

Newsletter July 2016



Cheese making was a great success! Find more info inside.



Kids cooked for their parents in the last C4C cooking class



Volunteers keep us going!

Programs are Supported By

- Commonwealth Home Support Programme (CHSP)
- ac.care's Communities for Children Murraylands programme funded by the Australian Government Department of Social Services
- Department for Communities and Social Inclusion (DCSI)
- Department of Planning Transport and Infrastructure (DPTI)
- The Coorong District Council (CDC)
- Obesity Prevention and Lifestyle program (OPAL),



Big Afternoon Tea



A wonderful time was had at the Big Afternoon Tea, organised by Community Centre Volunteers in Memory of the late Claudine Venables. A delicious spread was enjoyed by around 40 people, and the day raised \$412.50.

Guests also enjoyed music from John Harvey at the afternoon tea.



Organisers Sheila and Julie have a laugh!

The TBCC volunteers would like to thank everyone for coming and supporting us, and to thank the local businesses and individuals who donated prizes and food to make it such a successful day.

Free Legal Advice

Lawyers will soon be providing free legal assistance at the Tailem Bend Community Centre.

A solicitor from the Legal Services Commission will be at the Centre once a month to provide legal advice and information.

**The service will be offered on a Wednesday afternoon (once a month) from July 13.
Bookings can be made by calling the Commission on (08) 8111 5320.**

The lawyer will be able to provide general advice on a range of legal matters. The Commission regularly deals with enquiries relating to issues such as neighbourhood fencing laws, intervention orders, wills, domestic violence, traffic matters, family law disputes, child support, consumer protection, criminal offences, Power of Attorney, Centrelink disputes and motor vehicle accidents.

Tax Time is coming!

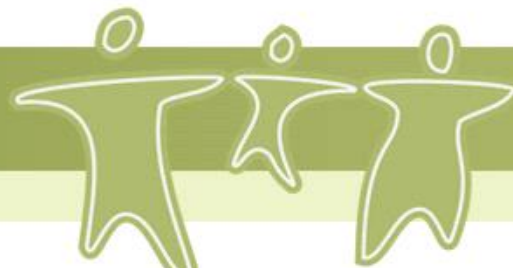
Accountant Richard Dean will be back at TBCC on Saturdays.

Give the Community Centre call on 8572 3513 to make a booking

8572 3513

www.tbcc.org.au info@tbcc.org.au

141 Railway Terrace, Tailem Bend SA 5260



Tailem Bend Community Centre

AGM

Monday 5th September 1pm

To vote at the TBCC Annual General Meeting, you must be a paid member by the end of July. There are executive positions on the TBCC board of management which need to be filled this year.

Archery Club

TBCC is taking expressions of interest to join an adults Archery Club. Call 8572 3513 to register. Open Day coming soon!

Cheese Please

On Friday 3rd of June, budding cheesemakers worked with Wayne Austin to learn how to make their own cheeses using regular kitchen equipment. They worked together to make Feta, Havarti and Haloumi, and sampled other cheeses.



**Another course will be run on
Monday 8th August 9am– 1pm.
Cost \$100 (normally \$140)**

Garden Club news

Hi all,

My name is Cass and I have recently joined the Garden Club at the Tailem Bend Community Centre. I thought it would be good to volunteer at the Centre especially to work in the garden as the community garden was dedicated a few years ago to my nephew Brenton Claessen.



I can't say I really know too much about gardening apart from planting and watering. However for me and for others in our community it's about contributing to something bigger than ourselves; it's about getting out and about, learning new things, making friends and social inclusion. Having a cuppa, a chat and a laugh - it's really great. In addition to the social impacts volunteering has at the centre we are actually developing a beautiful bountiful veggie garden and you are all welcome to help yourselves: anytime.

The garden is looking quite lush and healthy especially with the lovely soaking rains we have had lately. We have planted quite a few veggies including, sweet pea, cauliflower, bok choy, turnip, cabbage, spinach, and onion among others.

We talk about things like natural pesticides, how to recycle common household items to save landfill; we talk about recipes to introduce more veggies into our diets and nifty ideas to raise some funds to develop the garden. Recently we harvested some veggies for some healthy smoothies and the Spiralizer - yummy.

I hope I have been able to sow a seed in your minds to come along and join with us to create a beautiful community garden for Tailem Bend. Like me you may not know much about gardening but I would encourage you to come along to enjoy the fresh air and good company. At our next gathering we will be sharing a unique newspaper box seedling idea which we're sure you will find useful. I look forward to meeting you. We meet on the first Wednesday of each month at 10am at the Centre.

Have a great day, Cass



Youth Network wrap up

With the end of the financial year, comes the completion of our funding for the **Coorong Connections Network** youth group .

This wonderful group of young people from the Coorong district has been meeting once a month or so to discuss issues important to them and to make a positive difference in their community.

The last activities the network members undertook were governance training (complete with pizza) on the 20th of June, and rounded out the year with

some Go Karting as a reward for all their hard work on June 26th. We have been actively seeking more funding to keep this valuable group going, and will be sure to let you know any more details as soon as we have them. Huge thanks to the young people who took part in this group in 2015-2016 and we hope that more young people from our region can continue to make a difference to their community in the future.



Communities for Children Chatter

Holidays are on their way! Here's what we've got planned for the July school holiday program

 Follow us on Facebook



what's on! Coorong District

School Holiday Program July 2016

Tuesday 12th July	Wednesday 13th July	Thursday 14th July	Friday 15th July
<p>Coonalpyn Archery Come and Try Afternoon From 2pm– 4pm Book a spot to have a go. Ages 7-12 Town Oval</p>	<p>Tailem Bend Sewing– make a drawstring bag Use the sewing machines to create your own bag with Janelle Ages 9-12 TBCC 2pm-4pm</p>	<p>Meningie Archery Come and Try Afternoon From 1pm– 4pm Book a spot to have a go. Ages 7-12 Town Oval</p>	<p>Tintinara Crafternoon Have a go at Sand Art, jewellery making, bird-house building and more. Ages 5-12 1pm– 3pm Memorial Hall</p>

One week only. Participants MUST book
Find enrolment form at <http://www.tbcc.org.au/pages/c4c.php>

All activities are FREE for children under 12 from the Coorong district.

For bookings or questions, contact-

Tailem Bend Community Centre
141 Railway Terrace Tailem Bend P 08 8572 3513
E c4c@tbcc.org.au www.tbcc.org.au





A MESSAGE FOR GOLDEN OLDIES ATTENDEES

As our Golden Oldies list now numbers over 75 lovely people, it has become a mammoth task to try and ring everybody 10 days before each monthly golden oldies luncheon.

Our wonderful volunteers spend hours preparing your meal so we would be grateful if you could ring Tailem Bend Community Centre 10 days before each luncheon to advise if you are coming, which will save them a huge amount of time.

Our volunteers thank you.

857523513 – Tuesday to
Friday 8.30am to 4.30 pm
or email chsp@tbcc.org.au



Creative Writing classes

Term 3, 2016

Are you keen to write stories, verse, memoirs or histories?

Make your words zing off the page and have your reader wanting more.

Each session will be unique, addressing the interests of the class participants.

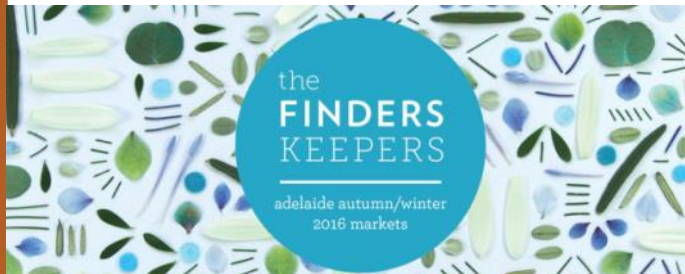
Learn the tricks and techniques that keep your writing interesting.

Work on your own projects and enjoy some fun writing activities.

Fridays 1.30pm to 3.30pm

Tutor- Meryl McDougall

Golden Oldies Excursion



Finders Keepers Market

Sat 13th or Sunday 14th August,
depending on interest

Free bus leaving from the
Community Centre to the market
in Adelaide. Browse beautiful
handmade items, enjoy live music
and freshly made coffee.

\$2 entry fee to the markets



Please register your interest by
29th July. 8572 3513

Wanted– Volunteer to maintain digital sign. (approx. one hour per week) Training provided
Do you enjoy technology and would like to learn how to operate a unique and interesting piece of equipment?

Coming up next at Tailem Bend Community Centre

Commonwealth Home Support Programme CHSP Expo 10-2pm Friday 16 September
2016 Tailem Bend Town Hall call TBCC for more information 8572 3513

Boat Licence Course

Wanting to get your boat licence?
Learn what you need to know, then
take the exam for your licence.

Date– Sun 17th July **Time**– 4pm

Cost- Adult- \$30
Ages 12-15 \$15

Bookings essential

Last one for 2016

Walking group

Wednesdays and Fridays

7.30am or 8am

Meet up at TBCC before heading
off for a brisk walk (2kms or 4kms)
then return for a hot coffee

Cost– Free

SA Tourism Award

TOURING AUSTRALIA

THE PRYERS

- * Cabaret Show
- * Music from the 40's-60's
- * Impersonations of famous icons
- * Glitzy Costumes

NEXT SHOW

FRIDAY 23 SEPTEMBER 2016
2PM AT TALEM BEND TOWN HALL
COST \$15 AFTERNOON TEA INCLUDED
TO BOOK CALL 08 8572 3513
TALEM BEND COMMUNITY CENTRE

PH: 0403 358 508
www.thepryers.com.au



Commonwealth
Home Support
Packages (CHSP)



Government of South Australia
Department of Planning,
Transport and Infrastructure



Government of South Australia
Department for Communities
and Social Inclusion

Staff

Coordinator:	Tammy Shepherd	Tuesday—Friday
CHSP Officer:	Eva Haydon	Wednesday—Friday
C4C Officer:	Rebekah Crisp	Tuesday—Friday
Finance Officer:	Chris Hartmann	Thursday

2015/16 Board of Management:

Chairperson:	Lorraine Cresp
Vice Chairperson:	Jack Hunt
Treasurer:	Trevor Gordon
Acting Secretary:	Rhonda Shillabeer
Committee:	Bev Moyes, Rosemary Symonds, Vicki Roach, Lydia Barnes, Joanna Paynter