

Dawn News

Windarring Client Newsletter

Edition 3 – Autumn 2021

Welcome to our Edition 3 of our Dawn News publication

Made by Windarring clients for Windarring clients.

You can contribute!

Are you a client at Windarring? You can contribute to *Dawn News*.

We need your photography, artwork, short stories, poems, articles and news, things that are happening around Windarring and up coming events or programs you may wish to discuss or highlight.



Windarring is an indigenous word that means dawn or sunrise.



Want to join in?

How: email directly or ask a support worker or a team leader to get your offering/s to: Keegan1976@mail.com or VPoxon@Windarring.org.au
DEADLINE: July 5th 2021

Activities!

For fun resources visit www.goldencarers.com/activities/



In This Issue

- A Bike Riding update from Phil
- Apollo Bay
- The Lion King
- Easter Fun
- Colouring in
- ...and more



Editorial

By David Keegan

In this edition of Dawn News there are profiles about Rodney Diacono and Chris Palamountain. Also, there is also an article that I have written about Easter. I was really happy to see more stories from other people. Keep sending your ideas to me.

This is our Easter edition so there are a few jokes and Easter things for younger people to do. So, I hope you enjoy reading this edition of DAWN News.

You can submit articles that you want to put in the newsletter. Please send stories or ideas to Vicki Poxon (CEO) via e-mail at vpoxon@windarring.org.au or to me at keegan1976@mail.com. You can also post them to Windarring at PO Box 403, Kyneton 3444.

Have a safe and wonderful Easter.

Easter

By David Keegan

Easter is celebrated widely in Christianity. Every Easter Good Friday comes and every year there is the Good Friday Appeal which raises funds for the Royal Childrens Hospital. Traditionally on Easter Monday has always been the final of the Stawell Gift. Easter originally was a pagan tradition.





Very tired... zzz

A Bike Riding Update from Phill Gamble in Kyneton

By David Keegan

We go bike riding every week, weather permitting.

Every now and then we will break it up a bit by either going tenpin bowling or if Susan, Brad and Dion come up with something else we can do, we mix it up a bit.

I usually ride past Susan's and Brad's places in Kyneton at 8:30 am and Dion meets us at the Kyneton train station on his bike. We catch the 8.58 am Swan Hill train, this train has a guard's van to put the bikes in.

A three-carriage train can only fit six bikes and we have four bikes, we have been caught out a few times with heaps of bikes at the Bendigo station getting on the same train. This means we must catch the next train, that is why we ride out to Eaglehawk and catch the train from there, so we get the bicycles on first (Vicki: good thinking 99!!)

Susan is usually out like a light on the way home!

Thank you Phill for the update. This is an idea we can all think about doing for clients who enjoy bike riding and exploring the world on two wheels.

Client Spotlight: Rodney Diacono

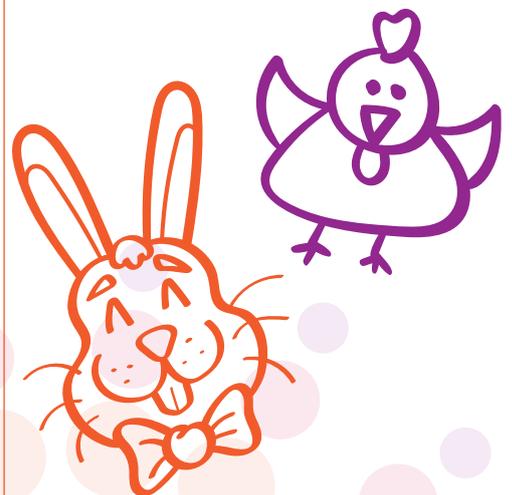
By David Keegan

I have known Rodney for over five years. He works in the ADE in Bendigo in the recycling plant as well as in Kyneton. Rodney likes cleaning and gardening as well he likes listening to music. Rodney lives with Robert Wanke in the Millend units and his favourite football team is Hawthorn.

Client Spotlight: Chris Palamountain

By David Keegan

I have known Chris for over 12 years. Chris has high functioning autism which is the same as mine. His main obsession is the weather. He and I are close friends. He went to school in Sunbury and attended Victoria University to do his Certificate in Work Education. Chris and I lived at Millend but he later left to live with Dion and Jason. Both of us have worked at the Copy Centre. According to some people that I know Chris is also a good cook.





Lots of smiles

Apollo Bay 2021

Rosemary, Kate, Ben and Teagan and two support workers, Mel and Lee went to Apollo Bay for the March long weekend from 5th March to 8th March 2021.

Apollo Bay is a seaside village nestled at the foothills of the Otway Ranges. Apollo Bay is one of the most beautiful stops along the stunning coast and reached by the Great Ocean Road.

Friday 5th March 2021

The group were very excited to have a weekend of adventure at the beach. After a long drive through the scenic Victorian countryside, the group arrived at a great Airbnb. It was decided because they were at the beach to have fish and chips for dinner. It was a good idea to check out the town on the first night while waiting for dinner to be cooked.

After dinner it was time for the group to get to know each other a little better. Teagan, Kate and Rosemary got into their P.js and got to know each other a little better. The group chose their bedrooms and Teagan was the quickest to claim the master bedroom because it had the biggest bed!

Before deciding to have an early night, Ben and Lee walked to the local supermarket and bought the groceries for breakfast.

Saturday 6th March 2021

Saturday started off cool but after a breakfast of home cooked bacon and eggs the group were keen to explore the town. After finding a local café to have a cuppa, Teagan, Kate and Rosemary were keen to hit the shops to do some retail therapy. Ben and Lee were keen to avoid retail therapy and went for a swim.

At lunch time everyone caught up at the local bakery, famous for their scallop pies. Teagan had a meat pie, Kate a scallop pie and Rosemary being brave had a chilli con carne pie. Ben decided he wanted to try a sausage roll.

After returning to the Airbnb cottage Kate, Rosemary, Teagan and Ben decided that they

wanted to watch a classic movie "The Mighty Ducks" and relax before dinner. After watching the movie, the group went into town to check out the local dining options. They all settled for "George's Restaurant" where Teagan ordered nuggets and chips, Kate a souvlaki, Rosemary chicken and chips and Ben a pizza.

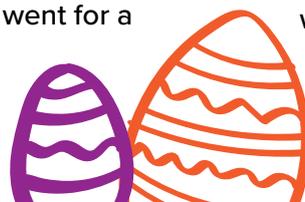
On returning to the cottage Teagan and Kate took it in turns to have a relaxing bubble bath.

Sunday 7th March 2021

Sunday was the warmest of all days and the group were keen to explore one of the Otway's hidden secrets, the Californian redwoods which are the tallest tree species in the world. After a stunning trip through the mountain side to these magnificent trees the group went on a bush walk to marvel at the size of the trees.

Returning to Apollo Bay the group decided it was time for lunch. They decided to try the Apollo Bay Hotel. Teagan ordered chicken tenders, Kate had parmigiana while Ben and Rosemary decided to try the fish and chips.

After lunch, the group were keen to get to the beach, Ben went for another swim and the rest of the group were keen to lay on the beach and build sandcastles and people watch.



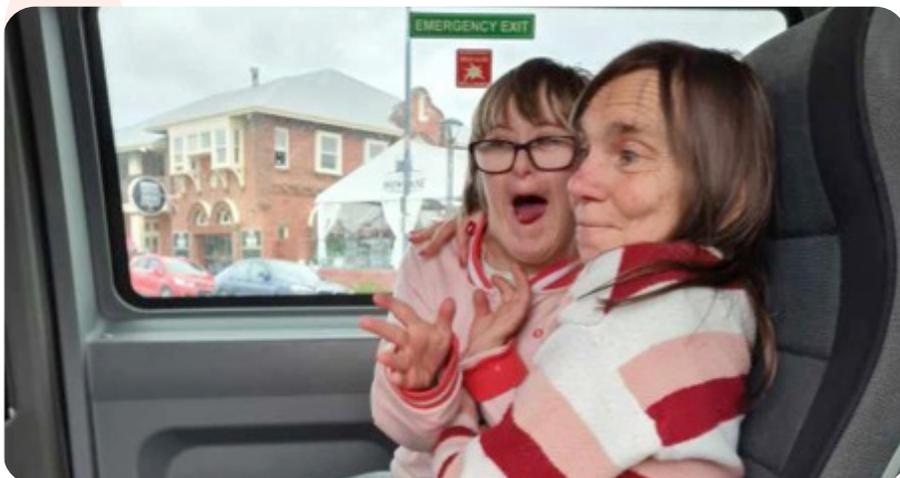
More from Apollo Bay

Being active swimming and building sandcastles meant everyone was happily tired and they all decided they wanted to stay at the cottage and try cooking on the BBQ. The

BBQ was a great and everyone contributed, from cooking and setting the table to the clean-up afterwards.

Monday 8th March 2021

On Monday everyone said goodbye to the holiday house. After packing up they headed to a local café where they had breakfast, before starting the long drive back home. A quick detour was made to Geelong for lunch at McDonalds. Then it was the last stretch of the journey home. After returning Teagan and Ben to Gisborne and Kate and Rosemary to Kyneton, Lee and Mel returned to Castlemaine to well earn cup of tea!



The Lion King

A review from Patricia O'Neil

Directors: Roger Allers, Rob Minkoff

Duration 1 hour and 28 minutes

Synopsis A young lion prince is cast out of his pride by his cruel uncle, who claims he killed his father. While the uncle rules with an iron paw, the prince grows up beyond the Savannah, living by a philosophy: No worries for the rest of your days. But when his past comes to haunt him, the young prince must decide his fate: Will he remain an outcast or face his demons and become what he needs to be?

Famous actors voices in the film

Matthew Broderick
Simba (voice)



James Earl Jones
Mufasa (voice)



Whoopi Goldberg
Shenzi (voice)



Moirá Kelly
Nala (voice)



Nathan Lane
Timon (voice)



Ernie Sabella
Pumbaa (voice)



Patricia rates this movie 10/10





Easter Fun Page

Funny Easter jokes chosen by Lachie Chisholm

What do you call a rabbit with fleas?

Bugs Bunny.

What kind of rabbit tells jokes?

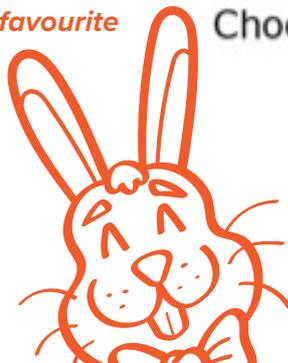
A funny bunny.

*Knock, knock! Who's there?
Some bunny. Some bunny who?
Some bunny's been eating all my
Easter eggs.*

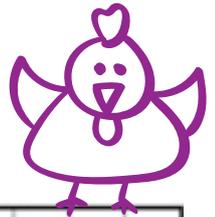
*Knock, knock! Who's there?
Heidi. Heidi who? Heidi the eggs
around the house.*

*What the Easter Bunny's favourite
dance move?*

The bunny hop.



Easter Word Search!



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

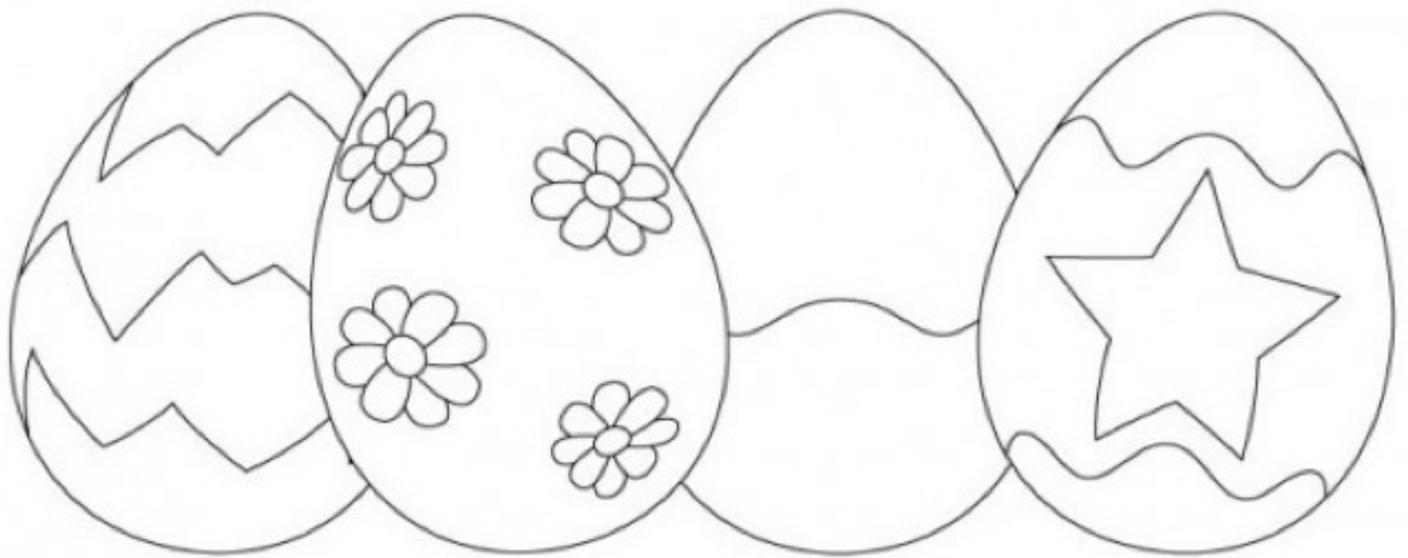
- Basket
- Candy
- Celebration
- Chics
- Chocolate bunnys
- Chocolate eggs
- Egg hunt
- Flowers
- Holiday
- Spring
- Treats



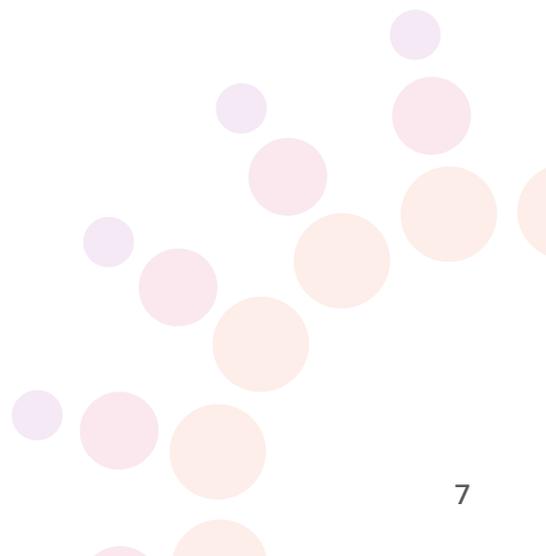
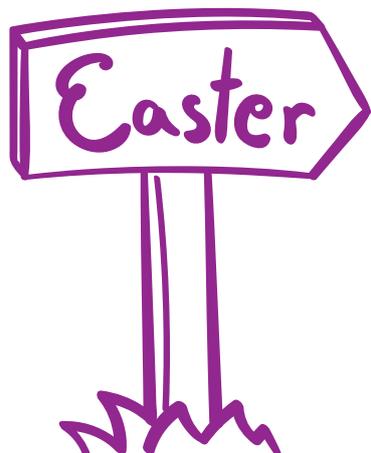
Colouring in page!



HAPPY



EASTER





Employment Opportunities

We support people with disability through meaningful employment in our ADE program. You can work for us in various enterprises.

For details visit windarring.org.au or call **03 5422 7001**



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Short stories & articles

Send them to

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VPoxon@Windarring.org.au

Questions?

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Bringing you client stories and experiences from across windarring

Acknowledgement of the traditional owners and country

Windarring acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional custodians of the lands on which our company is located and where we conduct our business. We pay our respects to ancestors and Elders, past and present and emerging leaders. Windarring is committed to honoring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

Content Disclaimer

The views, information, or opinions expressed in the Dawn News are solely those of the authors and do not necessarily represent those of Windarring and its employees and clients. Please seek professional medical and financial advice if needed.

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