

# Canefields Chronicle

AUGUST 2023



**Canefields Clubhouse**  
2/11-13 Logandowns Dr  
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[www.canefieldsclubhouse.org.au](http://www.canefieldsclubhouse.org.au)

Come along and join in on the fun  
at Clubhouse

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Newsletter team:

Irene, Stacie, Emily, Maurice, Kenny

## QUOTE OF THE MONTH

You are never too  
old to set another  
goal or to dream a  
new dream.

C.S. LEWIS

EVERYDAYPOWER

*You're  
Invited*  
**Canefields Community**  
**24th Birthday  
Celebration**  
**1:30pm Friday**  
**11th August 2023**

*Canefields Community turns 24 this year. We invite you  
to celebrate this milestone with us. Enjoy Afternoon  
tea & Cake while we share stories of our Journey as a  
community. Hope to see you there 🎉*

*Ps: following afternoon tea we have Disco Night from  
4pm. Let's celebrate & groove the early evening away  
(till 7pm 😊)*

## Transport Requirements

Pickups, drop offs and appointments to be booked in by 4:00pm day prior at the latest .

Afternoon drop offs to be booked by 1:00pm that day, Mondays bookings will be confirmed by Friday prior.

One way pick up or drop offs \$3:00; Round Trip \$5:00, Transport Ticket \$15

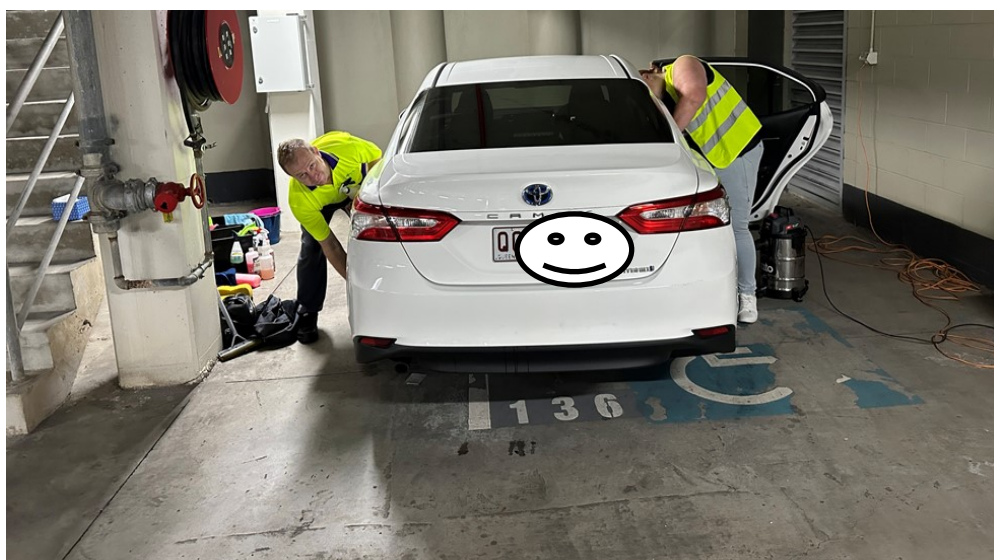
## EMPLOYMENT & EDUCATION UNIT REPORT

### *Employment:*

All Clubhouse Transitional Employment positions are currently full. Gardening , Acmena House, Carwash and LANGSÍ placements are all going good. More members have been involved in the employment program: TE, SE and IE.

### *Education and Training:*

More members have enrolled educational courses recently. Any members interested in fee-free courses or other TAFE training, please see a staff member for information ASAP. Mental health, CPR, and first aid training are coming up soonósee TJ for more information.



Two members are doing Logan Central Mental health Community car detailing.



Employment and Education (E&E) Dinner

It was a fantastic opportunity to share each individual's unique employment and educational journeys, as well as their short-term goals leading up to the next E&E dinner.





# Bunnings Fundraiser Sausage Sizzle



On Sunday the 18th of June/23rd of July, several Canefields members & staff volunteered to help run the Bunnings sausage sizzle to raise funds for the 2023 camp.

*"It was a very busy day and there were lots of customers. I was happy that we helped reduce camp funds. I enjoyed working as a team with everyone and trying my best to help out with everything. If anyone wants to give a hand at future fundraisers, I'd definitely recommend it. It's a good way to build skills and get out there."*

- Kenny



*"My experience was very good. I came around 10 am and it was already busy. I enjoyed taking people's orders and interacting with the customers. The reason why I volunteered for this fundraising is to help lower price of camp for my fellow members. It was a good day, I had a great time."*

- Stacie

*"My experience of the day was really good. I really enjoyed helping out and fundraising for Canefields and to give back to other people. It also helped me overcome my anxiety with talking to people, and it helped me learn about money!"*

- Irene



# Let's Go Camping



## Camp Details:

- Location: 1180 Stanley Pocket Rd, Crossdale QLD 4312
- Cost: \$70 per participant (Payment plan available)

## RSVP information

- **RSVP by: Tuesday, August 15, 2023**
- RSVP Email: [info@canefieldsclubhouse.org.au](mailto:info@canefieldsclubhouse.org.au) / Phone: 07 3807 0951

**Camp Description:** Welcome to Camp Somerset! Whether you're seeking adventure, relaxation, or new connections, Camp Somerset offers a diverse range of activities and opportunities to make the most out of your stay.

**Camp Activities:** (examples only, will be discussed with the participants)

- Hiking and Nature Walks
- Team-Building Exercises
- Arts / Trivia night
- Go Fishing
- Outdoor Sports (Basketball, tennis etc.)
- Firepit Gatherings
- Country town visits



## Camp Schedule:

Tue, 29 Aug 2023	Wed, 30 Aug 2023	Thu, 31 Aug 2023
Travel to Camp Somerset Lunch at Camp Somerset Afternoon activities Dinner Evening activities Firepit gathering	Breakfast Morning activities Lunch Afternoon activities Dinner Evening activities	Breakfast Pack up Travel back to Canefields

**Accommodation:** Camp Somerset provides comfortable and well-equipped cabins for all participants (own bathroom). Please bring your own bedding, toiletries, and other personal necessities (please refer to the What to bring: packing list).

**Meals:** Delicious meals will be provided throughout the camp. If you have any dietary restrictions or allergies, kindly inform us during the RSVP process, and we will do our best to accommodate your needs.



# CHRISTMAS IN JULY LUNCH

The day was truly wonderful, spent in the company of amazing people and accompanied by delicious food. We also enjoyed a few rounds of the entertaining "pass the present" game.



Members and staff from Canefields Clubhouse attended the Stepping Stone Clubhouse's Christmas in July event, just a day before our own. We appreciate the warm hospitality, Stepping Stone!



# Social Rec Experience

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“My experience with Op-Shopping was very good. I thought it was fun just getting out of the house and going out in the community. It excites me to find new clothes, finding bargains and pay it cheaper. I recommend the Op-shopping to other members for them to try. It's good for people who is in a budget. Its also good to know other members.”

-Stacie



“I enjoyed the outings. Attending social rec helps my mental health. It gives me a lot of positive thoughts, I also enjoy spending time with other members and staff as well. I really recommend social rec to other members. Some members prefers the outdoor activities but for me I like a bit of both. I look forward to more social rec ideas in the future.”

-Maurice



“The social recreation event that I attended at Kai Kai Chicken. And the highlight of the event was the good chicken . While also another yummy food also macaroni cheese. Out of five stars rating with five the highest rating four stars is the rating. Good value for money , quick service pleasant atmosphere.”

-Brian M.



“The social recreation event that I attended at Kai Kai Chicken. And the highlight of the event was the good company. Also I enjoyed Nutella doughnuts. Unfortunately I felt that there wasn't enough chicken but I enjoyed the outing and would definitely go back.”

- Stacie



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# Social Rec Experience



## OZ HARVEST DELIVERIES EXPECTED THURSDAYS

Make sure to place your name, for a grocery box by every Wednesday 4 pm.

Requests for grocery boxes must be made in person at the Clubhouse and picked up on Thursday by 4:30pm.

Pick up orders in person.

When Collecting Oz Harvest boxes there are a few guidelines:

1. Members responsibility to place names on Oz Harvest list.
2. Do not take any trays until all trays are ready for Distribution.
3. One (1) tray only to each member on the list, once received move away from area.

Note. OzHarvest is experiencing a shortage of volunteer drivers. So we are not always sure of delivery days.

If you would like to volunteer, contact OzHarvest.



### Regular Weekly Activities

Hospital Visit; 1:00pm on Every second Monday

PCYC Visit; 11:30am Every second Tuesday

Meditation 1pm Tuesday & Thursday

Oz Harvest expected Thursdays

(confirmation call on the day)

Library Visit; 1.00pm every Wednesday

Fun activities in the Park; 1:30pm Fridays

Clubhouse Tour-guide & Unit Safety meeting available Thursdays!

## ART & CRAFTS



### Acrylic Landscapes Workshop

Thursday, 10 August 2023  
1 pm — 4 pm



Clubhouse Camping Trip  
@ **Camp Somerset**  
29th-31st of August 2023  
RSVP by 15th August

## Canefields Clubhouse Opening Times

Saturdays 9:30am to 2:00pm

Monday to Fridays 8:00am to 4:00pm

*Public Holidays hours vary*

## August Social Rec

1st August 2023

Movies at Event Cinema  
4:30 pm - 6:30 pm

5th August 2023

Jacobs Well sightseeing & Lunch  
9:00 am– 2:00 pm

11th August 2023

Disco Night @ Clubhouse  
4:00 pm– 7:00 pm

12th August 2023

In-house Brunch & activities  
9:00 am– 2:00 pm

16th August 2023

Burrito Bar – Loganholme  
4:30 pm– 6:30 pm

19th August 2023

Ipswich Nature Centre & BYO lunch  
9:00 am– 2:00 pm

23rd August 2023

Karaoke Night  
4:30 pm– 6:30 pm

26th August 2023

Bunnings Sausage Sizzle Fundraiser  
@ Loganholme  
9:00 am– 2:00 pm

## NEWSLETTER

Join our newsletter group  
Every Monday morning.

Member input is a great way learn new skills;  
create content, computer skills & photography

## Pasta Carbonara

Prep: 10 mins

Servings: 4 servings

Cook: 15 mins

Yield: 1 pound pasta

Total: 25 min



### **Ingredients:**

4 teaspoons of salt, for the pasta water, plus more to taste as needed.

2 large eggs

4 large egg yolks

2 ounces freshly grated parmesan cheese, about 3/4 cup

1/2 teaspoon freshly ground black pepper, more to taste

1 tablespoon olive oil

4 ounces diced pancetta, or thick bacon

1kl of pasta, such as spaghetti or fettuccine

### **Steps to Make it:**

**Step1:** In a large pot, bring 4 quarts of water and 4 teaspoons of salt to boil over high heat.

**Step2:** In a medium bowl, whisk the eggs and egg yolks together; add the parmesan cheese and black pepper and whisk until well blended. Set aside.

**Step3:** Heat the olive oil in a deep sauté pan or oven medium heat. Add the diced pancetta or bacon and cook for about 4 to 6 minutes, until slightly crisp. Turn off burner.

**Step4:** Once the water reaches a boil, add the pasta to the boiling water and cook following the package instructions for spaghetti pasta. Once the pasta is cook drain the pasta and set aside.

**Step5:** Add about 1/2 cup of the reserved hot pasta water to the pancetta and bring to a boil over medium-high heat. Add the drained pasta and continue to cook, stirring, for 1 minute. Gradually whisk about 1/4 cup of the reserved hot pasta water into the egg and Parmesan cheese mixture. Remove the pan from heat. Gradually add the egg and cheese mixture to the pasta, stirring and constantly tossing with tongs until the sauce is silky and clings to the pasta. Add more of the hot pasta water in order to thin the sauce, if needed.

**Step6:** Serve the pasta with extra Parmesan cheese and a generous grinding of black pepper. ENJOY!

## Sticky Toffee Puddings

Prep: 15 mins

Cook: 30 mins

Serves: 4

### **Ingredients:**

75g dates, stoned and chopped

75g butter, softened, plus extra for greasing

50g light brown soft sugar

2 eggs

1 tsp vanilla extract

140g self-raising flour

1 tsp baking powder

### **For the Sauce:**

150ml double cream

75g light brown soft sugar

25g butter

### **Methods:**

#### **STEP 1**

Put the dates in a small saucepan and pour over 75ml water. Bring to a simmer and cook for 3-4 mins until the dates are mushy and have absorbed the water. Gently stir to blend.

#### **STEP 2**

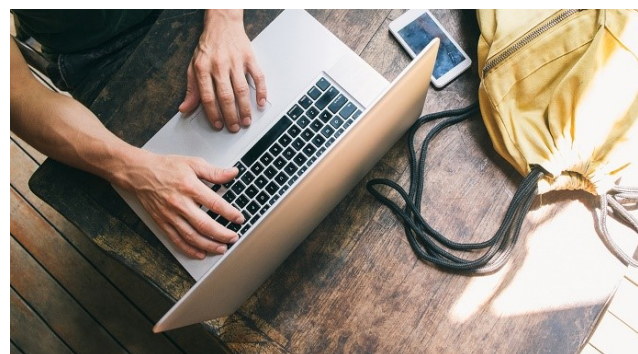
Heat the oven to 180C/160C fan/gas 4. Grease and line the bases of 4 x 150ml pudding moulds. Cream the butter and sugar with an electric whisk until pale and fluffy. Gradually add the eggs and vanilla, then fold in the flour and baking powder. Mix in the blended date purée and divide between the moulds. Transfer to a roasting tin and pour enough boiling water in to reach halfway up the moulds. Cover the tin with foil and cook for 25 mins until risen and firm to the touch.

#### **STEP 3**

Meanwhile, make the sauce. Pour half the cream and all the sugar and butter into a small, heavy-bottomed pan. Heat gently until sugar has dissolved, stirring often. Turn up the heat and bubble for 3-4 mins until the sauce is glossy and thick, then stir in the remaining cream. Re-heat the sauce when the puddings are cooked and serve poured on top.



Get the week off with a great start Meditation  
Tuesdays & Thursdays 1pm.  
Location may vary.



Computer, Tablet and Phone Skills

Mondays and Wednesdays at 1:00pm

One on One Learning

Weekly Wednesday lunch is a SPECIAL DIET LUNCH!

Vote for the special diet lunch you would like to learn about on the Canefields Clubhouse Facebook Page!

Free single-sized bedsheets available at Clubhouse. See a staff member if needed.

Special visits from

Darius Boyd

Mon, 07/08 1:30 pm

Social work students from Korea

Mon, 21/08 3:00 pm

Taiwha Welfare Foundation (Korea)

Tue, 22/08 12:00 pm - Lunch



When you've been doing laundry all day but the pile just keeps growing.



SummichexPsychMedia.com



Why should you always knock on a refrigerator door before opening it?

In case there's a salad dressing.

womans day

THIS WINTER WEATHER



imgflip.com

GOT ME LIKE

# Have a Chuckle

LET'S LAUGH TODAY  
AND EVERY DAY !

- Q. Why shouldn't you trust trees?  
A. They seem a little shady!
- Q. Why did the cookie go to the doctor?  
A. It was feeling a little crumby!
- Q. Why couldn't the melons get married?  
A. Because they cant-e-lope!
- Q. Why did the Oreo go to the dentist?  
A. Because it lost its filling!
- Q. What breed of dog can jump higher than any building?  
A. All breeds of dogs because buildings can't jump.

WHAT DOES A GRAPE SAY WHEN IT GETS STEPPED ON?



NOTHING, IT JUST LETS OUT A LITTLE WINE



## *~ Inspirational Quotes ~*

*"Words can break someone into a million pieces, but they can also put them back together."*

*-Taylor Swift*

*"Remember that no matter how cool you think you may be, you're not cool enough to look down on anyone... ever"*

*-Paul Walker*

*"Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself."*

*-Alice Walker*

*"Happiness, Is an inside job. Don't assign anyone else that much power over your life."*

*-Mandy Hale*

*"I am thankful for all of those who said NO to me. It's because of them I'm doing it myself."*

*-Albert Einstein*

*"Nothing is impossible. The word itself says 'I'm possible!'"*

*-Audrey Hepburn*

**" don't chase people. Be yourself, do your own thing and work hard. The right people - the ones who really belong in your life - will come to you. And stay."**

**" you can have it all. You just can't have it all at once."**

**"The best way to find out what you want in life is to try a lot of things."**

**- Oprah Winfrey**



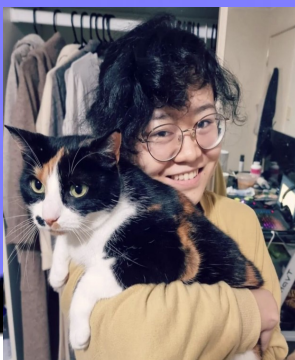
# Student's on placement New Faces.

“ Hello! My name is Hane, I’m a student from QUT completing a Masters of Social Work. I am currently doing my placement here in Canefields Clubhouse for professional experience. I will be here for about 4 months, and I’m very excited in furthering my knowledge in Social Work and to also work with mental health community. I am looking forward in participating in the work ordered day activities with members and staff . I hope to learn and make meaningful connections during my time here.”



“ Hi, Its Nicole, I am student from Tafe QLD, completing a Dual Diploma in Mental health & Drug and alcohol rehabilitation. I am in my last semester to complete 160 hours work placement. And I’m grateful that I’m doing my hours here at Canefields Clubhouse to further my skills and learn new things. I am really excited to work closely in the Clubhouse and gain vast knowledge from all of the members as well as the staff. And understand the community and area better. Thanks for having me and I look forward to getting to know you all!! :)

“ Hello, My name is Celia, I am a student from QUT completing a Masters of Social Work. I’m privilege to do my placement hours here in Canefields Clubhouse. I have 500 hours to finish and I’m excited to do it here. I can’t wait to work with lovely staff and members, I am very passionate about my work, and will try my very best to gain more knowledge and learn new skills. Thank you.



Hi Everyone, Its Jade here, and I’m from China. I have been in Australia for 5 years as a backpacker, and now I’m a student from QUT doing my Master’s of Social Work programme. I’m here in Canefields Clubhouse to do my 500 hours placement. I’m super excited and happy to share my culture and to also work with staff and members here in Clubhouse. I look forward to learn practical skills and work collaboratively and to contribute to the community . Thank you so much. :)



