

# GCH NEWSLETTER

Volume 6, Issue 6  
July 2017



## AROUND THE HOUSE

News and events from your Community House



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**NEWS FROM VOLUNTEER COORDINATOR**

Hello and welcome to the July edition of our newsletter. We are right in the middle of winter and my favourite time of the year.

Most of you will find my face familiar. I was the Volunteer Coordinator here for the last five years, up until the end of last year. Due to some staff changes I have been asked to return to the position for the time being to help make the transition as smooth as possible for everyone involved.

It's lovely to be back on familiar ground and to once again be a part of all the wonderful happenings here at the Community House.

You will all know Sharyn, who took over the role of Volunteer Coordinator last year and has now been asked to step into the Manager role. I'm sure you will all agree that her leadership skills are an asset to the house and you will join me in supporting her in the role.

Colleen Moyne  
Acting Volunteer Coordinator



Sharyn Guy  
Acting House Manager



Colleen Moyne  
Acting Volunteer Coordinator



Karen Wilton  
Freeling Hub  
Outreach Officer.

## WHAT'S HAPPENING AT GAWLER COMMUNITY HOUSE

### Mondays

- Leather work
- Language, Literacy & Numeracy (LLN)
- Games Group

### Tuesday

- What's for Dinner
- Conquering Computers
- Job Hunting

**We are currently taking expressions of interest for Designing Mosaics as well as a craft social group, if you are interested in either of these please call and talk to our admin staff on 8522 4601.**

### Wednesday

- What's for Dinner
- Language, Literacy & Numeracy (LLN)

### Thursday

- Calligraphy
- Pathway to retail

### Friday

- Understanding You Tablet/Ipad
- Introduction to Art

## WHAT'S HAPPENING AT THE FREELING HUB

### ART & CRAFT GROUP

Every fortnight on Wednesday  
1.00pm – 2.30pm  
**Cost - \$5.00**

### COOKING CLASS

Every Wednesday  
10am – 12pm  
During school term time only  
**Cost - \$5.00**

### BOOK CLUB

Bring in a novel to swap from our collection  
9.30am – 2.30pm Tuesday – Thursday  
**Cost - Free**

### MEN'S SOCIAL GROUP

Tuesday's 12.30pm  
Gold coin donation for a BBQ lunch.

### WOMEN'S SOCIAL GROUP

Every fortnight on a Wednesday  
1.00pm – 2.30pm

***Drop by any time Tuesday, Wednesday and Thursday 9.30am – 12.30pm for a cuppa and a chat.***

**For more details on what's happening at the Hub**

Phone: 0428 233 894 and speak to Karen.

## MONTHLY RECIPE

### Classic Shepherd's Pie

Via [taste.com.au](http://taste.com.au)

Serves 4



#### INGREDIENTS

1 tablespoon olive oil  
1 brown onion, halved, finely chopped  
1 carrot, peeled, finely chopped  
2 celery sticks, trimmed, finely chopped  
1 tablespoon tomato paste  
500g lamb or beef mince  
Salt & freshly ground black pepper  
2 tablespoons plain flour  
500ml (2 cups) beef stock  
1 tablespoon Worcestershire sauce  
1 bay leaf  
4 (about 200g each) potatoes, peeled & chopped  
40g butter  
125ml (1/2 cup) milk

#### METHOD

1. Heat oil in a large saucepan over medium-high heat. Add onion, carrot and celery and cook, stirring, for 5 minutes or until soft. Add lamb mince and cook, stirring to break up any lumps, for 5 minutes or until lamb changes colour.
  2. Add the flour and cook, stirring, for 2 minutes or until combined. Add stock, bay leaf, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to low and cook, stirring occasionally, for 30 minutes or until sauce thickens. Taste and season with salt and pepper.
  3. Meanwhile: cook potato in a saucepan of salted boiling water for 15 minutes or until tender. Drain well. Return to the pan with the butter. Use a potato masher or fork to mash until smooth. Add milk and use a wooden spoon to stir until combined. Taste and season with salt and pepper.
  4. Preheat oven to 200C. Spoon lamb mixture into a 2L (8-cup) capacity ovenproof baking dish, or use four individual ovenproof serving dishes. Top with mashed potato and use a fork to spread over lamb mixture. Brush with butter. Bake in preheated oven for 20 minutes or until mashed potato is golden brown. Serve immediately.
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## A SWEET TREAT

### 10 Dozen Cookies from One Batch

<https://www.ohsobusymum.com.au/10-dozen-cookies-from-1-batch/>



#### INGREDIENTS

3/4 cup raw sugar (sugar can be reduced if you like)  
500g butter softened  
5 cups self-raising flour  
390g tin condensed milk

#### METHOD

1. Line a baking tray and preheat oven to 160°.
2. Cream the butter and sugar together until light and creamy.
3. Add the self-raising flour into the bowl with the butter mixture and mix.
4. Add the tin of condensed milk and mix well.
5. If you are using a few different flavours, separate the plain dough into bowls and add the topping into each bowl of dough.
6. Roll the dough into small balls and press down onto the baking tray using a fork.
7. Cook for around 8-10 minutes (be careful not to overcook, or the condensed milk will burn).

Notes: You can freeze both the cooked cookies or raw dough.

Cookies can be eaten as is or you could add some M &M's, crushed Oreo cookies, Mars Bar, Milo or Milky Way bars.

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## INTRODUCTION TO ART

Hi Graham here,

For the past two months, the drawing class has been focusing on learning to look and observe, whilst drawing with pencil and charcoal. I am amazed at everyone's progress and I can see their confidence is growing week by week.



Last Friday it was time for the group to roll up their sleeves and get their hands dirty. Using acrylic paints, a large canvas and having plenty of fun, was the task for the day. None of the attendees have used this medium before so it was an exciting adventure for them.

Well done to you all.





## BOOKS FOR LESOTHO

The disposing of unwanted material costs the Gawler Community House significant money each year. A skip of rubbish is \$110 and in the busy months we sometimes have 4 skips per month. So, as you can see, it can be a costly exercise.

In an attempt to reduce these costs, the GCH has formed a partnership of sorts with an organisation called "Books for Lesotho". This organisation coordinates the collection of books that are sent to a variety of schools in Africa. They collect a wide variety of books from basic reading books, educational books and stories and novels aimed at teenagers.



The wonderful ladies in the shed are now keeping these books (which are required to be in a reasonably good condition) and have a plastic tub that the books are placed in awaiting collection.

The Chair of the GCH met with Mr David Linn, one of the originators of this scheme (the organisation has now become an incorporated body and is run by a Board of Management). Mr Linn was extremely happy with the quality of the books and the wide variety. If you have any books that fit the above description, please do not throw them out. Bring them to us and we will be only too glad to give them to this worthy cause.

Arrangements are still being made as to how we will get the books to the collection site which is at Pasadena. So, if you are intending to travel to that side of town, we would appreciate your cooperation in delivering any books that we have put aside.

Please call our willing admin team on 8522 4601 who will be able to assist you in a delivery address or rendezvous point.

James Langmead  
GCH Chairperson

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## REPURPOSE – REUSE – RECYCLE

A monthly article to (hopefully) inspire you to see old things in a new way.

Almost everyone has them, but what do you do with that garden hose when it's come to the end of its life. Below are a few ideas to help you keep your old hose out of landfill and turn it into something practical or decorative in the garden.



There you are, just a few ideas to get you started. You'll find more ideas on Google and Pinterest so don't forget to check them out too.



## COMMUNITY NEWS

### WHAT'S ON IN GAWLER

#### Gawler Garden & Produce Share

1<sup>st</sup> July, 2017

10.45am

Pioneer Park Gawler

Phone 0457 720 281 for

more details.

#### Blue Light Disco

Starplex

28<sup>th</sup> July, 2017

\$6.00

### Community Lunch

Our next Community Lunch will be held Friday, 28<sup>th</sup> July 2017.

For just \$5.00 you can enjoy a delicious 2 course meal.

Bookings are essential to avoid disappointment.

Call us on 8522 4601 or drop in and speak to one of our admin

### Grow Free

The Gawler Community House has joined in with other likeminded community organisations and businesses and now has a grow free cart located in the admin entrance, feel free to call in and see what we have or if you have excess produce from your garden that you would like to share, come in and drop it off. We look forward to working with our customers to make this a successful community project.



For more information regarding Grow Free, visit their Facebook page where you will find the latest goings on.

### Get Fit For Free

A free weekly, 5km timed run/walk for all ages and abilities.

Rotary Park, Sunter Street, Strathalbyn

For more details and to register go to

[www.parkrun.com.au](http://www.parkrun.com.au)

### Community Events

Do you have a community event happening this year?

If so let us know and we will help spread the word for you.

*"Small acts,  
when  
multiplied  
by millions  
can change  
the world"*

~Anonymous~

## GROUPS AND SERVICES AVAILABLE AT GAWLER COMMUNITY HOUSE

### GAWLER COMMUNITY HOUSE

2 Scheibener Tce  
Gawler 5118

**Phone:**

8522 4601

**E-Mail:**

admin@gawlercommunityhouse.org.au

**We're on the Web!**

**See us at:**

<http://www.gawlercommunityhouse.org.au>

Tutti Arts – 1<sup>st</sup> and 4<sup>th</sup> Monday

Relationships Australia  
2<sup>nd</sup> Monday/Tuesday

Northern Carers – 3<sup>rd</sup> Monday

E-Tax – Free tax help  
July – October annually

Gawler Radio – As needed  
(Call us for more information)

Living Waters Ministries  
Every 2<sup>nd</sup> Saturday

### Photocopy & Laminating Service

Here at the Gawler Community House we offer a photocopying and laminating service to all our clients and customers at very reasonable rates. A4 black and white photocopies are just 10¢ and A4 colour are 15¢. Laminating costs are \$1.50 for A4 and \$2.00 for A3. Available Monday – Friday 9.00am – 4.00pm.



## FRIENDS OF THE GAWLER COMMUNITY HOUSE

Hello friends of the Community House it's that time of the year again and your Friends membership is now due, simply drop by the House and see one of our friendly admin staff to renew it, your continuing support is greatly appreciated.

Not a friend yet? Would you like to be? Phone us on 8522 4601 for more details.

