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## Newsletter Blast April 2024

*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.*



**Are you thinking of donating to a charity before the end of the financial year?**

**Did you know you can make a tax deductible donation to The Hut?**

**The Hut Community Centre is a registered charity and has DGR status so any donation**

over \$2 is tax deductible!

All donations assist us in keeping our financial wellbeing, cost of living, education and social connections programs happening to keep everyone in our community who reaches out to us looked after and feeling connected.

There are a couple of ways you can donate... click on the red Donate button on our [website](#) or call our lovely Receptionists on 8339 4400 and have your credit or debit card details handy. We will, of course, provide you with a tax receipt.... and a big thank you!

Donate Now



### Quiz Evening Success

Many thanks to Quiz Master Steve and his helper Marilyn for hosting an enjoyable Quiz that was held on Friday 12th April. Steve kept all 90 quizzers on their toes with a selection of music, general knowledge and spot the mistake questions.

Steve has another quiz ready to go so we will aim to hold another evening in a few months. Keep an eye out for dates in future newsletters.

Thank you also to The Village Well for use of their space and the donors of our silent auction items!



**The first Wednesday  
of each month  
12noon**

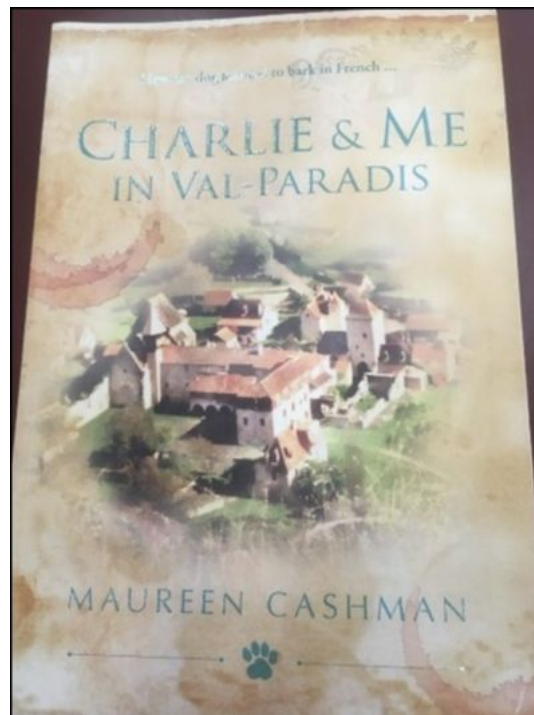
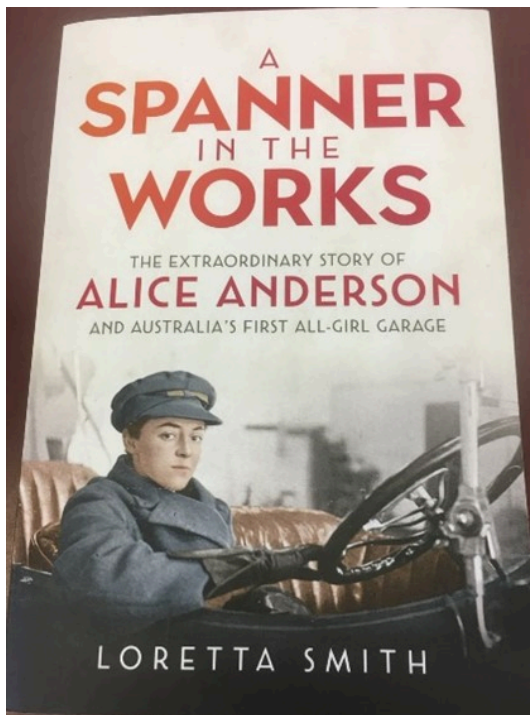
**At The Hut Community Centre  
1 Euston Road Aldgate**

**\$5.00**

**for a two course meal**

**To book please email  
reception@thehut.org.au  
or call 8339 4400**





### Stirling Book Shed \$2 Sale!

Visit the Stirling Book Shed on the weekend of the 27th / 28th April to grab a bargain! All Biographies and Memoirs (excluding collectibles) will be on sale for a crazy \$2 each!

Buy a book or two for mum on Mother's Day, or for yourself to indulge with on a rainy day. Did you know we also sell vouchers? A great gift for Mother's Day, these can be purchased from the Book Shed.

You can find the Stirling Book Shed behind the Tiers carpark in Stirling (down the steps) and next to the RSL hall.



**for young people aged  
12 to 25 living in the  
Adelaide Hills**

**photo booth, neon face  
painting, temporary tattoos  
giant games and more!**



**this is an inclusive event  
and a safe space for all  
young people**

**finger food, nibbles  
drinks provided  
this is an alcohol free event**

### **Youth Week Funding Extension**

The Hut has been successful in extending our Youth week grant funds and therefore have been given the opportunity to run another inclusive event for young people in the Adelaide Hills.

The Hut have teamed back up with Headspace Mount Barker and Freddy Johns Presents to bring the young people of the Adelaide Hills another fun and inclusive event.

During Youth Week in March we held a Silent Disco with a 'somewhere under the rainbow' theme. Despite having low numbers, we had some amazing feedback from the young people who attended, so we are doing it again!

**When: Saturday May 18**

**Where: Aldgate Oval Hall in Aldgate**

**Cost: \$10 per person**

**We have two sessions available**

**Ages 12 - 15: 5:00pm - 7:00pm Book [Here](#)**

**Ages 16 - 25: 7:30pm - 9:30pm Book [Here](#)**

**So if you know a young person who would benefit from an inclusive and fun night out to connect with other young people, spread the word!**

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Thanking Volunteers  
across the Mount Barker,  
Alexandrina and Adelaide  
Hills Council Regions

20-26 MAY 2024  
**National  
Volunteer  
Week**  
Something for Everyone

# FREE MOVIE FOR VOLUNTEERS

**Wallis Cinemas Mount Barker Thursday 23rd May any session**

**Victa Cinemas Victor Harbor Wednesday 22nd -Friday 24th May any session**

**Lobethal Cinemas Friday 24th or Saturday 25th at 7pm only**



**Volunteers can register for a movie ticket on any of the council websites from 1 MAY 2024**

**Adelaide Hills - [www.ahc.sa.gov.au/volunteering](http://www.ahc.sa.gov.au/volunteering)**

**Alexandrina - [www.alexandrina.sa.gov.au/volunteering](http://www.alexandrina.sa.gov.au/volunteering)**

**Mount Barker - [www.mountbarker.sa.gov.au/volunteerevents](http://www.mountbarker.sa.gov.au/volunteerevents)**



### Adelaide Hills Garden Affair

Sunday May 5 2024 from 10am - 3pm

Stangate House and Gardens - corner of Edgeware and Euston Roads

Interest and enthusiasm for this inaugural Adelaide Hills autumn gardening event is growing daily.

Nestled in the leafy valley of Aldgate the event will take place in the garden wonderland of Stangate House and Gardens, a historical 1.6 hectare property originally surveyed in 1855.

May is one of this garden’s most dramatic seasons and the event will have the garden’s autumn splendor as its backdrop. A perfect time to come with friends and family and make a day of it, with lots to see and enjoy.

For more information and to book please visit the event website [here](#).

### Upcoming Activities



## Navigating the NDIS

Free Information Session presented by Vincent Wang

Learn more about the NDIS, who can access the NDIS and the application process.



There will be time after the session to answer questions more specific to your circumstances. Refreshments provided.

### Navigating the NDIS

When: Thursday May 2 Session

Time: 10:00am – 11:30am

Where: The Hut Community Centre

Cost: FREE

Bookings essential [here](#) or register your interest by calling 8339 4400.

Free information session presented by Vincent Wang from 1 Kind. Learn more about the NDIS, who can access the NDIS and the application process. There will be time to answer more specific questions after the session.



**Getting Older, Let's Talk About It! 8 Week Conversation Series**

**When:** Start date Friday May 3

**Session Time:** 10:00pm – 12:30pm

**Where:** The Hut Community Centre

**Cost:** FREE

Bookings essential [here](#) or register your interest by calling 8339 4400. Limited places available.

Thinking about ageing? This conversation series 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.

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**Understanding Autism**

**When:** Tuesday May 7

**Session Time:** 6:30pm – 7:30pm

**Where:** The Hut Community Centre

**Cost:** FREE

Bookings essential [here](#) or register your interest by calling 8339 4400.

Join Autism Specialist Kate Exner for an introduction to understanding life on the spectrum. Key topics will include terminology, diagnostic domains, common strengths and key support tools. There will be an opportunity to ask questions after the session. Suitable for parents, grandparents, interested workers.





### **Garden to Gourmet - Growing Your Own Food Easily, Cheaply and Sustainably!**

**When:** Start Date Term 2 Thursday May 9

**Session Time:** Thursdays 10:00am – 2:00pm

**Where:** The Hut Community Centre

**Cost:** \$60 per course (5 weeks)

**Bookings essential** [here](#)

Learn to grow your own food at home or in a community garden! The Hut Community Centre have arranged 'a year of masterclasses in sustainable food production', a series of 4 (one each term) of 5 week courses which are designed to be attended consecutively or individually. Course content will vary relevant to the seasons. Book in for the full series or each course individually.



### **Social Cuppa - Men's Morning**

**When:** 2nd Friday of each month,

**Next date:** 10th May 2024

**Time:** 10.30am

**Where:** Lovells Bakery, Woodside

**Cost:** Free

**Book** [here](#) or just show up!

Enjoy a chance to meet new people in a relaxed, informal setting.



### **Repair Cafe (Date Change)**

**Repair Café**

**When:** Sunday May 19

**Session Time:** 10:00pm – 1:00pm

**Where:** The Hut Community Centre

**Cost:** FREE donations appreciated

**No Bookings required**

Don't throw it out, get it fixed and by our volunteer expert repairers! Services that may be available at our monthly Repair Café include fixing pushbikes, small electrical, wooden items as well as tool sharpening and

sewing & darning. Hot drinks from Coffee Please coffee van and a BBQ will be available for purchase. Follow the Repair Cafe on Facebook for updates [here](#).

This month we have changed the date of our regular Repair Café due to Mothers Day and to coincide with our Children's and Maternity clothing swap event!



### **Children and Maternity Clothing Swap**

**When: Sunday May 19**

**Session Time: 10:00am – 12:00pm**

**Where: The Hut Community Shed.**

**Cost: \$5.00 per family or bring good quality items to exchange.**

**No bookings required.**

**This event will run alongside our regular Repair Café. Clothing donations will be accepted on the day or prior at The Hut.**



### **Deliciously Thrifty Cooking Classes**

**When: Wednesday May 22**

**Session Time: 12:30pm – 3:00pm**

**Where: The Hut Community Centre**

**Cost: FREE**

**Bookings essential [here](#) or call The Hut on 8339 4400.**

**Learn to cook on a budget using in-season food that is low cost, tasty and good for you!**

**Join us at The Hut each month to learn how to create delicious and nutritious meals based on what you can find at our pantry, in the garden or in season at the supermarket.**



**Reconciliation Week Nunga Screening**

**Nunga Screening Reconciliation Week**

**When: Friday May 31**

**Session Time: 7:30pm – 9:30pm**

**Where: The Aldgate Oval Hall**

**Cost: FREE**

**Bookings essential [here](#) or call The Hut on 8339 4400.**

**Nunga Screen shares and celebrates First Nations culture, stories and language through film. Join The Hut for the premiere screening of a short documentary from an emerging First Nations filmmaker commissioned by Country Arts SA.**



**Intro to Chess with Chess School Register Interest**

**When: May/June Date to be confirmed**

**Session Time: after school time between 4:00pm – 6:00pm**

**Where: The Hut Community Centre**

**Cost: \$10**

**Register your interest by calling 8339 4400**

**An expert Chess coach will share knowledge and experience on at least three separate topics out of their extensive chess curriculum; chess fundamentals, openings, endgames, tactics, famous players, strategy, piece power, gambits, sacrifices, lateral thinking, problem solving, visualization, pawn structure, concentration, cornering the king, open files and much more! The session will end with a fun tournament with prizes for the winners!**



## **Intro to Dungeons & Dragons -**

### **Register Interest**

**When: June date to be confirmed**

**Session Time: after school time between  
4:00pm – 5:30pm**

**Where: The Hut Community Centre**

**Cost: \$10**

**Register your interest by calling 8339 4400**

**Want to learn more about Dungeons and Dragons and meet other likeminded people who also like to play? This session will provide an overview of the game and what you will need to get started. For those already playing and looking to meet others in the area, please register your interest with The Hut so we can establish a regular session if there is enough interest.**

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## **Ongoing Activities**

# 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 3rd Sunday of month 11am-3
Program/Event	Details	Date/Time
Creative Writing Group	Develop your writing skills with local writer Tony Rogers	Taking expressions of interest
Sensory Friendly Outdoor Playgroup	This playgroup has a wide range of sensory friendly activities set in our nature play space at The Hut.	Wednesdays during term 9:30am - 11:30am at The Hut Community centre
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 9:30am - 12:30pm The Hut Community Shed
Aldgate Valley Food Co-op	For purchasing organic foods and social contact.	Fridays 10.30am to 11.30 Call The Hut for location

Support and Assistance		
Community Lunch	delicious two-course meal featuring fresh seasonal produce.	1st Wednesday 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 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 Woorabinda Education Centre
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
Community Fun and Fitness	Aerobics, small weights, fun exercises	Tuesdays 9am—10 at the Bridgewater Hall.

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## Hut 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;

### Bus Outings

Drivers and helpers required for backup. The bus program takes seniors shopping and on social outings.

### Programs Administration support

Support for promotion, data entry and general administration for our Centre's ongoing and one off workshops/programs. Computer skills needed. Flexible hours available.

### Food Pantry Volunteers

Volunteers needed to help process, pack/shelve food donations and/or support pantry members in accessing food. Thursdays 9am – 1pm

### Repair Cafe Repairers

Join a vibrant group of 'Repairers' who help repair varied and interesting items that the community bring to the Repair Café – it is a highly rewarding activity which contributes and connects you to the community and to a great group of skilled people. The repair cafe is held on the 2nd Sunday of each month, 10am-1pm. We are in need of additional volunteer repairers, with an urgent need for an electrician and sewers, so if you have a skill that you would love to use to help others, please let us know.

### Community Lunch Host

Our Lunch at The Hut program needs a friendly and welcoming host to greet people attending and bring some fun and engaging energy to the lunch. The Lunch is on the first Wednesday of each month from 12pm - 2pm and includes a two course meal for the volunteer.

### Wrap With Love

Do you love knitting, crocheting and sewing?

Join us on Mondays 1-3pm for Wrap With Love. Volunteers are needed to help knit, stitch together, sew on labels and tidy rugs ready to be sent to those in need. See the Wrap with Love article earlier in this edition for more information about Wrap With Love.

### Chess Player/Teacher

**Volunteer needed to facilitate regular kids chess sessions. Must be knowledgeable on all things chess and be able to create a fun, relaxed environment.**

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### **Recipe of the Month**

#### **Hearty Chicken Soup**

- 2 tablespoons extra virgin olive oil**
- 4 medium carrots peeled and sliced**
- 3 parsnips peeled and sliced**
- 3 celery ribs sliced**
- ½ medium onion diced**
- 1 leek halved lengthwise, sliced, and rinsed**
- 4 garlic cloves minced**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- 2 boneless skinless chicken breasts**
- 2 sprigs fresh thyme**
- 2 sprigs fresh tarragon**
- 1 bay leaf**
- 5 cups low-sodium chicken broth**
- ¼ cup roughly chopped fresh parsley**

- 1. Saute the veggies.** Heat the oil in a large pot on medium heat. Add the carrots, parsnips, celery, leek, and onion to the pot and cook for 4 to 5 minutes, stirring frequently. Add the garlic, salt, and pepper, and stir for another minute.
- 2. Poach the chicken.** Add the thyme, tarragon, bay leaf, chicken, and broth. Bring to a boil, then reduce the heat to low and cover the pot. Simmer the soup for 15 minutes,



- or until the chicken is fully cooked.
3. Shred the chicken. With tongs, remove the chicken to a cutting board and then gently shred the chicken with two forks. Place the shredded chicken back into the pot and simmer for an additional 1 to 2 minutes.
  4. Serve. Remove the sprigs of thyme, tarragon and the bay leaf. Stir in the parsley, and garnish with additional fresh parsley and black pepper before serving.
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***Until Next Time, Stay Safe, Stay Well  
From The Hut Team***

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