

APRIL NEWSLETTER 2022

EMPLOYEE OF THE MONTH

Employee of the Month March 2022

This Certificate is presented, in recognition and appreciation for Service to Subee Newlake, to

Kellie Kime

Signature
Sue Beehag

Date of Certificate
28/3/2022

 **subeenewlake**
In-Home Care • NDIS Disability Support • Aged Care • Packages



Newcastle

Kellie Kime

Kellie has been a valued employee with Subee Newlake since 2013, Kellie is extremely reliable and always happy to help where she can.

Congratulations Kellie 

Coffs Harbour

Donna Sadlier

Donna is a very diverse community support worker she is friendly, and clients are always happy and give positive feedback towards Donna she has been able to assist with covering shifts and is always willing to help.

Congratulations Donna 

HAPPY EASTER

The Coolest Way to Decorate Easter Eggs

INGREDIENTS

- 12 hardboiled eggs
- White vinegar
- 3 c. whipped topping
- Food colouring

DIRECTIONS

Place eggs in a large bowl and cover with white vinegar. Soak for 2 minutes, drain and dry the eggs thoroughly.

On a large plate or small baking sheet, spread your whipped topping in an even layer about 1/2" deep. Drop food colour in single drops about an inch apart, in as many colours as you choose. Use a toothpick to swirl the colours to a marbled effect.

Roll eggs in whipped cream and let sit 10 to 15 minutes. Remove from whipped cream (you may want to use latex gloves to avoid staining hands) and rinse until no whipped topping remains. Let dry completely on a paper towel and display.



Chocolate Nests

Ingredients -

- 200g milk chocolate, chopped
- 20g butter, chopped
- 100g pkt Chang's Original Fried Noodles
- 1/2 cup (40g) shredded coconut, toasted
- 60 M&M's Speckled Eggs

Steps –

Step 1

Line a baking tray with baking paper. Place the chocolate and butter in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon for 5 mins or until chocolate melts and mixture is smooth. Remove from heat. Add the fried noodles and coconut and stir to combine.

Step 2

Use 2 dessert spoons to arrange the chocolate mixture into small mounds on the prepared tray. Create a small hollow in the centre of each mound. Place 3 eggs in each hollow. Place in the fridge for 30 mins or until set. Store in an airtight container.



Easter



G	N	I	R	P	S	F	H	A	T	T	F	W	P	N
N	R	I	V	C	L	S	X	O	E	F	O	N	A	B
K	B	J	J	I	Q	Q	T	B	G	T	U	A	P	K
C	N	T	C	R	E	A	V	B	B	M	Y	U	H	T
C	Q	K	R	G	L	N	A	D	O	E	P	A	Q	F
P	H	P	T	Q	D	S	Q	U	G	A	T	N	U	H
B	P	O	Y	Y	K	Y	N	R	M	S	H	T	N	S
U	Z	X	C	E	M	Y	N	O	B	T	W	T	S	X
L	B	C	T	O	J	N	P	O	B	E	A	N	S	A
O	S	P	X	S	L	M	O	M	G	R	F	T	P	I
F	P	P	V	Y	K	A	R	I	R	Y	S	X	A	E
R	C	E	L	W	S	C	T	Z	A	N	L	A	G	R
F	A	L	E	K	H	T	I	E	S	N	C	G	L	A
Z	E	W	I	P	Z	K	A	H	S	U	S	X	M	W
J	C	Z	S	X	S	X	D	H	C	B	Y	G	X	E

BASKET
CHICKS
EGGS
HUNT
SPRING

BEANS
CHOCOLATE
GRASS
JELLY

BUNNY
EASTER
HATS
PEEPS



ANZAC DAY

What does Anzac Day mean today? With the coming of the Second World War, Anzac Day also served to commemorate the lives of Australians who died in that war. The meaning of Anzac Day today includes the remembrance of all Australians killed in military operations.

Services Coffs Harbour –

Anzac Day 2022 at the C.ex Club -

5:20am Dawn Service at the cenotaph (Vernon st)

6:00am Anzac Day Breakfast, C.ex Coffs Auditorium

9:30am Service at the cenotaph

10:30am Free children lunch in the entertainment lounge (for children that have marched)

12:00pm Anzac Day Lunch

2:00pm Two-Up commences in the vista lounge

5:00pm Flag lowering at cenotaph

Anzac Day 2022 at the Sawtell RSL -

Every year, hundreds of thousands of people join together to pay tribute to and remember those who have served. On April 25, join us at Sawtell RSL. Commemorations start with Dawn Service at 6am, followed by the ANZAC Day March through Sawtell main street and second service from 11am. The day continues with Two Up at 2pm. All money raised on the day will be donated to Legacy.

Service NewCastle –

Dawn Service 5am at camp Shortland, pasha way Newcastle east 2300

Live broadcast on NBN broadcast area (Newcastle to Queensland) and live stream



For the Fallen

Poem by Robert Laurence Binyon (1869-1943), published in The Times newspaper on 21 September 1914.

With proud thanksgiving, a mother for her children,
England mourns for her dead across the sea.
Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the free.

Solemn the drums thrill: Death august and royal
Sings sorrow up into immortal spheres.
There is music in the midst of desolation
And a glory that shines upon our tears.

They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted,
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

They mingle not with their laughing comrades again;
They sit no more at familiar tables of home;
They have no lot in our labour of the day-time;
They sleep beyond England's foam.

But where our desires are and our hopes profound,
Felt as a well-spring that is hidden from sight,
To the innermost heart of their own land they are known
As the stars are known to the Night;

As the stars that shall be bright when we are dust,
Moving in marches upon the heavenly plain,
As the stars that are starry in the time of our darkness,
To the end, to the end, they remain.
reserved.

Upcoming Events

Coffs Harbour

GIINGAN GUMBAYNGGIRR CULTURAL EXPERIENCE

Enjoy this award-winning Indigenous cultural tourism experience at the iconic Sealy Lookout (Niigi Niigi) in the Orara East State Forest.

Held monthly, the Giingan Experience is a two-hour interactive and informative tour. Immerse yourself in Gumbaynggirr culture through language, dance, storytelling, damper making and much more.

TOUR TIMES: The Giingan Experience is held every second Saturday of the month. 10am – 1pm

The Nyanggan Gapi Café is open from 9am to 2pm.

TOUR INCLUDES:

Complementary damper and drink (coffee, tea, iced coffee/chocolate, etc.), Traditional Gumbaynggirr Stories and Welcome; Gumbaynggirr Language Learning; Cultural Dancing; Bushtucker Tasting; Damper Preparation and Cooking; Artwork. Guests receive an unforgettable cultural experience, and the Gumbaynggirr community are offered the opportunity to participate, speak traditional language, and practice their culture on-Country.



TICKETS:

Tickets can be purchased to attend the Giingan Tour online or on the day at the Nyanggan Gapi Van.

Adults \$44.00

Children (U16) \$33.00

Family \$140.00

COFFS HARBOUR FESTIVAL OF CHAMBER MUSIC

Opening the festival on Friday 8 April, the Australian String Quartet present a world premiere composition by Manduway Dutton (Gumbaynggirr nation), Beethoven, and Tchaikovsky for their first ever concert in Coffs Harbour.

Saturday 9 April sees Academy students feature in the spotlight with open rehearsals and collaborative concerts alongside festival musicians and the Australian String Quartet. After a relaxing afternoon, the Saturday evening concert offers a program that features another world premiere, and two diamonds of the chamber music repertoire by Schubert.

Sunday 10 April brings the festival to a close with the final concert beginning at 3pm. The program takes listeners on a journey through dramatically different landscapes, encapsulating the weekend and celebrating the return of live music and arts and culture on the Coffs Coast.

Seats are limited. Reserve your full-festival pass or single concert ticket now before they sell out.



Upcoming Events

Newcastle

The Olive Tree Market

The Olive Tree Market is Newcastle and the Hunter's Leading Contemporary Art, and Design Market is held in the heart of Newcastle's cultural precinct. Founded in 2008 Olive Tree has been instrumental in the renaissance of the thriving creative scene in Newcastle.

The Olive Tree Market is the perfect place for those who place value on beautifully designed, well made, locally produced handmade goods with a strong emphasis on ethical production and sustainability.

Meet the makers, discover a curated line-up of the best local and Australian design, sample delicious gourmet artisan food and take in the festival atmosphere of this bustling event. Visitors can shop eat, drink, enjoy live music, and shop some more!



Newcastle kayak hire, King St, Newcastle NSW 2300
Saturday 02 April 2022 to Saturday 09 July 2022 (MONTHLY event)

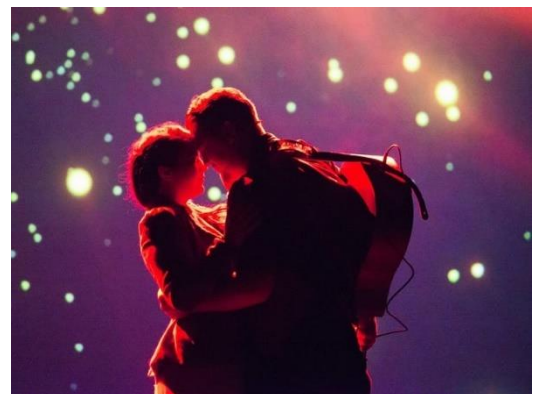
The World of Musicals - Newcastle

The World of Musicals Concert has graced stages across the globe and features a world-class ensemble of multi-talented performing artists who exquisitely recreate classic hits, fused with emotive ballads, big-screen anthems and iconic show tunes.

From the best of “The Phantom of the Opera” and “Les Miserables” to “We will Rock You, “Sister Act” and many more, the World of Musicals delivers a stirring musical concert theatre experience that will leave you spellbound – from the opening song to the final medley of classics.

“All the hit songs in one show” that is the quintessential takeaway from this musical concert gala.

The World of the Musicals concert is a show that is tailored for the entire family, so get ready to be enthralled and sing along to all your favourite and much-loved Musical songs in one unforgettable evening. Secure your seats today to a show inspired by many, but unlike any other.



375 Hunter St, Newcastle NSW 2300
Monday 16 May 2022

Notices

Booster Vaccinations

It is now a mandatory requirement for workers in Aged Care and Disability to have the COVID-19 booster vaccination by 12th April 2022.

This means having had 3 doses of a COVID-19 vaccination. Can you please send a copy of your 3rd dose COVID-19 vaccination certificate, and I will update your records? Any exemptions please let us know.

Coffs Harbour – sking@subeenewlake.com.au

NewCastle – kbakewell@subeenewlake.com.au

Have you had a COVID-19 vaccination booster?

There are so many reasons to get yours now. Vaccines give you time-limited protection against COVID-19. Getting your booster now will protect you¹ against the Omicron variant with:

- 90%** Protection against hospitalisation. Six months after vaccination, protection against hospitalisation falls to 30%. Two-weeks after a booster, protection increases to 90%.
- 95%** protection against death. If you're aged 50 or older, six months after vaccination protection against death from COVID-19 falls to 60%. Two weeks after a booster, protection increases to 95%.
- 70%** protection against symptomatic disease. Six months after vaccination with an mRNA vaccine, protection against symptomatic disease falls to 10%. Two weeks after a booster, protection increases to 70%.

Getting your booster protects you and our health system. Data² shows that if you are unvaccinated and you contract COVID-19, you are:

- 44x** more likely to be hospitalised. As an unvaccinated adult vs someone who has had their booster vaccine.
- 34x** more likely to be in ICU. As an unvaccinated adult vs someone who has had their booster vaccine.
- 8x** more likely to be hospitalised. As an unvaccinated young person (12 to 17 years) vs someone who has had their booster vaccine.

Did you know?

- if you haven't had your booster, you're 2.5 x more likely to go to hospital with COVID-19 than someone who is up to date with their COVID-19 vaccinations.
- if you've had COVID-19 you should still get your booster. Get it once you're released from isolation and feeling much better. Speak to a GP or health professional about timing.

if you're aged 16+ and had your second dose of vaccine at least 3 months ago, you can get a booster now.

Book now covid19.act.gov.au/vaccinebooking

1 COVID-19 vaccine surveillance report - week 8 (publishing.service.gov.au)
2 Data drawn on 25 February 2022, from reports provided by CDC COVID Data Tracker and Coronavirus update for Victoria - 14 February 2022 | health.vic.gov.au

Subee Cars (Coffs Harbour)

Hi everyone if you are taking a Subee car please make sure you take them correct car that has been assigned to you.

When you are dropping the cars back -

- Please make sure that you fill them up if the tank is less than half full, please use the Fuel Card in the glovebox to refill it before returning it.
- Please make sure you are going to a Petrol Station that will accept our Fuel Card (Any major petrol station).
- Please drop in ALL fuel receipts to reception.

If we are closed, please place the receipt in an envelope which will be in the glove box and slide it under the door.



Have you liked us on Facebook yet?

Coffs Harbour

“Subee Newlake Coffs Coast”

NewCastle

“Subee Newlake Newcastle”

New Staff Portal Password

Username – Staff

Password – Autumn

Trouble logging in ?

Email HR@subeenewlake.com.au

COVID-19-ready kit

The ongoing impacts of the COVID-19 pandemic have caused significant disruption for many Australians, particularly when you are required to isolate as a close contact or positive case.

This checklist can help you make a plan so if you, or someone in your household, tests positive for COVID-19 and needs to isolate you are prepared.

<https://www.health.gov.au/sites/default/files/documents/2022/03/living-with-covid-19-covid-19-ready-kit-covid-19-ready-kit.pdf>

<https://www.health.gov.au/resources/publications/living-with-covid-19-covid-19-ready-kit>

Upkeep of Subee property

If you have an ID Badge that has some wear and tear, please pop into the office so we can make you a new one, this also goes for any cleaning equipment you may have or if any uniforms need replacing.

Payroll Queries

Please ensure if you are completing service and your start and finish times need to be changed due to client request that you phone the office or after-hours number so we are able to update your roster so you can then complete progress notes / timesheet. This will assist with minimising errors in pays.

IMPORTANT DAYS IN APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Good Friday	16 Easter Saturday
17 Easter	18 Easter Monday	19	20	21	22	23
24	25 Anzac Day	26	27	28	29	30



A big happy birthday to Ellen Eastlake, Kathleen Hall, Mick Magnay, Michelle Martin, Phil Francis, Susan Shawag, and Tracey Saide.

Wishing you all a day full of laughter and happiness and a year that brings you much success. May all life's blessings be yours, on your birthday and always. Wishing you a happy birthday, a wonderful year and success in all you do.

INTRODUCING OUR NEW EMPLOYEES



Matthew Dawson

Matt does maintenance and gardening in Coffs Harbour. Matt is trade qualified and brings to Subee maintenance experience and gardening knowledge.



Michael Magnay

Mick is a support worker in Coffs Harbour. Mick is a renowned boxing champion and trainer. He has an empathetic persona and has experience working with troubled youth and transitional housing.



Melinda Lacey

Mel is a support worker in Coffs Harbour. Mel has a wealth of knowledge and experience in aged and community care. Mel will be working with some of our complex care clients.

***Got any news for next month email it to –
HR@subeenewlake.com.au***