

Looking for something to do?

MONDAY Open 9:30—4:30	TUESDAY Open 9:30—4:30	WEDNESDAY Open 9:30—4:30	THURSDAY Open 9:30—4:30	FRIDAY Open 9:30—3:00
Dog House 10:00—15:00	Dog House 10:00—15:00	Dog House 10:00—15:00	Dog House 10:00—15:00	Dog House 10:00—
Material Girls 10:00—15:00	Brushstrokes 10.30am—3pm	U3A 10:00—12:00	Over 50s Exercise Class 11:00-12:00	Bible studies 11-12.30
		Food Pantry By appointment 13:00—16:00	Food Pantry By appointment 13:00—16:00	
Scrabble 14:00	Stitch & Giggle (every 2nd Tuesday) 10:00—12:00	Swimming After School 8+ year olds		
NILS bookings Available	NILS bookings Available	NILS bookings Available	NILS bookings Available	
Michael Lucy Chris	Michael Chris Trevor Lauren	Michael Lucy Trevor Lauren	Michael Trevor Lauren	Michael Kerrin Rae



Find us at:

www.geeveston.org.au

Geeveston Community Centre

9b School Rd Geeveston

Monday-Thursday 9.30am-4.30pm

Friday 9.30am-3pm

P: 03 6297 1616

E: geecom@bigpond.com

*Funded by the Crown through the
Department of Health and Human Services*



Issue **#47**
July 2018

MONTHLY
NEWSLETTER OF
THE GEEVESTON
COMMUNITY CENTRE

GeCo



FACILITIES

Dog House
Computers
Printing/Photocopying
Community Bus
Trailer Hire
Meeting Space

GROUPS

Stitch and Giggle
U3A
Community Garden
Eating with Friends
Material Girls
Exercise Group

EDUCATION

Literacy support
Computer classes
Jumpstart
U3A
Study support

MONEY MATTERS

Budget Support
NILS
Food Pantry

SERVICES

Huon Domestic Violence
Service
Work Ready-resume writing
Food Pantry
Referral Service

Eating with Friends

Beef stew with mash and veg

Sticky date pudding

26th July 12.30 - 2pm

9b School Road

Geeveston

Cost \$6

rsvp 6297 1616

What's so great about GeCo?

Well, we've asked around and people say,

It's a great community. You can hang out with people. You can make friends and learn new things. It's a warm and friendly environment

What else could you ask for?! If you need more motivation to come to GeCo, there's tea and coffee, free bread, and free online access. We have printing and photocopying facilities, too!

GeCo is the home of plenty of great services run by dedicated staff & volunteers!

- Lauren can help you with Jumpstart Driver Mentor support and Careers counselling.
- Our fabulous volunteers Glenda and Nathan can help with Food Pantry-Emergency Food Relief and office stuff.
- Lovely Linda can organise Weekly Vegie boxes (\$20) so you don't have to think about grocery shopping ever again!
- Lucy runs Adult Literacy and Numeracy support and Work Ready help-Writing resumes and cover letters and anything else work related. AND our school holiday is the talk of the valley! See over the page for our school holiday program mid-July.
- Chris and Michael can help you look at getting employed locally.
- Trevor, our garden maestro, and Kerrin the pocket rocket, can help you hang in the garden and keep you informed when to plant particular things and, more importantly, when the veggies are ready for harvest! Yum!
- The GeCo 'Dog House' Woodworking Space is open daily with Terry, Myles and Ross there to lend a hand.

If you need any help getting by, staff can get you in touch with services including Holyoake, Financial Counselling, Huon Domestic Violence Service, Legal Outreach, and Colony 47.



We have a nice cosy living area with tea and coffee and don't forget we have monthly eating with friends. Check in this newsletter for more detail.

If you fancy getting handy, you might like to join Material Girls to sew with others, Stitch and Giggle every second Tuesday, get creative with wood in the Dog House, or join the art group on Tuesdays.

University of the Third Age (U3A) meets every Wednesday 10-12 to discuss art, literature and everything else, and Jasmine, from Huon Regional Care, is running a great exercise group on Thursdays to limber up the over 50's! See flyer for details.

So there is plenty to do at GeCo! Keep an eye out for any other activities happening around the Centre!

Pop Up Vegie Stall

After 10 weeks of supply and demand we have run out of vegies. Between GECO and the Farmers market stall the farmer has now said, "no more until Spring" (come on SPRING!)

It's been a great project and we look forward to seeing you all again in SPRING. Well, maybe something might grow in between but this will go into the vegie boxes.

Speaking of which, if you need vegetables there is the vegie box scheme on Wednesdays at a cost of \$20 we will pack you a box for pick up that afternoon. It's always a surprise and sometimes with a little treat or just some extra veg.



Youth School Holiday Program



9 - 20 July 2018

Week 1

Monday 9

**Hobart Aquatic Centre**
10am-4pm
8 years & over
\$5 each, lunch provided
RSVP: GeCo 6297 1616

**Hour of Code**
RSVP: Huon LINC 6121 7010

Tuesday 10

**Movie: Eagle Huntress**
2pm
Free to all ages
Location: Council Chambers
Aishol-pan, a 13 year old, trains to become the first female in 12 generations of her Kazakh family to become an eagle hunter and rises to the pinnacle of a tradition that has been handed down from father to son for centuries.
RSVP: Huon Valley Council 6264 0300

Wednesday 11

**Port Huon Sports Centre: Pool Fun Day**
11am-2pm
All ages
\$5 each (\$10 for families)
Have some family fun time & enjoy a sausage sizzle after
RSVP: Huon Valley Council 6264 0300

**Backswing - Huon Valley Project**
Promoting a Healthy Environment - Information Session
1pm
15-24 year olds
Location: Mission 21
The upcoming Backswing project will raise awareness about the environmental condition of our local waterways & find ways how to protect & improve them.
RSVP: Backswing 1300 315 559

Friday 13

**Disco with DJ Dieren**
7pm-9pm
12-17 year olds
\$5 each (\$10 for families)
Location: Cygnet Sports Centre
Dust off your dancing shoes and come and enjoy a fun evening of great music. Bring your friends!
RSVP: Huon Valley Council 6264 0300

**Huon Valley Council - 6264 0300** - Please contact us to discuss transport or payment options for Council events.
Geeveston Community Centre (GeCo) - 6297 1616
Huon LINC - 6121 7010
Backswing - 1300 315 559 or register online at www.backswing.com.au

Week 2, see over


Week 2


Monday 16

**Port Huon Sports Centre: Nerf Gun Fun**
3pm-6pm
All ages
\$5 each (\$10 for families)
Get ready for battle... Fun for the whole family.
Nerf & spare bullets provided. It's nerf or nothing!
RSVP: Huon Valley Council 6264 0300


**Hour of Code**
RSVP: Huon LINC 6121 7010


Wednesday 18

**Dover Sports Centre**
9.30am-11am
Port Huon Sports Centre
12.30pm-2pm
Cygnet Sports Centre
3.30pm-5pm
7-17 years
\$5 each (\$10 for families)
An introduction to roller skating for ages 7-17. With two instructors and skating gear provided, come and try it out.
Strictly limited to 10 people. Please RSVP early.
RSVP: Huon Valley Council 6264 0300

**Hartz Mountains - Snow Search**
10am-4pm
8 years & over
\$5 each, lunch provided
RSVP: GeCo 6297 1616

Friday 20

**Cygnet Sports Centre: Sassafras Kids Yoga**
11am-12pm
7-11 years
\$5 each (\$10 for families)
Learn a variety of poses (or even make up your own) in an inviting and inclusive group practice, incorporating energetic movements as well as balance and stillness.
RSVP: Huon Valley Council 6264 0300

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Jumpstart Question and Answer with Lauren McGrow

What’s happening with the Jumpstart program?

Rae Hyde, our fearless leader, is retiring at the end of June so I’m stepping up into the role of coordinator of the Jumpstart program at Geeveston Community Centre. I want to thank Rae for all the hard work she has done with Jumpstart over the years. We will certainly miss her calm demeanour and assistance around GeCo. Mostly I will be around the office on Tuesdays, Wednesdays and Thursdays from 9.00am until 4.00pm. If you would like to explore the process of joining Jumpstart as either a learner or mentor, feel free to drop in for a coffee and chat.



What’s great about the program?

The support that’s offered to young people is invaluable! Having a driver’s licence gives you such a sense of freedom, and it’s hard these days, and takes a lot of effort to get one. Not all of us have the resources to get ourselves through to P plates. I’m so glad to be facilitating this project in Southern Tasmania.

How did you get your licence?

I walked into the police station when I was 17 years of age and did a small written test and walked out with my learner’s permit. My parents had given me a ‘Sigma Scorpion’ for my 17th birthday. It was such a cool car, a blue coupe. I took a couple of lessons and in a matter of weeks got my driver’s licence (on the second attempt). It seemed like an easy thing in the early 1990’s.

What’s next for Jumpstart?

I am currently doing an evaluation of Jumpstart, because I want to get some feedback from the community about what works well and any improvements that could be made. If you’ve had a positive experience as a learner driver or mentor, or even if you haven’t, I would love to hear from you! I’m also looking for some new mentors in the program, so if you have a heart for volunteering your support, mentoring a young person and enjoy driving around our beautiful countryside, then get in touch on 6297 1616.



A car just like Lauren’s back in the 90’s





**Learner Driver Mentors
WANTED**

A driver’s licence is a ticket to a job, education and independence. Two hours per week is all that’s needed. Free training and security checks provided.

Contact GeCo on 6297 1616

Material Girls meet every Monday 10am-3pm



Feeling Creative?

Would you like to learn new skills or sharpen up your existing ones?

If you have always wanted to do something but didn't know how, come along and we will help you with projects and ideas.

Perhaps you would like to repair or resurface wooden chopping board or restore a favourite piece of furniture!

And, ladies, would you be interested in a day to yourselves in the Dog House? Please let us know! 62971616.



Erin & Peter making masterpieces!

RAFFLE REPORT

The Emergency Food Relief and the Dog House ran a raffle for 4 weeks with 11 donated prizes. Though we didn’t make a lot of money due to the cold weather, we still raised over \$400.00 to share between the Dog House & Food Pantry.

- | | |
|---|---|
| 1 st prize winner was F. Woods | 2 nd prize winner was A. Flakemore |
| 3 rd prize winner was T. Wittmer | 4 th prize winner was Mann |
| 5 th prize winner was S. McMahon | 6 th prize winner was Kane |
| 7 th prize winner was M. Riley | 8 th prize winner was A. Evans |
| 9 th prize winner was Lesley | 10 th prize winner was R. Gorman |
| 11 th prize winner was John O. | |

Thank you everyone who bought raffle tickets to support the Geeveston Community Centre’s programs.



Lexley Flakemore with her prize



The View from the (Scrubby) Hill.

As you have no doubt noticed, winter has set in, and with it, the list of winter garden activities. Although we often get colder (and wetter) weather later in the winter and early spring, the short day lengths, coupled with the decrease in temperatures, means that pretty much everything has stopped growing. At least, it has a Scrubby Hill, which is as cold a site as you'll find locally and so a bit different to other microclimates I've experienced. Some people might still be getting some growth, however glacial, but the general rule will be that nothing much is going to increase in size too much before the days get longer and a bit warmer, when most over wintering species will bolt.



Crimson Flowered Broadbean

At present, we're starting to get the beds ready for the new season. This includes planting any green manure crops in beds that have been designated for this treatment. Last year I planted 15,000 broad beans (*Vicia faba*), planning to cut them and plant tube stock (seedlings) directly into the trash. This treatment was successful in suppressing weeds and adding nitrogen and carbon to the soil. We also made a roller-crimper, essentially a drum with ridges that is rolled over the crop to ensure the green matter is in firm contact with the soil and hence soil organisms. If you just cut your green manure and leave it to lie where it is, much of the material can end up elevated slightly - and so not in contact with the soil - where its benefits are largely lost, so cut and roll is recommended.

Another strategy to use when selecting green manure is to choose a diversity of species. It's often said that diversity above the ground will encourage diversity below it, and, with recent studies highlighting more and more the importance of a diverse soil microbial population, this is something to keep in mind. Also keep in mind that this late in the season, there might be germination issues in cold soils for some species, so check your selection, or wait until later in the spring when soil temperatures come up a bit.

There are many species suitable for inclusion in a green manure mix, and Google can be your friend when selecting them for your garden; I used the previously mentioned broad beans, but also a mix containing a selection of: Esk oats (*Avena spp*) used for bulk organic matter and root penetration; blue lupins (*Lupinus angustifolius*), which add nitrogen, and have a long taproot that opens and aerates the soil. They also accumulate phosphorus, and the flowers are attractive to bees and other beneficial insects; tic beans (*Vicia faba* var. *minor*) are a variety of broad bean, but with smaller pods. They do the same job as their larger brothers and sisters; blue peas (*Pisum spp*) another legume, these also fix nitrogen as well as well as providing biomass; rye corn (*Secale cereale*) this species is another biomass supplier, as well as helping with weed control when sown thickly. One of the advantages with these annuals is that they're not persistent, so they control weeds by outcompeting them, but then die back, or are otherwise easily controlled. A rough sowing rate for this type of mix is about 80-100g/m2. This is higher than the recommended/ha rate, but will ensure good weed control.

Other species that can be beneficial in a green manure mix are: Subterranean clover (*Trifolium subterraneum*) I'd be careful with clovers, but this one's great as an on-site mulch that doesn't need cutting; in temperate areas, subclover will die back in summer and regrow in autumn and does well in acid soils; woolly vetch (*Vicia villosa* ssp. *Dasycarpa*) adds nitrogen and builds organic matter, it can be slashed to provide "in situ" mulch for spring vegetables and is especially beneficial for tomatoes. It also attracts predatory insects; Brassica ssp. Brassicas all produce glucosinolates, which are then metabolised to compounds very similar, but less broadly toxic, to commercial fumigants. *B juncea*, *B napus* and *B campestris* are all recommended, but any of the mustards will have some effect.



Next month's newsletter will cover more winter garden activities, as well as preparing for spring plantings.



Huon
Domestic
Violence
Service

Tel: 03 6264 2222



Stitch and Giggle every 2nd Tuesday
come along and join the ladies for a
cuppa and some craft.

Legal Outreach Clinic

Do you need help with a legal issue?

Come and see a Legal Aid lawyer
for free information and advice

Geeveston Community Centre
Old School Road, Geeveston

Contact Geeveston Community Centre on
(03) 6297 1616
to find out more about this service



A joint project between Legal Aid Tasmania
and Geeveston Community Centre



Two heads are better than one!



Got a resume?
Need interview practice?

We can help you with:
Money Management, Resumes, Interview Skills
Selection Criteria, Cover Letters, Career Coaching
Job Options and Application Support.

This is a free service

Come any time Monday to Thursday!
Drop in to GeCo at 9b School Road Geeveston
Call 62971616 and ask for Lauren or Lucy
Message Lucy Literacy on Facebook



Over 50s Strength &
Balance Circuit Class

- * Reduce pain
- * Improve strength
- * Boost energy levels

Focus on cardiovascular fitness, muscle
strength, balance and flexibility!

Thursdays 11:00am-12:00pm

GeCo Community Room, Geeveston

Cost: FREE!

For more information call physiotherapist Jasmine on 6264 7100



Begins 21st June 2018 and runs weekly

