

Issue #56  
June 2020

GEEVESTON  
COMMUNITY  
CENTRE  
BI-MONTHLY  
NEWSLETTER

# 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  
Art Group

## EDUCATION

Literacy support  
Computer  
classes  
Jumpstart  
Study support

## MONEY

### MATTERS

Budget Support  
NILS  
Food Pantry

## SERVICES

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



### Geeveston Community Centre Activities and Opening Hours

GeCo is now open for public access three days a week.

We are open Monday, Wednesday and Thursday 10am-3pm. Due to COVID-19 restrictions, we are taking extra precautions with hygiene and cleaning and we ask that you follow our requests. Not all activities are back to normal yet but we can definitely help you with **computer access** as well as printing, scanning and copying. We are doing paper tests for L's, and we also offer NILS loans and plenty of referrals to other services so please get in touch.

#### Food-related information:

So many food options! We love food! We are running **Eating with Friends** a bit like Meals on Wheels fortnightly on a Thursday for \$6. Call us for more info.

If you are after fresh vegetables, our **Fresh Choice Food Co-Op** is up and running and you can order a veggie box from Friday 9am to Monday 9am through the Fresh Choice Food Co-Op tab on the website.

If you need **emergency food relief** please call us at 62971616.

Finally, we are offering **frozen meals** made by Waterbridge Food Co-op. At \$4.50 a meal, what's not to like?! See here for ordering frozen meals:

<https://meals.geeveston.org.au/>

Give us a call if there is anything you need to know and we'll try to help!



## Eating with Friends

Eating with Friends has gone MOBILE!

Every second Thursday you can have your lunch home-delivered to the Geeveston and Port Huon area.

Cost: \$6 for a 2 course meal.

The next Eating with Friends MOBILE is:

**Thursday 2nd July**

**Please call 62971616 to order**



### Eating with Friends - *at home*

During this quiet time, plenty of people in our community have found satisfying ways to spend their time. Wendy has been enjoying the company of her pets and getting a few books read-See over the page for Wendy's book review. Jillian has not let postponed art groups get in the way of her creativity and is continuing to make artwork. Denise and Mhairie have been spinning and weaving and Jenny has been knitting! Lockdown may be easing but as we snuggle down for winter, what inside activities are *you* doing?



## Fresh Food Choice Co-Op

Every Thursday, our Fresh Choice Food Co-op offers a variety of fresh fruit and vegetables in our Veggie Boxes. We can deliver or you can pick-up. We sell extra items including eggs, pickled goods, jams and preserves. Orders must be in by midday Tuesday for pick-up/delivery after 2pm on Thursday. To order simply visit <https://www.geeveston.org.au/shop> / between Friday and Monday morning. Frozen meals are also now available online at: <https://meals.geeveston.org.au/>



Jude, Jess and our lovely veggie boxes



### Morning Tea

Savoury scones Wednesday 24th June!

\$2 for a serving of savoury scones (chives, semi-dried tomatoes and cheese). Pick up from GeCo at 11.00.

Please call 62971616 to make an order.

## Get Picking

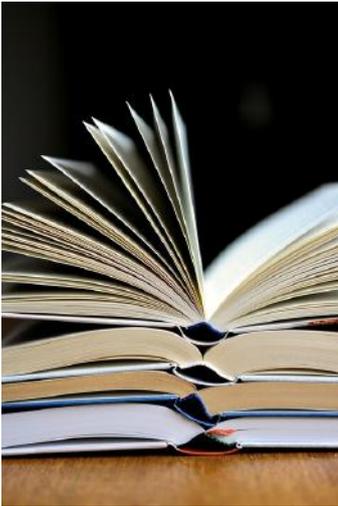
Hi All,

Aaron from Get Picking here. As the frosty mornings of winter speak of another harvest season been & gone in the valley, so too does June bring with it the end of the Get Picking program in its current format. As I look back over the past year of the project, allow me to share a few highlights of what we have achieved. Since I started with the program last year, we have placed 29 long-term residents of Tasmania into horticulture work in the Huon Valley, and partnered with 4 farms to assist with their seasonal labour requirement. My estimate is that over the past season alone this has brought around \$140,000 direct economic benefit to communities in southeast Tasmania. This project would not have been possible without funding from Skills Tasmania and the Ian Potter Foundation, so thanks must go first and foremost to these organisations for making the project possible. I would like to take the opportunity to thank the farms who partnered with the program: Andrew & Leanne Scott from Scott Bros, Matt Tack from Our Mates' Farm, Nick & Annie Ford from Hillside Orchards, and Kate Hill from Kate Hill Wines. The employment climate is challenging in Tasmania as we all know, and the gratitude expressed by the successful participants has been heartfelt. I would also like to thank the program participants who have showed up & worked hard in the orchards, often at short notice, to get the job done. Many thanks are also due to the supervisors who have been our key staff in the orchards, Teresa Terry, Craig Abel, and Cole Crawford, and thanks also to Jay Boyle, previous project coordinator. Last but not least, I would like to express my sincere gratitude to the staff and volunteers at GeCo. Michael, Jill, Linda, Lauren, Lucy, Vanessa, Kerrin and the rest of the team, it has truly been a privilege to work alongside each and every one of you. Well, that about wraps things up for me. Wishing everybody a safe & healthy remainder of 2020 in these crazy times.

Best, Aaron @ Get Picking.



# Lifelong Learning



Winter Morning Poem  
By Ogden Nash

Winter is the king of showmen,  
Turning tree stumps into snow men  
And houses into birthday cakes  
And spreading sugar over lakes.  
Smooth and clean and frosty white,  
The world looks good enough to bite.  
That's the season to be young,  
Catching snowflakes on your tongue!  
Snow is snowy when it's snowing.  
I'm sorry it's slushy when it's going.

## Collective nouns for animals and birds

Although many use common standard English terms, such as a pod of whales and a pack of dogs, many more arcane medieval terms such as a clowder of cats and a descension of woodpeckers are still in use. Scholars from the 19th century onwards have been diligent in reproducing these medieval lists so that many of these terms are today still known as the "proper" terms for a group of some stated animal or bird.

The curiosity of collective nouns ...

(Source: Macquarie Dictionary, revised Third Edition)

apes - shrewdness

badgers - cete

bats - colony

bears - sloth (or sleuth)

bees - bike; drift; hive; swarm

birds - colony (roosting in large numbers); dissimulation (small birds); drift (in flight); flock; parcel; rush (migrating)

boars - singular

bottle-nosed whales - grind



## Recommended Reads

Prince by Ib Michael

Reviewer-Wendy Munson

What a chance find in the local Op Shop! A book of wonder. The story of a young boy deposited by his errant mother at a seaside village in Denmark in the year 1912. The boy left to his own devices becomes a finder of objects of pleasure in stones and plants and one day a coffin floats to shore on the tide whereby a wonderful story unfolds. The language and descriptions in this book are breathtaking with a mystical background invoking the voice of a spiritual person. He takes you into the world of amber and the fascination of this simple aged gift of nature. Definitely worth sourcing.

-.WM

Photo: Wendy and Betty.  
Although Betty doesn't seem to share  
Wendy's enthusiasm for reading!

***If you would like to  
share a book review,  
please email us!***

## Jumpstart Update

Welcome to our brave new world. Jumpstart, along with the Driver Mentor Training program leadership team and the Department of State Growth, are working on our Covid Safe reopen plan for learners and mentors. We hope to be on the road again within the next few weeks, so look out for our vehicles travelling around town. Things will be a little different though, with lots more cleaning of vehicles and masks for our older mentor drivers as health is our number one priority.

In the meantime, GeCo is still offering paper based L tests for anyone who needs them locally. Just call to make an appointment and we can provide support to get you through the test. There have been some changes to the process of getting your licence in Tasmania, due to the Coronavirus. The Tasmanian Government has announced changes to enable existing and new L1 licence holders to continue to progress through the Graduated Licensing System while driving assessment services were suspended due to COVID-19. L1 licence holders can now progress to an L2 licence without completing an L2 Practical Driving Assessment. This is so that less face-to-face presentations happen at Service Tasmania and to minimize the cost of obtaining a licence. Practical driving assessments have recommenced in major centres during the past two weeks, so we are gradually returning to a semblance of normal life.

If you are keen to get support for driving, or want to give back to your community via mentoring a young person on the road, please get in touch on 6297 1616.



**WANT TO  
CHANGE  
THE LIFE  
OF A YOUNG  
WOMAN?**

**BECOME A LEARNER  
DRIVER MENTOR.**

**Do you,  
or does someone you know,  
have trouble reading this newsletter?**



Contact **Geeveston Community Centre**

on **62971616**

or visit [www.26ten.tas.gov.au](http://www.26ten.tas.gov.au)

ABCDEF  
GHIJKL  
MNOPQR  
STUVWX  
YZ01234  
56789

**26TEN**  
Get the tools for life

# SCRUBBY HILL

*Winter pictures of Scrubby Hill*



The leeks at Scrubby Hill are all ready to turn into a lovely potato and leek soup with some delicious homemade bread! Everyone can now make bread post-lockdown, right?!



Broccoli is starting to produce florets! Hooray!



The frost helps sweeten the kale. An amazing hardy winter green. And so good for you! High in Vit K which has been linked to resilience against COVID-19!



It was cold wet and windy this morning but this rainbow was a lovely greeting to arrive to work to. Three hours later and its still bright and shining above us ☐

*Three cheers for our hardy garden staff who work in all conditions (except hail!)*



## Coping through Kindness



### Caring for yourself

Your health and wellbeing can suffer from being a relationship with someone who hurts, frightens or controls you- even after you have separated.

Perhaps you've noticed tense muscles, head aches, fast heart rate  
Feeling worried, angry, overwhelmed or helpless  
Struggling to concentrate or make decisions  
Difficulty sleeping, having nightmares  
A negative attitude towards yourself and your life

These are normal reactions but over time they can lead to depression, anxiety and other mental health issues. It is important to get help. Think about speaking to a family member a friend, a doctor or family violence counsellor.

The most important thing you can do is look after yourself. It can be hard to find time and energy but it will help you cope with the effects of family violence. Here are some ideas:

**Relaxation**-Take the time to do things you enjoy walking, meditating, breathing or relaxation exercises, listening to music etc.

**Support**-Spend time with people who make you feel good about yourself, find a support group or get involved in community activities.

**Exercise**-Walking, swimming, dancing or going to the gym can help relieve the tension in your muscles and relax your mind.

**Sleep**-Getting enough sleep is essential to help your mind and body repair.

**Be Kind To Yourself**-A simple rule can be, 'don't say anything yourself that you wouldn't say to anyone else.' If you or a friend are experiencing family violence or have been impacted by family violence contact the Huon Domestic Violence Service on 62 642 222 for further information, support and referral.



Huon  
Domestic  
Violence  
Service

**Tel: 03 6264 2222**

### *Kitchen Wisdom*

#### **Linda's Meatloaf with Barbecue Sauce**

500g (1 lb) sausage mince 1 tablespoon chopped parsley  
500 g (1 lb) minced steak 1 egg  
1 cup fresh breadcrumbs ½ cup milk  
2 onions ½ cup water  
2 teaspoons curry powder salt, pepper

Combine sausage mince, minced steak, breadcrumbs, peeled and finely chopped onions, curry powder, salt, pepper, parsley and lightly beaten egg in bowl.

Beat until mixture is well combined.

Gradually add milk and water, continue beating until mixture is very smooth.

Shape meat mixture into loaf, place in greased baking dish. Bake in moderate over 30 minutes. Remove from oven, carefully pour off any surplus fat. Pour Sauce mixture over meatloaf, return to oven and bake for further 45 minutes, basting frequently with sauce.

Serve hot with vegetables or salad.

#### Sauce

½ cup water 1 teaspoon instant coffee powder  
½ cup tomato sauce 30 g (1 oz) butter  
¼ cup worcestershire sauce 2 tablespoons lemon juice  
2 tablespoons vinegar ¼ cup brown sugar

Combine all ingredients in saucepan, bring slowly to boil, reduce heat, simmer 4 minutes.

**Serves 4 to 6**



**GeCo**  
GEEVESTON COMMUNITY CENTRE

Find us at:

[www.geeveston.org.au](http://www.geeveston.org.au)

Geeveston Community Centre Inc  
9b School Road Geeveston  
Monday-Thursday 9.30am-4.30pm  
Friday 9.30am-3pm  
Phone: 03 62 971616



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