

# Newsletter February March 2025



**Strath Neighbourhood Centre Inc**  
**6 Parker Avenue, Strathalbyn 0431 337 044**  
**strathnc@gmail.com**



## Regular Weekly Activities

Contact the office 0431 337 044  
for details

### Monday mornings from 9.30

Herb Group 9.30 Last Monday of each month.

### Tuesday from 9.30am

Wise Employment

### Tuesdays from midday

Community Lunch

2 course meal \$8 per person. Lunch and bingo  
\$12. Bingo only \$5 1.15 – 3.00

All welcome

### Wednesday 9.00am - midday

Repair Shed

### Wednesday 9.30am - midday

Garden Grubs

### Wednesday 10.00 - 11.00

Fitness for Fun

### Wednesday 12 – 4.30 pm

Alexandrina Contract Bridge Club

### Thursday from 9.30 am.

Wise Employment

### Thursday 10.00 - 3.00

Table Tennis and community activities \$5

### Friday

Rugs N More Group

10.00 – 12.00 1st & 3rd Fridays

Line Dancing 1.00pm—3.30pm

Strathalbyn Garden Club 10.00 -12.00

Every 4<sup>th</sup> Friday of the month.

Time has flown and it is already March and sadly we say farewell to Rav and Hannah who have been such wonderful additions to our Centre. We wish both Rav and Hannah the very best success in their future studies and careers. And we thank Flinders University for allowing us to have them with us since November.

With a farewell comes a welcome to our two new Flinders University Social Work students, Haley and Michaela. Read about them further on.

As you may be aware the U3A Strathalbyn have many interesting courses available, with Book Club and Wine Appreciation being held here at the Centre.

Beginning on Monday 28<sup>th</sup> April 1.30 – 3.30 for 5 weeks will be an Astronomy for Beginners held here at SNC.

Expressions of interest are being gathered for once a month Photography – getting the most from your SLR camera to be held here. More details from U3A Jasmine Hunt 0423 136311



The Strath Neighbourhood Centre Inc  
acknowledges and appreciates the support  
of the Alexandrina Council

# Newsletter February March 2025



*Welcome  
Haley*

Hi!

My name is Haley. If you see me around the Centre, please come and say "Hi!".

I would love to get to know you!

A big thank you to the volunteers who have already welcomed me; for those I haven't met yet, I look forward to meeting you all.

I am currently in my 3rd year of Bachelor of Social Work at Flinders University, and I am excited to be completing my first placement here!

I grew up in this area, so I'm looking forward to working with the community. I lived in Strath for six years but have since moved back to Milang, so I have some local knowledge of the area.

After finishing school, I found myself drawn to helping others in many ways. I was always volunteering at my mum's school and working with the students there inspiring me to do more, which eventually led me to study social work.

I enjoy working with people and learning about their interests. In just a few weeks of my placement, I have already seen the amazing work that happens at the Centre, and I'm excited to work alongside all the volunteers.

In my spare time, I love listening to music, baking, or going dancing. I also enjoy hearing stories from my grandparents about the "good old days."

If you have any stories to share, I'd love to hear them!

I'm excited to meet you all and collaborate with everyone!



**Very best birthday wishes to our volunteers.**

**February: Kevin Grant, Raye Goldfinch, Mal Sutcliffe, Jan Falkai.**

**March: Dawn Gunn, Jodie Penniment, Jane Crouch**

# Newsletter February March 2025



*Welcome  
Mikaela*

Hello, my name is Mikaela Porter.

I am currently undertaking my second placement for my “Masters of Social Work” degree here at the beautiful SNC. I have worked for many years in the hospitality industry, and although I enjoyed the work I was doing, I was never passionate about it. Through my undergraduate degrees of Psychology and Animal Behaviour I discovered my passion for Social Work and working within the community, which brings me here. I grew up in Adelaide before moving out to Onkaparinga Hills as a young adult, and I have recently moved out to the Adelaide Hills and I just love the peace and serenity that country life has to offer!

In my spare time I love to spend time with my furbabies; cuddling my cats, training my dogs, and going on adventures with my horses, whether it be for a ride out in the forest or attending riding club events. I also love taking walks through nature; being surrounded by the trees and watching the wildlife in their element.

I am looking forward to getting to know everyone within the community and seeing what I can not only learn from but also bring to SNC.

So, if you see me around the Centre, please feel free to come and have a chat!

---

## **From the Volunteer Coordinator!**

Are there any volunteers keen to man our reception desk on a regular basis? We are looking for reception staff Tuesdays (morning and afternoon) and Wednesdays (afternoon). Reception staff are responsible for opening the door, welcoming visitors, listening to their needs and directing them to either information or other staff who can help them. They are also responsible for ensuring data is collected through filling out data forms and/or giving out data forms to various groups. Requirements include: regular attendance (weekly or fortnightly), friendly welcoming attitude, basic reading/writing, ability to communicate with staff, volunteers and attendants. Please get in touch if this is something that interests you.



# Newsletter February March 2025



**Grenook** How lovely is our Grenook looking, despite our harsh and dry summer? Repair shed volunteer Rob tried his hand at trimming the lawn edges and just look at how lush the garden is. If you haven't come by to admire or sit in our garden, please do so.

One of our wonderful gardeners, Sharon, will be working with EFS students for about an hour each Tuesday, teaching them skills and tips in garden maintenance.

---

Did you know????? The 2025 March equinox falls on March 20<sup>th</sup> at 7.30pm.

Autumnal Equinox Sunrise - 07:18 AM

Autumnal Equinox Sunset - 07:27 PM

Autumnal Equinox Day Duration - 12 Hours 08 Mins 32 Secs

Autumnal Equinox Previous Day Duration - 12 Hours 10 Mins 45 Secs

Autumnal Equinox Next Day Duration - 12 Hours 06 Mins 20 Secs

# Newsletter February March 2025



## Amazing March Facts

- March's birthstones are Aquamarine and Bloodstone.
- The daffodil is the flower of March.
- Pisces and Aries are the March zodiac signs in astrology.
- Roman God of War, Mars, is honored with the name March.
- Beware of the Ides of March, which falls on March 15th in the Roman calendar. It was regarded as a due date for paying debts. Moreover, it was the day that Julius Caesar was killed.
- March 17<sup>th</sup> is St Patrick's Day, a time to paint the town green!
- March is known for one thing above all others: March Madness.
- March 20<sup>th</sup> International Day of Happiness.
- March babies have many interesting traits, including being imaginative, having a lower risk of asthma, and being more likely to be night owls. Are you a March baby?





# Newsletter February March 2025



On Friday 7<sup>th</sup> March, the Rugs n More group, facilitated a mini celebration of International Women's Day.

There were many interesting conversations after Jenny Bogusz posed the question "What has changed in our lifetime as women?"

Stories were told, not everyone got a turn..... perhaps needs to be continued????

Here are some of the conversation topics.

- Once upon a time, women had to give up their job or career upon marriage or the birth of a child.
- In whatever job you had, it was assumed if you were a woman that tea/coffee making was a major part of your job description. (PS I remember that when I was a year 7 girl, we girls got the privilege of setting and clearing the staff room table for morning recess, with bowls of sugar, cups, saucers, milk in jugs and biscuits on plates. Sadly, the year 7 boys never got this job!)
- A story from the war days, when women shared the jobs and were often drivers. After the war, the male drivers were placed into positions of VIP driving and the women got the ambulance driving jobs.
- There was a bit of conversation about how the wheel of gender equality is looking like it may be turning backwards, but let's hope not.
- There was discussion about the professions of nursing, teaching, social work etc, where practical training as a student involves many hours of unpaid work.

---

## POSTPONED!


### Quizzical Hill Billy Night

The Hillbilly Hoedown advertised for Saturday March 8<sup>th</sup>, has unfortunately had to be postponed to a date to be advised in May.


More information later.



# Newsletter February March 2025





**NDIS**  
Information Session

 Connect, learn, and discover resources about the National Disability Insurance Scheme (NDIS)

 Strath Neighbourhood Centre  
6 Parker Ave, Strathalbyn, SA 5255

 Monday 24/03/2025 | 11AM – 1PM

 communityengagement  
@junctionaustralia.org.au

 0448 888 428 (Isaac)

Join **Isaac** from **Junction Australia** to learn more about the National Disability and Insurance Scheme (NDIS)

Strath Neighbourhood Centre, Monday 24<sup>th</sup> March from 11.00am to 1.00pm.

## Expressions of interest for the "Social Cooking Sessions"

As part of the extension of Thursday activities, we are considering offering Social Cooking Sessions. Sessions are open to anybody and are not cooking lessons but instead facilitated cooking sessions where one recipe is chosen, ingredients are bought according to the number of people registered to attend. Food is cooked onsite in our kitchen and either consumed by participants or frozen for emergency meals. Cost of sessions will be covered by participants. Facilitation of these sessions would be done by willing participants in rotation or by interested volunteers. Facilitation would require the completion of a short, free, online, food safety workshop.

Contact SNC to both register interest in attending or facilitating. Volunteers may choose to facilitate one or more sessions.

Register your interest through our reception desk or by phoning 0431 337 044

# Newsletter February March 2025

## Training Opportunities

### ❖ Monday 14<sup>th</sup> April - 9.30 – 12.30pm – Disability Awareness Training

This will be in person at SNC and requires a minimum of 10 people. Free, and approx. 3 hours. Register your interest ASAP so we can book a date.

Register your interest through our reception desk or by phoning 0431 337 044

Hosted through Southern Volunteering, Volunteer Ability and Orana.



**You are invited to attend a FREE**

**Disability Awareness Session**

The session will provide you with practical information, tools and resources to increase your confidence and skills to support a more accessible and inclusive volunteer community.

**Date: Monday 14<sup>th</sup> April 2025**

**Time: 9:30am – 12:30pm**

**Location: Strath Neighbourhood Centre  
6 Parker Avenue, Strathalbyn**

**A light lunch will be provided around 12:00pm  
Please advise of dietary requirements.**



**RSVP Ph: 8375 2080    E: [volunteerability@orana.asn.au](mailto:volunteerability@orana.asn.au)  
or 0431337044    [strathnc@gmail.com](mailto:strathnc@gmail.com)**

In partnership with



Funded by the Australian Government Department of Social Services



# Newsletter February March 2025

## Positive Partnerships with Mission Australia present

Workshops for Parents/Caregivers/Grandparents at SNC 6 Parker Ave.

- ❖ May 15 – Autism – 1. Diversity of Autism. 12.00 – 3.00pm
- ❖ May 22 Autism – 2. Understanding Sensory Processing. 12.00 -3.00 pm
- ❖ May 29 Autism – 3. Understanding Behaviour. 12.00 – 3.00 pm
- ❖ June 5 Autism – 4. Working in Partnerships. 12.00 – 3.00pm

Through registering at SNC, we will combine the online workshops with small group discussion. Register at our reception desk or by phoning 0431 337 044

---

### HOW DID WE FIND THE IMPACT AND INTENTIONAL TRAUMA-RESPONSIVE PRACTICE TRAINING? February 27<sup>th</sup> and March 13<sup>th</sup>

“We learned how to approach community members’ experience “side-by-side” using the “What, What, How” approach. One concept that really stood out to me was the idea that we don’t see things ‘as they are’... we see things ‘as we are’.” Hannah

“The training really talked us through a way of understanding and responding to any situation with a trauma-informed lens. Trauma-informed approaches enhance our ability to form meaningful relationships, which is a core value of our neighbourhood centre. I found the training very helpful to work through specific incidents I’ve encountered here to understand people’s behaviour and to guide my own responses. I also feel that embedding this approach in policies and procedures would be helpful.” Teena

“I thought the IMPACT training was very worthwhile however a bit wordy at some points. I liked information about brain function; the frontal cortex is for managing language etc and the limbic system at the lower part of the brain handles early childhood development and can set in place patterns of behaviour for the rest of your life. I found this very interesting.” Julia

“The training explored ways to understand and respond to situations involving individuals who have experienced trauma. It introduced the “What, What, How” approach which helps us consider: What’s happening, What’s important, How can I respond. I feel that this approach encourages me to pause, observe and understand the root causes of behaviour, rather than making immediate judgements.” Haley



# Newsletter February March 2025

## Expressions of interest for these courses to be held at Strath Neighbourhood Centre

### Meditation

"I have tried all types of meditation, but I found that "thinking of nothing" was too hard. I finally learnt "Alpha Meditation". It has that name because these are the brain waves emitted when someone is meditating. It is easy to learn and will make you more focused and calmer. I will start with guided meditations and then move on to healing techniques. Classes will be limited to 6, one hour long over 4 weeks.

### Computer

Do you want to know more about Excel and Word? You know the basics, but I can show you how powerful they can be, so that you can use them to make things simpler in your everyday life or for a business. My aim is to show you how to sort through the complex offerings of each and to use them for your specific needs. It will be better for you to learn on your own laptop, (I have a couple of spares if needed). Classes are limited to 6 and will 1.5 hours in length over the term.

### Ladies only Farm Maintenance

Hi Ladies. Do you own your own property and need to learn more skills to make life easier rather than pay for tradies? I have looked after my 40 acres for 15 years and have developed skills out of necessity. I see this group as one of sharing ideas rather than one person teaching the group. I am sure that a group like this would have a wealth of knowledge to share.

To express your interest in any of these courses, please phone the Strath Neighbourhood Centre 0431 337 044 or email [strathnc@gmail.com](mailto:strathnc@gmail.com)

