

ANUHA BUZZ



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Issue 11 | December 2022

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From the Chief Executive Officer

Time flies and we are already at the end of the year. This message is to wish you all a joyous festive season. May you and your families create happy memories that will last a lifetime and that you return next year refreshed and invigorated.

I realise that each of you spends the holiday season in your own way. Whatever your plans are, I wish you happiness, rest and health. Merry Christmas and Happy New Year.

Robert Evelyn
CEO



MRFy's Corner

Exciting times at the MRF during September. We had the MRF staff, Bunnings crew, Lutheran Church volunteers and Kitchen Kreations team come out to assist us to beautify our outdoor lunch space. Nat Navie, MRF support worker, coordinated the project with generous support and donations from Emily and her team at Plainland Bunnings. The results are amazing! We now have a much more pleasant space to spend our breaks.



Before photos of the MRF lunch area



After photos of the MRF lunch area



Jane, Kiah, Dawn and Nat cooked up a delicious hot lunch for all to share. We had chili con carne, butter chicken, pulled pork, all sorts! The Kitchen Kreations team baked a beautiful spread of pikelets and scones for the occasion to go with their prize-winning jams. Belinda, Jamie and Hanna from the kitchen team also lent a hand onsite building garden beds and planting flowers. Josh Smith created a unique woodwork sign giving the area the namesake "MRFy's Corner" Thank you to all those who contributed and made this happen. This space will be enjoyed for years to come.

MRfy's Corner

The Team working away on the new lunch space



MRFy's Corner

We even made the Lockyer and Somerset Independent newspaper!

SEPTEMBER 21, 2022

THE LOCKYER AND SOMERSET INDEPENDENT

Paradise by the dumpsite for Anuha's disabled workers

ANUHA'S hard-working staff at the Material Recovery Facility (MRF) in Gatton have been rewarded with a shelter and garden thanks to members of Peace Lutheran Church of Gatton and Plainland Bunnings staff.

Anuha provides support to people with disabilities, affording work opportunities and various other services.

Staff working at the MRF in the Gatton Transfer Station and Landfill site are surrounded by loud machinery and waste, while sorting recycling on conveyor belts.

Anuha support worker Natalie Navie said the workers' break area was often encroached by bins, making for unpleasant lunches.

"We're surrounded by all this rubbish, so we wanted to make it more appealing to sit out," Mrs Navie said.

"Between Anuha and Bunnings, we've come up with a really good plan."

Anuha purchased fencing, screening, and plants while Bunnings donated turf, raised



Workers at the MRF in Gatton sort through over 3,000 tonnes of recycling each year. PHOTOS: JACOB HAYDEN

garden beds, chairs, outdoor umbrellas, and soil.

"It's going to make a big difference," Mrs Navie said.

"We also have some plants with nice scents to take away from the smells in the area."

Darelle Manttan has worked with Anuha for 15 years at the MRF.

She said she preferred sitting outdoors, and the new shelter would make her and her colleagues very happy.

"It will help us a lot."

Anuha committee and Church member Wendy



The finished product at the MRF site. PHOTO: NATALIE NAVIE



Plainland Bunnings staff, Anuha support workers and members of the Peace Lutheran Church of Gatton worked together to create an outdoor shelter and garden for MRF workers.

Paech said their clients deserved the best.

"It's really difficult for them because they have a lunch room that is too small

and because of that dreadful word, COVID, we were restricted to how many could sit in the room at once, and that's why they ventured

outside," Mrs Paech said.

"To sit here and see all this rubbish is a bit difficult, so we're hoping this will be really good for them."

Bowling Legend Strikes Again!



Karnie Taylor was recently invited to be part of the Tenpin Bowling National Training Squad and as a result of that she was one of 4 females in Australia to be selected to represent Australia at the IBF Para Bowling World Cup at the Sunshine coast. She won a bronze medal in the singles competition and a bronze in the double's competition. It was a great experience which she really enjoyed.

This is a photograph of Karnie receiving her bronze medal. Well done Karnie!



Feeling the Heat



September 19th Anuha LES support worker Doug Nemeth entered a chilli hot dog eating competition as part of the Murphy's Creek Chilli Carnival.

Doug had to eat 5 hot dogs smothered in 5 different very hot chilli sauces as quickly as he could.

Doug blew the competition away with many of them not up to the challenge! Our support workers are multi-talented!

Bowling Break up



A great time was had by all at the bowling break up party at Sunset Superbowl Toowoomba.

Beach to Mountains



Phil Watts and Brad Lerch travelled far and wide on the 5th of November enjoying an outing to the Sunshine Coast. These photos were taken near Maleny looking out to the Glasshouse Mountains and at lunch at a café next to Golden Beach. A beautiful day for a road trip!



What's Been Happening?



At the Darling Downs Border Region's Awards day for Girl Guides, on Sunday 6th November Sam received her Junior BP award, the first of 2 major badges. These badges involve promise and law, outdoors, service, world guiding, leadership skills, guiding traditions and patrols systems.

Congratulations Sam!



If you are looking for something different to do, something to stay active and fit check this out!

In this photo Jodie is utilising the \$5.80 per person unlimited session court hire at Lockyer Valley Sports and Aquatic Centre, 136 Spencer St, Gatton. Phone: (07) 5317 6965

Groundwater Country Music Festival

Anuha participants whipped out their boots and dusted off their hats to attend the very popular Groundwater Country Music Festival! The group had an absolute ball in October in Broadbeach, Gold Coast for the 2-day free festival.



New Coffee Hot Spot!



The Peace Café has opened its doors for business! The café is located in the Gatton Lutheran Church Hall on the corner of East and Spencer Street. It is run by the Peace Lutheran Church and is open weekdays from 8am-11:15am.

The cafe serves coffees, teas and hot Milos and an assortment of cold drinks. Cinnamon toast, toasted cheese sandwiches, Devonshire tea and a variety of cakes and slices are also available.

The café has plans to expand their menu with time and also stocks Anuha's Kitchen Kreation's products including our gift pack range.

Maddison from Kitchen Kreation's has been gaining some more hospitality experience by volunteering her time in the café.

The cafes menu can be found at the back of this newsletter for your interest and to show your support



Anuha Tip Shop



The team setting up Christmas trees



Find yourself a bargain

It has been a busy time at the tip shop. Staff and volunteers have done a great job of cleaning up the gardens at the front of the shop.

We welcome Belinda to the tip shop team as a support worker on Mondays and Tuesdays.

We have lots of great stuff come in like DVD's, CD's clothes and more.

Thanks to the staff and volunteers for their hard work this year.

Merry Christmas from Mark, Belinda and the team



The Tip Shop crew sorting out the picture frames



All the Christmas trimmings

Cottage Industries



One of the many delicious pizzas created by the team

It has been bustling in the kitchen! The team have been preparing special Christmas orders of rum balls, white Christmas, fruit cake and rocky road for staff. These items have proved very popular!

Kitchen staff have not only been cooking up their usual jams and chutney's but have also been preparing special Christmas gift packs. They have also catered for some Anuha events such as morning tea for the MRF lunch area working bee and putting on a pizza day for East Street staff.

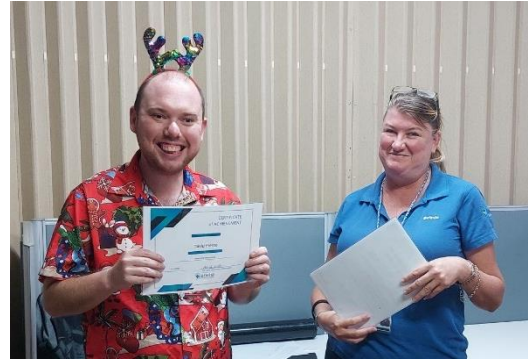


Loads of rumballs ready for Christmas



Cottage Industries cont.

Congratulations to the Kitchen Kreation's' team for another successful year. Thank you for working so hard and working as such a great team. In the photos below team members are being presented certificates for some of the amazing things they have achieved this year.



From the Chaplain

Devotion December 2022

¹⁸ *This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit.* ¹⁹ *Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly.* ²⁰ *But after he had considered this, an angel of the Lord appeared to him in a dream and said, “Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit.* ²¹ *She will give birth to a son, and **you are to give him the name Jesus, because he will save his people from their sins.**”* ²² *All this took place to fulfill what the Lord had said through the prophet:* ²³ *“The virgin will conceive and give birth to a son, and they will call him Immanuel” (which means “**God with us**”).* Matthew 1:18-23



This is one of the Christmas stories that we hear each year. It is from the Gospel of Matthew and is briefer and starker than the account in the Gospel of Luke. It follows 17 verses making up a genealogy from Abraham down to Jesus. Most of us find a long list of names rather tiring to read or listen to. As a result, we begin the Christmas story from Matthew with the verses above.

But in skipping those first 17 verses, we miss a connection. We miss a wonderful point being made by Matthew. As we go through that list of names, we find familiar ones like Abraham, Isaac, and Jacob along with David and Solomon. We would recognise their stories and most of us could say something about them.

But then there are the less familiar names like Zerubbabel, Zadok, or Amminadab. We don't remember their stories, yet they are listed. Some of us who delve into the Bible may know something about them if our memory was going well on a good day. But otherwise, they are just names. People who once lived their lives but haven't left behind anything remarkable to remember after a thousand years of history.

They are just like us really. Who of us expects to be remembered in a thousand years' time? I certainly don't! After a hundred years, we may still be listed in some family histories, but chances are the people of that day will be oblivious to the lives we have lived, the good things we have done, or the bad.

And then there are some listed who are there with a cloud over their names. Take one: Manasseh. His name stands out as a symbol of the worst behaviour. He was the son of a godly king, yet he turned away from God and built altars to all sorts of other gods, and even engaged in terrible practices including child-sacrifice! Yet he is listed as an ancestor of Jesus. Why? Shouldn't his name have been hidden away, not even whispered? And there are more stories alluded to in Matthew's list of names: stories of adultery, murder, incest and more, along with stories of love and courage and grace.

From the Chaplain continued

And that gets us to the point Matthew makes: **Jesus is “God with us”**. Jesus is God come to live with us in the grime and dust and struggle of everyday life. By listing even names of ill repute, Matthew is showing that God can work with us no matter what is going on. God is seeking to be part of our lives, no matter what our reputation. And that is because this God-with-us, Jesus, not only has come to be

with us but also to die for us. And as a result, any wrong thing we have done is dealt with through him **for us!**

And that is wonderful news! It brings peace and joy to our hearts that God does not abandon us but comes to be God-with-us, Jesus!

Peace and joy to you!
Pastor Noel



Tammy's Retirement

On the 19th of September we celebrated Tammy Kent's retirement from her position of production worker at the Material Recovery Facility.

Tammy started with Anuha in 2004, so she has worked with us for 18 years! During her time with Anuha Tammy has worked in the kitchen making jams, she refurbished headsets for Qantas and sorted the recycling for the Lockyer Valley at the MRF. Tammy liked to share her knowledge and experience with new staff and assisted with inducting them to the site.

Tammy has worked very hard and has been an absolute pleasure to work with.

Congratulations on your retirement Tammy, we will miss your smiling face at the MRF!



Tammy enjoying her retirement party lunch



Tammy with her workmates

Hello and Goodbye

We have had some staff changes over the last few months. Jane Martin our MRF administration assistant that started with us in June 2014 has left. Also, Susan Schulte who started with us in October 2019 as a jack of all trades across the MRF and East Street offices is no longer working with us. Jane and Susan brought a unique flavour and sense of style to the MRF that will be missed! Thank you Jane and Susan for all of your hard work and for keeping us all sane at times!



Jane Martin



Susan Schulte

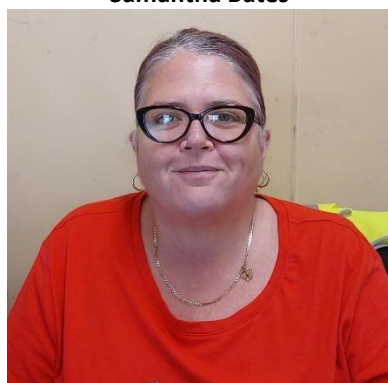
We would like to welcome Debbie our new MRF administration assistant and Sam our CRS team leader. We would also like to welcome Bec as our new MRF support worker. Kiah has also taken on a new role as Sorting Line Team Leader.



Samantha Bates



Rebecca Ford



Debbie Vaughan



Kiah Navie

Hello and Goodbye cont.

We would also like to welcome Karen Fowler our new Accommodation and Facilities Officer. Karen is pictured here being inducted by Pastor Rob Edwards, Wendy Paech and Marilyn Whereat from the Peace Lutheran Church.



Christmas Cheer

Anuha staff danced and sang the night away at their Christmas party held at Porters on November 26th.



The Anuha participants Christmas party went off with a bang on Friday the 9th of December. Guests enjoyed a delicious roast meal thanks to the Peace Lutheran Women's Fellowship and DJ Nate rocked the hall. Thank you to the Anuha Team Leaders for organising this successful event.







**Merry
Christmas**



DJ's Recycling Tip

DJ says please don't put the wrong things in your recycling bin. Things like dirty nappies, rubbish, food scraps, garden waste plastic bags and meat trays go in your red bin or green waste bin. If you are unsure what goes in your recycling bin check with your local council.

Thank you from DJ – Production worker at the Material Recovery Facility (MRF)





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 16th, 2022.
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: / /2023

DATE	EVENT	APPROX COST	OTHER EXPENSES	YES	NO
13/01/2023	Springfield Orion lagoon Depart 8:30 am, return 2 pm	\$20 to purchase lunch	Transport approx. 130 km		

27/01/2023	Movie and lunch at Riverlink Depart 9 am, return 3 pm	Movie \$8.50 \$20 to purchase lunch	Transport approx. 120 km		
10/02/2023	Shark and Ray Gardens, Loganholme Depart 9 am, return 4 pm	\$35 entry, \$20 to purchase lunch	Transport approx. 180 km		
24/02/2023	Toowoomba Japanese Gardens Depart 9 am, return 2 pm	\$20 to purchase lunch	Transport approx. 75 km		
10/03/2023	Paradise Country Theme Park Depart 8:30 am, return 3:30 pm	\$29.99 entry, \$20 lunch, spending money	Transport approx. 220 km		
24/03/2023	Movie and lunch at Redbank Plaza Depart 8:30 am, return 3:30 pm	Movie \$6.50 \$20 to purchase lunch	Transport approx. 180 km		
07/04/2023	No Outing: Good Friday Public Holiday				
21/04/2023	Toowoomba Street Art Walk Depart 9 am, return 3 pm	\$20 for lunch	Transport approx. 75 km		
05/05/2023	Queen's Park Zoo and Japanese Gardens, Ipswich	\$10 for shared lunch	Transport approx. 120 km.		
19/05/2023	Mini golf and driving range City Golf Club Toowoomba Depart 9 am, return 3 pm	\$8 per game, \$20 lunch	Transport approx. 75 km		
02/06/2023	Movie at Grand Central Lunch at Grand Central, Toowoomba Depart 9 am, return 3 pm	Movie \$16.50 \$20 to purchase lunch	Transport approx. 75 km		
Wednesday 14/06/2023	Moulin Rouge! the Musical QPAC 1 pm performance Depart Anuha 9 am, return by 5 pm \$79 (concession) Pre-payment required by 24/03/2023	Tickets \$79 (concession), \$40 to purchase lunch and snack	Transport approx. 150 km		

PEACE CAFE



HOT DRINKS

Please specify milk selection: Full Cream, Skim or Lactose Free

Coffee

Cappuccino	4.50
Flat White	4.50
Long Black	4.50

Tea

Aurora Earl Grey	4.50
Aurora English Breakfast	4.50
Aurora Green	4.50
Chai Latte	4.50

Hot Milo

Full Milk	4.50
Half Milk/Water	3.50

COLD DRINKS

600ml Mount Franklin Soft Drinks	1.50
Just Juice Apple Popper	1.50
Just Juice Orange Popper	1.50
Spring Valley Orange/Mango 300ml	3.00

Cold Milo

Small 200ml	3.50
Large 400ml	5.50

SNACKS

Byron Bay Cookie Range	2.50
Raisin Toast (2 slices)	3.00
Cinnamon Toast (2 slices)	3.00
Toasted Cheese Sandwich	3.00

Devonshire Tea

Tea of choice with 2 scones, jam and fresh cream	8.00
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Pancake Thursdays

Stack of 3 pancakes with fresh cream and maple syrup	5.00
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Join NDP for **free!**

If you work in the disability sector, National Disability Practitioners (NDP) is the support network you need.

NDP has grown to become a leading association for disability practitioners, with a large community of members across Australia. Our members range from disability support workers to allied health practitioners, leaders, educators, business support staff, sole traders, advocates, students and volunteers.

Sign up today!

All staff at **Peace Lutheran Church Gatton t/as Anuha** can access an NDP subscription until 30 June 2023.

Sign up via ndp.org.au and enter promo code:

NDS0000344

Or use the following URL:

https://member.ndp.org.au/pages/newapplication.aspx?disc_code=NDS0000344

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Your membership entitles you to many FREE benefits, but here are our top picks:

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Do you want to be in the loop on what is happening in the sector? Get the latest updates via our regular e-newsletters or go to our website. Access the latest news, fact sheets and NDPtv – our dedicated on demand TV.

NDIS & You

Is uncertainty about the NDIS worrying you? We believe being as informed as possible is the cure to uncertainty, so we've compiled some great resources and information to share with you.

Connections

Want to meet passionate practitioners like you in the sector? Attend networking events and NDP's Virtual Conference! Link through our social media, mentoring program and Communities of Practice.

Online Courses

Face-to-face learning not your style? Explore our extensive range of online courses designed to keep you well-informed and confident in your career in disability.

Webinars

Pressed for time? Access free – live or recorded – exclusive webinars on the go that will help you skill-up in no time. Find out what it means to be 'person-centred' or how to manage risk appropriately. Plus much more!

Workshops

Not everyone has the time to seek out quality workshops, so we did the heavy lifting for you. Browse our discounted workshops spanning a range of professional and disability specific topics.

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