

AROUND THE HOUSE

Volume 6, Issue 5
June 2017



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NEWS FROM VOLUNTEER COORDINATOR

Volunteers week was celebrated from 8th-14th May 2017.

This involved thousands of events that were held across the country to say thank you to the 6 million Australians who volunteer.

Gawler Community House in conjunction with the Town of Gawler worked collaboratively to provide Volunteers from both organisations the opportunity to attend a movie night at the Gawler cinema to say THANK YOU for all their hard work throughout the year. It was well attended with 46 of our volunteers attending, 9 at the morning session seeing Hidden figures and 37 attending the evening session when they saw Going in Style. The morning session included tea, coffee and biscuits before the movie and a sandwich and cake after the movie. Afterwards a raffle was drawn and our Volunteer Rob Sutton was lucky to have won the prize. At the evening session volunteers could choose from popcorn or a choc top to enjoy during the movie. The atmosphere was wonderful and the feedback I have received was very positive and everyone loved the selection of movies. I think it's vital to recognise the importance of inviting partners/guest along with each volunteer, without these support people in place it would make it difficult for Volunteers to be able to provide their time and be involved with Volunteering. This was our way of recognising the Volunteers and a great opportunity to be able to say a big THANK YOU! The endless number of hours that are put into our Community House and Freeling Hub by over 62 Volunteers is incredible. The House and Hub wouldn't be what it is without our Volunteers and I am honoured to be able to work alongside of each one of them.



Wendy Marsland
House Manager



Sharyn Guy
Volunteer Coordinator



WHAT'S HAPPENING AT THE FREELING HUB



Karen Wilton
Freeling Hub
Outreach Officer.

ART & CRAFT GROUP

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

MEN'S SOCIAL GROUP

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

COOKING CLASS

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

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.***

BOOK CLUB

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

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

Phone: 0428 233 894 and

WHAT'S HAPPENING AT GAWLER COMMUNITY HOUSE

Mondays

- Leather work
- Language, Literacy & Numeracy (LLN)
- Games Group
- Pizza and Street Art

Tuesday

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

Wednesday

- Creative writing
- Pathway to retail
- What's for Dinner
- Conquering computers
- Language, Literacy & Numeracy (LLN)

Thursday

- Calligraphy

Friday

- Tablet
- Conquering computers
- Drawing

MONTHLY RECIPE

Tuna and Vegetable Fritters

Via taste.com.au

Serves 4



INGREDIENTS

- ❖ 2 large potatoes, peeled, grated
- ❖ 1 large zucchini, grated
- ❖ 1 large carrot, grated
- ❖ 185g can tuna in springwater, drained and flaked
- ❖ 1/4 cup plain flour
- ❖ 1/3 cup parmesan, grated
- ❖ 5 eggs
- ❖ Vegetable oil, for shallow-frying
- ❖ 2 teaspoons extra virgin olive oil
- ❖ 100g baby spinach
- ❖ Lemon wedges, to serve

METHOD

1. Place potato, zucchini, carrot, tuna, flour and 1/4 cup parmesan in a large bowl. Lightly beat 1 egg. Add to mixture. Season with salt and pepper. Stir to combine.
2. Add enough vegetable oil to a large, deep non-stick frying pan to cover base. Heat over medium heat. Add 1/4 cup mixture to pan. Flatten with a spatula. Repeat to make 3 more fritters. Cook for 2 minutes each side or until golden and cooked through. Transfer to a plate lined with paper towel. Cover to keep warm. Repeat with remaining mixture to make 8 fritters in total.
3. Carefully wipe pan clean. Heat olive oil in pan. Crack remaining eggs into the pan. Cook for 3 minutes for sunny-side up or until cooked to your liking. Place fritters on serving plates. Top with fried eggs and sprinkle with remaining parmesan. Serve with spinach and lemon wedges.

ZONTA GIANT BOOK SWAP

A call for all your unwanted, pre-loved children's books.



The Zonta club of Gawler is currently collecting preloved children's books ready for the big book swap to be held in late June. Residents of the Gawler region are encouraged to check their book shelves for any books their children have outgrown. All books can be left at either Tony Piccolo's office, 148 Murray St, Gawler SA or the Gawler Community House, 2 Scheibener Terrace, Gawler.

Books collected will be sorted into age groups and made available on 30 June and 1 July under the big tree on the east side of the Big W/Woolworths carpark near Gawler Arcade.

This event is free and all children living in the Gawler area can come and select some preloved books to take home and keep.



MEET OUR VOLUNTEERS

If you are a regular to the Community House or Op Shop you are probably already familiar with some of the faces of our friendly volunteers. This feature will help our customers put names to the faces you see around the House. This issue we are profiling Luba..

*“Volunteers
are not paid –
not because
they are
worthless, but
because they
are priceless.”*



Luba had been a regular visitor to our op shop before becoming a volunteer 4 years ago, seeing it as an opportunity to give back to the place that had helped her family financially by providing good quality clothing at a reasonable price.

She said that the reason she chose to volunteer at the Community House was because she was always greeted in a courteous manner and that the staff were and still are lovely.

Luba works in our op shop every Thursday morning where she enjoys the company of her fellow volunteer, Helen and spending time getting to know our customers. Luba is always willing to step in as a replacement cook on our Community Lunch days when needed.

When not here at the Community House Luba enjoys being at home where she loves to spend time cooking for her family and others, gardening, and various other hobbies that keep her busy enough that she is never bored.

NEW MURAL

Recent visitors to the Community House may have noticed something new on the wall at the entrance to the car park. Our talented team of graffiti artist, Ben Thomas, Neagan Coe, Luke McGowan, Peter Bailey, Illaha Summer has created another fantastic mural, one that welcomes all our clients and customers to the House.





The finished product.



The team enjoying a well-deserved lunch.

PLASTIC BAGS

The recent program on the ABC “The War on Waste” highlighted that Australians use an estimated 360 BILLION plastic bags per year. A large majority of these bags end up in landfill, in the ocean or just blowing about down your street!! It is also interesting to note that “bio degradable” bags can end up in the food chain. Bags that compost down release chemicals and polymers into the environment that are then eaten by fish (in the ocean) and in meat (from cattle etc) and then direct from the food you eat into you!! Not a good thought.

So, to reduce the waste “footprint” of the GCH, we will, over the next few months be reducing our use of plastic bags in the Op Shop. Enquiries are being made with a variety of manufacturers of bags (non-plastic) to see what we can do and what the cost to us will be.

As such, we would appreciate your feedback about how this should occur. Of course, any cost must be put back to the consumer (that means you) but done so in such a way that everybody wins. The bags will have the GCH logo on them to show everyone that you are a savvy shopper by visiting the Op Shop (where the more you spend the more you save 😊)

Suggestions have been made such as:

- Have customers pay for the bag at a one-off cost of \$5.00
- Purchase your bag for a cost of \$5.00 and have the cost taken from the purchases that you make at one time
- Purchasing a bag for \$5.00 and then have a \$1 discount for each of your next 5 shops

We would genuinely appreciate your comments about the above proposals to assist us in our proposal to reduce landfill and the dependence on plastic.

And what will we do with the no longer wanted plastic bags? Coles and a number of other stores now offer a free service to receive the bags that are then sent on to a recycling plant (some of which are overseas) to be made into other plastic items such as sturdy reusable shopping bags (a lot of them have “I used to be a plastic drink bottle” on them) or plastic stakes for gardeners.

James Langmead

GCH Chairperson

Community News

WHAT'S ON IN GAWLER

Zonta Giant Book Swap

June 30th & July 1st

BigW/Woolworths carpark
Gawler

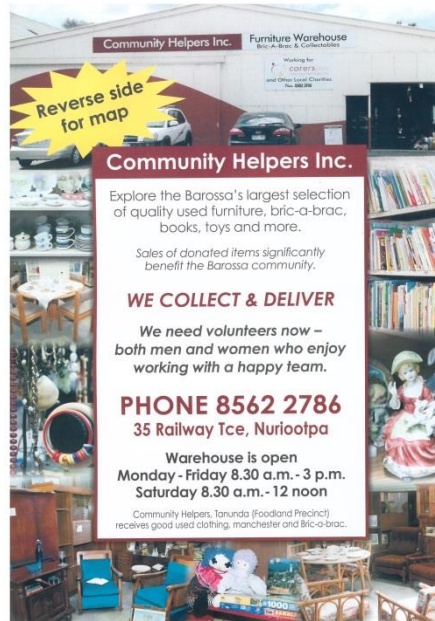
Craft-It!

3.30pm Every Tuesday

Evanston Gardens Library

65 Angle Vale Road

Evanston Gardens



Community Events

Do you have a community event happening this year? If so let us and we will help spread the word.

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

~Anonymous~



FRED'S VAN

A hot meal
for those who need it.



On the lawn
Near the Visitor Centre Car Park
Lyndoch Road, Gawler
EVERY THURSDAY AT 6PM

From the Society of St. Vincent de Paul

**GAWLER
COMMUNITY
HOUSE**

2 Scheibener Tce

Gawler 5118

Phone:

8522 4601

E-Mail:

admin@gawlercomm
nityhouse.org.au

We're on the Web!

See us at:

[http://www.gawlercommu
nityhouse.org.au](http://www.gawlercommu
nityhouse.org.au)

**GROUPS AND SERVICES AVAILABLE AT GAWLER COMMUNITY
HOUSE**

Tutti Arts – 1st and 4th Monday

Relationships Australia

2nd Monday/Tuesday

Northern Carers – 3rd Monday

E-Tax – Free tax help

July – October annually

Gawler Radio – As needed

GCH Loyalty Cards

Do you know about our loyalty cards? Every time you spend \$10.00 or more in our op shop the card is stamped and once the card is full you'll receive 20% off your next purchase and go into a draw at the end of the month for a chance to win a prize.

So next time you're in the op shop don't forget to ask for one.

About Our Organization...

The Gawler Community House (est. 1980) is a small independent and community-based secular organisation. We're focused on providing activities and services which support the needs of all people living in Gawler and the surrounding community. The Gawler Community House works with community members to achieve social justice, personal empowerment and social change at a neighbourhood level.

We value and respect the work that our volunteers undertake to make the Gawler Community House a special place. Our volunteers support us in many ways: In the Op-Shop and Op-shed, sorting and displaying donated goods, Administration, sharing their skills as tutors or course facilitators, gardening and maintenance or serving as members of our Board of Management.



**Community
Lunch**

**The last Friday of
every month.
Bookings are
essential to avoid
disappointment.**

Next Lunch is:

Friday, 30th

June 2017

