognised as beer by most people today. Alongside the basic starch source, the early European beers might

ANSWERS
1. platypus 2. We gather strength as we grow 3. Kiwi 4. Quantas
5. Elston 6. Southern Cross 7. true 8. true 9. FX Holden
10. Canberra

Beer continued

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Beer continued

Beer was spread through Europe by [Germanic](#) and [Celtic](#) tribes as far back as 3000 BC,^[32] and it was mainly brewed on a domestic scale.^[33] The product that the early Europeans drank might not be recognised as beer by most people today. Alongside the basic starch source, the early European beers might contain fruits, honey, numerous types of plants, spices and other substances such as [narcotic](#) herbs.^[34] What they did not contain was [hops](#), as that was a later addition, first mentioned in Europe around 822 by a Carolingian Abbot^[35] and again in 1067 by Abbess [Hildegard of Bingen](#).^[36]

In 1516, [William IV](#), Duke of Bavaria, adopted the [Reinheitsgebot](#) (purity law), perhaps the oldest food-quality regulation still in use in the 21st century, according to which the only allowed ingredients of beer are water, [hops](#) and [barley-malt](#).^[37] Beer produced before the [Industrial Revolution](#) continued to be made and sold on a domestic scale, although by the 7th century AD, beer was also being produced and sold by European [monasteries](#). During the Industrial Revolution, the production of beer moved from [artisanal](#) manufacture to [industrial manufacture](#), and domestic manufacture ceased to be significant by the end of the 19th century.^[38] The development of [hydrometers](#) and [thermometers](#) changed brewing by allowing the brewer more control of the process and greater knowledge of the results.

As of 2007, the brewing industry is a global business, consisting of several dominant multinational companies and many thousands of smaller producers ranging from [brewpubs](#) to [regional breweries](#).^[39] As of 2006, more than 133 billion litres (35 billion gallons), the equivalent of a cube 510 metres on a side, of beer are sold per year, producing total global revenues of \$294.5 billion (£147.7 billion).^[40] In 2010, China's beer consumption hit 450 million hectolitres (45 billion litres), or nearly twice that of the United States, but only 5 per cent sold were premium draught beers, compared with 50 per cent in France and Germany.^[41]

