



Manager's Note:

The winter cold has done nothing to dampen the spirits of our community at WMNC and Community Garden. We continue to enjoy the company of our regulars and many new faces connecting with us each week. From digital literacy to garden working bees and connecting over food, there is a powerful sense of community that is heartening to be involved with.

Now is as good a time as any to recognize our volunteers and participants for all they bring to our House and Garden. The culture of welcome, care and kindness are central to both locations and built upon the goodwill and generosity of all who spend time with us. I would also like to acknowledge the dedicated care and work of our staff team, whose energy and care goes beyond a job, and all are truly invested in our House and Garden. Thank you all for being part of the energy and life of our community and our House and our Garden.

Don't forget to call and ask about:

- Affordable pre-made meals - \$6
- Tax Help 2023 - Mondays - book in
- Friday garden working bees, and
- Regular Wednesday lunches to gather and connect

A gentle reminder that our garden and house are your places, and we would love to welcome you to both. Join our activities, volunteer or even just grab a 'cuppa' and chat to see what we are all about or get some help if you need.

See you soon.

~ Ben



Acknowledgment of Country

In the spirit of reconciliation, the Warrane Mornington Neighbourhood Centre acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community.

We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Connect With Us Online

Keep up to date with news and activities



www.wmnc.org.au



www.facebook.com/warranemornington



instagram.com/warranemornington_nc

OPENING HOURS

Monday 8:30am-3:30pm Tuesday 8:30am-3:30pm Wednesday 8:30am-3:30pm
Thursday 8:30am-3:30pm Friday 9:00am-3:00pm

AROUND THE HOUSE



Wednesday Community Lunch



Volunteers Nicki and Mai



Volunteer Gin with a mega zucchini



Repair Cafe Attendees - job complete! DING!



L to R: Kitchen extraordinaires - Michael, Mario, Mary, Doreen, Vicky & Karin



TerraCycle Bins

Did you know you can drop off hard-to-recycle items like blister packs, milk bottle lids and oral care items, like toothpaste tubes, at the Warrane Mornington Neighbourhood Centre?

TerraCycle bins are bolstering the Center's sustainability initiatives. Drop off your used blister packs, oral care items, and milk bottle lids in the TerraCycle bins during the centre's opening hours and at the repair cafe. The bins are located in the little library space.

Left: Volunteer Mary adding bottle lids to the TerraCycle bins



Volunteer Profile – Mary

How long have you volunteered at the Centre and how did you get involved?

I started planting and weeding the front garden at the centre in January 2021. I was volunteering in the community garden and had to visit the centre where I noticed how neglected and sad the garden looked so decided to put my energy into a revamp.



What kinds of things do you do when you are volunteering at the Centre?

Wash tablecloths, tea towels and aprons. I do monthly paperwork to help support staff. I pack food relief bags and keep the pantry up to date and organised. I participate in weekly lunches with cleaning and general dining room duties. I have planted herbs and veggies in raised beds to use in the kitchen cooking and Food Relief. I changed the Centre's library into the pantry space as we needed more space. I water the plants and help decorate the centre.

What do you enjoy about volunteering?

Meeting new volunteers and just enjoy helping others. I like keeping busy and being creative.

What has been a highlight or favourite experience for you?

Working with wonderful, friendly staff and changing the garden into a lovely floral outlook.

What would you say to someone who was thinking about volunteering?

It's very rewarding to know that your free hours are making a huge difference to the not so fortunate. Meeting like-minded volunteers and forming new friendships.

Honey Lemon Tea

Needing a winter pick me up when feeling unwell?

- 1 cup water
- 2 teaspoons honey
- 1 teaspoon fresh lemon juice
- 1 teaspoon sugar, or to taste



Step 1 :Pour water into a mug. Add honey and heat in the microwave for 1 minute 30 seconds.

Step 2: Stir in lemon juice, mixing until honey is dissolved. Stir in sugar. Enjoy!

Recipe credit: allrecipes.com



With winter well and truly upon us, it's important to make sure you are looking after yourself. There are many illnesses (influenza, RSV, covid etc) currently spreading through the community, so be sure to check in with your GP or pharmacist to see what you can do to protect yourself.

Keeping mentally healthy is just as important, so make sure you check in regularly with someone if you feel you need to. We are available here at the Centre if you want to come in for a cuppa and a chat, or join one of the many social programs that we run.

Are you taking the time to care for yourself? Why not try:

- Calling a friend
- Visit someone for a cuppa
- Drawing/colouring in
- Journal writing
- Go for a walk somewhere new
- Listen to/dance to your favourite music
- Read a book
- Watch a movie you've been wanting to see
- Learn something new
- Do something you enjoyed as a child - ie build lego!



JOIN US FOR
womens
health week

self care workshop and terrarium
making activity

THURSDAY 7TH
SEPTEMBER
10AM - 12PM

Cost: \$5.50

150A Bligh Street Warrane
limited spots available

RSVP ESSENTIAL PH 6244 6346

In partnership with
Wellways & Bunnings Mornington



Warrane Mornington
Neighbourhood Centre Inc

NEW Frozen Meals – \$6 each

Frozen meals are now available from the Centre with our new affordable frozen meals program. A changing menu of frozen meals will be available for those needing extra support, to purchase at low cost.



Frozen meals, including a vegetarian option will be available for \$6 a container. Ask our staff or Food Assistance volunteers for more information next time you are at the Centre. Cash and EPTPOS accepted.



Card Payments Now Available

Warrane Mornington Neighbourhood Centre are well and truly stepping into the 21st Century – we now have a card payment terminal!! This can be used to pay for frozen meals, photocopying/printing costs, hire fees etc.

Food Donor Thanks

Massive thank you to the Lions Club of Clarence for your very kind donation of non perishable goods for us to utilise in our food relief program here at the Centre.



Above: Peter from Lions Club of Clarence with Katie, Garden Coordinator

Food Donations & Reusable Bags

We welcome any in-date pantry items that you no longer require. Along with clean reusable bags we often need staple pantry items to keep our Food Assistance pantry topped up.

We seek items such as:

- Flour, Rice, Noodles, Pasta
- Pasta Sauces
- Canned Vegetables, Legumes,
- Soups
- Canned Spaghetti/Baked Beans
- UHT milk, Cereal
- Clean reusable bags



More Than a Free Lunch

The More Than a Free Lunch program continues to be a success here at the Centre. With many participants enjoying cooking new recipes, building new skills and making new friends.

The program will continue until the end of 2023 and will include the creation of a cookbook complete with all the recipes used throughout the course.

If this sounds like something you would like to get involved with, please contact us on 6244 6346 – bookings are essential.



Above: Participants cooking up a storm!

'MORE THAN A FREE LUNCH'

Learn to cook simple recipes and/or pick up some extra tips and tricks in the kitchen at these regular demonstrations and hands-on skill shares. Each session will finish with a shared meal of your own creations. And take home ingredients packs to recreate your successful meals at home!

10:00 AM Wednesday fortnightly

Be sure to book your spot at least one week prior:

03 6244 6346 info@wmnc.org.au

This program is free of charge
thanks to support & funding from:



CENTRE TIMETABLE

MON	TUE	WED	THU	FRI	SAT
8:30am Yoga 9:45am Yoga *last Monday of month, only 1 session 9-10:30am From 12:30pm Tax Help 3pm Youth Rec Drop In	10am Food & Fun NILS Appointments available 6:10pm-6:30pm Loui's Van	8:30am onwards Food Assistance 10am 'More than a Free Lunch' program (fortnightly) 11:45am Community Lunch (alternate fortnight)	9:30am Families Tas Sessions: 1st & 3rd Thursday of the month *extra sessions* 31/8 and 12/10 NILS Appointments available	10:00am Garden Muster at Community Garden 18 Heemskirk St 10:30am Wellness Workout	2pm Eastside Repair Cafe: 12 August & 23 September

Everyday

Drop in & Chat | Computer Use | Printing | Photocopying
 Book Library | \$2 Coffee | Community Garden (18 Heemskirk St)



Warrane Mornington
 Neighbourhood Centre Inc

150a Bligh Street, Warrane

6244 6346 info@wmnc.org.au

www.wmnc.org.au

'Seriously Good' Coffee!

Are you a coffee lover? Ben, our Manager, has declared our coffee to be 'seriously good' and would like to invite you to come join us at the Centre and indulge in a coffee for only \$2. Not only will you get to meet us and learn about who we are and what we do, you will also be supporting the centre. Everybody welcome!



Centre Facilities

Do you need to access a computer? Need to print or scan something? We can help! We have computers, a printer, scanner and laminators (A4 & A3) available for use. Printing pricing: 10c per A4 page in B&W
 50c per A4 page in Colour



No Interest Loan Scheme

The No Interest Loans Scheme (NILS) is a service that supports people on low incomes to purchase essential household items and services. We can support you to make your loan application here at the Centre. Please call NILS directly on 1300 301 650 to begin your loan application prior to calling us to book in your appointment.

Room Hire

If you are seeking a room to meet a client, host a meeting/forum or a gathering, we may be able to assist you (restrictions do apply).

The Centre has a large indoor space, an outdoor space (including an undercover deck), private counselling room and kitchen facilities.

If you are looking for somewhere and think our centre might meet your needs, please give us a call on 6244 6346 to make further enquiries.



Shower & Washing Facilities

The Centre has a shower and clothes washing facilities available for those who need support with these services. Please call us for further details.

Drop In Rec Program

Do you have a young person looking for something to do on a Monday afternoon? Well this program might be just what you are looking for! Run on Mondays during school terms, aimed at young people in grades 5 to 8 - a drop in space for young people to enjoy food, games, music and craft activities.

For more information call 6244 6346



Food & Fun

Held every Tuesday, come along and enjoy the friendly atmosphere. There's morning tea among friends and you can participate in a fun game to win grocery prizes. It doesn't matter if you've never played before, there will be people around who will help you out on the day.

All very welcome to come along and join the fun!

Cost \$20

Wellness Workout

Looking for an exercise class that focuses on strength, flexibility and balance in a fun and relaxed environment?

Then this class is for you!

Wellness Workout runs every Friday at 10:30am and costs \$5 per class. Please bring a water bottle and hand towel.

If you are thinking of joining the class, please give us a call on 6244 6346.



Yoga & Pilates

Join Rhiannon and a community of like-minded yoga students on Mondays:

Mondays: 8:30am Gentle Flow Yoga & 9:45am Vinyasa Flow on Mondays. On the last Monday of each month Rhiannon runs a 90 minute Yin Yoga session from 9am.

To book into a class, follow the below link:

<https://sunflower-yoga-and-pilates.au3.cliniko.com/bookings>



Rhiannon



Food Assistance

Each week we receive a limited amount of food from providers which include items such as bread, milk, fruit and vegetables to distribute to those who need some assistance. These items are available for pickup from 8:30am each Wednesday and are offered on a first come first serve basis (no holds available). Please note that only one food parcel is available per household. Please follow the signage for direction on where to collect at the Centre.

The Centre also greatly appreciates food donations from the community to help support this program.

Lou's Van

Lou's Van is at the Centre every Tuesday evening from 6:10-6:30pm. All are welcome!

The Lou's Van volunteers provide food (including soup and sandwiches), hot and cold drinks, information about services, support and companionship.



Community Lunch

Come join us for lunch!

Every 2nd Wednesday a two course meal is offered at the Centre and ALL community members are welcome and encouraged to join us for a social lunch! Bookings are required, so please call us on 6244 6346 to book in. We look forward to having you join us.

A donation of \$5 is appreciated to help cover the rising cost of ingredients and support the continuation of our great lunches for you and community members in need.



Tell us your program idea!

Do you have a skill or area of knowledge you could share with others in the community? Is there an activity you are interested in that you would like to see happening locally on a regular basis?

It could be a workshop/demo style gathering, a learn-how-together activity, a set time to work on individual projects with others, or something else entirely.

We're keen to explore new ideas that will connect people, build skills or improve wellbeing locally. Please call us on 6244 6346 or drop in to flag your idea!



Home Handy Workshops

FREE

Snacks included

Warrane Mornington Neighbourhood Centre

Every month a new topic with hands on teaching



August

Mould - how to reduce in your home, tips, tricks and giveaways

Thursday, 31/8 - 11am



September

How to get the most from your garden mowing and mulching

Tuesday, 26/9 - 11am



October

How to plant a vegetable garden

Tuesday, 17/10 - 11am

Book now Limited spaces available



Call your local neighbourhood centre on 6244 6346 to book your class



Eastside Repair Cafe



Toss it away? No way!

If you have a broken item in need of repair, a repairer with the skills and tools can advise on fixability and show you how to repair it at these FREE events.

A confirmation of repair skills available each event is shared through social media and Repair Cafe's emailing list in the week prior to events.

Email: eastsiderepaircafe@gmail.com

Come along (with or without a broken item) and check it out. Grab a cuppa and chat with the friendly volunteers to find out more.



REPAIR CAFE

Eastside in 2023:

25 Feb

25 March (Big Weekend of Sustainable Ideas, Brighton Civic Centre)

13 May

1 July

12 Aug

23 Sept

4 Nov



Warrane Mornington Neighbourhood Centre
150A Bligh St, Warrane



2 - 4pm



www.repaircafe.org

0499 078 490
eastsiderepaircafe@gmail.com

Get Tax Help your way

Free help with your tax return – online, in person or by phone. There have never been so many ways to talk to a Tax Help volunteer.

To find out more, contact
Warrane Mornington N'hood Centre 6244 6346



Clarence... a brighter place

Eastside Repair Café is proudly supported by
Clarence City Council's Community Grants Program
& Clarence Climate Action



Important Dates

- 25 July – Term 3 begins
- 12 August – Repair Cafe
- 20 August – Garden Working Bee
- 17 September – Garden Working Bee

- 23 September – Repair Cafe
- 30 September – School Holidays Start
- 15 October – Garden Working Bee
- 16 October – Term 4 begins



Warrane Community Garden



Photo credit: Mel Thurling

18 Heemskirk Street, Warrane Ph: 6244 6346 Email: garden@wmnc.org.au wmnc.org.au/community-garden

Garden News

Welcome back to Winter!

Although the weather can be more challenging in the garden, I love this time of year. Winter without all the lush growth is a great time to look at improving the layout and “framework” of the garden.

Recently we finished formal borders around the Food Forest and our Rhubarb Patch using recycled pavers and a donated edging product from our community. These serve more functions than just making the garden look more defined and cared for. Borders keep the soil in the mounds when the birds come digging through the beds in search of bugs and worms. They also give us a clear line that we can weed down to in the beds and mow up to on the grassy side; making more efficient use of our volunteers time.

We were also generously donated a small pond to create a boggy environment in our developing Frog Bog in the Native Plants Patch. Our volunteers are in the process of trouble shooting a discovered leak but we hope to have it back in place in Term 3 so be sure to look out for it next time you visit.

Enjoy our garden news and we hope to see you in the garden soon.

Happy Growing!

Katie K



Making Mustard

Some time ago I got a few seeds from the mustard plants at the garden. I made a tiny batch of fantastic mustard with them. The seeds are dark brown/black, which makes a very dark mustard. I have learned quite a few things about mustard making in the process, and hope to do it again next year. A few embarrassing moments trying to separate the seeds using my grandmother’s old technique of separating seeds from chaff and pods and whatever had gotten in there, by using a hair dryer a bit too well powered. But it was worth it!

Many thanks to garden volunteer Mads for sharing this!



Acknowledgment of Country

Warrane Community Garden acknowledges the Traditional Owners of this unceded land, the Mumirimina people of the Oyster Bay Nation. We recognise their continuing connection to the Country on which we now gather, garden and grow together. We pay respect to the Tasmanian Aboriginal community that continue to care for Country, to Elders past and present and to the many Aboriginal people that did not make elder status.



The Warrane Community Garden is an initiative of the Warrane Mornington Neighbourhood Centre.

The Buzz

Last term we started a collaboration with Clarence City Council and Young Leaders of Tasmania to run a pilot series of All Abilities sessions in the garden. Our volunteers assist with demonstrating activities, there's a mug of warm vegetable soup for lunch and there's plenty of time to explore the garden.

Our second event was held first week of term and the nature weaving activity produced some beautiful take home pieces of art by participants. Our next session will be August 30th. If you know someone living with a disability who may like to check out The Buzz in August please share the flyer in this newsletter with them.



THE BUZZ

FUN SESSIONS FOR ALL ABILITIES

Warrane Community Garden
18 Heemskirk St

Wednesday:
28 June, 26 July, 30 August

1pm to 3pm

All ages & abilities welcome!

Afternoon tea provided.
Registration is essential, to book please click [HERE](#) or scan the QR code.



SCAN ME

For more information, please call 03 62179728 or by email mmadhu@ccc.tas.gov.au



National Families Week

It was a perfect, sunny autumn day for Snack and Sing at the Garden as we celebrated community and National Families Week with Families Tasmania, Playgroup Tasmania and Clarence City Council in a morning of singing, nature inspired play and conversations.

We loved seeing smiles on faces of all ages as we shared in activities like making nature crowns and wands, weaving and creating beautiful pebble art. It was wonderful to see people of all ages coming together and sharing stories and crafts together.




Family Food Patch served up a delicious silverbeet soup for morning tea and their carrot cake bliss balls were a popular sweet treat.

It was a great collaborative effort supported by our volunteers, bringing more people into the garden, and strengthening our connections with the community! Keep an eye out for Families Tasmania's regular sessions every second Thursday at Warrane Mornington Neighbourhood Centre or in the Garden.

For more great inspiration cooking from the garden download their fantastic booklet here:

familiestasmania.org.au/resources/kitchen-abc-123





-  Total preparation and cooking time: 30 minutes
-  Serves: 4-6
-  Soup can be frozen

Creamy silverbeet soup

WHAT YOU NEED:

- 1 tbsp. olive oil
- 1 brown onion, finely chopped
- 2 celery stalks, finely sliced
- 2 garlic cloves, finely chopped
- 4 cups salt-reduced vegetable stock
- 2 large potatoes, peeled and chopped
- 1 bunch of silverbeet, stems removed, leaves roughly chopped
- 1 cup natural or Greek yoghurt

HOW TO MAKE IT:

-  1 On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, celery and garlic. Cook until the onion is soft.
-  2 Add the stock and bring to the boil.
-  3 Add the potato, bring to the boil again and then reduce heat and simmer for 10 mins until potato is soft.
-  4 Add silverbeet and cook for 2 mins, until just wilted.
-  5 Remove from heat and cool before blending.
- 6 Stir in yoghurt, warm through and then serve with crusty bread

Community Event of the Year Springfest 2022

Each year Clarence City Council runs a wonderful Community Gala event during Volunteers Week to celebrate and thank volunteers in our area. A big congratulations to all our amazing garden volunteers and the wonderful individuals & community groups that helped us deliver Springfest last year! Springfest was nominated for the Clarence Event of the Year with winners announced at Clarence Community Gala! Those of us that could make it along from the garden were delighted to share this win with Rosny Library's Twilight Reading Festival & the very popular Park Run. Well done to all the nominees and winners across the different categories.

As the Mayor recognised in his introduction - volunteers really are the lifeblood of our community. Whether you are a volunteer at a community organisation, landcare group, op-shop, in sport or elsewhere. Thank you for all you do to make our community a better place for all.



2023 Scarecrow Exhibition

For our local primary schools, a heads up that we will be running our Scarecrow Exhibition for Springfest again this year on Saturday October 21. With so many creative ideas in last year's exhibition, we're already looking forward to seeing 2023's entries!



Working Bees

The garden's regular monthly working bee is the third Sunday of each month 9am-12pm.

We also meet weekly on Friday mornings between 10 -12 for a more casual morning muster.

All hands are welcome no matter what your level of gardening experience. Come along and meet other volunteers contributing to the wellbeing of the garden and its visitors.

A few things that we ask you to bring are:

- your own reusable cup (tea/coffee/water are provided)
- your garden gloves
- favourite weeding tool - if you have one.

If you would like to get involved at other times or just on individual projects – like the orchard, the espalier trees, the grapevines, the native garden etc...please get in touch to find out more!

Term 3 Monthly Working Bees

9am - 12 noon

Sunday 20 August
Sunday 17 September
Sunday 15 October



Garden Guidelines

To help everyone feel safe and welcome at the garden these guidelines have been developed in consultation with the community.

Pets in the garden

Please ensure pets are on lead when walking through the garden and keep them off garden beds and the growing mounds (which also have food plants).

Children in the garden

The garden is a working food garden. To keep them safe, children should be supervised by an adult when visiting.

Care for all visitors

The garden is an alcohol, drug & smoke free zone.

You can read more about the guidelines process on our website.

RESOURCEFUL WORKSHOPS

Learn new skills & have fun in nature through workshops from experts!



- Composting Demystified Monday 10 July, 2pm
- Natures Recyclers - Monday 9 October, 10am
- Basket making for beginners - Sat 25 Nov, 10am
- Natural Fabric Dying Nov 2023 & Jan 2024
- Hat Making for Harvest Festival - Friday 23 Feb, 2pm

Workshop locations: Warrane Mornington Neighbourhood Centre or Warrane Community Garden.

For more information:

info@wmnc.org.au or 0499 078 490



Things to do at Warrane Community Garden

- Bring a picnic to enjoy
- Draw the flowers and plants
- Join our Summer watering roster
- Adopt a tree to take care of
- Pick some herbs for dinner
- Become a weed warrior
- Ask about using the BBQ
- Join in our weekly Friday muster
- Attend our monthly working bee
- Dance, sing, explore... & more

Garden Share Stand

The garden stand has been installed to share free produce, plants, and seedlings with the community. If you have an excess of garden produce, please feel free to add them to the stall.



Group Visits

If you would like to organise an activity with your group in the garden, please get in touch about access to facilities.

BBQ Use

If you would like to use the BBQ for a family gathering please get in touch about access to facilities.

Keeping In Touch

If you would like to get involved at the garden or learn more please visit:

<https://wmnc.org.au/community-garden>

Alternatively, contact Katie - Garden Coordinator
6244 6346 garden@wmnc.org.au