



**WEST  
MOONAH  
COMMUNITY  
HOUSE**

**BOARD OF MANAGEMENT**

- CHAIRMAN** – Lorraine Bailey
- VICE CHAIRMAN** – Sharyn Hill
- TREASURER** – Pam Bridgen
- SECRETARY**– Maureen Carter
- PUBLIC OFFICER** - Joel Stafford

**BOARD MEMBERS**

Shannon Heard, Penni Lamprey and Liz Stacey.  
Jan Dunsby—Glenorchy City Councillor Representative

**WMCH Board of Management meeting**

Are you passionate about your local community?  
Why not consider becoming a member and/or a volunteer or  
board member and help to make a difference.  
Meetings held on the third Thursday of each month at 6pm.  
Enquiries welcome.

**West Moonah Community House**

**VOLUNTEERS**

Volunteer Program Coordinator – Barbara  
Community Aid—Maureen



# July Newsletter



**WEST  
MOONAH  
COMMUNITY  
HOUSE**

Phone: 03 6273 2362

130 Springfield Avenue West Moonah TAS 7009

**COMMUNITY HOUSE STAFF**

- Manager – Mel
- Assistant Manager—Kaye
- Office Manager – Kim
- Social Worker— Rose
- Food Co-op Officer—Renate
- Preschool Teacher – Jodi
- Preschool Aide – Emma
- Preschool Back-up Assistant—Lee
- Community Garden Coordinator – Stuart



**Opening Hours**

**Monday to Thursday 8am to 3pm  
Friday 9am to 2pm**

## A Note from the Manager

I am back and recovered after my recent surgery. A big thank you to all my amazing staff for everything they had done whilst I was away.

Preparations are already underway for our 2017 Wellness Expo which will be held on Saturday 1st April 2017, 10am—4pm at Princes Wharf. If you are interested in having a stall please call us today to obtain the relevant paperwork.

We have a new program called “Mummy Me Time” starting in July. Young mum’s can expect a little pampering, like minded conversations and the opportunity for learning experiences. Free childcare is available. We are taking bookings now as we have limited spaces. See the poster in this newsletter.

Cheers Mel

## West Moonah Community Garden

We have bags of compost for sale. \$5.00 per bag

Plots available for community members for a small fee of \$30 per year.

If you're interested in joining our garden community, please give us a call on 62732362 or email [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)



2016 community lunch series

# Christmas in July Lunch



Tuesday 26th July 12.30pm to 2.30pm



Cost - \$12 (includes 2 course meal)  
**BRING SOME SMALL CHANGE FOR THE RAFFLE**

Bookings essential - tell a staff member or call 6273 2362  
or email [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)



Fermented beverages and vegetables help heal your gut and aid digestion while restoring it's bacterial health. at this workshop learn the basics of fermentation to get you started.

# Fermentation for Beginners

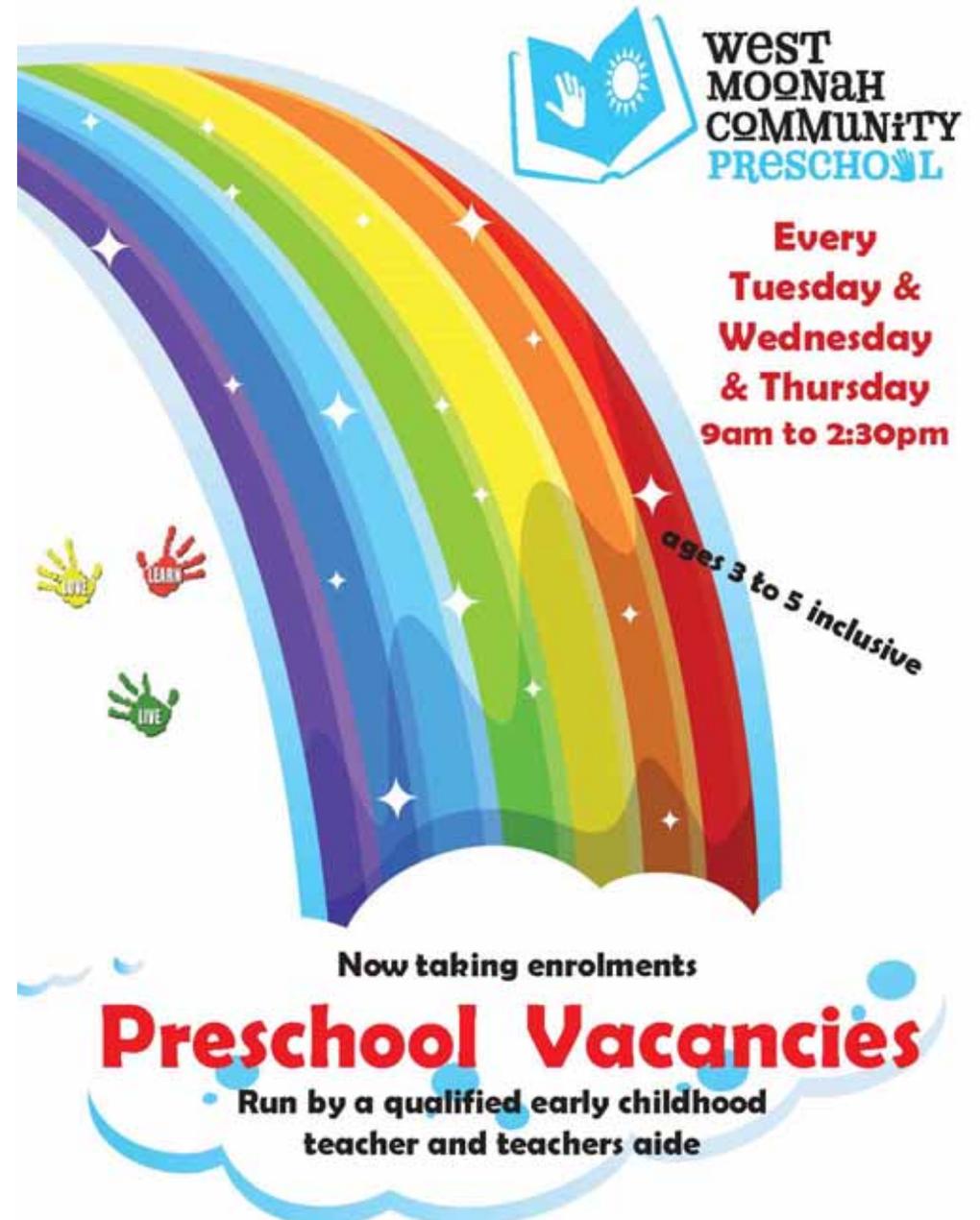


Monday 15th August  
7pm to 8.30pm  
Cost \$15 per person



At this Workshop we will be making sauerkraut.  
BYO half a cabbage (purple or green), 500ml jar and an apron if you like.

To book your spot or enquire please call  
6273 2362 or email [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)



WEST  
MOONAH  
COMMUNITY  
PRESCHOOL

Every  
Tuesday &  
Wednesday  
& Thursday  
9am to 2:30pm

ages 3 to 5 inclusive

Now taking enrolments  
**Preschool Vacancies**  
Run by a qualified early childhood  
teacher and teachers aide

For further information please contact West Moonah Community Preschool  
p. 6273 2362 e. [preschool@westmoonahcommunityhouse.com](mailto:preschool@westmoonahcommunityhouse.com)  
130 Springfield Ave West Moonah

# What's on in July

School holidays 4th July to 15th July inclusive

## Mondays

- 9:15am—10:30am **Heart Foundation Walking Group**  
Gathers at the Community House each week before setting off.
- 11.15am—12.15pm **Go Movement**  
Light exercise class. \$3 donation

## Tuesdays

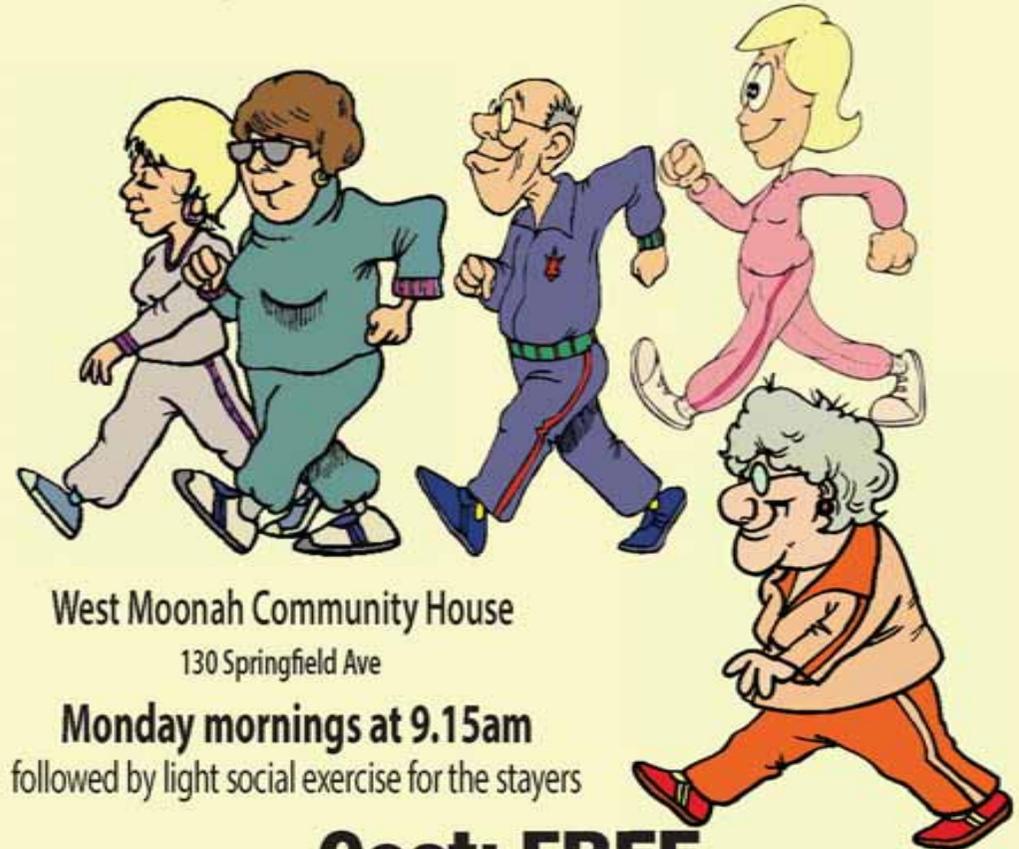
- 9am - 11am **Volunteer Program Coordinator available**  
The volunteer program provides a service to the frail, aged and disabled.  
If you would like to access this service or join our team of volunteers, please phone us on 6273 2362
- 9am – 2.30pm **West Moonah Community Preschool**
- 12.30pm - 2.30pm **Brain Teaser Luncheon** (28 June)

## Wednesdays

- All Day **Food Coop orders and pick-up**
- 9am—2:30pm **West Moonah Community Preschool**
- 11am—1pm **Headway**
- 3:45– 5:15pm **Yoga Class**  
Teaching gentle postures, breathing and relaxation. Cost: \$10 per class. For more information contact Angela Tamayo (Satyananda yoga accredited teacher) on 0427231776
- 6.15pm - 7.15pm **Exercise Class**  
Strengthening classes
- 7.00 pm - 9pm **Craft** - a self run craft social group \$3

# Walkies

**Glenorchy on the Go Walking Group**  
It's just like a walk in the park



West Moonah Community House  
130 Springfield Ave

**Monday mornings at 9.15am**  
followed by light social exercise for the stayers

**Cost: FREE**

Enquiries ask a staff member or call 6273 2362  
or email [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)



**Glenorchy**  
On the Go





Check out our website at  
[www.westmoonahcommunitypreschool.com](http://www.westmoonahcommunitypreschool.com)

You can download an information  
booklet and enrolment form.

## West Moonah Community Preschool.

We have had an enjoyable term 2 at preschool. Learning through play, following children's interests and developing our skills ready for those heading off to Kindergarten next year.

A highlight of this term has been setting up our garden. Soil was delivered and working together we filled the beds and planted some sweat peas. We have been watering and waiting for them to pop up. The children have also thoroughly enjoyed making scare crows and learning about the whole gardening and growing process.

This week we will visit the community garden and shed to look at their garden and do some wood work.

Other highlights of this term have been a visit from Dexter the guide dog and a puppet show by Camp Quality.

If you know anyone who would like to come to preschool please get them to come and visit us.



## What's on in July

School holidays 4th July to 15th July inclusive

### Thursdays

9am—2.30pm West Moonah Community Preschool

### Fridays

10am - 2pm OAK



**WEST  
MOONAH  
COMMUNITY  
HOUSE**



### West Moonah Community Volunteer Program

- ◆ Want to have some fun?
- ◆ Want to make new friends?
- ◆ Do you enjoy meeting and helping others?
- ◆ Can you spare a couple of hours per week?

If this sounds like you The West Moonah Community House has a Group of volunteers doing general garden maintenance for a number of aged and frail participants in the West Moonah / Springfield area requiring lawn moving, weeding etc. We are always looking for enthusiastic people who can lend a helping hand and help make a difference in their community. If you can help in any way we would love to hear from you.

For more information please contact Barbara

Email: [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)

West Moonah Community House - 130 Springfield Ave West Moonah

Phone: 03 6273 2362





If you are between the ages of 16 and 30, and you are a mum then some **ME TIME** is definitely for you.

**FREE activities JUST FOR YOU**

Running for 8 weeks from Monday 18th July - Noon till 2pm

**FREE childcare available**



For more information on activities and to book your spot please call 6273 2362 or email [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)

The West Moonah Community House are pleased to have a counsellor join our ranks once a week.

Appointments will be available on Thursdays at the Community House; no referral is necessary.

Counselling & Support available includes but is not limited to:

- General Mental Health Support & Monitoring
- Drug & Alcohol
- Family Violence, Anger Management
- Anxiety & Depression
- Family & Relationships
- Carer Support
- Grief & Loss
- Life Skills
- Parenting
- Health / Disability and Rehabilitation
- Return to Work Support
- Coping with Chronic Health Conditions
- Crisis / Suicide Response
- Referral to Specialist Support / Community based support

**These sessions are free of charge.**

**Bookings are essential.**

Please contact West Moonah Community House  
Phone: 03 6273 2362 Email: [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)

## West Moonah Community Shed Activities

Thanks to Andrew Wilke and Cassy O'Connor for their kind donations for the shed to purchase equipment.

If you have a jungle in your yard you may be interested in hiring a mower/catcher at \$10 per day + fuel.

Enquire at the shed or the Community House.

The West Moonah Community Shed is open Monday to Friday from 9am to 12.30pm and every second Saturday 1pm-5pm

We have some plots available in the community garden. Come see us if you are interested in growing some veges.

## First Choice Food Co-op - NOW TAKING ORDERS

Visit the webpage at: [www.firstchoicefoodcoop.com](http://www.firstchoicefoodcoop.com)

Find us on Facebook: [here](#)

First Choice Food Co-op have delivered four orders since we commenced in May, providing 60 fruit and vegetable boxes and signing up 31 new First Choice Food Co-op members. We have had strong support from our *Friends of First Choice* including Senator Lisa Singh, Honourable Elise Archer MP, Honourable Josh Willie MLC, Matthew Groom MP and the Honourable Mike Gaffney MLC. We have started a visual history of our weekly vegetable and fruit boxes on Facebook, so take a look at the high quality, fresh, seasonal and low cost produce we offer. We have both \$20 and \$10 boxes to cater to a range of family and individual needs and offer concession membership to families and individuals on low incomes. We look forward to welcoming you to the First Choice Food Co-op family soon.

**To warm your winter a little, here is our own sweet potato & apple soup recipe**

**Ingredients:** 1 tbsp. butter, 1 large carrot, thinly sliced, 600 g sweet potatoes, peeled and diced, 2 large apples, peeled, cored and diced, 1.2 litres of water, 225 ml apple juice, 225 ml cream and add salt and pepper, nutmeg to taste.

### **Method:**

Melt the butter in a large saucepan over a medium- low heat

Add the carrot, sweet potatoes, apples and water. Season to taste. Bring to boil, reduce the heat and simmer covered for around 20 minutes, stirring occasionally, until the vegetables are very tender

Leave the soup to cool slightly, then puree in the pan with hand held blender (or in our table top blender)

Stir in the apple juice (may reduce quantity to suit thickness of soup you desire), place over a low heat and simmer for 10 minutes, until heated through

Stir in the cream and simmer for a further 5 minutes, stirring frequently, until heated through. Taste and adjust seasoning if you need to

Ladle into bowls (serves up to 6 people) and serve with warm, chunky bread – yummy!



**2016 community lunch series**

# Winter Warmer



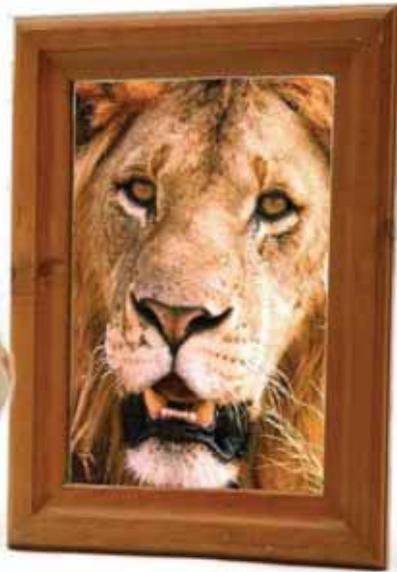
**Tuesday 23rd August 12.30pm to 2.30pm**

**Cost - \$12 (includes 2 course meal)  
BRING SOME SMALL CHANGE FOR THE RAFFLE**

**Bookings essential - tell a staff member or call 6273 2362  
or email [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)**



What  
do you  
see?



# Self Esteem

**FREE workshop**

Childcare available for \$5

At the West Moonah Community House

**Thursday 14th July**

**10am to 11.30am**

Enquiries ask a staff member or call 6273 2362  
or email [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)

## Other services at WMCH

### Fax and Photocopying

Available for use at a minimal cost,  
Monday to Friday.

### Internet

Computer and internet available  
for use, FREE of charge!

Available Monday to Friday.

### Community Pantry

The Food Pantry is available to  
anyone in the community who  
may be experiencing hardship. Our  
pantry is open from Monday to  
Thursday. Feel free to call in and  
speak to our friendly staff about  
accessing some food.

### Room Hire

Our main room is available for hire 7  
days per week subject to availability.  
We provide an affordable hourly rate.  
Contact our office or check the web-  
site for further information.

### Nils (No Interest Loan Scheme)

Provide families and individuals on low  
incomes with the opportunity to apply  
for a loan to purchase essential items,  
without the burden of interest charges  
or fees. For further information call  
1300 301 650 or phone 62732362 to  
make an appointment.



NILS Network of Tasmania Inc

## West Moonah Community Shed

Open for Business and is welcoming new members

Open Tuesdays, Wednesdays and Thursdays

9am—12.30pm

Come along and enjoy sharing and learning skills in a safe,  
social and supportive environment.

# Become a member of the West Moonah Community House

Membership is open to any organisation or person who:

- Is over the age of 18 years.
- Is residing in Tasmania
- Is in agreement with the aims and ideals of the Association.
- Is not an employee of the Community House.
- Is aware of the needs of the community.

Becoming a member of the West Moonah Community House enables you to participate in classes at a 'members only' rate.

As a member you are also eligible to become a board member and have a say in what happens in your community house.

Speak to a staff member for more information.

Membership is only \$5.00 for the year.



## Application for Renewal or New Membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Financial Member nominating the above  
 \_\_\_\_\_

Seconded by: \_\_\_\_\_

Return application form to:  
 West Moonah Community House  
 130 Springfield Avenue  
 West Moonah TAS 7009

# We're fundraising with entertainment™

Still just **\$65** giving you over **\$20,000** of value!

Discover thousands of valuable up to 50% off and 2-for-1 offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more!



*We receive 20% from every Entertainment™ Membership sold. Purchase yours today!*

## West Moonah Community House

To order your Entertainment™ Membership Visit:

[www.entbook.com.au/2404y55](http://www.entbook.com.au/2404y55)

Or contact Mel Knuckey on 0362732362 or at [info@westmoonahcommunityhouse.com](mailto:info@westmoonahcommunityhouse.com)



The Entertainment™ Book



The Entertainment™ Digital Membership



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## FIRST CHOICE MEMBERSHIP

**First Choice Food Co-op** aims to provide access to low cost quality fresh seasonal produce in the Glenorchy area

Goodwood Community Centre and West Moonah Community House are running a veggie pack program .

### Winter Packs Include

**Potatoes Carrots  
Apples Pumpkin**

Plus a combination of, Onions, Oranges, Garlic and Seasonal fruit and vegetables

+ \$5 for delivery if you cannot collect

**Why do you need to become a member and pay an annual donation to access the program?**

A 'Co-op' is a member-owned, member-governed project that operates for the benefit of the members.

As a non-for profit Co-op, **First Choice** will be able to bring members a range of freebies and add-ons throughout the year.

Any Questions or to discuss Group Memberships call Renate on 6273 2362



### FOOD COOP

**Return form and \$\$ to**  
First Choice  
130 Springfield Ave  
West Moonah TAS 7009  
or  
drop it in at  
Goodwood Community  
Centre or West Moonah  
Community House  
[foodcoop@westmoonahcommunityhouse.com](mailto:foodcoop@westmoonahcommunityhouse.com)

### Membership Form

I would like to begin a membership. Included is my donation of  
 \$20  \$10 Concession

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
Date \_\_\_\_\_

Cash  Bank Transfer  
West Moonah Community Action Group Inc BSB: 067-101 Acc number: 28032614  
Reference: FCMSurname (ie FCMSmith)

Office Use only Receipt No. \_\_\_\_\_ Book/ \_\_\_\_\_ Payment Recon.   
Member Name (Surname, First Initial) FC \_\_\_\_\_ Member number \_\_\_\_\_ Month / \_\_\_\_\_



# First Choice Food Coop

## ORDER FORM

### Place Your Order

Drop off your ORDER FORM and \$\$ to,  
Goodwood Community Centre or West Moonah Community House

or Email it  
[foodcoop@westmoonahcommunityhouse.com](mailto:foodcoop@westmoonahcommunityhouse.com)

or Phone  
6273 2362

NAME .....

PHONE .....

DELIVERY DATE (Tuesday) .....

NUMBER OF PACKS ..... @ \$20 each  
..... @ \$10 each

PICKUP  Goodwood  West Moonah

DELIVERED  YES  
Delivery cost \$5 (Only available in the Glenorchy Area)

DELIVERY ADDRESS .....

### PAYMENT

PACKS \$.....

DELIVERY \$.....

TOTAL: \$.....

CASH  BANK TRANSFER

### BANK DETAILS

Name: West Moonah Community Action Group Inc  
BSB: 067-101 Account number: 28032614  
Reference (Your Membership Number): FC .....

### Office use only

Date paid .....

Receipt No. .... Book/ .....

Customer Code: FC ..... Amount \$.....

Delivery date .....

