

## Newsletter Blast June 2023

*We recognise the Kurna and Peramangk Peoples as the traditional owners of the Adelaide Hills and pay our respects to elders past, present and emerging.*



Our friends at Red Cacao Stirling are showing fantastic community support this Thursday (29th June) by donating a percentage of sales directly to The Hut.

*Buy good - feel good.*

*This Thursday we're donating \$2 from every drink purchased AND 10% of all retail chocolate sales to The Hut Community Centre in Aldgate.* 🍵 🍫

It is also their 10th birthday, so drop in for a hot chocolate and wish them a very Happy Birthday!

### Community Outreach

Looking to meet new people? Join us for a cuppa and cake at the Olive Branch Cafe Balhannah on Friday 30th June 10.30am.

A great opportunity to meet new people in a relaxed setting.

There is no cost to you, a cuppa and cake will be all included.

A cuppa catchup was held in Woodside a couple of weeks ago just for the Blokes, with many attendees expressing an interest in continuing a regular get together. We aim to provide more opportunities in these areas for people to make connections.

We would love to see you there!

Let us know if you can attend, book [here](#)



An inclusive playgroup will be commencing at The Hut on Wednesdays in Term 3. The Playgroup is designed for kids who would benefit from structured sensory specific activities. Open to all pre-schoolers and their family member/s, offering garden space, sandpit, waterplay, art/craft and quiet spaces. This playgroup ensures that neuro-diverse children are well catered for.

The group will be facilitated by Autism Support Specialist (Kate Exner) and our wonderful volunteer Ann, retired teacher extraordinaire.

Weekly activities will include craft, balance/coordination, sensory experiences and free play.

A large indoor space is available if the weather is extreme.

Inclusive practices of this playgroup will include;

- Information about facilitators and the site will be made available to families beforehand to build familiarity
- Schedules and social scripts used to ensure clear information sharing and expectations
- Visuals cues used to support communication
- Sensory activities available, sensory flexible spaces

The setup of this group has been made possible by the wonderful support of Red Cacao Stirling.

Thank you!

Register your interest [here](#)

**Does your child benefit from structured sensory specific activities?**



**Outdoor Playgroup**

An inclusive playgroup offering garden space, sandpit, waterplay, art/craft and quiet spaces. This playgroup ensures that neurodiverse children are well catered for.

Facilitated by Autism Support Specialist (Kate Exner)

Supported by  **RED CACAO**  
STIRLING

**Wednesdays, 9.30 - 11.30am**  
during school term from 26th July

### **The First Nations Voice to Parliament: What do You Want to Know?**

As you would be aware by now, we will have a referendum later this year to vote on whether to change our Constitution to include a First Nations Voice to Parliament. There is much discussion about what this entails and the pros and cons of what is being proposed. Many organisations have taken a stance one way or the other in their support of the change. This formed the basis of a discussion at a recent Hut Board meeting. It was determined that our role is to enable conversation and to advance education and information about the proposed changes and the likely future impact on our country and its people.

There is a great deal of information available online but, if you would like to know more about the proposed changes but don't know where to start, or would like to be part of a conversation, we are in a position to engage people with expert knowledge to answer your questions, we just need to know what you want to know.

If you would be interested in attending a session that provides you with knowledge of how referendums work, what particular amendments are proposed to the Australian Constitution, and what 'The Voice' might mean in practice please register your name, contact details and any questions you'd like answered on our website, click [here](#) to express an interest in finding out more.



---

### Welcome Ari

Hi! My name is Ari and I am the new Community Connections Coordinator for The Hut. My background is in social work, community development, and training, particularly with marginalised communities. I bring a deep passion for social justice and a belief in the power of building and supporting strong communities.

As a local resident of Aldgate, I've always admired the amazing work done by The Hut and I am excited to have this opportunity to support more people experience the benefits of community connection and belonging.

Things that make me happy include dogs (I am a massive dog lover and often have foster puppies in my care, taking up most of my free time), sunshine, and long walks with pretty views!

I am looking forward to getting to know everyone connected to the Hut, so please come and say hi when you next visit us.



---

### Rotary Acknowledgement for The Hut

Our EO, Deb and Board member, Pamela attended the Stirling and Hills Rotary Presidents dinner on Friday 23<sup>rd</sup> June. Rotary acknowledged the work that The Hut does in connecting community by presenting Deb with a Paul Harris Award for advancing community through the work that we do.

We extend our congratulations to Malcolm Horton who continues his leadership with Stirling Rotary for the coming year. Malcolm spoke about the great work that Rotary does on an international scale as well as their commitment to working at a local level, in particular, in partnership with local community groups; The Hut already having a close relationship with the local club.

If you would like to learn more about Rotary or are considering becoming a member, why not join them as a guest at one of their regular Monday night meetings. Contact Michelle at

<mailto:info@stirlingrotary.org.au>



---

### Welcome New Hut Board Member Jenni Bottroff

Jenni is a degree qualified accountant with a public practice certificate and runs her own accounting practice, BHC Partners Pty Ltd, in Woodside.

Jenni has had a range of community roles including serving on the CPA Women's Committee for a number of years, on the Uraidla Primary School governing council as Treasurer, committee member of Uraidla Netball Club. She is also currently a member of the CPA Public Practice committee and member of Imagine Uraidla Inc. Jenni has previously served as Treasurer on the board of Product Action Inc as well as on the board of Summerhill prior to the merger with CCH. Jenni and her husband made the choice early in their marriage to live in the Hills and participate in the communities they lived in as they were seeking both involvement and appreciation of where they lived and the people around them. It is also part of Jenni's professional ethos that she should give back when she is able.

Jenni has been asked to join the Board until the AGM where she will stand for re-election, asking Hut members to re-elect her to the position.



---

### Annual Hut Community Centre Member Registrations Open Now for New & Current Hut Members

Having local community involved in The Hut's strategic direction and oversight is vital for The Hut to achieve its vision and mission and is another way you can support the community in which you live. This can be done in a variety of ways, but the easiest is to become a Hut member.

Memberships are for a period of 12 months, being renewed annually.

Being a Hut member entitles you to have a voice at our Annual General Meeting (AGM) by voting for nominees to fill Board vacancies. It can also assist us when applying for funding to help us run activities and programs in your local community. So really, the more the merrier!



To register or renew your membership and have the opportunity to vote at our next AGM please click [here](#) to complete the membership form.

I hope that you will consider subscribing as a Hut member and thank you for your commitment to the Adelaide Hills and to The Hut.

---

### Oz Harvest Supporting the Food Pantry

We are so pleased to now be making fortnightly collections from OzHarvest which is a wonderful addition to our Food Pantry supplies. OzHarvest is a national organisation that collects surplus food from all types of food businesses which they then distribute at no cost through agencies such as ours. With the continued increased cost of living, people on low income in our community are very much under pressure to meet their essential financial commitments. We are dedicated to continuing to provide as much support as we can through the Food Pantry to alleviate some of the stress for people. Contributions such as OzHarvest are significantly impactful and this is also made possible with thanks to David and Jane Rawnsley who are volunteering to do these collections from Hindmarsh, and to all our amazing, dedicated volunteer team for their time and energy.



---

### Eggcellent Donations from Walkerbrae Farms

The Food Pantry has been the grateful recipient of ongoing egg donations from Walkerbrae Farms. The eggs are surplus to Walkerbrae's supply chain, sometimes being small eggs that they can't sell but are still perfectly good to eat.

Eggs are such a fantastic nutritious staple food and it is such a pleasure to be able to pass these onto our Food Pantry clients. Walkerbrae is located in Callington and they practise sustainable, regenerative farming practises as well as being a lovely family owned business so we encourage you to support them! You can see where you can purchase their eggs locally here

<https://www.walkerbraefarms.com/buy-eggs>

If you know of any other local businesses who might be able to donate surplus produce to The Food Pantry please contact [hayley@thehut.org.au](mailto:hayley@thehut.org.au)



### WANTED - Volunteer Repairers for The Hut Repair Cafe

The Hut Community Centre has a thriving Community initiative – The Repair Café – where volunteer repairers assist members of the community to repair their precious items. This has many benefits such as reducing landfill, reducing consumption, making people from the community happy and feel that they are connecting with their community. Another benefit is that the repairers love doing this! It gives a sense of meaning and giving back to the community. It's a team approach and we'd love you to join if you have any skills at fixing things – we are particularly seeking someone for electronics and small motor skills, but also woodwork, bicycle or tool repairs. If you are interested or have a skill we haven't listed, either come and visit the repair café or have a chat with Bron or Bernadette 8339 4400.

The Repair Cafe is held on the 2nd Sunday of the month 10am-1pm, with the next one scheduled for 9th July.

**REPAIR CAFE**  
**Volunteer Repairers needed!**

**Second Sunday Each Month**  
Give us a call on 83394400

**10:00am - 1:00pm**  
1 Euston Road Aldgate



### School Holiday MACRAME

#### School Holidays - Macrame

When: Monday 10<sup>th</sup> July

Session Time: 10am-12

Where: The Hut Community Centre

Cost: \$10

Bookings essential: [here](#)

Learn the craft of Macrame in a friendly group.

Create your own pot plant hanger to take home (Pot Included)



### School Holidays - Claymation

When: Tuesday July 18

Session Time: 1 – 4pm

Where: The Hut Community Centre

Cost: \$25

Bookings essential: [here](#)

Come along for an action packed workshop and make your own Claymation movie. Get a behind the scenes glimpse of what goes into producing animation on a professional level. The finished videos will be screened to the group and uploaded to GooRoo Animation Workshop's YouTube channel so you can share with friends and family.

---

## Term Program



### Social Cuppa Get Together

When: Friday June 30

Session time: 10.30am

Where: Olive Branch Café, Balhannah

Cost: Free – Cuppa and Cake on us!

Bookings can be made: [here](#)

You can also register by calling The Hut 8339 4400 or just show up!

Enjoy a chance to meet new people in a relaxed, informal setting – and a cuppa and cake on us!



### Macrame

When: Wednesday July 5

Session Time: 10am-12

Where: The Hut Community Centre

Cost: \$20

Bookings essential: [here](#)

Learn about the craft of Macrame in a friendly group. Enjoy creating a pot hanger, Pot included.



## Principles of GARDEN DESIGN with Tony Herve

### Principles of Garden Design with Tony Herve

When: Thursdays. 5 weeks July 13 to Aug 10

Session Time: 10am – 1pm

Where: The Hut Community Centre

Cost: \$55

Bookings essential [here](#)

Learn the tricks to create a beautifully designed garden. Topics will include: Where to begin, what you would like your garden to produce, and the best way to work with your site. A field trip is included on Tuesday August 1.



### Connect & Create

When: Thursday morning (to be decided)

Session Time: 10am – 12

Cost: FREE

Register your interest by calling The Hut on 8339 4400

Gather together to share a cuppa and morning tea while creating a range of things to take home and share with others.

Creations will include Herb/Succulent bowls, Bread dough creations, Fabric hearts or Embossed tin foil creations.

We are planning to meet on a sunny day in the garden. This is weather dependant so we will call when the date is decided.



### Outdoor Playgroup - Sensory Based

When: Each Wednesday in school terms.

Starting July 26.

Session Time: 9.30 – 11.30am

Where: The Hut Community Centre

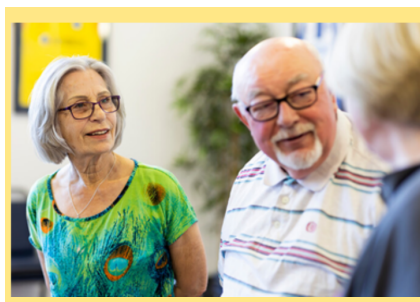
Cost: \$2 per session

Register your interest [here](#)

An inclusive playgroup open to all pre-schoolers and their family member/s, offering garden space, sandpit, waterplay, art/craft and quiet spaces. This playgroup ensures that neurodiverse children are well catered for.

Weekly activities will include balance/coordination, sensory experiences and free play.

Facilitated by Autism Support Specialist (Kate Exner).



### Getting Older, Let's Talk About It!

When: Thursday 27th July Term 3 2023

Session Time: 10:00am – 12:30pm 8 week series (each Thursday)

Where: The Village Well Aldgate

Cost: FREE with morning tea provided

Book [Here](#)

Thinking about ageing? This conversation series, facilitated by Zest Creative, provides an opportunity to share with and learn from others about what it takes to successfully grow older with meaning, purpose and passion.

Some of the topics explored include: home, belonging and community, the reality of ageing, ageism, money matters, living with meaning and purpose, importance of social connection.





**Hearing Australia - Information session  
and free hearing test**

**When:** Tuesday August 8

**Session Time:** 10am

**Cost:** FREE

Bookings can be made [here](#) or call The Hut on 8339 4400

Learn how to manage and prevent hearing loss during the 30 minute presentation.

Find if you have hearing loss and what type during your individual hearing test.

Can't come for the whole time? Call The Hut to book your 10 minute hearing test on 8339 4400



**Which Bin?**

**When:** Sunday August 13 at the Repair Cafe

**Session Time:** 10.30-11.30am

**Cost:** FREE

Learn where your waste goes, which bin to place an item in, what not to put in your recycling, compostable vs biodegradable

Bring along your "tricky" items for discussion

Bookings can be made [here](#) or call The Hut on 8339 4400

---

**Ongoing Programs and Services**

# What's On

Promoting  
Community  
Well-being

For more information and to register for the below programs, please visit [thehut.org.au](http://thehut.org.au)

P: 8339 4400

E: [reception@thehut.org.au](mailto:reception@thehut.org.au)



The Book Shed Stirling	Good quality secondhand books at great prices	Merrion Tce Stirling Mon-Sat 10am-4pm 4th Sunday of month
The Book Shed Woodside	Good quality secondhand books at great prices	68 Onkaparinga Valley Rd Woodside Mon, Wed-Sat 10am-4pm

Program/Event	Details	Date/Time
Creative Writing Group	Develop your writing skills with local writer Tony Rogers	Tuesdays 3.30pm—5pm at The Hut
Out and About Group	A social lunch group which meets in various venues in the Hills	Second Tuesday of the month.
Community Shed	Woodwork, social connection and tinkering	Tuesdays 9am-12 & 1-4pm & Thursdays 9am - 12pm at The Hut
Music Makers	Learn, practice and enjoy a range of musical instruments	Tues weekly 9.30-12 Grace Lutheran Church Bridgewater
Mosaics Group	All you need to create mosaics of your choice	Fridays 10am - 12pm The Hut Community Shed
Aldgate Valley Food Co-op	For purchasing organic foods and social contact.	Fridays 10.30am to 11.30 at Aldgate Valley Hall

Support and Assistance		
Community Lunch	delicious two-course meal featuring fresh seasonal produce.	1st Tuesday of month 12.00—2.00pm, The Hut
Repair Cafe	Repairs of small items to help reduce waste going to landfill,.	2nd Sunday of each month (21st May due to Mothers Day) 10am-1 in The Hut Community Shed
Homework Club	Support with school work with volunteer tutors	Mondays, Tuesdays during term 3pm - 5pm at The Hut
Grandcarers SA	Supporting grandparents raising their grandchildren	2nd Wed of each month, 10.30am- 12 at The Hut
Food Pantry	Access to free fresh food & pantry items	Tuesdays 12pm - 2pm Thursdays 10am - 12pm at The Hut
No Interest Loans	No Interest, No fee loans up to \$2,000	Tuesdays 9am - 3pm
1:1 Computer Training	Learn to use your computer, tablet or smart phone	Monday - Friday By Appointment Only at The Hut
Community Transport	Community Bus for shopping and social outings for over 65's	Call to discuss eligibility

Fitness Programs		
Men's Moves	Healthy lifestyle program for men	Thursdays 10am—12.00noon at Aldgate Valley Hall
Strength and Balance	Gentle exercises to encourage balance and prevent falls	9.30 to 10.30 Tuesday and Thursday each week at Stirling RSL
Stretch & Breathe with Chi Kung	A gentle and restorative session for all ages and abilities	Wednesdays 10am - 11am Aldgate Oval Hall
Walking Groups	Various locations and times	Mon, Tues, Wed, Fri various times
Bounce Fitness Classes	Exercise classes for all ages and levels of fitness.	Run each week morning at the Mt Lofty Sports Club from 9.30am
Community Fun and Fitness	Aerobics, small weights, fun exercises	Tuesdays 9am—10 at the Bridgewater Hall.

---

### Volunteer Vacancies

Please email [volunteering@thehut.org.au](mailto:volunteering@thehut.org.au) if interested in any of these roles

*These are the only roles we are recruiting for at present*

### Food Pantry

A volunteer is needed to help with pack-up of the food pantry each Tuesday between 2pm-3.30pm. This includes packing up tables, equipment, excess food etc. Lifting is required so must be physically fit.

### Bus Outings

A volunteer is required for the bus program, to schedule in weekly Thursday outings. Computer literacy is essential and the ability to research upcoming events/shows and a range of suitable venues for outings for seniors.

### Flier Distribution

Help us to promote our services and programs through the delivery of fliers to local outlets. These will include local noticeboards in shopping centres and public places. This can be done in your own time and will be approximately once per month.

### Repair Cafe Repairers

The repair cafe is held on the 2nd Sunday of each month, 10am-1pm. We are in need of additional volunteer repairers, so if you have a skill that you would love to use to help others, please let us know.

### Book Shed Volunteers Woodside

Calling all avid readers with fantastic customer service skills, we need you! Volunteers are responsible for the welcoming and serving customers, sorting and shelving book donations, and general day to day running of the Book Shed, as a part of a small team.

If this sounds like the right role for you then we would love to hear from you.

---



### Recipe of the month

#### Apple Cinnamon Custard Cake

Serves 8

500-550 g (about 3) Granny Smith apples peeled, cored, cut into ½ cm thick slices.

2 tbsp grand Marnier, or other orang liqueur (or orange juice)

1 ¼ cups plain flour

1 cup caster sugar

2 tsp baking powder

½ tsp salt

¾ tsp ground cinnamon

1 cup canola oil

1 cup full cream milk

2 large eggs

2 tsp orange zest

2 tbsp extra plain flour

1 tsp vanilla extract

2 large egg yolks

Preheat oven to 180C, grease a 23cm springform pan. In a medium bowl, toss apples with Grand Marnier to coat and set aside.

In another bowl, whisk together the flour, caster sugar, baking powder, salt and ¼ tsp of cinnamon.

In a large bowl, whisk together oil, milk, whole eggs, orange zest and vanilla to blend. Whisk dry ingredients into the wet ingredients to form a smooth batter. Be careful not to over-mix.

Transfer 1 cup of the batter to a small bowl and mix in the extra flour; set aside. Whisk egg yolks into remaining batter in the large bowl just to blend. Stir in the apples. Transfer the apple batter to prepared pan, spread into an even layer and press the apples in to submerge them. Pour the reserved batter evenly over the apple batter. In a small bowl whisk the remaining caster sugar and ½ tsp cinnamon to blend, sprinkle evenly over the batter.

Bake for 50 mins, or until a skewer inserted into centre of cake comes out clean and top is golden brown. Transfer the pan to a wire rack and cool for 15 mins. Run a knife around the sides of the cake and release the pan sides. Cool cake for about 30 mins to serve warm, or cool completely.

Dust with icing sugar and serve with whipped cream. :)

Enjoy!

---



Life is boring  
if you don't laugh, joke  
around and be a little  
**crazy** every now and then.  
At the end of the day it's  
about being **happy**.



---

***Until Next Time, Stay Safe, Stay Well  
From The Hut Team***

---



---

The Hut Community Centre is registered as a charity with the Australian Charities  
and Not-for-profits Commission. ABN 28 609 761 525

*Copyright © 2023 The Hut Community Centre, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

