

Newsletter Blast August 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.

A vibrant blue poster for a Quiz Night event. The background features a sunburst pattern of radiating lines. The text 'you're invited to' is in a white script font at the top left. Below it, 'THE HUT COMMUNITY CENTRE'S' is in white block letters. The main title 'Quiz Night' is written in a large, white, bubbly script font, surrounded by colorful confetti. Three circular callouts contain details: a purple circle about funding, a pink circle about booking tables, and a light blue circle about a silent auction. An orange circle on the right mentions BYO food and drinks. A white banner at the bottom of the poster contains the event's purpose. Below the poster, the date and time are listed in green, along with the location. A QR code and contact information are provided on the right side.

you're invited to
THE HUT COMMUNITY CENTRE'S

Funds raised help us continue to support the Adelaide Hills Community

Book a table with friends

Silent Auction

BYO Food & Drinks alcohol permitted

Test your knowledge and join us for a fun evening with games, prizes and more!

Friday September 6
7pm - 10pm
please arrive at 6:30pm for an on time start.
Stirling RSL
Merrion Terrace, Stirling

To book scan the QR code



or call The Hut 8339 4400

The Hut Community Centre's Quiz Night!

Our next Quiz Night date is set! Join us on September 6 for a fun night out and some healthy competition with your friends and family!

Just \$20 per person and table packages are available for purchase.

For bookings or more information please click on the Book Now button below.



Annual General Meeting

Save the Date

When: Wednesday 23rd October 2024,

Time: 6.30pm.

Where: Stirling RSL (off Merrion Tce
in Stirling by Apex Park)

Your invited to our AGM!

**Do you want to have a say at our AGM and vote for your preferred Board Member nominee?
To have the opportunity to vote at our next AGM and have a say on who becomes our newest
Board members please complete our [membership form](#) prior to 22nd September 2024.
Membership is free and open to all people who subscribe to the [Objectives of The Hut](#) .**

BOARD VACANCY



Are you interested in becoming a Board Member?

The Hut Community Centre is a 'for purpose' charitable organisation that is governed by a Board. The Board is responsible to set the direction of The Hut and oversees the governance including financial, strategic, policy and health & safety.

Board members are elected for a three-year term with the option to re-nominate for one subsequent three-year term. Board members who have completed their two terms must retire from their Board position.

The Hut Board will have two vacancies to be filled at the 2024 AGM.

What skills or experience would you need, did I hear you ask? Experience on a board is not required but a strong commitment to the strategic direction and governance is required. You must also be a registered Hut member, registered at least one month prior to the AGM.

The following skills/attributes have been identified as being beneficial to the Board moving forward:

- Younger demographic
- Entrepreneurial (esp in regard to revenue generation)
- Strategic mindset
- People with a diverse background or lived experience (cultural, disability, gender)

These skills/attributes, although not absolutely necessary, will be highly regarded. People that represent diverse groups including cultural diversity, lived experience with disability or gender diversity are encouraged to apply. It is expected that Board members will have a sound knowledge of, or connection to, the Adelaide Hills region.

Of course, these are not the only skills and experience that will add value to the board so if you have an interest in shaping The Hut's strategic direction and maintaining governance oversight, please consider nominating.

If you would like to find out more, please contact The Hut's EO Deb Bates by emailing deb@thehut.org.au or call 8339 4400.

Board member nominations close October 2nd.

Policy Updates

We are working through a schedule over the coming weeks to review our Governing documents. The following Policies have been reviewed and updated.

- Privacy
- Information, Communications Technology (ICT) & Cyber Security
- Board & Governance

All Policies can be viewed on our [website](#) or by emailing reception@thehut.org.au to request a printed copy.

Shining a light on loneliness with Spark and ABC News!

The Hut and the University of South Australia are proud to share the evolution of The Loneliness Project. With enormous thanks to the generosity of more than 30 local women and their sharing of ideas and perspectives, Spark has been brought to life as a new venture launching into the community to ignite human connection! Last week The Loneliness Project team unveiled the new suite of programs at a small event to thank our co-design community participants. We are very close to being ready to pilot these new programs right here across the Adelaide Hills region. You'll hear about these as soon as they're launched!

To highlight Loneliness Awareness Week (5th-11th August) The Hut Community Centre and UniSA featured on ABC news. You can watch the story [here](#) and see two of our community members Brad Sullivan and Victoria Veitch share their experiences of loneliness. A big thank you to both of them.

We would love you to follow along and stay connected to Spark through our socials on [Facebook](#) and [Instagram](#) and join this exciting journey to ignite human connection across our community!



Share your Hut story!

After the ABC report on the Loneliness project, we have received many positive comments about the project and people are keen to know more about what we do at The Hut. We'd like to tell them!

We are not seeking praise, but, let's be honest, good publicity makes our job easier. Hut volunteer, Tony Rogers, is gathering some tales. He wants to talk to as many Hut people as possible. You may see him wandering about the place! If you do, feel free to approach him for a chat or get in touch with Bernadette if you have a story you would like to share. bernadette@thehut.org.au



Join us for Walk For Respect with Stirling Rotary

Last year a small group of us joined with Stirling Rotary for Rotary SA's Walk for Respect to acknowledge the high incidence of family violence that is so prevalent in today's society. We want to raise awareness of all forms of family and domestic violence including physical, emotional and financial abuse and coercive control in relationships while identifying The Hut as a safe and welcoming centre for everyone.

Join us this year on **Saturday 14th September** for a short (downhill) walk through the streets of Adelaide to once again highlight this issue.

To register please go to <https://walkforrespect.au/groups-walking/the-hut-community-centre>

We'd love to have a nice size group walking with Stirling Rotary on the day.

Rotary
South Australia

says NO to DOMESTIC VIOLENCE

choose to walk with us

The Hut
Community Centre

9am - Sat 14 Sept 2024 - Victoria Square

www.WalkForRespect.au



Community Connection in the Adelaide Hills

Community Connections is working with café's across the Adelaide Hills to provide a welcoming space for people to join us for some conversation and an opportunity for people who want to make more connections in their lives.

Whether you like a good chat or prefer to listen, we welcome anyone who is looking to get out of the house and become more engaged in their community.

The Community Connections team (From The Hut, Lutheran Care and Mt Barker Community Centre) will be at both The Britannia in Kanmantoo and The Fold in Birdwood on Wednesday mornings to join their café groups.

Coffee & CONVERSATION @ Britannia
Wednesday Mornings
10AM - 12 PM
14 Old Princes Hwy Kanmantoo
0460 143 584
Supported By
COMMUNITY CONNECTIONS PROGRAM

A black poster with white and gold text. At the top, it says 'Coffee & CONVERSATION' in a mix of fonts. Below that is '@ Britannia' in a large, stylized gold font. Underneath is 'Wednesday Mornings' in a cursive font, followed by '10AM - 12 PM'. At the bottom, it lists the address '14 Old Princes Hwy Kanmantoo' and phone number '0460 143 584'. There is a small logo for 'Supported By COMMUNITY CONNECTIONS PROGRAM' at the bottom right. An illustration of a coffee cup is on the right side.

Join us for a chat @ ChattyCafe
The Fold Birdwood
WEDNESDAYS 10AM - 12PM
18 SHANNON ST BIRDWOOD
COMMUNITY CONNECTIONS PROGRAM

A yellow poster with black and white text. It says 'Join us for a chat @ ChattyCafe' in a mix of fonts. To the right is 'The Fold Birdwood' in a cursive font. Below that is an illustration of four people sitting around a table with coffee cups. At the bottom, it lists 'WEDNESDAYS 10AM - 12PM' and '18 SHANNON ST BIRDWOOD'. There is a small logo for 'COMMUNITY CONNECTIONS PROGRAM' at the bottom right. An illustration of a coffee cup is on the right side.

Connection for Men

For men looking to chat with other men in the Hills area, there is also a Men's Morning catch up at The Lovell's Bakery on the second Friday of the month in Woodside.

MEN'S MORNINGS
Looking for a casual chat over a cuppa with some local blokes? Why not pop in for a Men's Morning meetup!
A chance to meet new people in a relaxed, informal setting. Buy your own coffee and we'll buy some bakery goodies to share. No bookings required.

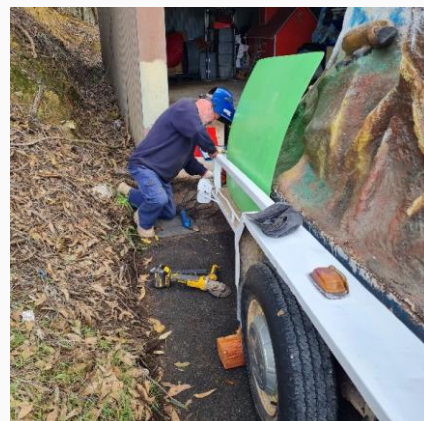
A photograph of three hands holding coffee cups. Two are white with latte art, and one is a black reusable cup. Below the photo is a white box with the text 'MEN'S MORNINGS' in bold, followed by a short paragraph of text.



Pageant Preparations are Underway!

The Hut pageant committee has started the immense task of organising the Stirling Christmas Pageant! Keep an eye out for updates to learn more about float registrations and stall bookings.

Our special float that carries Santa safely in the pageant has had a few repairs and a paint touch up. Thanks to our dedicated Hut volunteers doubling up as Santa's helpers, the float will be all set for the Stirling Pageant on December 1st!



Upcoming Activities

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



Sensory Friendly Outdoor Playgroup

When: Wednesdays weekly during term

Session Time: 9:30am – 11:30am

Where: The Hut Community Centre

Cost: \$2 per child per session

Register for your first session [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. This Playgroup will occur each Wednesday during school term. Please just register once and then attend as often as you like.



Lunch At The Hut

When: 1st Wednesday of each month

Next Date: Wednesday September 4

Session Time: 12:00pm – 2:00pm

Where: The Hut Community Centre

Cost: \$5.00 for two course meal

Bookings essential: 8339 4400.

An opportunity to connect with people in your local Hills community over a delicious, nutritious two course home-cooked meal! Join us at The Hut for lunch made with love by our volunteers, served with a welcoming smile, good company and fun! On the first Wednesday of each month.



Repair Cafe

When: Sunday September 8

Session Time: 10:00am – 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 will be available for purchase. Follow the Repair Cafe on Facebook for updates [here](#).



Social Cuppa - Men's Morning

When: 2nd Friday of each month

Next date: Friday September 13

Time: 10.30am

Where: Lovells Bakery, Woodside

Cost: Buy your own coffee, we supply the cake

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

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



The Hut Community Centre's Quiz Night

When: Friday September 6

Session Time: 7:00pm – 10:00pm

Where: Stirling RSL

Cost: \$20 per individual. Tables of 8 available.

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

4400. Test your knowledge and join us for a fun

evening with games, prizes and more! This event is

BYO food and drink (alcohol permitted).



Deliciously Thrifty Cooking Classes

When: Wednesday September 18

Session Time: 12:30pm – 3:00pm

Where: The Hut Community Centre

Cost: FREE.

Bookings essential [here](#) or 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.



Learn To Make Your Own Beeswax Wrap

When: Tuesday October 1

Session Time: 11:00am – 12:00pm

Where: The Hut Community Centre

Cost: FREE

Bookings essential [here](#) or 8339 4400.

Make your own plastic free alternative to cling wrap! Beeswax wraps are a fantastic way to reduce waste and create something beautiful, practical and eco-friendly! All participants make their own wrap to take home and use, plus DIY instructions so they can do it again themselves. Run in collaboration with the Hills Environment Centre.



Beginners Knitting 4 Week Course

When: Start Date Tuesdays Oct 8

Session Time: Tuesdays 10:30am – 12:30pm

Where: The Hut Community Centre

Cost: \$20 per course (4 weeks)

Bookings essential [here](#)

Always wanted to learn to knit but not sure how to get started? Would you like to improve your knitting skills in a supportive group setting? If you answered YES, then this 4 week course could be just for you! Basic information on how to cast on, knit & purl stitches, tension. Types of yarn & ply. Please bring knitting needles, wool, scissors, note pad. Some materials will be available.



From 'Waste' to 'Resources': Advancing Circular Economy Practices - Repair Cafe Talk

When: Sunday October 13

Session Time: 10:00am – 11:00am

Where: The Hut Community Centre

Cost: FREE donations appreciated

Bookings essential [here](#).

Find out what is happening locally, nationally and globally to reduce waste to landfill and increase resource recovery. Learn how your actions can support this economic transition and the resources available to help you. Q&A included. Presented by Catherine Stone, Circular Economy Officer.

Feel confident and prepared to breastfeed



Breastfeeding Education Class

When: Saturday October 19

Session Time: 1:00pm – 4:00pm

Where: The Hut Community Centre

Cost: FREE

Bookings essential [here](#)

Expecting a baby? Have you got questions about breastfeeding? Most babies breastfeed within an hour of being born, so it pays to learn what to do well before your baby is due. Come to a relaxed, information-packed Breastfeeding Education Class for expectant mothers and their partners! Facilitated by the Australian Breastfeeding Association.



Weathering a Cost of Living Crisis - Presentation

When: Wednesday October 23

Session Time: 1:00pm – 2:00pm

Where: The Hut Community Centre

Cost: FREE

Bookings essential [here](#) or 8339 4400.

Following on from the scam's presentation GHS would like to present 'Weathering A Cost of Living Crisis' covering; budgeting tips; handling rental and mortgage stress; understanding consumer rights; bills and debts; financial hardship and; how to protect your credit rating. The presentation will be facilitated by two financial counsellors from the service and there will be the opportunity for questions.

What's On

Promoting
Community
Well-being

For more information and to register for the below programs, please visit thehut.org.au

P: 8339 4400

E: 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 if interested in any of these roles

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

Receptionist

Opportunity exists to be part of the reception team and be one of the welcoming faces at The Hut. Good communication skills, basic computer skills, and ability to adapt to different situation and tasks are required. Weekly timeslots available.

The Hut can provide voluntary work opportunities for eligible job seekers.

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.

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.

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.



Recipe of the Month

Easy Pumpkin Gnocchi - served with a sage butter sauce

Dough

- **300 g /10oz fresh pumpkin, steamed or boiled then mashed**
- **1/2 cup ricotta, full fat**
- **185 g plain flour plus more for dusting**
- **1/3 cup parmesan cheese, finely grated**
- **1 egg**
- **1/4 tsp salt**
- **Black pepper**

Sage Butter Sauce:

- **1 tsp olive oil**
- **50g / 3.5 tbsp butter**
- **20 fresh sage leaves**

To serve:

- **Black pepper**
- **Parmesan**

Instructions

1. **Line a colander with 4 sheets of paper towel. Spread the fresh mashed pumpkin or canned puree onto the paper towel then leave for 5 minutes.**
2. **Measure out 1/2 cup of pumpkin puree**
3. **Place pumpkin and remaining Gnocchi ingredients in a bowl. Use a wooden spoon to mix well - it should be a soft dough.**
4. **Dust a work surface with flour, tip dough out, sprinkle with flour then pat into log shape.**
5. **Cut into 6 pieces. Roll into 1.7cm thick log, then cut into squares Optional: Use a fork to press down lightly on the cut side of the gnocchi.**

Cooking

1. **Bring a large pot of water to the boil.**
 2. **Scrape gnocchi onto parchment paper, then tip into water. Cook for 1 minute or until all the gnocchi rises to the surface (means it is cooked), then drain.**
 3. **Meanwhile, melt about 1 teaspoon of the butter plus oil in a large skillet over medium high heat. Add gnocchi and cook, shaking the pan, until the gnocchi are just starting to turn brown (about 1 1/2 minutes).**
 4. **Add remaining butter, once it melts, add sage leaves. Stir and cook for 2 1/2 minutes or until gnocchi is golden, sage is crisp, and butter is slightly browned. Add salt if you used unsalted butter.**
 5. **Serve immediately, garnished with parmesan and pepper.**
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‘Connection is the energy that exists
between people when they feel seen,
heard, and valued.’

Brene Brown
The Gifts of Imperfection

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

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