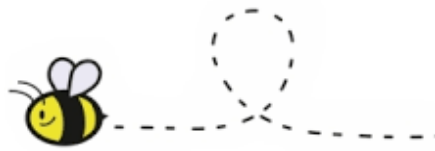




ANUHA BUZZ



ANUHA BUZZ
Issue 9 | March 2022

Contents

- Page 1From the General Manager
- Page 2.....Happy Birthday Ken
- Page 3.....Out and About
- Page 4.....Business Time
- Page 5.....Olympic Star
- Page 6.....Get Well Soon
- Page 7.....Clever Crafters
- Page 8.....Supported Employee Profile
- Page 9..... Cooking Thyme
- Page 10.....Anuha Tip shop
- Page 11-12..... MRF Magic
- Page 13.....Cottage Industries
- Page 14.....New Staff
- Page 15.....Recycle Right
- Page 16From the Chaplain
- Page 17.....Contributions
- Page 18-25.....Out and About Flyer
- Page 26-28.....The Off-roaders Flyer
- Page 29.....Clever Crafters Flyer

From the General Manager

Well, welcome to 2022 and what a start to the year it has been. We can only hope that things will get better as the year progresses. Hopefully we have seen an end to rain and that the effects of Covid will start to reduce. I hope that not too many of you were adversely affected by the flood, I know of a couple of staff were hit pretty hard and we are assisting them where we can.

As you all know, Anuha is into recycling in a big way, so I am asking you all to be recycling warriors. We need to make sure we all know what we can and can't recycle and make sure we put the correct items in the yellow recycling bin. The team out at the Recycling Centre work very hard but their job is made even harder by people placing rubbish in their recycling bin. There is a poster attached to this newsletter that sets out what you can and can't recycle. Please use this to inform your family and friends about recycling. There are many things that people think are recyclable when in fact they aren't. Together we can get the message out there about recycling correctly.

Be safe everyone and keep up the good work. Every one of you is truly appreciated.

Robert Evelyn
CEO



Happy Birthday and Retirement Ken



Monday the 21st of March, we celebrated both Ken's 70th birthday and his retirement. Ken Spengler has been working with Anuha out at the MRF for 30 years! Ken has been a valued member of our recycling team.



Ken is known for his cheeky antics and making people laugh. He loved to sneak up on and scare his work mates and tell them that they were going to be sacked!

Ken was also forever finding lovely gifts on the recycling line, especially for Jane, Nat and Kiah. The team will miss his cheeky smile around the place. Happy birthday and happy retirement Ken. We thank you for brightening our days and for all of your hard work and dedication.



Ken and all his MRF work mates



Out and About



Phil on the City Cat



Phil checking out the sites of Brisbane



Keven showing off his awesome bowling scores



Cathy and Tammy catching up for lunch in the park



Cathy visiting her friends at the MRF for lunch



Tracey at the Colours of Lockyer Market

Tracey Devereux has started her own business! Tracey has been inspired to start creating gift cards for all occasions. She has been selling them at market stalls working with the Kitchen Kreation team. She has attended the Gatton Village Market and the Colours of Lockyer Valley so far with great success.

She is thinking of expanding her business to include diamond art notebooks and decorated picture frames.

Keep an eye out for Tracey's creations and let her know if you have any special orders.

Keep up the great work Tracey.



Tracey with her card display at the Gatton Village Markets



Tracey's Easter Cards



Cathy competing in backstroke



Cathy on the awards podium



Cathy's ribbons



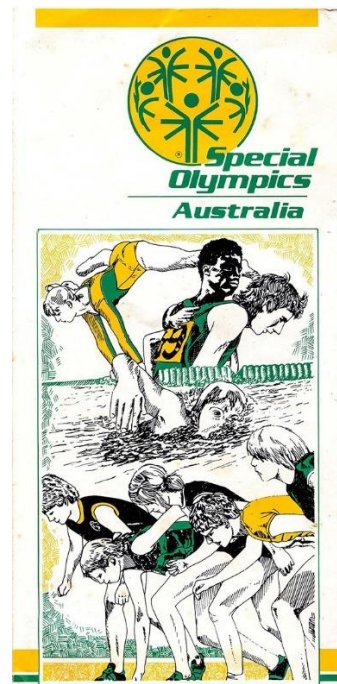
Ready to race

We have had an Olympian in our midst without even realising!

Cathy de Vos was only 13 years old when she represented Australia as a swimmer in the 1990 Special Olympics.

Cathy received a 1st place in the 25-metre freestyle, 2nd place in 25-metre backstroke and a 5th placing in the 25-metre breaststroke.

What an amazing achievement and experience! Congratulations Cathy!





Get Well Soon



Unfortunately, one of our valued MRF employees, Tammy had a fall at home and broke her arm. Staff from the MRF wanted to let her know that she was being missed at work so they gave her a get well card and some gifts.

We hope your arm heals quickly Tammy,
Thinking of you,
All the MRF staff



Clever Crafters



Ruthie enjoying her first craft session



Karnie's very colourful creations



The Clever Crafter Crew



Kristel's beautiful creations

The Clever Crafters have been meeting twice a month on Tuesdays at the East Street office.

The first session was creating beautiful masks which can be used for dress ups and masquerade balls!

Coming up in April the Clever Crafters will be involved in Easter Activities and will be creating and decorating flower and plant pots.

During May life under the sea masterpieces will be created on canvas.

Paddle pop craft will be all the rage in June with the group making a hanging bird feeder and photo frame.

If you are interested in getting involved, please contact LES Team Leader Rachel Barron on 5462 3272. Please see the flyer on page 29 for more details.



Sam and Tracey with their masterpieces





Supported Employee Profile

Name: Darelle Manttan



Darelle modelling the CI uniform

Darelle is multitalented and works both at the MRF sorting household recycling for the Lockyer Valley and cooking jams, chutneys and relishes with Kitchen Creations. Darelle has worked with Anuha for 13 years! Recently, Darelle has taken on a new role of safety officer for the CI kitchen. This involves Darelle ensuring everyone is wearing their correct PPE, using knives and equipment safely and that the kitchen is free of hazards.

In her spare time Darelle likes to bake and cook. She helps her family by cooking her specialty meatloaf for dinner and goodies like chocolate crackles. Darelle also loves 10 pin bowling each week in Toowoomba with her team “The Broncos”. If Darelle could travel anywhere in the world she would love to go to Hawaii. But she is just as excited to be going to the Gold Coast in October for the Country Music Festival!

Darelle is known for her amazingly bubbly and fun personality and for bringing happiness wherever she goes. As you can see from all of these photos her smile is contagious!



Darelle and Corey cleaning their MRF PPE



Darelle at the Christmas party, with etching work and her MRF Olympic medal



Darelle putting hats on another batch from the kitchen



Darelle teaching the CI team the importance of wearing hair nets and other PPE

Cooking Thyme



Shepherd's Pie



Delicious Lasagne

Would you like to learn how to cook delicious nutritious meals? Learn about nutrition, portion control and have fun along the way?

In September 2021 cooking classes started in the Anuha kitchen.

If you are interested, please contact Trudi Laidlaw, Belinda Bowater or a team leader to guarantee your spot.

Jamie has been attending regular "Cooking Thyme" sessions with Belinda and has already learnt to cook lasagne, Shepherd's pie, cupcakes, porcupine meat balls and honey soy chicken.

He's been having a great time and developing some excellent skills in the kitchen. Jamie's family have also really been enjoying the meals he is bringing home for dinner.



Jam Drops!



Jamie with his vanilla sponge cake

Anuha Tipshop



Thomas with the very tidy electrical section



Josh showing off some electrical products



Tracey with all the photo frames

Heaps of new stock has been donated over the Christmas period!
Load of clothes, toys and furniture.

The team have been very busy doing a big Summer clean out! They have been throwing out older items and rearranging stock to present it better and make room for newer stock.

Stan has been donating excess clothing to a free clothing donation area near Wayne's World in town. After the recent floods there are many in need of some assistance in this area. The Tip shop is happy to help where they can.

Our team always aims for:

CLEANLINESS, FRIENDLINESS AND SERVICE.

Take care of each other.

ANUHA Tipshop Team

"WHERE THE FIRE NEVER GOES OUT"



Plenty of furniture and dvds available



MRF Magic

It has been a very busy time of year and the recycling pile is huge! Unfortunately, we have had a few breakdowns that have meant we have fallen behind. But our production team is working very hard to get on top of the pile! It is a constant battle.

Congratulations to Kiah Navie for being promoted to Production Line Supervisor!



Dawn having a laugh whilst she works



Sarah, Ben and Andrew at the Presort

Congratulations also to Tanya Mann who has been officially made CRS Team Leader. Also, the MRF have taken delivery of a pallet jack – this will make life for staff that process the Containers for Change scheme much easier. Staff will now be able to move the vege bins to their stations without having to wait for a forklift driver.



Phillip and the reindeer demonstrating good use of PPE



CRS Team: Tracey, Hope, Tanya, Greg and Dawn



William McKay

MRF Magic



Brendan Beggs



Lucas Grace

We welcome the following new staff at the MRF:

Brendan Beggs - MRF Shed Floor Supervisor.

Lucas Grace – Driver Operator

Chris Passmore – Driver Operator

Garry Woodward – Driver Operator

Peter Myers – Supported Employee

William McKay – Supported Employee

Donte Makea – Production Worker



Peter Myers

We also sadly say goodbye to a few staff members this November month.

Ken Spengler – retired as Production Worker

Jessica Lee – Driver Operator

John Leetham – retiring at the end of April



Ken Spengler



Chris Passmore



Gary Woodward



Cottage Industries



Maddy demonstrating how NOT to wear a face mask



Darelle teaching the team about hair nets and their importance



Tracey and her handmade Easter cards



DJ working on a kitchen task themed puzzle

Members of the kitchen got to enjoy their first training day this month. The team spent time learning and refreshing all aspects of the kitchen. Doing the same thing day in and day out we can easily forget why we are doing what we're doing especially when it comes to health, safety, and food.

Maddie, Darelle, D.J. and Susanne all helped to demonstrate what P.P.E we use in the kitchen, why we use it and how important it is. We also did a jig saw puzzle which covered different kitchen processes and informative questions and answers.



The team participating in a training day.

The team also attended Gatton Village and Colours of the Lockyer Valley market stalls this month. Tracey Devereux joined the team with her handmade Occasion cards and Josh Smith his woodwork for sale. These market days are excellent to help develop customer service and money handling skills



New Staff at Anuha

Please join us in welcoming our newest LES staff members:

- LES support workers: Nicole Dibley, Shaniece Girardo, Kim Gray, Tanya Oldman, Danielle Franks, Graeme Tunstall, Charlotte Broady, Hanna Westwell
- We have 2 student trainees Charlotte and Hannah learning to be support workers.



First Aid Refresher

All our staff at Anuha are required to have our first aid and CPR training. Recently MRF employees, Ken and Peter completed their first aid refresher course at East Street. Their instructor was kept very entertained and was impressed at their first aid skills and knowledge! Peter picked up an error in one of the training modules that no one else had noticed before! Sharp! 😊



Peter assisting Ken the snake bite victim



What to do if a baby is choking.

RECYCLE RIGHT!

WHAT GOES IN THE RECYCLING BIN



- ✓ Office paper and envelopes
- ✓ Folders
- ✓ Junk mail (including window envelopes)
- ✓ All plastics with numbers 1-7 (♻️)
- ✓ Clean plastic food containers
- ✓ Aluminium and tin beverage containers - water bottles; soda cans
- ✓ Glass bottles and jars
- ✓ Juice boxes
- ✓ Corrugated cardboard



- ~~X~~ Binders
- ~~X~~ Lightbulbs
- ~~X~~ Styrofoam coffee cups/takeout containers
- ~~X~~ Contaminated napkins, paper towels, or tissue paper
- ~~X~~ Batteries
- ~~X~~ Food
- ~~X~~ **PLASTIC BAGS**

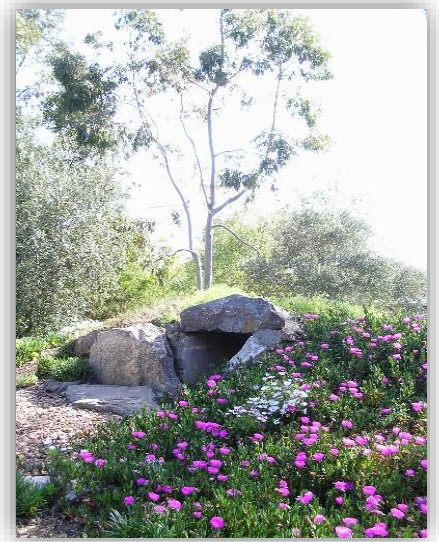


From the Chaplain

While they were still talking about this, Jesus himself stood among them and said to them, “Peace be with you.”

Luke 24:36.

April has several special celebrations and holidays. We have Good Friday, Easter Sunday, and Anzac Day. Each one has its own remembrances and meaning for people. Anzac Day is very much a part of the cultural fabric of modern-day Australia and remembers the sacrifice on our behalf of our service men and women. Good Friday and Easter for many people mean a long weekend to gather with family or get away for a short holiday. For many families, since it also forms part of the school holidays it becomes an opportunity to get away to the coast or the mountains for a good break.



Associated with each of these special holidays are lots of customs and observances, such as the Anzac Day parades, Easter eggs and chocolate bunnies for Easter and hot cross buns for Good Friday. We can see lots of bunnies (not of the chocolate variety) around Tabeel already. It is interesting to read up on why bunnies (or hares) are associated with Easter, and what their symbolism may have been. But that is too big a topic for now!

Behind Good Friday and Easter is a story that is the very basis of Christian faith. It is the story of Jesus who dies on a cross on a Friday and rises from the dead on the Sunday. In his death, he brings healing and forgiveness to us, and in his resurrection on the Sunday he brings life and peace. The resurrection is such a foundational event for Christians that the Apostle Paul says in 1 Corinthians 15:17-19, *“If Christ has not been raised, your faith is futile; you are still in your sins. Then those also who have fallen asleep in Christ are lost. If only for this life we have hope in Christ, we are of all people most to be pitied.”* For Christians, if there is no resurrection of Jesus, then there is no resurrection for any of us and all we have is this life.

But then the Apostle Paul continues, *“But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep.”* Because of the resurrection we know that there is more to life than just what this world offers. We have hope and meaning for our lives, and the knowledge that there is a God who cares for us. We have the hope of a life beyond this world’s life. The risen Jesus offers us his peace and joy.

As you enjoy all the customs and trappings of Easter – Easter eggs, chocolate bunnies, hot cross buns and family visits, may you also celebrate the story behind our celebrations (in the words of John 3:14-18a): *“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned.”*

May you know the peace that Jesus brings, and may your days be filled with Resurrection joy!
Grace and peace be yours always,
Pastor Noel



OUT AND ABOUT

Anuha Group Outings - Fortnightly on Fridays



All activities will be conducted according to COVID-19 guidelines and may be subject to change. Anuha will notify you if this applies to an outing of your choice. For outdoor activities, a final decision based on forecasted weather conditions will be made on the Wednesday before the outing. Departure and return times for each activity will be confirmed closer to the date.

Please wear sun smart clothing and bring a water bottle, hat and sunglasses on every outing. Covered shoes suitable for walking are recommended.

By signing below, I agree to participate in the activities which I have selected. I understand that support will be charged to my NDIS Plan at a Group Ratio dependant on numbers attending (1:1 support can be organised if required). Transport costs will be shared amongst participants attending each outing.

Please select *all* outings you would like to attend and return your completed flyer to the Anuha office by Friday December 10th 2021.

Participants wishing to attend theatre performances will need to ensure their pre-payment has been made by the date stated on this flyer so that bookings can be finalised.

Name: Signature: Date: / /2021



DATE	EVENT	APPROX COST	OTHER EXPENSES	YES	NO
14/01/2022	Swimming at Bundamba Pool, Ipswich Depart 9 am, return 2 pm	\$3.50 pool entry \$10 per person towards BBQ lunch	Transport approx. 130 km		
28/01/2022	Riverwalk and water park, Ipswich Depart 9 am, return 2 pm	\$10 towards shared BBQ lunch	Transport approx. 120 km		
11/02/2022	Mini golf and driving range City Golf Club Toowoomba Depart 9 am, return 3 pm	\$8 per game, \$20 lunch	Transport approx. 75 km		
Wednesday 23/02/2022	Frozen the Musical QPAC 1 pm performance Depart Anuha 9 am, return by 7 pm We will be using public transport for part of the trip \$200 Pre-payment required by 16/12/2021	Tickets \$150 - \$175 depending on number attending, \$40 to purchase exclusive ornament if desired, \$25 to purchase lunch	130 km plus Go Card travel across 3 zones		
11/03/2022	Cormorant Bay, Wivenhoe Dam Depart 9 am, return 3 pm	\$10 per person towards BBQ lunch	Transport 100 km		
25/03/2022	We Will Rock You Empire Theatre Toowoomba 7:30 pm performance Depart Anuha 5 pm, return by 11 pm \$75 Pre-payment required by 19/01/2021	Tickets \$50 - \$55 depending on number attending \$25 to purchase dinner	Transport approx 80 km		
08/04/2022	Dancing and karaoke Peace Lutheran Church hall 2 pm – 7 pm	Cost TBA \$10 towards BBQ dinner			
22/04/2022	Movie at Limelight Cinemas and lunch at Rashay's Depart 9 am, return 3 pm	Movie \$8.50 \$20 to purchase lunch	Transport approx. 120 km		



06/05/2022	The Barn and Scotty's Garage Depart 9 am, return 2 pm	\$10 entry \$20 lunch	Transport approx. 70 km		
20/05/2022	Brisbane Planetarium and Botanical Gardens Depart 9 am, return 3 pm	\$10 entry, \$20 to purchase lunch	Transport approx. 170 km		
03/06/2022	Movie at Grand Central Lunch at Picnic Point, Toowoomba Depart 9 am, return 3 pm	Movie \$16.50 \$20 to purchase lunch	Transport approx. 75 km		
17/06/2022	Theme Park: Details to be confirmed in March 2022 Proposed departure 8.30 am, return 5.30 pm	TBA	Transport approx. 250 km		

THE OFF-ROADERS

Hiking, Camping, Fishing and Adventures - Fortnightly on Fridays



All activities will be conducted according to COVID-19 guidelines and may be subject to change. Anuha will notify you if this applies to an outing of your choice. Please wear sun smart clothing and bring a full water bottle, hat, sunscreen and sunglasses for all activities. You will also need comfortable enclosed footwear.

By signing below, I agree to participate in the activities which I have ticked. I understand that support will be charged to my NDIS Plan at a Group Ratio dependant on numbers attending.

Name: Signature: Date: / /2022

Some activities will include a shared meal. If you have any food allergies or special dietary requirements please list them here:

DATE	EVENT	COST	TRANSPORT (approx)	YES	NO
01/07/2022	Brisbane Air Show	entry \$15 lunch	km approx		
15/07/2022	Mini golf Toowoomba	entry \$15 lunch	km approx		



29/07/2022	Hiking at Peak Crossing	\$10 for shared lunch	km approx		
12/08/2022 and 13/08/2022	Camping at Murphy's Creek	\$50 campsite, \$70 food	km approx		
26/08/2022	One Tree Canoe Company Beginners' Moving Water experience: 3 hours down river from Vernor to Savages Crossing (near Fernvale) Depart 9 am, return 3 pm Subject to COVID restrictions	\$15 for lunch \$50 canoeing	100 km approx		
09/09/2022	Brisbane Valley Rail Trail	\$15 for lunch			
23/09/2022	Indoor Rock climbing		km approx		
07/10/2022 and 08/10/2022	Camping and hiking at Crow's Nest Falls *UNEVEN SURFACES* Walking tracks and rock pools	\$15 for lunch	125 km approx		
21/10/2022	Denmark Hill conservation area	\$15 for lunch	km approx		
04/11/2022	Brisbane Public Transport Train from Rosewood Station City Cat ferry ride	\$15 lunch \$25 Go Card	85 km approx.		
18/11/2022 and 19/11/2022	Camping at Captain Logans Inlet	Fishing licence lunch			
02/12/2022	Kloud9ine trampolining	Entry Lunch	km approx		



16/12/2022	Gatton Christmas carnival and Christmas lights (combined outing with Out and About group)	tba	tba		
------------	---	-----	-----	--	--

Calling all Clever Crafters



Are you interested in playing with your creative side?

DATE AND TIME	ACTIVITY	COST	YES	NO	MONEY DUE BY
March Tuesday 29 th 1:00 to 4:30pm	Mask Making	\$10			Friday 18/3/22
April Tuesday 12 th 1:00 to 4:30pm April Tuesday 26 th 1:00 to 4:30pm	Easter activities Create and decorate your flower/plant pot	\$10 \$10			Friday 1/4/22 Friday 15/4/22
May Tuesday 10 th & 24 th 1:00 to 4:30pm	Life under the sea canvas	\$18			Friday 29/4/22
June 7 th & 21 st 1:00 to 4:30pm	Paddle pop craft Make a hanging bird feeder and photo frame	\$8			Friday 27/5/22

Please note:

All activities will be conducted according to current Covid-19 guidelines and may be subject to change. Anuha will notify you if this applies to an upcoming activity of your choice. All craft activities require you to wear old clothes and closed in shoes. ***This form must be filled out and returned to the office with full payment on or before the money due by date.*** This is for rostering and preorganization of craft materials.

Name: Signature: Date: