

NOTE

THE GUNNEDAH WORKSHOP
ENTERPRISES NEWSLETTER
October 2018

Ability

MANAGER'S REPORT

Our Annual General Meeting will take place on the 22nd October 2018 at 6pm at the Workshop. If you are a company member you can attend and vote if required. If you are not a member there is still time to join or you can attend as a visitor.

It is not long till Christmas so if you require time off please speak to your Supervisors to organise annual leave.

The Boss

Gunnedah Workshop Enterprises Ltd is an NDIS registered provider .

We provide support in the following groups,

- ◆ Specialised supported employment
- ◆ Assistance to access and maintain employment
- ◆ Assistance with daily personal activities
- ◆ Assistance with travel/transport
- ◆ Development of daily living and life skills
- ◆ Group and centre based activities
- ◆ Participation in community, social and civic activities
- ◆ Plan management

Please call and see us if you require any assistance with your NDIS Plan
PROVIDER Number 4050004124

GUNNEDAH WORKSHOP ENTERPRISES LTD
71 Conadilly St
PO BOX 229
GUNNEDAH NSW 2380
☎ 02 6742 1318
☎ 02 6742 6220
💻 gunnedah@tpg.com.au
💻 mooki71@tpg.com.au
☎ Recyclit 67421522
💻 recyclit@westnet.com.au
www.gunnedahworkshop.org.au
www.facebook.com/
GunnedahWorkshopEnterprisesLtd



RECYCLIT



Bower Bird Shop



MOOKI WOODWORKS



COMMUNITY CONTRACTS

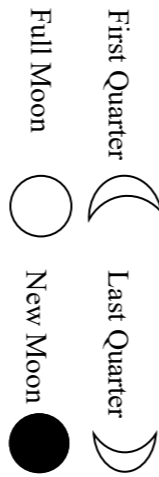


TOP HAT COSTUME HIRE

Manager's Report	1
Community Contracts News	2
Mooki Woodwork News	3
Recyclit News	4
Standard	5
Gunnedah Day Programs	6
Australia Zoo	7
Recipe	8
Recipe	9
Trivia	10
Slim Dusty Tribute Show Photos	11
What's on in Gunnedah	12
Riddles	13
Sudoku	14
Word Puzzle	15
Calendar October 2018	16

WHS Topic:

OCTOBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01	02	03	04	05	06
07 Dave T	08	09 Workers Committee	10	11 STAFF Pay	12	13
14	15	16	17	18 WHS Meeting	19	20 Markets
21 Kylie	22	23 Mitchell	24 Area Meeting	25 STAFF Pay	26	27
28 Laurence	29 Board Meeting	30	31			



Hi
Costumes have been coming back from book week to be sorted washed and re-
turned to stock, we also been sorting out costumes that have been donated into
stock.

Tafe teachers came to the workshop to have a look at what type of work we do
here, they enjoyed looking at all work areas. We also had nice morning tea, then
they taught us about blind people and the use of guide dogs and what other
equipment they use. We did some role playing taking it in turns at being blind-
folded and experiencing how it feels to rely on sticks and human guidance. Tafe
resumes on the 16th of October.

Everyone enjoyed having the October long weekend off.

That is all this month till next time
CCA/ Top Hat

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 ward-
robe of characters to choice from.

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

Word Puzzle

ADERTYWIOPAPROJECTSZXCVGRM
UIOWISCONSINNXCVMQWADTRIO
GSISTERVRPBOMAWROCNEVELEDF
XNVCIRDECKMNETICVDYRDNUALZ
SGJLSMCWEATYARPTEDFGUHKTMZ
GRANOISYDLRTHRULSABDSRZWSM
NYEUHJERVEFCMDOTSIWIIIOHHTC
ILKHDADVTTIMMBOADNGRNKKCIH
DIVITDEHERIEHNMZQEJHNVRTJB
DMHSDOAUPDLCXEKZHTVBCIDEWS
EARPANRFRASUKGZCHFBDNMTLMU
BFYGUTFBCEITSIIYHQAWEATYRSP
TKHFDCVBMMQETRPSIERECORGAU
EDFSHJJODXCABLBOUQARWSHEQM
WJNUJMHKOLIDLOLIIBABIESBTG

ADRIEL	CALEB	DAD	FAMILY	JADON	NOISY	WET BEDDING
ADVENTURE	CEDRIC	DAMON	FUN	LAUNDRY	ONE GIRL	WISCONSIN
BABIES	CHERISH	DORAN	GREAT WHITE	LOVE	PROJECTS	WORK
BROTHERS	CHRISTIAN	ETHAN	GROCERIES	MARTIN	SISTER	
BUSY	CUTE	ELEVEN	HOMESCHOOLED	MOM	TWINS	

Sudoku

			5			2		
			4		6	7		
1	4							
	5						8	4
				3				
2	8						3	
							5	7
		9	1		2			
		3			9			



MOOKI'S REPORT

Written by Ray Gaynor



Hi from Mooki,

We would like to welcome Wayne to the workforce. Wayne will be working on Tuesday, Wednesday and Thursday. He has fitted in very well and is enjoying working here.

We also welcome Ray Mason back coming in a couple of days a week. He is a great help especially when Mark was off with his shoulder operation. He is presently putting a dog kennel together, out of packing cases from the Boggabri mine.

Speaking of which, all the mines have been keeping us busy with peg orders and we have also started a job of sorting, cleaning, cataloguing and boxing filters and spare parts, which have been chucked into six pods and crates.

Prydes have sent another bag to be weighed out and put into buckets after the labels have been put on them.

I have pre booked the Services and Bowling Club for Friday the 30th November for our games day, to celebrate International Day for People with Disabilities. Looking forward to having another great day of fun.

That's all the news for this month.
Ray.



RECYCLIT'S NEWS

Written by Sonya Lodge



Out at Recyclit we have endured Dust, Rain, Heat and Cold and that was only this month. Everyone is working hard through it all, well done.

We would like to congratulate Adam Robinson on receiving his LR licence, well done Adam looks like we have another driver for the Old Truck.

The Bower Bird Shop is going well, with our regular customers and new faces coming in to check out what we have on offer.

Well that's about it for this 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.

Riddles

From the Mad Workshop Riddler

1. Who makes it, has no need of it.
Who buys it, has no use for it.

Who uses it can neither see nor feel it.
What is it?
A coffin

2. I'm tall when I'm young and I'm short when I'm old. What am I?
A candle.

3. What kind of tree can you carry in your hand?
A palm.

4. What gets broken without being held?
A promise.

5. A man is pushing his car along the road when he comes to a hotel. He shouts, "I'm bankrupt!" Why?
He was playing Monopoly.

6. How many of each species did Moses take on the ark with him?
None, Moses wasn't on the ark Noah was.

8. Forward I am heavy, but backward I am not. What am I?
Forward I am ton, backwards I am not.

9. Imagine you are in a dark room. How do you get out?
Stop imagining.

10. A basket contains 5 apples. Do you know how to divide them among 5 kids so that each one has an apple and one apple stays in the basket?
Answer to this riddle goes as follows: 4 kids get an apple (one apple for each one of them) and the fifth kid gets an apple with the basket still containing the apple.

What's on in Gunnedah

OCTOBER 2018

5th to 21st : Sharon Woodward Art Exhibition—The Civic Creative Arts Gallery. 8am to 4pm
6th: Manilla Cup— Riverside Race Course gates open 11am to 5pm
6th to 14th : CMCA National Rally—Gunnedah Show Ground 8am to 5pm
9th to 10th : Gunnedah Dance Eisteddfod—The Civic Theatre. 8am to 4pm , tickets available at the door \$5 per person or \$10 a day
12th : GYC Dessert Bar— Gunnedah Bicentennial Creative Arts Gallery Courtyard. 5pm to 9pm
13th: Gunnedah Speedway_ Blue Vale Speedway gates 4pm to 10pm . Adults \$20 Pensioners and Students \$15 Family \$60
19th to 20th : Gunnedah Spring Rose Show_ Smith Hurst Theatre 7.30am to 4pm
19th : Jam on Toast Concert—Gunnedah Townhall
20th: Gunnedah Markets— Brock Court Woolsley Park. 8.30am to 1pm
20th to 21st: Tamworth Drag Racing Association— 1/8 mile Drags—Gunnedah Airport 10am to 4pm. Tickets Spectators \$10, Aged Pensioners and children under 12 free.
20th : Support your Boobs Ball— Gunnedah Town Hall, 6.30pm to 12am, Tickets \$60.00 each available Browns Tyre Service or Gordon Barry & Co
25th: Challenge Community Services Halloween Disco— Gunnedah Town Hall, 12pm to 2pm, admission \$3.00 includes Snack and lunch

27th to 28th : Australian Stockhorse Soc. Northern Branch Annual Show— Gunnedah Show ground 8am to 4pm
27th: Night of the Walking Dead and Zombie Disco— Smith Hurst Theatre 6.15 to 9pm Tickets \$2.00

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.

GUNNEDAH WORKSHOP DAY PROGRAMS

Written by Jayde Bain

Hi everyone,

We have been having loads of fun during our Day programs and enjoying gaining lots of new skills both in cooking and craft.

In our Tuesday cooking program, we have been looking at healthier options; such as banana bread, zucchini muffins and we have also made rice paper rolls for the first time, using all fresh vegetables. We also made a lovely peanut butter satay dipping sauce to serve with them, which was enjoyed by all. We have also purchased some tomato, lettuce and herb plants for our garden, in which we hope to use in our cooking once they have had time to grow.

In our in-centre craft programs we have all been working really hard on our entries for the "Australian Country" art competition. Everyone involved have been very impressive coming up with their own individual ideas.

The Slim Dusty Tribute show held on Sunday 23rd September at the Gunnedah Services and Bowling Club was fantastic! With everyone who attended enjoying a beautiful lunch with plenty of chatting and laughter around the table. Also having a great time singing along with the band and having a dance.

We will be having more outings in the up and coming months and hope to see everyone coming along and enjoying being a part of the fun. Please don't forget our proposed trip to Dubbo Zoo in February 2019! IF you wish to go or have any questions please don't hesitate to come have a chat. Until next time..... Keep Smiling!

Slim Dusty tribute show



Trivia

Q. Where does Spongebob Squarepants work?

A. The Krusty Krab

Q. How many castaways were there on the American sitcom Gilligan's Island?

A. Seven

Q. Eddie Murphy's first major motion picture role was in what movie released in 1982 co-starring Nick Nolte?

A. 48 Hours

Q. What flightless bird is featured on New Zealand's one dollar coin?

A. Kiwi

Q. What is the name of Donald Duck's sister?

A. Della Duck (called Dumbella in Donald's Nephews)

Q. Who is the lead singer for the rock band Guns N' Roses?

A. Axl Rose

Q. What Marvel character's real name is Carol Danvers?

A. Captain Marvel (or Ms. Marvel)

Q. In the game of pool, what is the standard color for the one ball?

A. Yellow

Q. Which continent is also a country?

A. Australia

Australia Zoo

Australia Zoo is a 100-acre (40 ha) zoo located in the [Australian](#) state of [Queensland](#) on the [Sunshine Coast](#) near [Beerwah/Glass House Mountains](#). It is a member of the [Zoo and Aquarium Association](#) (ZAA), and is owned by [Terri Irwin](#), the [widow](#) of [Steve Irwin](#), whose [wildlife documentary](#) series [The Crocodile Hunter](#) made the zoo a popular tourist attraction. The zoo is run by Director [Wes Mannion](#).

Australia Zoo was opened by [Bob](#) and Lyn Irwin on 3 June 1970 under the name Beerwah Reptile and Fauna Park. Their son [Steve](#) had helped his parents since childhood to care for [crocodiles](#) and reptiles and to maintain the growing number of animals in the zoo. In 1982 the park was renamed the Queensland Reptile and Fauna Park and the area was doubled with the purchase of another 4 acres (1.6 ha). Steve and Terri changed the name of their now growing wildlife park to Australia Zoo. As filming generated extra funds, Steve and Terri put all money raised from filming and merchandise into conservation and building new exhibits.

Australia Zoo won the Australian Tourism Awards for 2003–2004 in the category Major Tourist Attraction. In 2004, the Australian Animal Hospital was opened next to the zoo to help with animal care and rehabilitation. More recently, the zoo was a finalist in two categories for the 2010 Queensland Tourism Awards.^[6] Visitors will see a wide variety of birds, mammals, and reptiles, and can view crocodile feedings, hand-feed elephants, and have hands-on animal encounters. In 2009 as part of the [Q150](#) celebrations, Australia Zoo was announced as one of the [Q150 Icons](#) of Queensland for its role as a "location".^[7]



RECIPES

Lemon meringue cupcakes



Serves: 12 (makes 12 cupcakes)

Time to make: 40 mins (Hands-on time: 20 mins, Cooking time: 20 mins)

100g reduced-fat table spread
1 teaspoon vanilla extract
1 1/2 tablespoons finely grated lemon zest
2/3 cup (150g) caster sugar
2 eggs
1 1/2 cups (200g) gluten-free self-raising flour
1/4 cup skim milk
1/4 cup fresh lemon juice
2 egg whites

Instructions

Step 1 Preheat oven to 160°C. Line 12 x 1/3-cup muffin-pan cups with paper cases.

Step 2 Place table spread, vanilla extract, lemon zest and 1/2 cup of the caster sugar in a small bowl; beat with an electric mixer until light and fluffy. Add eggs to bowl, one at a time, beating between additions. (Mixture will separate at this stage.)

Step 3 Transfer egg mixture to a large bowl. Stir in half of the flour, then stir in half of the milk; repeat this process with remaining flour and milk until batter combines. Divide batter among muffin-pan cups and bake for 15 minutes. Leave cooked cupcakes to stand in muffin pan for 2 minutes.

Step 4 Make 6 small holes in the top of each cupcake with a wooden skewer. Spoon lemon juice over cupcakes, then transfer to a wire rack to cool.

Vegetable slice



Serves: 4

Time to make: 1 hr 5 mins (Hands-on time: 20 mins, Cooking time: 45 mins)

cooking oil spray
1/2 cup dairy-free table spread, melted, cooled
1 1/2 cups peeled, grated sweet potato
1 onion, peeled, grated
1 cup peeled, grated carrot
1 cup peeled, grated zucchini
1 cup gluten-free breadcrumbs or chickpea flour
1 teaspoon gluten-free baking soda

Instructions

Step 1 Preheat oven to 160°C. Lightly spray a 16cm x 26cm slice tin with oil.

Step 2 Squeeze excess moisture from vegies. Thoroughly combine all ingredients in a bowl. Spoon mixture into prepared tin. Cover with a layer of baking paper and then a layer of foil.

Step 3 Bake for 45 minutes, removing the baking paper and foil after 30 minutes. The slice should be firm and golden.

Serving suggestions

Serve with a green salad or vegies for lunch or a light dinner.