

# Summit Spring Newsletter

September, 2026



Summit Community Services  
Unit 2/116 Barwan Street  
NARRABRI 2390  
Phone: 6792 1478  
Email: [admin@summitcsi.com.au](mailto:admin@summitcsi.com.au)

Welcome to our Summit Spring Newsletter.

Spring has sprung!!!!



## IMPORTANT DATES:

- School Holidays 28 Sept to 9 October
- Public Holiday Monday 5 October

## OFFICE CLOSURE

Office closed Public Holiday Monday 5 October - re-opening Tuesday 6 October

## **Who works in Summit Community Services Inc Offices?**

|                         |                                    |
|-------------------------|------------------------------------|
| <b>Jo Burgess</b>       | <b>General Manager</b>             |
| <b>Sam Cook</b>         | <b>Manager Compliance</b>          |
| <b>Kellie Hardy</b>     | <b>Manager Disabilities</b>        |
| <b>Christina Brooks</b> | <b>Admin Officer Rostering</b>     |
| <b>Lindsey Duncan</b>   | <b>Team Leader Community</b>       |
| <b>Mariel Ross</b>      | <b>Housing Programs Manager</b>    |
| <b>Brielle Wales</b>    | <b>Housing Officer Homes North</b> |
| <b>Jess Kay</b>         | <b>Housing Officer Homes North</b> |
| <b>Jenny Conomos</b>    | <b>Admin Officer Housing</b>       |
| <b>Sue Kennedy</b>      | <b>Finance Officer</b>             |
| <b>Karen Larsen</b>     | <b>Admin Officer</b>               |
| <b>Wendy Knight</b>     | <b>Admin Officer</b>               |

### **Disability Support Workers:-**

**Ashia Baker, Darren Baxter, Sue Bourke, Leonie Brown, Bec Browning, Rosemary Coates, Lindsey Duncan, Steph Frater, Chloe George, Liz Hardy, Lisa Hartog, Emersyn Hedley, Chris Jobson, Sam Lang, Lynne Large, Mia McArdle, Stacy McInnes, Deb Richardson, Jenny Skewes, Juanita Smith, Kristie Smith, Lyn Smith, Jenny Tucker, & Jayne Woods.**

**Summit acknowledges the traditional owners and custodians of the land we work on as the first people of this country. We would also like to pay respect to Elders past and present of the Gamilaraay Nation and extend that respect to all youth today, as they are our future generation.**

# TRADITIONAL FRUIT SALAD

## Ingredients (8)

- 600g pineapple, peeled, chopped
- 800g rockmelon, chopped
- 800g seedless watermelon, chopped
- 250g **strawberries**, hulled, quartered
- 200g seedless green grapes
- 200g seedless red grapes
- 4 passionfruit, halved
- 1 tbsp lime juice

\$8 per serve ⓘ



## METHOD

### Step 1

Place pineapple, rockmelon, watermelon, strawberries, grapes, passionfruit pulp and lime juice in a large glass or ceramic bowl. Toss to combine. Serve.

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## FRUIT FACTS:

- **Bananas are berries, but strawberries are not!** In science, a true berry has its seeds on the inside. Bananas have tiny seeds inside, but a strawberry wears its 200 seeds proudly on the outside! 🍌 [Bright Horizons](#) +1
- **Apples can float.** If you drop an apple in a bucket of water, it will float because 25% of an apple is made of air! 🍏 [YouTube](#) [LearnKin Kids](#)
- **Apples love roses.** Apples, strawberries, and pears belong to the exact same plant family as the rose flower. 🌹 [Fun Kids](#)
- **Watermelons are giant water bottles.** A watermelon is made up of about 92% water, making it a super-refreshing snack on a hot summer day. 🍉 [YouTube](#) [Smart Explor...](#) +1
- **Cranberries bounce.** Fully ripe cranberries can bounce like a little rubber ball. 🍷 [Bright Horizons](#)

## Veggies That Are Actually Fruits

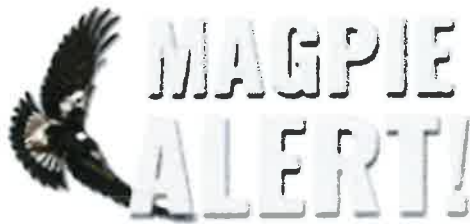
- **Tomatoes, pumpkins, and cucumbers** are often treated like vegetables in the kitchen, but scientists call them fruits. Why? Because they all grow from flowers and have seeds inside! 🍅 [YouTube](#) [WORLD Of W...](#) +2

YES .....

It's that time of year again !!

SAFETY FIRST

**SUMMIT**  
we're building better lives.



## Wildlife in the Narrabri Shire WIRES

Wildlife Information, Rescue, and Education  
Service (WIRES)  
24/7 Emergency Hotline: 1300 094 737  
[www.wires.org.au](http://www.wires.org.au)

WIRES Emergency Advice  
For more detailed information, please see  
the [WIRES Emergency Advice Page](#)

### Magpies

For most of the year magpies are not aggressive, but for four to six weeks during the nesting season they will often defend their territory vigorously. People walking past may be seen as "invaders" of the territory, prompting the magpies to swoop low and fast over the person clacking their bills as they pass overhead.

The experience of a magpie attack can be quite alarming, but it is usually only a warning. Only occasionally will a bird ~~actually~~ actually strike the intruder on the head with its beak.

If a magpie swoops at you (advice provided by NSW Office of Environment and Heritage):

- Walk quickly and carefully away from the area and avoid walking there when magpies are swooping.
- Make a temporary sign to warn other people.
- Magpies are less likely to swoop if you look at them. Try to keep an eye on the magpie, at the same time walking carefully away. Alternatively, you can draw or sew a pair of eyes onto the back of a hat and wear it when walking through the area. You can also try wearing your sunglasses on the back of your head.
- Wear a bicycle or skateboard helmet. Any sort of hat, even a hat made from an ice cream container or cardboard box, will help protect you.
- Carry an open umbrella, or a stick or small branch, above your head but do not swing it at the magpie, as this will only provoke it to attack.
- If you are riding a bicycle when the magpie swoops, get off the bicycle and wheel it quickly through the area. Your bicycle helmet will protect your head, and you can attach a tall red safety flag to your bicycle or hold a stick or branch as a deterrent.

Further information about magpies can be found at [www.environment.nsw.gov.au](http://www.environment.nsw.gov.au).

#### Remember

STAY CALM. Accidents can occur when people, particularly children, panic.

Swooping behaviour is temporary and will cease after breeding season. Magpies and Plovers are protected by the National Parks & Wildlife Act 1974 and harming these native birds and/or their nests is illegal.

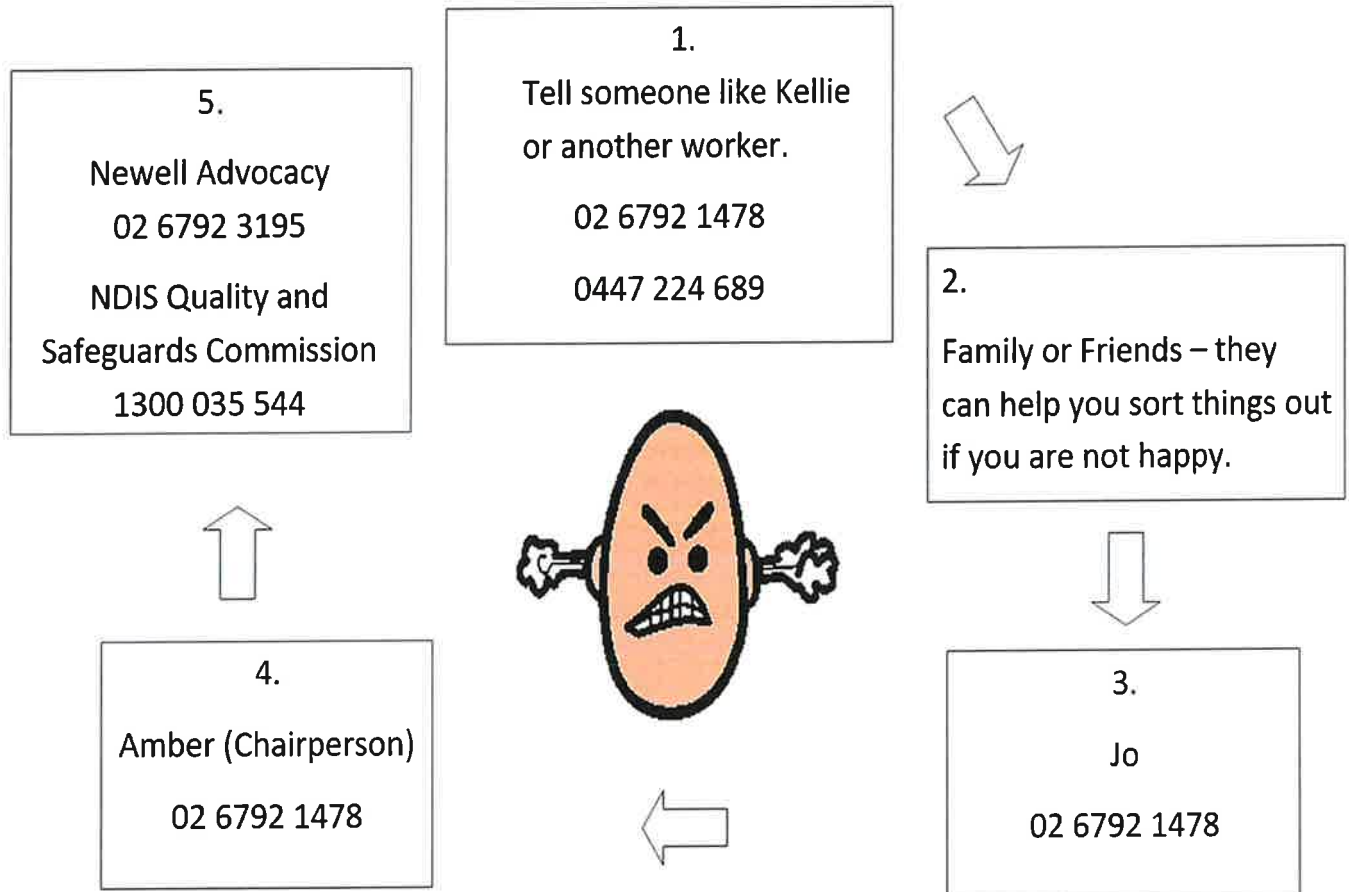
**Please report all incidents of magpie swooping via an Incident Report Form and/or Hazard Form - this will help protect others!**



Australian Magpie  
(Cracticus tibicen)



# NOT HAPPY?



## BOUNDARIES

A friendly reminder that if you need to talk to someone outside of your service time, please call the office - 6792 1478.

There might be times when you want to talk to an individual worker, but please call the office first so arrangements can be made.

The workers aren't allowed to take phone calls on their private phones from people we support and if they do, they might get into trouble.



**NOT HAPPY**

**SUMMIT**  
u & i building better lives

**Summit Community Services Inc**  
**COMPLAINT FORM**

|                |  |              |  |
|----------------|--|--------------|--|
| <b>Name</b>    |  | <b>Phone</b> |  |
| <b>Address</b> |  | <b>Email</b> |  |

**What area is your complaint about?**

- ☐ Property
- ☐ Neighbour
- ☐ SCS Worker

**Please tell us what you aren't happy about?**

**Have you tried to fix the problem yourself?**

- ☐ Yes, what have you done?
- ☐ No

**Can you let us know any ideas to help fix it?**

**Anything else you want to tell us.**

**Signature**

**Date**

**Is someone helping you fill in this form?**

- ☐ Yes, please complete section below
- ☐ No

**Name of person helping.**

**Signature**

**Date**

## COMMUNITY EVENTS



### SHARED TABLE



Free verandah Food: Available Monday to Friday  
11:45 to 1:15pm

Shopping available from Monday to Thursday  
11:45 to 1:15pm

Customers can purchase groceries at \$15 per bag, with a limit of 2 bags per family. Bags are valued at approx.. \$80 each. Eftpos available.

In addition to the \$15 bags, other items including meat, fish, plant based, fruit, vegetables, bread, milk and other dairy products will be available for person selection. Pending availability.

2 course Friday lunch: Served 12:30pm-1:15pm

All services are closed during public holidays, most services closed during school holidays except for verandah food distribution.

## WHAT'S ON AT THE CROSSING THEATRE



October 19, 2026

### LIVE PERFORMANCE

#### Lee Miller's War

Through renowned war photographer Lee Miller's own words and iconic images, follow Miller's journey from the aftermath of D-Day and the liberation of Paris to the fall of Nazi Germany and the realities of post-war Europe.

#### Ticket Prices

\$35 online (\$40 at the door) Students \$10, U12 yrs Free.



November 26, 2026

### COMMUNITY

#### NSW Seniors Regional Christmas Concerts 2026 – Narrabri

Celebrate the festive season at the NSW Seniors Regional Christmas Concerts, a free event to celebrate the valuable contribution older people make to communities across NSW.

#### Ticket Prices

FREE – but make sure you register!



December 12, 2026

### COMMUNITY

#### 2026 Christmas Carols

Our annual Christmas Carols is a free community event with live performances by local talented musicians!

#### Ticket Prices

Free Community Event!

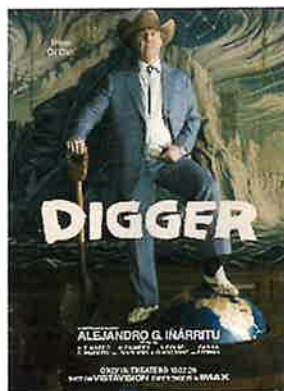
## WHAT'S ON AT THE MOVIES



#### Coyote Vs ACME

Rating: PG Duration: 101 mins

Get Tickets



#### Digger

Rating: MA15+ Duration: 128 minutes

Get Tickets



#### Street Fighter

Rating: M Duration: 125 minutes

Get Tickets

Please contact the Crossing Theatre for more details or information: 6799 6740

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Spring Word Search



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

NEST  
MAY  
BEES  
MARCH  
CHICK  
FLOWERS

SEASON  
SUNSHINE  
GREEN  
PICNIC  
WARM  
TULIP

BUNNY  
BLOSSOM  
RAINBOW  
SEEDS  
GARDEN  
APRIL

KITES  
BUTTERFLY  
EGGS  
EASTER  
BIRDS  
SPRING