

OUR GUNYAH

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STAFF PROFILE



Jodie Kay
Finance Team

Where you from? Who's your mob?

I am Gunnedah girl and my mob is the Gold's, Kay' and White's.

Tell us a bit about your background. Growing up etc.

I was born in Gunnedah and pretty much grew up in Gunnedah but also moved around a fair bit when we were younger as my parents had split. Mum re married and we basically moved around for her Husband's work and eventually we moved back to Gunnedah. I have 4 sisters and 2 brothers so I come from a big family which makes me a family girl at heart.

Who is or was your role model? Why?

My mother is my role model; she is my best friend and has taught me a lot of things in life growing up. She is a great mum and Nan and would do anything for her family, very strong woman and I'd be lost without her.

What motivates you?

My son, he motivates me every day to be the best role model I can for him and to be able to teach him valuable life lessons for when he grows up.

What's your favourite sports team?

I don't particularly follow any sports team but love travelling away for the Indigenous Knockout and love to get into the State Of Origin.

What is your best childhood memory?

Camping out at the dam with all the family at Easter and Christmas, sitting at the campfire listening to pop tell his stories about the grasshoppers and ghost stories.

How would you describe your experience with Gunida Gunyah Aboriginal Corporation?

I started at Gunida Gunyah on the 2nd of July 2015; I would say that Gunida Gunyah is one of the best workplaces I have ever worked. Although the job is very challenging sometimes all staff is very friendly and committed to their jobs working with the tenants the best way we can. I have worked in a few different roles whilst working at Gunida Gunyah, I started working in the Repair & Maintenance team and recently moved in the Finance Team, which can be a very challenging role at times but is also a learning curve for me trying new things.

How do you define 'culture'?

Culture is a part of who you are, what you believe in and where you're from.

How do you define 'family'?

Family is very important especially to me; I am a big family girl and always have been. Family is always there to help through the good and bad... I'd be lost without my family.

TENANT TALK UP



Valma Green
Walcha Community

Where you from? Who's your mob?

I am from Walcha; from the Thungutti/Kamilaroi Tribe.

Tell us a bit about your background. Growing up etc.

I come from a family of 9; 4 girls and 5 boys. I grew up on the road, started school in Kootingal and then moved to various towns around NSW.

Who is or was your role model? Why?

My parents, because of them I have respect, I was brought up that way. They taught me the do's and don'ts in life and taught me that nothing comes easy and that you have to earn it.

What motivates you?

Work motivates me, I do a lot of volunteering for schools and day trips to places.

What's your favourite sports team?

Bulldogs

What is your best childhood memory?

Having my mother back home from hospital as she was very sick and when she was home she felt happy.

How would you describe your experience with Gunida Gunyah Aboriginal Corporation?

Pleasant; communication is always good and they have given us stability to have a home.

How do you define 'culture'?

When we were growing up, we didn't know much about culture. I now have a strong cultural belief and I believe it is described as family, people you can turn too.

How do you define 'family'?

My family and i are extremely close, they are the people that lift me up when I'm down, they are the people you can trust and love.

Is there anything else you would like to share?

Currently shooting education videos for our schools.



Bush Fire Awareness



Recently the town of Tingha NSW was one of the affected areas with out of control bush fires which destroyed over 12,000 acres of land. Below are some bush fire safety tips to help you and your family.

Important things to remember in case of a bush fire:

With bushfires currently affecting many parts of Australia, it's important to be prepared for potential threats to your home or family. If you live or work in or near bushland here are some safety tips from the NSW Rural Fire Service:

1. Prepare a bushfire survival plan to help you assess whether to leave your home or stay and defend during a bushfire and how to prepare and protect your family and property.
2. Be aware of the fire-danger rating each day. It is recommended you don't stay to defend your home if there is a catastrophic or extreme-fire-danger rating.
3. Keep informed on major fire updates and be ready to act. If you receive a bushfire alert, take it seriously and act promptly. Updates on the fires in NSW are available by calling 1800 NSW RFS (1800 679 737).
4. Prepare an emergency survival kit that includes a battery-operated portable radio, waterproof torch, spare batteries, first-aid kit, candles with waterproof matches, woollen blankets, emergency contact numbers, waterproof bag, cash and credit cards, medications and toiletry items, mobile phone and charger, pocket knife, important documents/photos in a waterproof bag, a change of clothes for every member of the family, and drinking water.
5. Contain pets so they can be easily found in case of evacuation, and provide them with water, shade and a safe place. Prepare an emergency survival kit for pets that includes a basket/cage/leash, medications or dietary supplements, food and drinking water, and a familiar toy or item to help reduce stress.
6. Identify a neighbourhood safer place: a building or open space away from bushland that can provide some protection from the immediate threat of a bushfire.
7. Drink plenty of water to avoid dehydration.
8. Wear protective clothing such as denim jeans, leather boots/shoes, a wide-brimmed hat, glasses/goggles, gloves, a non-synthetic mask/cloth, and a cotton or wool long-sleeved shirt.

Tingha Bush Fires 2019

All staff at Gunida Gunyah would like to shout out to all Tingha tenants that were affected during the the bush fires and we are more than pleased to know everyone has returned to their homes safe & sound.

It is really important to look after each other and the Tingha bush fires is a big example as to why we need to, Gunida Gunyah would like to also thank the firers and police on giving the community directions, making sure people were safe and saving so many homes that could have been destroyed and thank you to those who donated during the fires.

To all tenants and community please take the time to read the previous page about what you need to do in case of a fire and below you'll find tips that may help avoid bush fires.

Tips that may help avoid bush fires:

- Avoid burning off any rubbish
- Keep lawns low & tidy
- Dispose correctly of any lawn clippings, dead branches etc



Photo taken during the Tingha bush fires

For Emergency Services (Police, Fire and Ambulance) Dial 000

Communications with Compliance

From your friendly Compliance Team: Joanne Briggs and Morad Wasile

For your interest

Throughout the year NSW Fair Trading holds information sessions of various sorts. Coming up soon are:

- webinars about changes to the Residential Tenancies Act regarding domestic violence, and
- live information sessions in the Northern Rivers about Residential Land Lease Communities.

Check them out and register on their event calendar:

<http://events.fairtrading.nsw.gov.au/scripts/NSWFairTradingCalendar/>

DV

On 28 February 2019 the Residential Tenancies Act was amended to reflect some important changes.

The changes are very strict about what evidence needs to be given with a notice of termination to prove that there has been a domestic violence incident.

If this supporting evidence is not given, the Tribunal could decide the notice of termination is invalid, so it is very important that you make sure you have the right supporting evidence and that you include this with your notice of termination.

This could be a:

1. Criminal conviction for domestic violence, OR;
2. Domestic violence order (interim or final) OR;
3. Relevant S68B or S114 Family Law Act injunction OR;
4. Declaration from a competent person: A declaration has to come from a “competent person” and can only be given by a medical practitioner. They can make a declaration that there is a domestic violence situation. The declarations are very carefully monitored, and have strong penalties if false. There is a form that you can ask your medical practitioner to complete.

Advice From Assets & Maintenance

Gunida Gunyah provide the first pest spray when you move in and after that it is the tenants responsibility to keep the pests at bay. So we have decided to help out with you with a few tips on how to deal with unwanted spiders, cockroaches, mice and other pests.

General pesticide safety

Suggestions when using pesticides at home include:

- Don't stock up on pesticides. Buy only as much as you need.
- Read the manufacturer's instructions carefully and always use the product strictly as directed. Do not use more than the recommended amount and make sure that you follow all safety precautions.
- Do not mix pesticides. You risk an unexpected and potentially dangerous chemical reaction.
- Store the pesticide in its original container with the lid firmly sealed and keep out of the reach of children, for example, locked in a high cupboard in the garage. Never transfer pesticides into containers that children might mistake for food or drink.
- Do not set traps or place baits in areas that are accessible to children, pets or native animals.
- Wear the protective clothing suggested in the manufacturer's instructions whenever you handle or use the pesticide, for example, rubber gloves.
- Do not eat, drink or smoke while using a pesticide.
- Wash your hands after use.

Safety suggestions for indoor use of pesticides

When you use pesticides indoors you should always:

- Cover or remove bird cages and fish tanks, and relocate other pets before using aerosol (spray) pesticides. Many pesticides are extremely toxic to birds and fish.
- Remove (or cover) food, cooking utensils and other personal items from the area to be treated. Thoroughly clean kitchen benches before preparing food.
- Avoid applying surface sprays to areas commonly touched by family members, such as furniture. Only use surface sprays in out-of-the-way areas like along skirting boards.
- Leave the room while the pesticide (such as fly spray) is taking effect. When you come back, open the windows to clear the air.
- Make sure pesticides are used in the right place. For example, mice tend to run along skirting boards and under floors. If you put traps or baits out in the open, they may fail to attract the pest and may pose a health risk to family members or pets.
- Clear up any food debris or scraps if you use baits, so that the pest is drawn only to the bait. This means you will need less bait.

Safety suggestions for outdoor use of pesticides

When you use pesticides outdoors, you should always:

- Make sure all doors and windows are closed before using the pesticide
- Avoid using pesticide outdoors on rainy or windy days. The weather can influence the effectiveness of the pesticide and cause damage to other animals, people and the environment
- Cover fish ponds, barbeques and vegetable gardens before using the pesticide
- Relocate pets and remove their bedding, food and water bowls
- Avoid watering your garden after using a pesticide. Check the manufacturer's instructions for a guide to how long you should wait
- Observe plants and birds for a few days afterwards to make sure that the pesticide isn't causing unwanted harm
- Advise your neighbors if you use any external pesticide treatments
- If you have a rainwater tank, take care to prevent overspray onto guttering and the roof area. If there is any risk of pesticide residue washing into the tank, you should divert the collection pipe away from the rainwater tank until after the next rainfall.

Pesticides and harm to the environment

Some pesticides, like space sprays, are fast acting. They knock down the pest, then break down quickly. Other pesticides, like surface sprays and termite treatments, linger in the environment for days, weeks or even longer after application.

While most pesticides are designed to only affect the target pest, other insects or animals may sometimes be harmed. For example, a bird may be poisoned if it eats a spider killed by insecticide. That's why it's important to select pesticides that are designed for the pest you wish to treat, follow the label instructions carefully and use the least amount possible.

Pesticides and your health

Pesticides can take the form of a solid, liquid, powder or spray. The form will influence the way in which the pesticide can enter your body and potentially affect your health.

Pesticides can enter your body if you:

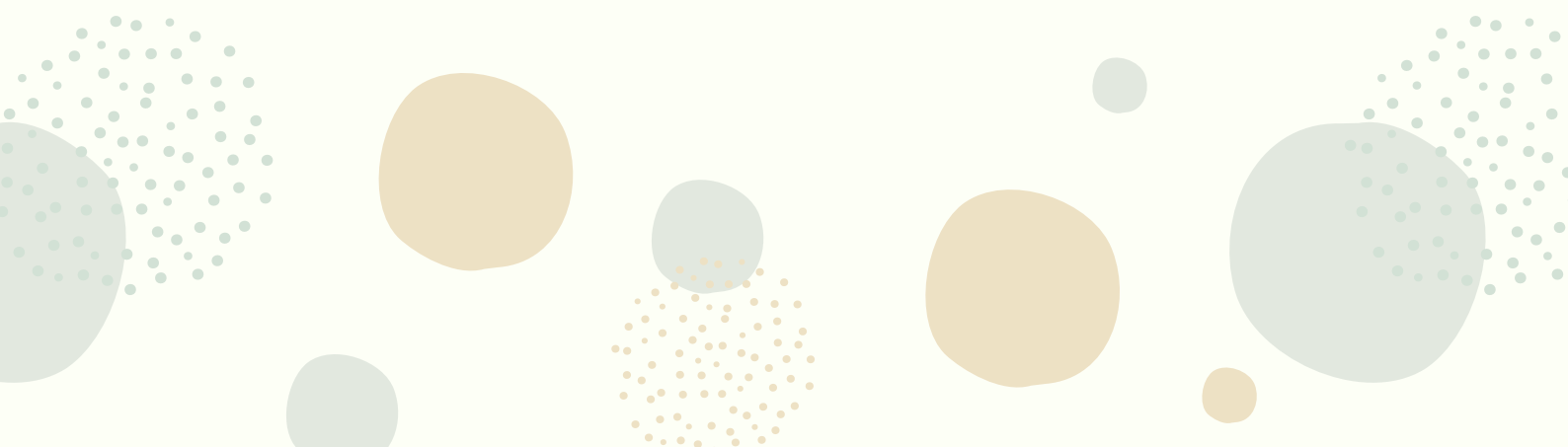
- Swallow a pesticide, eat, drink or smoke after handling pesticide, or consume food or drink that was exposed to a pesticide
- have skin contact with pesticides – directly, through pesticide-soaked clothing, or by touching pesticide-treated surfaces
- inhale pesticide vapors, sprays or dust
- rub your eyes after handling pesticides or cause pesticides to come into direct contact with your eyes.

If you minimize your exposure and take care when you come into contact with pesticides, you will reduce the chance of damaging your health.

Alternatives to pesticides

It is important to consider alternative control methods to pesticide use. The key is to make your house and garden unattractive to pests. Some suggestions include:

- Rodents – don't put food scraps in the garden for birds or possums. Throw out food left in dog or cat bowls. If you have an aviary, keep birdseed in rodent-proof dispensers. Pick up and dispose of fallen fruit from any fruit trees. Regularly trim plants such as creepers. Keep potential nesting places, such as wood and rubbish piles, off the ground. Consider using traps, but do not lay traps in areas where children, pets or native animals could be harmed.
- Flies – keep a tight lid on outdoor rubbish bins. Put garden compost in a well-sealed container. Flies don't like pyrethrum, which is a common ingredient in fly spray. You might plant pyrethrum daisies near your front and back doors to repel flies and other insects. Hang flytraps or fly paper outside in areas where flies tend to gather.
- Fleas – wash pets, their blankets and other bedding regularly. See your veterinarian for treatment options for your pet.
- Cockroaches – remove any sources of water such as in the base of the shower, in sinks or in dishes left in the kitchen. Cockroaches need a daily source of water to survive. Don't leave food scraps on benches or in pet bowls. Keep rubbish in a bin with the lid on tightly. Don't keep piles of wood chips or mulch near the house. Seal cracks and crevices where cockroaches may get into your home.
- Mosquitoes – drain any collected puddles of water, as this is where mosquitoes breed. Change the water in birdbaths at least once a week. Run your swimming pool filter for a few hours each day. Regularly clear your gutters of leaves and other debris that may collect water. Keep larvae-eating fish in ornamental ponds – see an aquarium dealer for suggestions on appropriate fish.



OUT & ABOUT IN COMMUNITY

Gunida Gunyah's Liaison staff visit each community at least once a month, if you as a tenant have any issues that may include yourself or your tenancy, feel free to have a chat with them, they are willing to help you with any questions or support you may need.

It's that time again!! Please be on the lookout for a letter in your mailbox about a routine inspection as Liaison staffs are currently scheduling them into their calendars. If you are unavailable at the time of your inspection and know before the day of it please call the office to arrange another routine inspection.

Community Events

To anyone interested, on the 5th of April Minimbah Primary School in Armidale will be having their Open & Fun Day from 10:00am – 2:30pm. The day will include jumping castles, fairy floss, popcorn, stalls and much more with a live performance from the Street Warriors. Gunida Gunyah will also have two very special and friendly mascots arriving for a visit sometime during the event. Everyone is welcome on the day, so please join Minimbah Primary School to celebrate the Open & Fun Day.

Address: 1-15 Galloway St, Armidale NSW 2350



Pictured: Pippee the Platypus & Yippee the Yowie

Minimbah Open & Fun Day
10am - 2.30pm

Free Fairy Floss
Popcorn
Hot Spuds
Soup
Fried Scone

Performances by

Local Artists

STREET WARRIORS
UNSTOPPABLE FORCE

BLACK MONEY
EST 2012

Fantastic Family Entertainment - All Jumping Castles

Stalls

Entry via Longswamp Road
For More Information please call 0478081340

INTERNATIONAL WOMEN'S DAY

MARCH 8

The Warranggal Dhiyan team were invited to the Gunnedah High School to deliver a presentation to the Girls Academy about what the Warranggal Dhiyan Program delivers on Friday the 8th of March for International Women's Day.

During the presentation Kath and Libby discussed what the Warranggal Dhiyan Program is and what they do and had a few topics that were discussed with the girls; these topics had the girls very interested and asking questions throughout the presentation.

A few of the topics that were discussed were:

- What to do if you come into contact with the police or the justice system
- Consequences of bad judgements
- Breaking the cycle of violence
- Types of violence
- Who would they talk to if they were in trouble
- Why does a person offend
- Criminal records

We would like to thank the Gunnedah High School for inviting the Warranggal Dhiyan team to talk to the Girls Academy for International Women's Day.



Pictured: Libby Wick (Warranggal Dhiyan), Kathryn Jones (Warranggal Dhiyan) & the Gunnedah High School Girls Academy.

Warranggal Dhiyan not only provides support to people who have been incarcerated or are at risk of going to jail we also support women and families who are affected by contact with the criminal justice system. If you feel like a confidential yarn or would like further information please contact The Warranggal Dhiyan Team on (02) 67427038



DID YOU KNOW?

A Health Survey was conducted about women in custody:

78% have used an illicit drug and 52% had injected drugs

20% have been admitted to a psychiatric unit or hospital

27% have attempted suicide

49% are mothers of children aged 16 or under

45% left school prior to completing year 10 at an average age of 14 years

32% were in care as children

67% were unemployed in the six months prior to incarceration; of these 25% had been unemployed for 10 or more years

66% have been in violent relationships

80% are current smokers

Supported Popup Playgroup

"Supported playgroups provide family support and target Aboriginal and vulnerable families within each community who may benefit from additional parenting support. The playgroups at Winanga-Li have a common goal which is to enhance children's learning and parental wellbeing. They are effective supports for engaging and working with children and families who might not access a community playgroups."

Winanga-Li Aboriginal Child & Family Centre is running a Supported Popup Playgroup every Monday in the Community Building at Gunida Gunyah from 9:30am – 11:30am for mums and bubs; meaning mums that have children aged between 0 – 8 years. If you're a mum and wanting to know a bit more information about the playgroup or interested in joining, Ashleigh Phillips will be able to help you. Ash works for Winanga-Li and is running the playgroup at Gunida Gunyah and will be happy to chat with any mums that have any enquiries. Please see below Ash's contact details

Email: AshleighP@winanga-li.org.au

Phone: 6743 0999



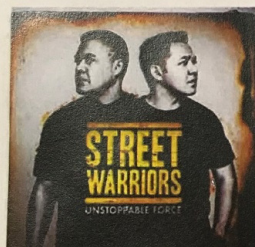
Minimbah Open & Fun Day

10am - 2.30pm

Prize
Fairy Floss
Popcorn

Hot Spuds
Soup
Fried Scones

Performances by



Local Artists

Stalls

Funtastic Family Entertainment - All Jumping Castles



Entry via Longswamp Road

For More Information please call 0478081340

09_14
APR APR



Gunnedah Country Music Muster

Tuesday 09 April 2019 to Sunday 14 April 2019 ,
Gunnedah

Great country music entertainment will be held from Tuesday 9 April - Sunday 14 April 2019 at the Gunnedah Showground. There are opportunities for walk up artists to perform with the people's choice winner invited to perform at the main...

13
APR

BOOK
NOW



Bobby Jack's Festival

Saturday 13 April 2019 , Walcha

Bobby Jack's Festival is a celebration of original music and arts for all ages and is held at the Walcha Showground during Autumn. The festival's aim is to promote original music and performing arts in the New England area. Enjoy unique...

27
APR



Wests Tigers versus Gold Coast Titans - Round Seven

Saturday 27 April 2019 , Tamworth

In 2019 the West Tigers return to Tamworth to lock forces with the Gold Coast Titans at Scully Park, for Round 7 of the NRL Telstra Premiership season on Saturday 27 April. As part of the annual ANZAC round of matches, the hotly...

26_28
APR APR



The Gunnedah Show

Friday 26 April 2019 to Sunday 28 April 2019 ,
Gunnedah

The first Gunnedah Show was held in 1888 and has grown to be one of the premier agricultural and entertainment events in north west New South Wales. The Gunnedah Show Society is a not-for-profit organisation serving the community. It is...

26_27
APR APR



Moree Show

Friday 26 April 2019 to Saturday 27 April 2019 , Moree

The Moree Show is the longest continually running event in Moree's history, with only the World Wars interrupting the tradition. As a proud agricultural town, the Moree Show is a central event in showcasing the best and brightest of what...

23
MAY



Moree Race Club TAB Race Day

Thursday 23 May 2019 , Moree

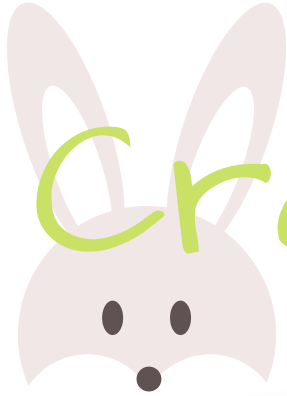
Moree Race Club is holding another successful race day on the racing calendar in Moree. For further information please visit the website or contact Tourism Moree....

Check out Gunida Gunyah's Community Calendar and Notice Board on the website to find out what else is happening www.gunidagunyah.com.au



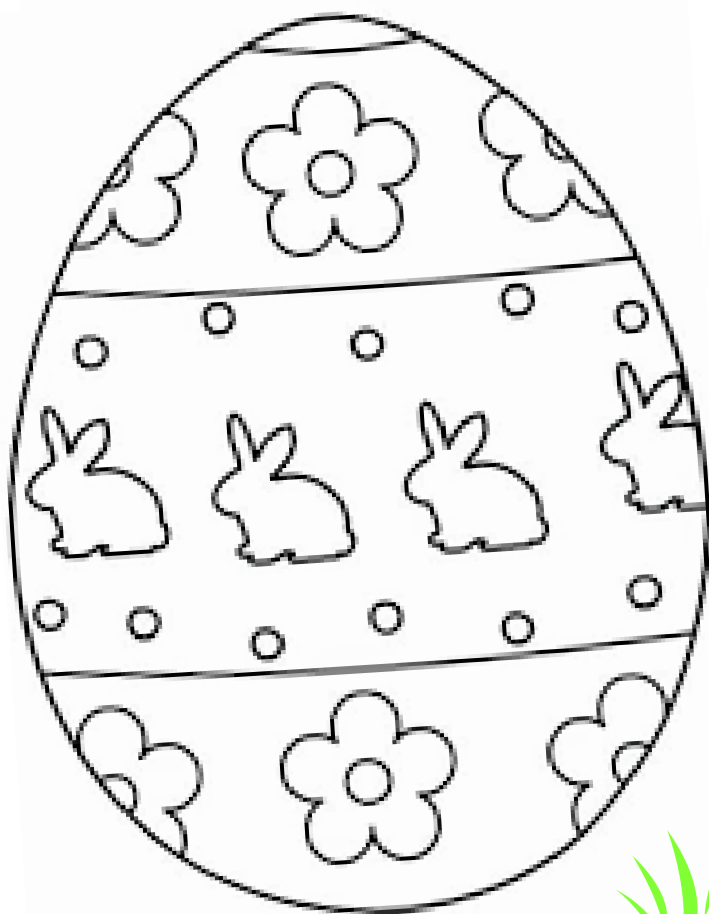
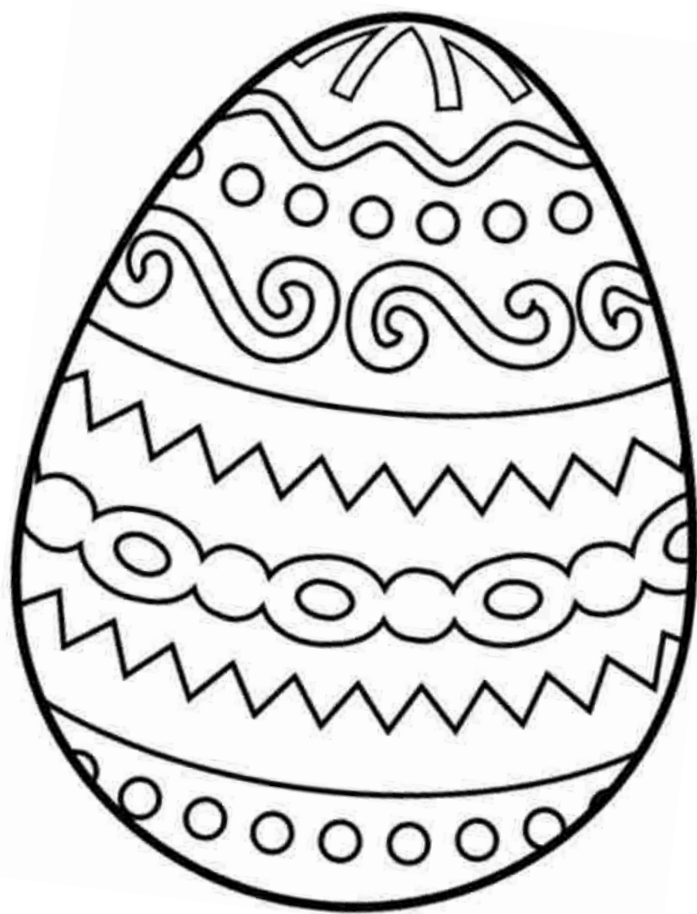
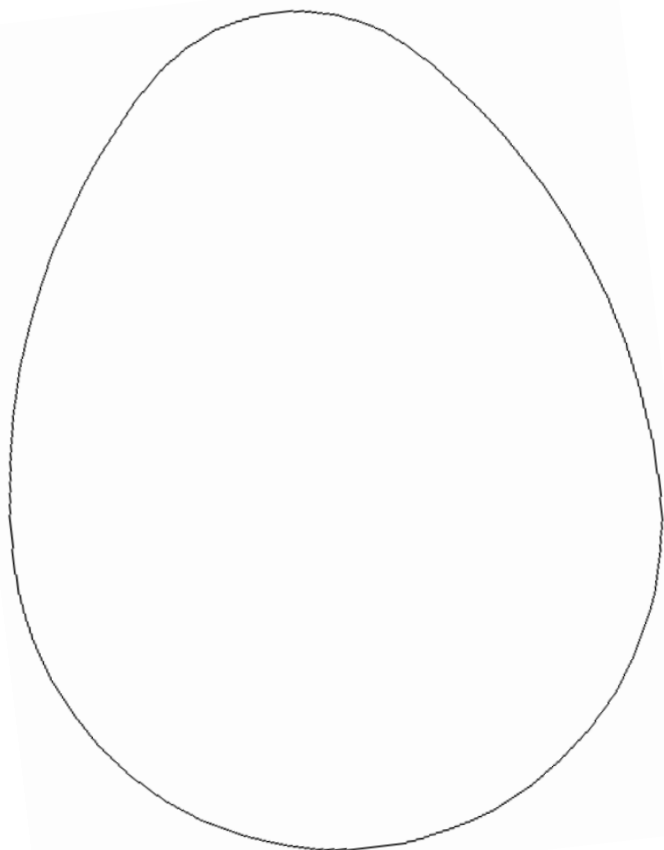
gunyah KIDS





Craft for Kids

DESIGN YOUR OWN EASTER EGG



Craft for Kids

Red Poppies for Anzac Day



What you need

1 x piece of red A4 paper
1 x green chenille stem
glue
scissors
pencil
ruler

Instructions

Step 1: Measure and cut two 10cm x 10cm squares from the red paper.

Step 2: Fold each square into quarters and then fold on the diagonal, so that each folded edge meets and the cut edge is along the top.

Step 3: Now mark out a curve on the triangle.

Step 4: Cut along that curve.

When you open it out, you should have a red flower shape. Make two.

Step 4: Snip a hole in the centre of each red flower shape, push the chenille stem (pipe cleaner) through the centre and tie a knot or twist to keep it in place.

Step 5: Add a dab of glue to the underside of the flower where it meets the chenille stem, for good measure.

There is also a YouTube video to follow on how to make red poppies

<https://youtu.be/Qe0uqc6ImgQ>

Recipe for Kids

Fairy Bread Lamingtons

Ingredients

Woolworths Select Unfilled Double Sponge Cake

3 cups icing sugar

60g butter, softened

1 tsp lemon juice

2 cups 100s and 1000s sprinkles



Instructions

Step 1: Place a cooling rack over a baking tray lined with baking paper.

Step 2: Using a long, serrated knife, trim edges of cake off then cut remaining block into 4cm cubes.

Step 3: Sift the icing sugar into a large bowl and add butter and lemon juice. Gradually whisk in 1/3 cup boiling water and mix until butter melts. Stir until icing is smooth, then add a little extra water to achieve a thin pouring consistency.

Step 4: Place half the 100s and 1000s in a shallow bowl. Using two forks, dip a piece of cake in the icing and turn it to coat well. Transfer cake to the bowl of sprinkles and roll gently to coat on all sides. Place on wire rack to set.

Step 5: Repeat with remaining sponge cubes, adding remaining 100s and 1000s to the bowl when necessary.