



NEWSLETTER

SUBEENEWLAKE NEWS AND PASSWORDS FOR JAN / FEB 2023

Introducing Our New Employees



Paula

Paula is a new support worker in Coffs Harbour. Paula has completed her Cert III in Individual Support and has been working as an AIN. Paula is excited to join Subee as a Support Worker.



Brock

Brock is a new support worker in Coffs Harbour. Brock has recently relocated to the Coffs Coast from Newcastle where he worked as a community support worker. Brock is looking forward to being part of the Subee team.

Welcome

Seasonal Recipes

Lamb Cutlets w/ Couscous Salad

- ⊕ 8 French-trimmed lamb cutlets
- ⊕ 1 tsp ground cumin
- ⊕ 2 tbsp extra virgin olive oil
- ⊕ 1 red onion, halved, thinly sliced
- ⊕ 1 red capsicum, deseeded, thinly sliced
- ⊕ 1 yellow capsicum, deseeded, thinly sliced
- ⊕ 1 lemon, rind finely grated, halved
- ⊕ 150g (3/4 cup) couscous
- ⊕ 185ml (3/4 cup) boiling water
- ⊕ 1 bunch fresh coriander, top leaves torn off
- ⊕ 400g can chickpeas, rinsed, drained
- ⊕ 90g (1/3 cup) Greek-style yoghurt
- ⊕ 2 tsp harissa paste

Step 1

Sprinkle lamb with cumin. Season. Heat 11/2 tbs oil in a large non-stick frying pan over high heat. Add onion and capsicum. Season. Cook, stirring occasionally, for 5 minutes. Push capsicum mixture to the side. Add lamb. Cook, turning lamb and moving capsicum mixture, for 5 minutes or until lamb is cooked to your liking and capsicum mixture has softened. Remove from heat. Squeeze over 1 lemon half.

Step 2

Meanwhile, place couscous and lemon rind in a heatproof bowl. Add boiling water and remaining oil. Cover with a plate. Set aside for 5 minutes or until liquid is absorbed. Use a fork to separate grains. Add coriander, reserving a few sprigs, and chickpeas. Squeeze over remaining lemon half. Season. Stir to combine.

Step 3

Place yoghurt in a serving bowl. Swirl through harissa. Serve with lamb, capsicum mixture and couscous, topped with reserved coriander.



Orange & Passionfruit Cooler



1 cup orange juice (see note)

1/4 cup lemon juice (see note)

1 1/3 cups caster sugar

2 passionfruit, halved

6 strawberries, hulled, chopped

2 litres sparkling mineral water, chilled

Step 1

Place orange juice, lemon juice, sugar and 1/4 cup cold water in a saucepan over medium-low heat. Cook, stirring, for 4 minutes or until sugar has dissolved. Increase heat to medium-high. Bring liquid to the boil. Reduce heat to medium-low. Simmer for 15 to 20 minutes or until slightly thickened. Remove from heat. Stir in passionfruit pulp. Pour into a heatproof bottle or jug. Cool. Refrigerate, covered, for 30 minutes or until chilled.

Step 2

Divide strawberries between serving glasses. Add 1/4 cup juice mixture to each glass. Top up with mineral water. Serve.

Movie Recommendation



Avatar

Set more than a decade after the events of the first film, Avatar: The Way of Water begins to tell the story of the Sully family (Jake, Neytiri, and their kids), the trouble that follows them, the lengths they go to keep each other safe, the battles they fight to stay alive, and the tragedies they endure.

Upcoming Events - Coffs Harbour

Pink Silks Race Day

8 January 2023



This is a day focussed on friends and families showing support and creating memories, with an average crowd number of 2500. There will be 7 actioned packed races, Fashions on the Field and a range of gourmet food and beverage options to choose from! Always a fantastic event with such a worthy cause; why not show your support?

The Ultimate Magic Spectacular

13 & 14 January 2023

Prepare to experience a jaw dropping spectacle of live magic, illusions and stunts with Showmen – a supergroup of conjurers, tricksters, comedians, illusionists, daredevils, dancers and more! The magic of live entertainment is back, and Showmen presents it in the most spectacular fashion in an unforgettable night of incredible and astounding fun for the whole family.

Ages 7+



Tickets : Adult: \$69.90, Conc: \$54.90, Child, (U16): \$49.90, Family (2 Adult & 2 Child): \$199

[Book Here](#)

The Big 80's Party

18 January 2023




Cinema under the Stars

21 January 2023

Newcastle Permanent's Cinema Under the Stars is returning to Coffs Harbour 2023! Kicking off at 5:30pm with the feature film Sing 2 (2021)

beginning at sundown, the jam-packed FREE evening of family-friendly fun will also include:



-  Live music
-  Free children's activities
-  Roving acts
-  Free popcorn
-  Local food vendors

Coffs Harbour Showground

[Click here for more info](#)

Upcoming Events - Newcastle

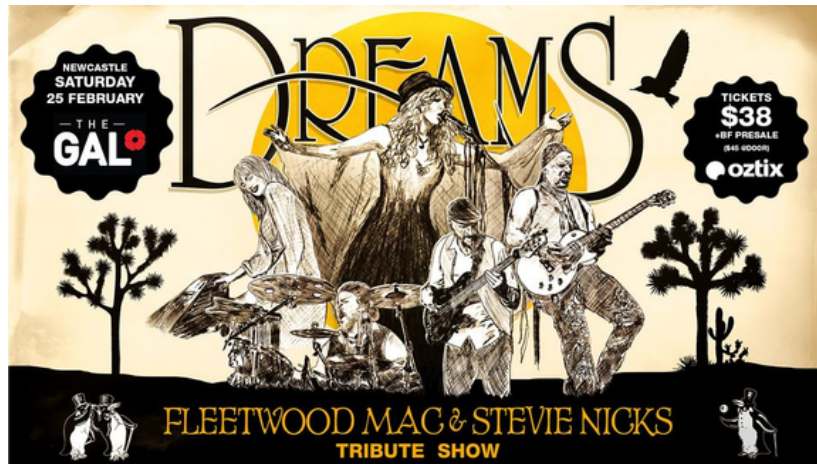
Jimmy Carr 7 February 2023

Star of the UK's most streamed Netflix comedy special of 2021, Jimmy is back on the road with brand new material for 2023. Having political correctness at a comedy show is like having health and safety at a rodeo. Now you've been warned, buy a ticket.



[Book Here](#)

Fleetwood Mac Tribute Show



NEWCASTLE SHOW

3 • 4 • 5 MARCH 2023

There's something for everyone at The 2023 Newcastle Show powered by Greater Bank! 3 days of Competitions, Animals, Activations, Educational Displays, Rides, Showbags, and FUN! Newcastle Showground, Curley Road, Broadmeadow- Over 80 high adrenaline, family and kid's amusements and games- 6 huge show bag operators featuring branded and in-demand show bags- 3 days of entertainment on 3 stages and roving entertainment - Food, lifestyle and DIY activations on the grounds- Skills, Careers, Innovation and Educational exhibits- 3 days of Centre Ring entertainment featuring Hot Wheels, Motorbikes, Showjumping, Campdraft, Woodchop and all the traditional components of an Agricultural Show - Delightful agricultural precinct featuring animal displays and education. - Horticultural precinct to learn skills that can be used at home.- Spectacular Fireworks Display on Friday and Saturday night.

Notices

Online Training

Thank you to everyone who has completed their online training so far. Please let HR know if you are having any troubles with your online learning.

Upcoming Topics:

January - Cultural Diversity

February - Recognising & Responding to Elder Abuse

Please remember to complete the SIRS Training Module that has also been assigned to you

 **Ausmed** [Click Here to start Learning](#)

Self Help Tools

Start your journey
with **myCompass**

Do you want to learn how to manage stress, worry and changes in mood at a pace that suits you? myCompass is a free online tool that guides you through scientifically-proven activities that help improve mild-to-moderate symptoms of stress, anxiety and depression in just 7-weeks¹. It's personalised to your needs, so you can stay on course to build better mental health.

[Click here for more info](#)




**Black Dog
Institute**

Understanding Dementia


February 2023

Participants in the free Understanding Dementia MOOC will gain an increased knowledge of dementia, including its causes, symptoms and ways of responding to the needs of people living with the condition.

 Wicking Dementia Centre

 Starts: 7th Feb 2023

 Duration: 7 Weeks

 Location: Online Course

 Completion Certificate: Yes

 Cost: **FREE**

[Click here for more info](#)


SUBEE: 02 6851 3152 | Facebook | NEWLAKE: 02 4966 8399 | Facebook

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Subee Newlake Staff Portal
Your place to access to News, Library, Forms and Training

 **COVID-19 vaccine booster doses** *Don't forget!*
Send a copy of your booster vaccination so we can update your vaccination records.

LIBRARY	NEWS	TRAINING	HR
ACCESS OUR FORMS, POLICIES & PROCEDURES HERE	ALL THE NEWS & UPDATES YOU NEED TO KNOW	ACCESS TO YOUR COURSES & TRAINING SCHEDULE	EMPLOYEE RESOURCES FOR NEW AND EXISTING STAFF
FORMS POLICIES LEGISLATION	NEWS SUBMIT YOUR NEWS	GO TO ALTRA INSTRUCTIONS: NEW STAFF INSTRUCTIONS: STAFF	HR PAGE EMPLOYEE HANDBOOK

Your New Password

The new password to access the Staff Portal for Jan/ Feb is

USERNAME: Staff

PASSWORD: Beach

[Our Staff Portal](#)

[Our Website](#)

A big happy birthday to everyone with a birthday this January & February.

Wishing you 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.

HAPPY BIRTHDAY

From HR: Coffs Support Worker / Cleaning/ Gardening Meetings

Will be occurring in January, March, May, July, September
and November 2023.

These will be at the Subee office and will go for 1 hour with
Susan, Zara and Angela.

Keep an eye out on your roster for the day and time you have been allocated.

Pay rate increase

Pay rate increases will begin 9/01/2023.

A letter was emailed out on 21st December 2022

If you have any questions please don't hesitate to contact me on
(02) 66 513153 or zpatterson@subeenewlake.com.au

Happy New Year to everyone 😊



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News for next newsletter?

Email: rphillips@subeenewlake.com.au



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