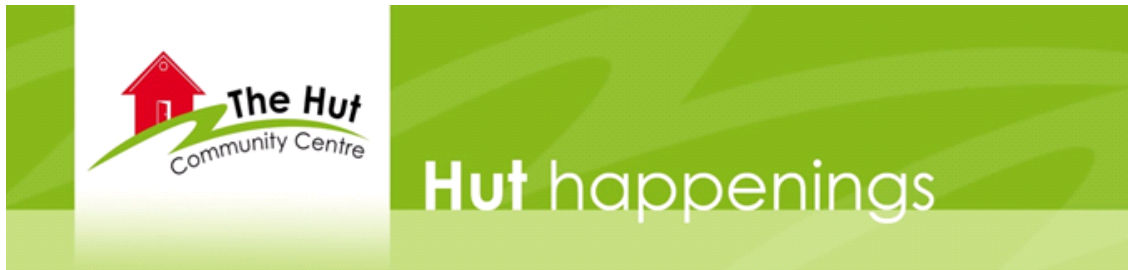


[View this email in your browser](#)



## Newsletter Blast June 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.*

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### Reconciliation Week at The Hut

For Reconciliation Week this year, The Hut held two events with a focus on First Nations culture and contributions.

On Friday the 31st of May we hosted a Nunga Screening event featuring a series of short films made by established film makers and a welcome and introduction from Peramangk woman Courtney Hunter-Hebberman. Courtney spoke about her own story and some of the things that she is working on in the Peramangk community.

On Sunday the 16th of June (held later than Reconciliation Week) we were joined by Dave Booth on the platform for a campfire and damper making session. Everyone attending had an opportunity to learn from Dave about culture, aboriginal artefacts and how to make delicious damper! Both events were well attended and received some fantastic feedback.





### About Reconciliation Week

National Reconciliation Week 2024 (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The dates for NRW remain the same each year; 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey— the successful [1967 referendum](#), and the [High Court Mabo decision](#) respectively. Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples. We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.

Find out more at <https://www.reconciliation.org.au/>.



### **International Men's Health Week: Brekky and Banter Event**

On Thursday the 13th of June, our Community Programs Officer Courtney and our Community Connections Coordinator Cally, hosted a Men's Health week BBQ breakfast in Aldgate.

It was a chilly start at 7:30am but once the sun came out we had a steady stream of men join us for a chat and a free breakfast burger and cuppa. It was great to see some familiar faces, chat with some new people and several local business owners joined us during the morning. With over 30 blokes coming along and having some really positive conversations with each other, we felt the morning was a success.

A special thank you to Richie from The Next Step Mental Health, Bill from The Men's Table and Brock from Community Connections Program (Murray Bridge) for supporting this event. It was a great opportunity for locals to chat to some of the services available to men and learn more about what they can offer. A big thank you to Thomas our volunteer BBQ cook, to AHH for supplying the hot drinks and to those who stayed to help us pack up.

If you would like to find out more about any of the programs or organisations who attended please reach out to Cally [here](#), who will be happy to chat with you further.



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### Knitted Donations

The ladies from Seven Oaks Keyply group have been very busy knitting warm winter woolies and blankets for The Hut. Andrea and Yvonne visited The Hut and dropped off 30 items of jumpers, beanies, vests, socks and 5 very warm blankets.

Many thanks to the wonderful support you provide to the community.



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### Tax Help at The Hut

Our Tax Help program is free and helps eligible people earning \$60,000 or less lodge their tax return online.

From August to October each year, an ATO accredited volunteer is available at The Hut each Thursday to help people lodge their tax returns online. The volunteer can also help you to:

- create a myGov account
- lodge an amendment to your tax return
- claim a refund of franking credits
- tell you if you don't need to lodge a tax return.

Please phone reception to book an appointment 8339 4400



#### Make a Tax Deductible Donation to The Hut

Here at The Hut we are seeing more and more people who are struggling with their energy bills and general cost of living; purchasing food, kids school uniforms and fuel, not to mention unexpected costs of car repairs, medical bills or loss of earnings.

As costs rise across all aspects of life we are seeing more people in our community reaching out for support to help them access basic needs such as food, electricity and schooling costs.

If you have the ability to do so, please consider a donation to assist us in keeping our financial wellbeing and cost of living support operating to help keep those in our community who reach out to us looked after and feeling connected and supported.

Click the button below to enter our website, use the drop down box to say what you'd like your donation to go towards eg food pantry/financial wellbeing.

Together we can make a difference.

[Donate Now](#)

The Hut Community Centre has DGR status; all donations over \$2 are tax deductible.

#### People First Community Lottery

The People First Community Lottery is on again and we have a target to raise \$2,000. Help us reach that goal, with funds raised going toward valuable programs and services. We are only \$144 away from reaching our target!

What a great way to support The Hut Community Centre and also be in the running to win some fabulous prizes.

100% of ticket sales are distributed back to The Hut.

### Buy Tickets

**People First**  
Community Lottery

## Tickets on sale now!

Buy your \$2 tickets today and support your community.

**1st Prize**



**Toyota Kluger Hybrid GX**  
RRP \$63,861

**Early Bird prize**



**Toyota Corolla Hybrid Ascent Sport**  
RRP \$36,529

**2nd Prize**



**Toyota Yaris Cross Hybrid**  
RRP \$41,382

**3rd Prize**



**Kozco Energy Solar Panel/Battery Package**  
RRP \$23,490

Images for illustration purposes only

Full T&Cs [communitylottery.com.au](https://communitylottery.com.au). SA Lottery Licence No M14521, Vic Permit No 10007/24, Declared Organisation No. 58545, ACT Permit No. ACT R 23/00240, NSW Art Union Authority No GOCAU/2534, QLD Category 3 Gaming Licence No. 246180, NT Foreign Lottery Permit Number FNL1013.

WE ARE FUNDRAISING WITH  


# School Holidays Sorted More value, more fun!

**BONUS**  
 Multi City  
 Membership Upgrade  
 &  
 \$20 eGift Card\*



When you buy any  
 Single City Membership.

\*T&Cs apply.



**Give Back and unlock thousands of exclusive offers!**

**Save up to 50% off dining, travel, shopping and fun things to do!**  
**Buy today and 20% of the purchase goes directly to our fundraising cause.**

**Support Us Now**

### **The Hills Environment Centre**

HEC is a community space for connecting with the environment. Our aim is to encourage and support community actions for the sustainability, conservation and protection of biodiversity in the region. From fungi to frogs and life in creeks to sustainable living and climate change- these are some of the many subjects the Hills Environment Centre (HEC) are excited about sharing with you.

**We provide informative talks, hands on sessions, workshops, field trips and an in-house**

library catering for all age groups and environmental interests.

So whether you're into creepy crawlies or cuddly critters, native grasses or gum trees, indigenous culture or growing veggies – become a member and receive monthly newsletters to hear how you can be involved including upcoming events and relevant environment & community news. [HEC | Welcome To The Hills Environment Centre \(hecinc.org.au\)](https://hecinc.org.au).

The HEC is a not-for-profit organisation based at 4 Crescent Drive, Norton Summit. We are grateful to be funded by [Green Adelaide](#) and receive accommodation support from the [Adelaide Hills Council](#).



#### **Volunteer Roles at The Hills Environment Centre**

Are you passionate about the environment & working with the community? We are looking for volunteers to join us at our beautiful centre at Norton Summit. Flexible days & hours and a diversity of jobs including:

General administration

Data entry and management

Assist with running events

Newsletter editor

Graphic design

Social media

To find out more or register your interest contact the HEC on Phone: 0405 527 610 or at [coordinator@hecinc.org.au](mailto:coordinator@hecinc.org.au).



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## Upcoming Activities

For all programs below use the booking link at each program or call The Hut on 83394400



### Social Cuppa - Men's Morning

When: 2nd Friday of each month,

Next date: Friday July 12

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.



### Funky Families School Holiday Disco

When: Friday July 12

Session Time: 11:00am – 12:15pm

Where: The Bridgewater Hall

Cost: \$10.00 per child. Parents, caregivers and children under 2 free.

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

Come and groove along these holidays with Tony from Cool 4 Kids! Get dressed up, play fun games and dance the silly's out with the whole family! Suitable for kids aged 1 - 12. Children under 2 years free. Parents will be required to stay for the duration of this session, and you are most welcome to join in the fun! Kids can come dressed up already or we will have some props available.



### **Repair Cafe**

**When: Sunday July 14**

**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](#).**



### **Lego Animation School Holiday Workshop**

**When: Thursday July 18**

**Session Time: 1:00pm – 4:00pm**

**Where: The Hut Community Centre**

**Cost: \$25.00 per child. Suitable for children 8+**

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

**Join GooRoo Animation for an action packed workshop and make your own Lego Animation movie. Participants will get a behind the scenes glimpse of what goes into producing animation on a professional level. They will then learn how to bring Lego to life using the app Stop Motion Studio. The finished videos will be screened to the group and uploaded to YouTube via the GooRoo Animation Workshops channel to be shared with friends and family.**



### **Deliciously Thrifty Cooking Classes**

**When: Wednesday July 17**

**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.



### **Dungeons & Dragons: One Shot Adventure**

**When: Friday July 19**

**Session Time: 12:00pm – 4:00pm**

**Where: The Hut Community Centre**

**Cost: \$5**

Register your interest [here](#) or by calling 8339 4400

Looking to build your confidence playing Dungeons & Dragons and meet other like minded locals to play with? This short campaign, led by Dungeon Master Victoria, will be action packed and a great way to set forth on your D&D adventures! Beginners welcome! Suitable for ages 12+.

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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.

## **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;**

### **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.**

### **Home work Club Tutor**

**Do you have an interest in helping school aged children with homework, assignments, exam prep? Join us as a tutor with our Homework Club, offering free support to school aged children once per week after school.**

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### Recipe of the Month

#### Ham Hock Vegetable Soup

2 Tbsp extra virgin olive oil  
1 brown onion, finely chopped  
2 l salt reduced chicken stock  
1 smoked ham hock joint  
10 sprigs thyme  
100 g soup mix, rinsed thoroughly  
sea and black pepper to season  
4 celery sticks, sliced into 2cm thick pieces  
400 g canned chopped tomatoes with herbs  
1/3 cup parsley leaves, plus extra to garnish  
2 fresh bay leaves  
1 zucchini, roughly chopped  
60 g baby spinach leaves  
finely grated fresh lemon zest, plus lemon wedges to serve

Heat oil in a large heavy-based saucepan over medium heat. Add [onion](#), carrots and celery and cook for 5 minutes or until veg are soft.

Pour in [chicken stock](#) and bring to a simmer.

Add ham hock and thyme and soup mix. Add enough hot water to cover ham hock.

Simmer, partially covered, for 1 to 1 1/2 hours.

Taste and season. Add canned tomatoes, parsley and bay leaves. Return to a simmer and cook for a further 30 minutes until carrots are very soft.

Remove ham hock and shred the meat off the bone, return to the pot. Add zucchini and

spinach and cook for a further 5 minutes or until zucchini is just tender. Taste again and season. Top with extra parsley and a sprinkle of zest.

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

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