

OUR GUNYAH

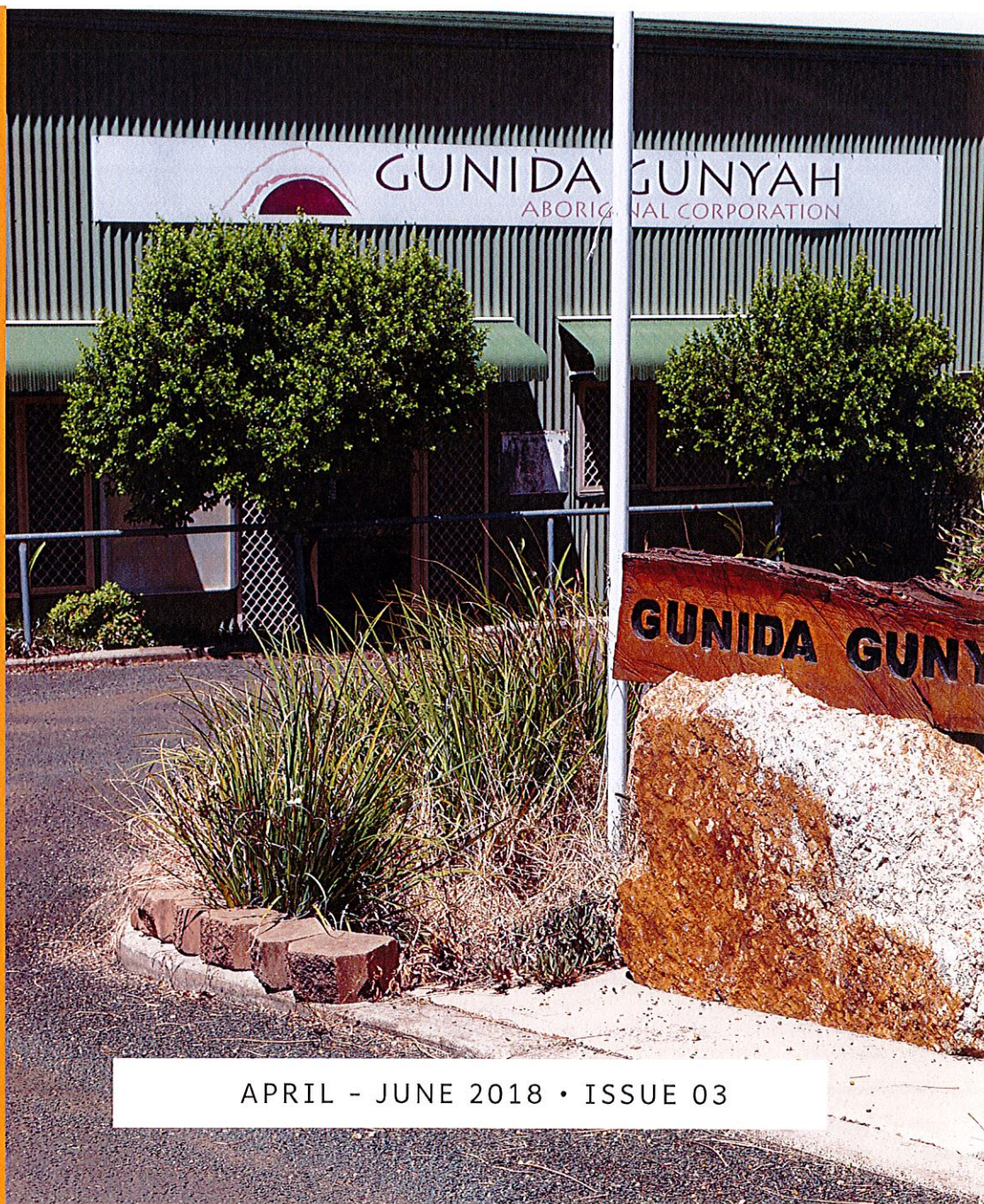
QUARTERLY MAGAZINE

ABN: 99561430099
ICN: 2708

34-36 FARRAR ROAD
PO BOX 439
GUNNEDAH NSW 2380

TENANT LINE: 1300 764
964

PHONE: (02) 6742 7038
FAX: (02) 6742 6670



APRIL - JUNE 2018 • ISSUE 03

www.gunidagunyah.com.au

With generous support from Gunida Gunyah and the Gunnedah Community, here comes Royal Far West and HNE Local Health District to deliver the

GUNNEDAH HEALTHY KIDS BUS STOP

11th-13th September 2018

What is the Healthy Kids Bus Stop?

The Healthy Kids Bus Stop is a **FREE** child health check, performed by local health staff, and pathway to care program for children aged 3-5 years old. The program includes:

- ☞ A comprehensive child health check
- ☞ Vision and hearing check
- ☞ Oral health check
- ☞ Fine and gross motor skill assessment
- ☞ Speech assessment
- ☞ Food and Nutritional assessment

Why are health checks important?

Regular health checks keep kids healthy. Health checks will identify lifestyle, development or illness-related issues and will help your child be healthy and fit and ready to learn when they start school.

How do I book my child in?

Registrations are essential. Please call Royal Far West on 02 8966 8557. A time slot will be selected that suits you and your child. As this is a comprehensive health check please allow up to 2 ½ hours for appointments.

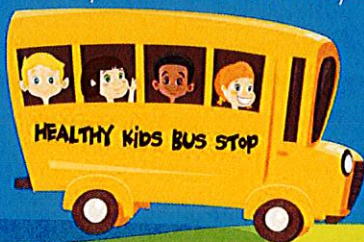
Registrations close 4th September 2018

Where will it be held?

Gunnedah Town Hall
39 Chandos St, Gunnedah

What do I need to bring?

- ☞ Your child's Blue Book
- ☞ Your child's hat
- ☞ Your child's drink bottle
- ☞ Snacks for your child



REGISTRATION FORM HEALTHY KIDS BUS STOP – GUNNEDAH 11th-13th September

A free health screen for 3-5 year old children

CHILD'S DETAILS

Child's First Name			
Child's Surname			
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female		
Date of Birth		Child's Age	
Postal Address			
Town		Postcode	
Aboriginal or Torres Strait Islander?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Medicare number		Ref:	Exp:

PARENT'S DETAILS

Parent's First Name			
Parent's Surname			
Telephone (Home)		Telephone (Mobile)	
Email Address			

PROGRAM INFORMATION

Please select the preferred day of your appointment. Royal Far West will contact you to arrange a suitable appointment time.

Location	Gunnedah Town Hall: 39 Chandos St
Tuesday 11 th September	<input type="checkbox"/> 9am <input type="checkbox"/> 10am <input type="checkbox"/> 11am <input type="checkbox"/> 12pm <input type="checkbox"/> 1pm
Wednesday 12 th September	<input type="checkbox"/> 9am <input type="checkbox"/> 10am <input type="checkbox"/> 11am <input type="checkbox"/> 12pm <input type="checkbox"/> 1pm
Thursday 13 th September	<input type="checkbox"/> 9am <input type="checkbox"/> 10am <input type="checkbox"/> 11am <input type="checkbox"/> 12pm <input type="checkbox"/> 1pm
How did you hear about the Healthy Kids Bus Stop?	
Who will be attending the Healthy Kids Bus Stop with the child? Please note this person needs to be a parent or legal guardian.	



YOUR CHILD'S HEALTH

Does your child have a Blue Book?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is your child's immunisation status up to date?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does your child have any speech and/or language concerns?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does your child have any fine or gross motor skill development concerns?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does your child have any hearing concerns?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you currently accessing services any of the above and who: Speech: OT: Hearing: Other:	When last service Wish to continue
Who is your child's Local Doctor?	
Who is your child's Dentist?	
Has your child been to see a Dentist in the last 12 months?	<input type="checkbox"/> Yes <input type="checkbox"/> No
What school is your child currently attending?	
What school will your child be attending next year?	
Will you require transport?	

CONSENT

I understand that staff from the Healthy Kids Bus Stop will share relevant information obtained during the registration process to assist in the planning of the Healthy Kids Bus Stop. This will include service providers and partners from the Healthy Kids Bus Stop as well as other service providers external from the Healthy Kids Bus Stop. This may include relevant staff from the Local Health District, Primary Health Network, Aboriginal Health Service and local GP. Yes No

Parent/Guardian's full name: _____

Signature: _____ Date: _____

Witness: _____

Signature: _____ Date: _____

Please visit <http://www.royalfarwest.org.au/healthy-kids-bus-stop> to fill out a form online, fax this form to Royal Far West on 02 9976 5361, email to outreachservices@royalfarwest.org.au, or phone RFW on 02 8966 8557



We are now online at:

www.gunidagunyah.com.au



- Report a general R&M issue
- Subscribe to the Quarterly magazine
- Check the calendar for community visits and events
- Email documents
- Update your tenancy details
- Keep informed of programs & Services
- Watch the tenancy induction video
- Apply for Housing
- Make a compliant



REPAIRS & MAINTENANCE FORM

Name *

Address *

Phone * Email *

What needs repairing? *

Give as much detail as possible i.e. what needs repairing, where, describe what is happening.

Upload Photo

TO UPDATE YOUR TENANCY DETAILS, PLEASE FILL IN THE FORM BELOW.

Name *

Address *

Home Phone Mobile Phone

Email *

Alternate Contact Details

Friends of Children with Special Needs

LIGHT UP QUIRINDI!

N•E•O•N

Colour Fun Run & Walk

16th September

@ No 1

Oval Quirindi

Gates open

@ 4:30pm for

a 5:30pm start

Family
rego
is \$50
for 6
family
members



Other
rego
prices
range
from

\$5 to \$20

For further information please check our Facebook page - Friends of Children with Special Needs for the event link or head to registernow.com.au & search Light up Quirindi - Neon Run & Walk.

Ph: 0414 864196



SAVE THE DATE



SATURDAY 18TH AUGUST, 2018

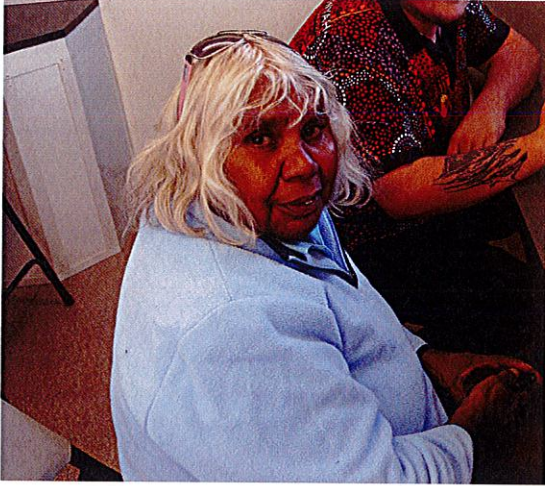
10AM-2PM BICENTENNIAL PARK, TAMWORTH

ABILITY LINKS NSW FESTIVAL IS OPEN TO EVERYONE

SPORTS | GAMES | MUSIC | FOOD STALLS

FUN FOR ALL





TENANT TALK UP

AN INTERVIEW WITH JOYCE SANDS

1. Where you from? Who's your mob?

Walgett, Collarenebri

2. Tell us a bit about your background.

Growing up etc.

Born in Collarenebri went to Walgett stayed with mum with family, come to Colli at 16 and never went home, Have lived here since, met my partner in Colli and then had a family.

3. Who is or was your role model? Why?

"Kevin Mundy was my partner and was my role model. Because he was always working. Worked in Colli farm for 6 years, built big levi banks in all the farms, was always working and was very passionate and caring about his community and the Walli Reserve.

4. What motivates you?

When I lost Kevin I used to wait every day thought he was coming home, then one day I woke up to myself and had to look after all the kids and grand kids, then they grew up and I worked in home care for about 8 years, where I could care for other people in need.

5. What's your favourite sports team?

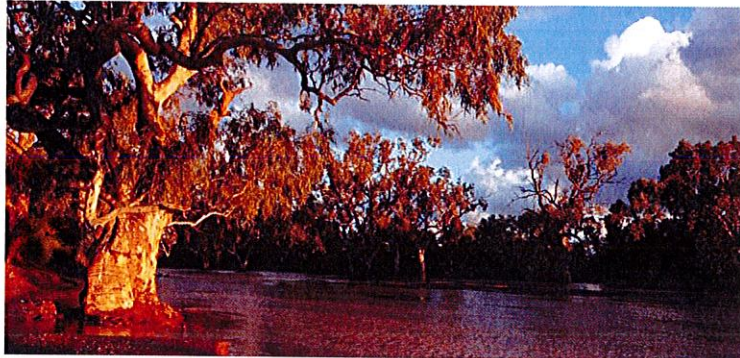
Football (NRL) Sharks

6. What is your best childhood memory?

Myself and Walter used to go fishing every afternoon in Walgett.

7. How would you describe your experience with Gunida Gonyah Aboriginal Corporation?

Very good, if something were to go wrong, id call Gunida Gonyah and they would take care of me to the best of their ability, always polite and respectful towards their tenants.



8. How do you define 'culture'?

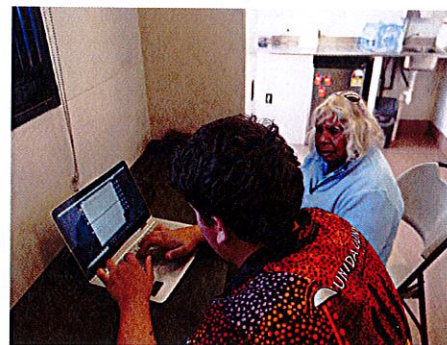
I love our culture, culture means everything to me, as it is my family and friends. People in our culture respect each other equally and if they were to have issues we would discuss and work everything out as a group instead of singularity.

9. How do you define 'family'?

Family is everything to me, I love my family, they mean everything to me, family is the most important thing as they are the ones that have been there from the beginning they are the people you can turn to if you have anything wrong, they are the people who you can talk to without judgment, Family is not defined by certain names or by blood, family consists of trust loyalty and respect, if you show someone so much respect and they are showing it to you that is as close as it comes to being family.

10. Is there anything else you would like to share with me?

Not at this time.



CLEAN OUT YOUR CLOSET FOR CANCER



**SATURDAY 1 SEPTEMBER
QUIRINDI ROYAL THEATRE
4PM - 7PM**

For more information contact Shaen on 0404841253

Raising funds for

Liverpool

Plains

RELAY
FOR LIFE



Cost

\$15 for one table
Discount available
for multiple tables

MOTOR MANIA

19th August 2018

INVERELL

DISPLAY
your
VEHICLE
for \$2



Contact
Spanner
0408688426

All Day BBQ - Cold Drinks - Hot Coffee
Good Music - Great Family Day
Catch up with everyone at

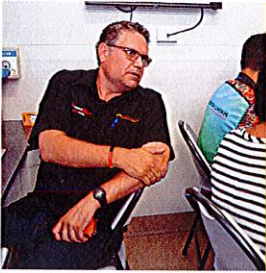
THE PIONEER VILLAGE

\$2.00 Entry

KIDS under 12 FREE



MOTOR SPORTS CLUB INC.



Farewell Walter

Walter recently left GGAC to pursue new ventures. Walter was a Family Support Worker with the Warranggal Dhiyan Program. We wish Walter all the best.

Warranggal Dhiyan Team members attended ASIST - Applied Suicide Intervention Skills Training at Narrabri

The two-day intensive training allowed us to recognise when someone may be at risk of suicide. We talked about suicide and reflected on how our attitudes and beliefs can affect our role as family support workers.

As part of our intervention strategies, the Warranggal Dhiyan team can discuss suicide with a person at risk in a direct manner. We can review immediate suicide risk and develop appropriate safety plans that supports a person's safety for now. We can then build on a collaborative approach that offers long term support and is focused on safe outcomes. We can offer advice about the resources available to a person at risk of suicide.



Warranggal Dhiyan Family Support Worker Shantel with her Certificate in Suicide First Aid

Did you know that twice as many Australians die by suicide every year compared to road accidents?

Need some help? 24-hour contacts

Lifeline 131 114

Suicide Call back Service 1300 659 467

Mindspot 1800 614 434

Mensline Australia 1300 789 978

Kids helpline 1800 55 1800

Beyondblue 1300 22 4636

Video Launch

Warranggal Dhiyan has launched videos that share the real stories of people who have benefited from the program. The videos can be found on the GGAC website at: www.gunidagunyah.com.au

The videos are great testimonial to the fantastic work that the team are doing. If you are interested in seeing for your self, please check them out!



We welcome Anthony Johnson to the Warranggal Dhiyan team

You may recognise Anthony as a Tenant Liason Officer here at GGAC. Anthony is now the Indigenous Admin Trainee for the program he will be supporting Kath and Shantel as Shantel steps up to the full time Family Support Worker role.

You can get to know a bit about Anthony by reading his story in the staff profile on the next page.

If you would like to talk to someone from Warranggal Dhiyan, please give us call on 6742 7038 and ask to be put through to reception.



GET YOUR

**FLOT
SHOT**



**SCHEDULE AN
APPOINTMENT TODAY!**

**A Piece of the Plains
Market Day**

**SUNDAY 9TH SEPTEMBER
9AM TILL 2PM**

Held @ the Quirindi Show Grounds in conjunction
with our Family Fun Day!

Call Nie for further info : 0427 603088



STAFF PROFILE

WITH ANTHONY JOHNSON

I am from Quirindi and I am related to the Keens, Johnson's, Smith's and Barkers. They are my mob.

I grew up in Quirindi went to school there - went to year 12 and then moved to Armidale. I then moved from Armidale back to Quirindi and from Quirindi to Port Macquarie where I did Bar work for about 9 months before returning to Quirindi. I then left again and moved to Canberra for work and moved back to Quirindi before finally moving to Gunnedah where I currently live. I have traveled a lot. My older brothers and dad inspire me - cos they have always been hard workers when something had to be done they just got it done - they have been very supportive.

Break the stereo type around Indigenous people - you can get out there and get a job and succeed. So many people get stuck in a rut and think that they can't do better. I want to show people that you can.

I am a keen supporter of the Sydney roosters. They are the best team.

Growing up I loved playing footy in yard with my brothers. We would always go out in rain and roll around and dive in the mud. My love of football is still there and I now play footy for the Gunnedah Bulldogs.

I started working here for Gunida Gunyah about 8 months ago. It's different to the type of work I am used to but it's been good. I am learning new skills and meeting a lot of new people. I like the community engagement aspect of it.

To me culture comes down to your beliefs, your morals, how you were raised and what you have been taught by elders including traditions.

How do I define family? Family is your mob - anyone that supports you and has a positive impact on you just in life in general - really.



Warranggal
Supporting Strong Families

Dhiyan

Supporting Indigenous clients who have been
incarcerated or who are at risk of being incarcerated



Our family support workers are dedicated to helping individuals and families that reside in the North West region of NSW (excluding Moree and Tamworth). Although our office is based in Gunnedah, we operate as an outreach service and will travel to you if and when required.

We are committed to supporting the whole family unit of individuals who have been incarcerated or who may be at risk of becoming incarcerated.

If you are in regular contact with the police or the court system and want to try and break the cycle then this program might be for you. If eligible you will receive a support package including intensive case management that has been developed based on your needs and identified goals.



- REFERRALS
- INFORMATION
- CASE MANAGEMENT
- FAMILY SUPPORT WORKER
- PSYCHOLOGY
- ASSESSMENTS
- SPECIALIST CONSULTATIONS
- TRANSPORT
- PROGRAMS
- WORKSHOPS
- COURT SUPPORT
- ADVICE

Communications from Compliance with Morad Wasile

I would like to thank all our tenants for welcoming me to Gunida Gunyah. Thank you for all the tenants who came out to meet me at the community visits earlier last month.

Many of you worked with me to resolve rental arrears issues and come to agreements that have saved your tenancies.

I still have some tenants I will be reaching out to about their rental arrears, hopefully to avoid the tribunal legal process.

In this newsletter, I would like to talk about an issue which Gunida Gunyah will be focusing on.

Tenant Behaviour

Under every Tenancy Agreement, all tenants and other occupants have a duty to:

1. not to use the residential premises, or cause or permit the premises to be used, for any illegal purpose,
2. not to cause or permit a nuisance,
3. not to interfere, or cause or permit interference, with the reasonable peace, comfort or privacy of neighbours,
4. not to intentionally or negligently cause or permit any damage to the residential premises, and
5. not to cause or permit more people to reside in the residential premises than is permitted by this agreement.

As I mentioned in our previous newsletter, my job is to make sure that all tenants are aware of the legal responsibility Gunida Gunyah has towards their tenants and what responsibilities tenants have towards Gunida Gunyah.



When we take tenants to the Tribunal, the tribunal makes a termination order if the tenant, or any person who although not a tenant is occupying or jointly occupying the residential premises and engages in the above behaviour.

I will be contacting some tenants shortly to offer them an opportunity to enter an acceptable behaviour agreement. This will allow those tenants and any other person occupying the housing premises to avoid termination of their tenancy and stay in their home.

In making a request that a tenant enter into an acceptable behaviour agreement, the agreement will mean if any occupier engages in any anti-social behaviour that is specified in the agreement, the tenant is taken to have engaged in the behaviour and breached the agreement.

If you would like to discuss these agreements or require more information please contact me. Alternatively please reach out to one of your local tenants advocate representatives:

1. New England Tenants Advice and Advocacy Service (NEWTAAS),
2. Western NSW Aboriginal Tenants and Advocacy Service; and
3. Northern NSW Aboriginal Tenants Service.



TENANTS RIGHTS FACTSHEET 11

NSW Civil and Administrative Tribunal

As a tenant you have rights under the *Residential Tenancies Act 2010* and *Residential Tenancies Regulation 2010*. This factsheet explains how the tribunal settles disputes between tenants and landlords.

About the tribunal

The NSW Civil and Administrative Tribunal is an independent body which deals with certain kinds of disputes between landlords and tenants. It is not a formal court, but its decisions are legally binding. The people who hear cases at the tribunal are called tribunal members.

Most remedies from the tribunal are for breach of contract – not obeying the terms of the residential tenancy agreement. NCAT was established in January 2014 with the integration of 20 formerly separate NSW tribunals, including the Consumer, Trader and Tenancy Tribunal (CTTT).

Applying for a hearing

Application forms are available from:

- tribunal registries or website (phone 1300 006 228 or see www.ncat.nsw.gov.au)
- Fair Trading Centres (www.fairtrading.nsw.gov.au)
- your local Tenants Advice and Advocacy Service.

The form includes advice on how to fill it in. For an urgent hearing, attach a letter to the application saying why it is urgent.

Time limits An application about a breach must be made within 3 months of becoming aware of the breach. Other types of applications have different time limits – check the application form. If the time limit has passed, ask for an extension in your application.

Costs An application costs \$49 (\$12 if you are on a government pension or benefit, Austudy, Abstudy or have a Seniors Card – you must provide a copy of the card or Austudy/Abstudy advice). Fees may be waived or postponed for special reasons.

A summons for a witness or documents costs \$45. (Get advice from your local Tenants Advice and Advocacy Service about this.)

If the tribunal thinks that your application is not serious or that you are deliberately wasting its time, you may have to pay the landlord's costs.

Representation

Tenants usually represent themselves. You can ask the tribunal to let another person (such as a tenant advocate) speak for you, but you will need to convince the tribunal member that you need this. You can bring a friend or family member for support.

A landlord may use a real estate agent to represent them. Solicitors may only represent landlords or tenants with the permission of the Tribunal.

Right to an interpreter

If you need an interpreter, write this on your application or tell the tribunal when you get the notice of hearing. The tribunal will provide one for free.

You should go to the hearing

It is important to attend the hearing as the tribunal can make orders that affect you, even if you are not there. If you do not go, you could later find that:

- you have been evicted
- you have been ordered to pay charges that you did not know about
- everything the landlord said was taken as fact – you were not there to give evidence that the landlord was behaving unreasonably or making such claims.

If you apply for a hearing and do not attend, the tribunal will dismiss your application altogether.

Changing a hearing date

If the hearing is set for a date or time that you cannot make, write to the tribunal before the hearing and ask for another date or time. It also helps to ask the landlord/agent personally to agree to a change. You must give reasons for your request. For example:

- you are sick (you must provide a detailed medical certificate that explains why you could not attend the hearing)
- you want to arrange for someone to represent you
- the landlord has refused to give details of their claim.

If you do not hear from the tribunal about your request, attend the hearing as it may go ahead without you.

If you cannot ask for a change before the hearing, you can send someone else to ask for a new date. They will need a letter saying that they can speak for you, and they should also know the facts of your tenancy problem in case the tribunal refuses your request and runs the case without you.

If you are running late for a hearing, call the tribunal and say that you are on your way, otherwise the hearing may be over by the time you get there.

TENANTS RIGHTS FACTSHEET 11: NSW Civil and Administrative Tribunal

What to take to the hearing

The tribunal member hearing your case will need evidence that supports your arguments. If possible, take 3 copies of documents you want to use – one each for you, the landlord/agent and the tribunal member. These might include:

- the residential tenancy agreement
- a brief written statement of your case
- statutory declarations by other people who have witnessed important events or who can support your case (signed by a Justice of the Peace or a solicitor)
- receipts or quotes (e.g. for rent, bond, cleaning, repairs)
- copies of all letters between you and the landlord
- photographs that show the problem.

The first hearing

At the first hearing, the tribunal member will ask you and the landlord/agent to try to negotiate an agreement (*conciliation*). Sometimes a conciliator will help you, but often it will be just you and the landlord/agent. Do not feel pressured into agreeing to something unfair.

If an agreement is made, the tribunal member will write an order based on your agreement. This ends the matter.

If you and the landlord/agent cannot agree during conciliation, you have the right to have your case heard by a tribunal member. The tribunal may hear your matter on the same day or set it to be heard on another day.

During a hearing

In an 'informal' hearing, the tribunal member will listen to you, the landlord, your representative (if any), and the landlord's representative (if any). They will look at any documents, photos or other evidence, and will ask questions. They will then make a decision about the case – known as *orders*.

If the case is more complex, or either side wants to bring witnesses, a 'formal' hearing may be held. The case will be run more like a court, with evidence usually given on oath or affirmation. The tribunal member will usually ask the applicant (the person who

lodged the application) to present their case first, then ask the other side to respond.

Be aware that it is an offence to mislead the tribunal.

Notice of orders and reasons

The tribunal will give you a notice of orders. If you want the reasons for the orders, write to the Registrar within 28 days of getting the notice of orders.

Enforcing an order for payment of money

Orders for payment of money are enforced through the Local Court. You will need a *certified money order* from the Registrar. See www.lawlink.nsw.gov.au or phone LawAccess NSW on 1300 888 529 for guidance.

Renewing an application

If the landlord does not obey an order (other than a money order) you may apply to the tribunal to have the case renewed. The fee is the same as the original fee.

You must apply within the time given in the original order or within 12 months of the date for compliance in the original order.

Set aside and appeal applications

NCAT decisions can be challenged. The reasons for challenge are limited and time limits apply. Do not delay.

Get advice from a Tenants Advice Service or CLC before commencing any of the following procedures:

- Application to set aside or vary a decision
- Appeals to the Tribunal
- Appeal to the Supreme Court
- Judicial review by the Supreme Court

Fees:

- Set aside or vary: \$101 (conc. \$25)
- Internal appeal: \$414 (conc. \$103)
- Supreme Court: inquire of Supreme Court Registry

Fee waiver and/or postponement applications can be made to the Registrar of the Tribunal with your application.

July 2017

For free tenancy advice, call your local Tenants Advice and Advocacy Service:

SYDNEY:

- Eastern 9386 9147
- Inner 9698 5975
- Inner West 9559 2899
- Northern 8198 8650
- Southern 9787 4679
- South West 4628 1678
- Western 8833 0933

REGIONAL:

- Blue Mountains 4704 0201
- Central Coast 4353 5515
- Hunter 4969 7666
- Illawarra Sth Coast 4274 3475
- Mid Coast 6583 9866
- Northern Rivers 6621 1022
- Northwest NSW 1800 836 268
- Southwest NSW 1300 483 786

ABORIGINAL:

- Sydney 9833 3314
- West NSW 6884 0969
- South NSW 1800 672 185
- North NSW 1800 248 913

WEBSITE: tenants.org.au

NSW FAIR TRADING: 13 32 20

This factsheet is intended as a guide to the law and should not be used as a substitute for legal advice. It applies to people who live in, or are affected by, the law as it applies in New South Wales, Australia. ©Tenants' Union of NSW



KNIT & NATTER COLOUR & CHATTER

EVERY SATURDAY
9.30AM TO 12.30PM
GUNNEDAH SHIRE
LIBRARY
CONADILLY ST,
GUNNEDAH

Bring along your knitting, crocheting, craft project or colouring book and have a cup of tea and a natter with other crafty folk.

Open to all ages.

Colouring books, coloured pencils, textas, crayons provided. Tea and coffee available.

CALL 6740 2190 FOR
MORE INFORMATION



GUNNEDAH FAMILY SUPPORT
Strengthening and Supporting Families and Our Community

Keeping Kids In Mind

Keeping Kids In Mind is a five week course offering support for separated parents in a time of change and uncertainty, helping them understand the impact of separation or divorce on children.

- handle strong emotions better
- understand how entrenched conflict affects children
- tips for parenting during tough times

This course satisfies the requirements of a court ordered separated parenting course.

Registration is essential.
To book your place,
please call **KAREN**
Gunnedah Family Support
67 421515

2018

WHEN: 5 x Thursdays
10:30am - 1pm
August 2nd - 9th -
16th - 27th - 30th
LIGHT REFRESHMENTS PROVIDED
VENUE TO BE CONFIRMED



FAMILY
RELATIONSHIP CENTRE
HELPING FAMILIES BUILD BETTER RELATIONSHIPS



Centacare
New England North West
Rural Resilience
THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE

MEETING/TRAINING ROOM



For Hire

The community building facility is available for hire for meetings, training and private functions. Equipment is available for all of your conferencing needs including projector, access to Wi-Fi, tea and coffee urn, tables, chairs and tableware. Catering can be organised for an additional fee. Non for profit groups and organisations may apply in writing to have the hire fee waived. To enquire about the availability of the community building and to obtain a quote, please contact the office. *Please note that alcohol onsite is strictly prohibited.

Handy tips from Assets & Maintenance

It's the time of the year when power bills often surge to their highest as households battle to keep warm. "These tips are very simple to implement and they could all add up to cutting your next power bill significantly – in some cases even by as much as 10% if you build a good energy-saving habit."



15 ways to keep your winter bills down!

1. Heating

Almost 40% of household energy use relates to heating during winter. Buy the most efficient heater you can afford and only heat the rooms that need it. Keep the thermostat at 18-20C. Be careful you don't overheat your home. Every degree above that you program your heater adds about 10 % to your heating costs.

2. Program your heater

Use your heater economically. Set it to switch on 20 minutes before you wake up then turn it off 20 minutes before you leave the house or go to bed. Use an electric blanket to warm your bed and then turn it off before you go to sleep.

3. Size matters

Think about the size of the appliances for areas of the home you want to heat up. Small energy-efficient heaters are sufficient for bathrooms to save warming up the whole house instead.

4. Cut down your showers

Hot water accounts for around a third of the average household's energy use. Resist the temptation for longer showers this winter. The average shower is eight minutes...consider cutting that in half. Install a water-efficient shower head; efficient showerheads can use as little as 7 litres per minute compared to an unrated showerhead which can use up to 25 litres of water per minute – a 72% reduction on hot water usage.

5. Don't make your kettle work harder than it needs to

If you are making a cup of tea or boiling water for a hot water bottle, make sure you only put as much water as you need in the kettle each time you boil it, rather than filling it all the way up to the top. It costs more to boil a full kettle than to run a ceiling fan for an hour.

6. Don't forget the 'off' button

Remember to turn your heating off before you leave the house in the morning.

7. Use your oven!

Leave the oven open after you bake – let the warm air circulate around the room!

8. Put your ceiling fan into winter mode

Many ceiling fans have a switch (above the blades) which will allow you to change between summer and winter mode. If you put the fan into winter mode, it will reverse the movement of the blades and force the warm air that is trapped at the ceiling, down into the room to cycle with the cool air. This will warm up your room in winter. For the best effect, keep your fan on low speed.

9. Don't block the sunshine

If you have pot plants on your window sill, now is the time to move them elsewhere. Maximise the sunlight coming into your home and remove any blockages that may be in the way.

10. Use your curtains

Let in the sun during the day (particularly on north-facing windows) and close them at night to seal any draughts around windows or doors.

11. Let it vent!

Make sure any heating vents are kept clear and that any rugs or furniture that are in the way are moved, to ensure heat is circulated around the room as efficiently as possible.

12. Get dusting

Make sure you regularly dust or vacuum your radiators and vents to stop dust from accumulating. Dust can keep the heat from getting into the rooms where you need it.

13. Seal up any holes in walls or foundations

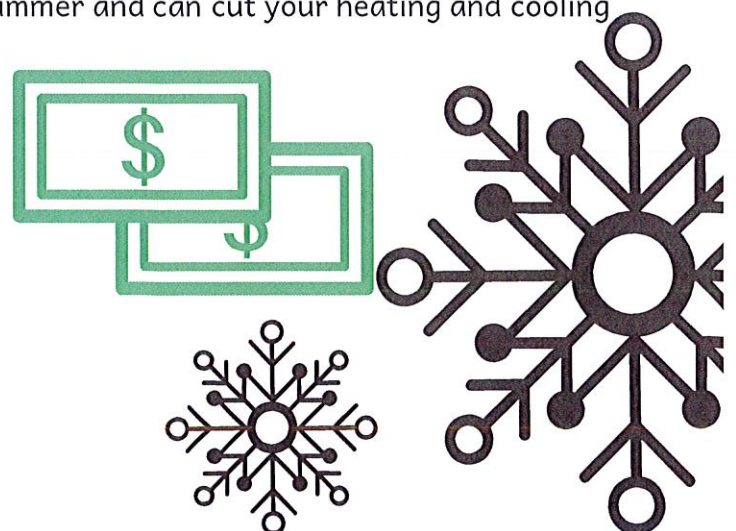
Any cracks or holes will allow precious heat to escape. Use weather stripper for doors and windows and gap filler for cracks in the wall.

14. Smarter laundry

Wash clothes in cold water and wash only full loads. Hot water will inflate your bill further and doesn't contribute any significant benefits versus cold water washes.

15. Get the professionals in

When was the last time your roof was maintained? Do you have any leaks? Now is the time to get all your household issues fixed. The less opportunity for heat to leave the house, the warmer you'll be – and the less energy you will waste! Make sure your home is well insulated. It keeps your house warmer in winter, cooler in summer and can cut your heating and cooling costs by up to a third.





Here are some handy hints: To keep the mice and rats away

1. Trim back any trees by at least 2 meters with branches near the roof to slow down roof jumping.

2. Ensure all rubbish that is placed in outside rubbish bins are well wrapped.

3. Clean the sub floor area. If you've got rodents, you'll see the insulation hanging down (they like to nest in it). Once the area is clean, you can see what needs to be done. Rodents can carry some nasty diseases so it is advised to wear high-quality respiratory protection or contact your Ecomist professional for advice.

4. Look around the inside and outside of your sub floor. Thoroughly examine for any opening 3cm or larger. Close off any sub floor doors with an actual door instead of a casual closure such as a piece of wood pulled over an opening. You can stuff small openings with steel wool. Medium openings can be bridged with 3cm hardware cloth (mesh) stapled over the opening. Make sure to check where plumbing, electric and heating enter and exit your house.

5. Check the outside of the house very thoroughly. Fill or bridge gaps where the house meets the ground to prevent entry. You should safely get up on the roof prepared to fill holes where vents exit the roof and where two roof lines intersect. Bring along hardware cloth and fillers as used in the crawl space. This is important because arboreal rats have no problem jumping on to the house, moving in, and finding their way to your generous supplies of food, water, heat, and shelter.

6. Check the roof void to see if you have any activity up there. Put some traps up, check for openings to fill, and remember to reset your traps frequently until you have no activity.

7. Clean the garage, or store room. Rats think your clutter is a lovely, undisturbed place to live.

8. Look for problems with your garage door. A garage door weather seal is used to seal the gap between the perimeter of a garage door and the door frame. The material used is made of a flexible rubber, which is vulnerable to chewing by mice and other rodents. Rodents chew through the lower corners to gain access to their new home. A flexible metal strip can be secured to the garage door weather seal where the seal meets the ground. The garage/ home will then be better protected against pesky rodents sneaking inside.

OUT & ABOUT IN COMMUNITY

Our Liaison team are out in your community once a month, if you have any issues with yourself, your tenancy or your property or even to just have a chat do not hesitate to let us know, if you have any issues with the property we will take pictures and report them as soon as possible. You can check our website for the time and dates for your community visits.

We also do a referral service, to assist you in any way we can, so if you are in need of any help please let us know we can contact the service in front of you on the spot or if you ring and report it we can give them a call on your behalf.

We also do community events, school visits, where we bring along Yippi and Pippi and our jumping castle with lunch provided. At each of our events and seminars we also bring along our Mobile Office Base which is facility we can use for you out in the field, it comes with all necessary equipment that helps us connect you to various resources and organisation that you may not be able to get in contact with, through the use of our Laptops, Printers, Internet access, phone, service provider booklets. This takes the burden of having to travel to the nearest town or going out of your way to reach specific services.

Be on the lookout for a letter in the mail as we are currently scheduling property routine inspections in your community. If you are unavailable for the time and date that you have been scheduled for please call our office to arrange new time and date asap.

We also have our website up and running so if you would like to jump online and have a look: www.gunidagunyah.com.au

Collarenebri community members and tenants, you may have noticed a little shop in the main street called Kate's place.

Kate's place is a small but convenient shop for those who aren't able to get into other towns to get to shopping centres; Kate's place offers all sorts of bargains including:

- Clothing (Nothing over \$2 and this includes casual and formal wear)
- Thongs and Shoes (Nothing over \$5)
- Lots of books (from 50c to \$2, also a quiet area to do some reading or to have a cuppa)
- Cheap grocery selection
- Cold drinks
- Snacks
- And more.

Also they offer a free bread and milk delivery service to your home for the elderly and disabled. So if you are in Collarenebri don't forget to pop in and say hello, have a cuppa and yarn.

To find more information about Kate's place search for Kate's Place on Facebook or call Kate on 0490 277 020.

Moree community members and Tenants. If you would like to learn about Aboriginal history or your family history, this is a great little centre where you can go in for a quiet read and educate yourself about Aboriginal history and culture.

The Dhiyaan Centre

Let the Indigenous Unit take you on a journey through time...

The Indigenous Unit, which was established in 1995, is part of the Northern Regional Library & Information Service based in Moree. The Unit services the Shires of Brewarrina, Gwydir, Moree Plains and Walgett. Within these Shires are a substantial number of Aboriginal settlements including Boggabilla, Boomi, Brewarrina, Collarenebri, Mungindi, Walgett and Moree itself.

Encouraging Aboriginal participation within the library service has been of great importance to the Indigenous Unit. Family genealogies and photographs have been a major draw card in Aboriginal library usage knowing one's family, people and origins are of paramount interest. The collection the Indigenous Unit currently houses includes an enormous number of genealogies, photographs and resources to assist Aboriginal genealogy searches.

The Unit service includes assistance with family history, local history and Aboriginal history; tips on how to trace your family tree, cultural awareness workshops, language program and more.

The huge collection of Aboriginal family trees held at the Indigenous Unit has been built up through the traditional method of bartering/swapping information.

Today, the Indigenous Unit continues to assist people with Aboriginal history and family history through their Service and through liaisons with other organisations. The Indigenous Unit aims to document, preserve, and protect information and objects which are of significance to the Aboriginal people for use and education now and for future generations.

At the Corner of Balo & Albert Street's, Moree

Ph: (02) 6752 1346



Useful Contacts

If you need immediate help please call:

Emergency services (Police, fire & ambulance) 000

For crisis support please call:

Lifeline (Crisis support, Suicide prevention – 24hrs) 13 11 14

Child Protection Helpline 13 2 1 11 (24 hours/7 days)

health direct Australia 1800 022 222

Kids Helpline 1800 55 1800

National Sexual Assault, Domestic Family Violence Counselling
Service 1800 737 732 (1800RESPECT)

NSW Poisons Information Centre 13 11 26

NSW Rape Crisis Centre 02 9819 7357 or 24/7 Counselling 1800 424 017

Surgery Access Line 1800 053 456

Victims Access Line 1800 633 063

Drug and Alcohol Service (Hunter New England) 1300 660 059

Poisons Information Centre Call 13 11 26

Recipe for the Kids

Frozen Banana Pops



Materials List

bananas
vanilla yogurt
popsicle sticks
cookie sheet
wax paper
toppings - shredded coconut, sprinkles,
chopped nuts, etc.
paper plate
plastic knife

- Gather all materials. We used peanuts, shredded coconut, chocolate chips, and sprinkles to top our pops. I also used paper plates to help contain some of the mess while the kids dipped and topped their pops.
- First, we peeled and cut the bananas into 1-2 inch pieces. My 4-year-old had a little trouble peeling the banana, but was able to cut it all by himself with a spreader.
- Then, we put a Popsicle stick into each piece of banana. We found it was easier to do this with bananas that weren't overly ripe. The sticks went right through the really ripe bananas and we had more trouble dipping them, but they worked out fine once we got them into the freezer.
- I put some vanilla yogurt in a bowl and the kids dipped and swirled their bananas into the yogurt. I showed them how to swirl their pops to get the yogurt even and cover the whole thing. My two-year-old mainly played with his banana and yogurt and smashed it up, but he had a great time and got a healthy snack out of the activity!
- When they were finished with their masterpieces, the kids put their pops on a cookie sheet covered in wax paper and we put them in the freezer for about 4 hours. We used the leftover yogurt and toppings to make a yummy morning snack.
- The kids had their pops that afternoon and thought they were getting dessert before dinner! I love when the kids really enjoy eating healthy. These made a yummy and nutritious snack that we are sure to make again and again!

DIY Cardboard Didgeridoo



STEP 1

Choose how long you want your Didgeridoo to be and collect how many rolls you will need. We used five rolls.

STEP 2

Join your rolls with masking tape. Wrap strips of tape around the joins.

STEP 3

Paint your Didgeridoo. You can paint it one solid colour or with different colour sections. For one we used brown paint, for the other we used a mix of black, brown and white. This will provide a base coat for your didgeridoo and cover the joins. Allow to dry.

STEP 4

We decorated our didgeridoos using the dot painting technique and for this method we recommend you prepare your paint by pouring a small amount into craft bowls.

STEP 5

We also drew a rough guide of our design on with pencil but this is not essential.

STEP 6

Gently dab your brushes or cotton filters into the paint and then directly onto the surface to create your patterns using circles, spirals, lines, dashes and dots. You could practice on a piece of scrap paper first. Allow to dry.