

Newsletter  
May 2017



# TBCC celebrating 30 years Friday 28 July 2017 Save the date open house 2 - 6pm more details in June newsletter

"OUR HOUSE" Neighborhood House, Taillem Bend

Annual General Meeting - held 18th March 1987

## Election of Committee

President - Leonie Hutson  
Vice President - Peter Dickson  
Treasurer) - Ronda Rees  
Secretary)  
Assistant Treasurer/Secretary - Coralie Dillon

## Committee Members:

Rosemary Friedel  
Owen Owen  
John Dillon  
Bob Hutson  
Michael Kozikowski - Representative Councillor  
Taillem Bend Ward  
Helena Fairney - Advisory Member -  
Dept. for Community Welfare, Murray Bridge



Phone: 8572 3513  
www.tbcc.org.au info@tbcc.org.au  
141 Railway Terrace, Taillem Bend SA 5260



# 2017 Term 2 Timetable

1 May -  
7 July

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Tuesday—Friday</b> <b>9am—4:30pm</b> <b>Tel: 8572 3513</b></p>	<p><b>Broadband for Seniors</b></p> <p>One on one support for seniors using the internet</p> <p><b>Appointment required</b> <b>Cost: FREE</b></p>	<p><b>Sewing Class</b></p> <p>Join this group to work on individual sewing projects</p> <p><b>9am to 12 noon</b> <b>Cost: \$5.50</b></p>	<p><b>Our Time</b></p> <p>Interaction with children under 5 years * Parent, Child, Mother Goose</p> <p><b>9.30am to 11.30am</b> <b>Cost: FREE</b></p>	<p><b>Woodturning</b></p> <p>Tailored tutoring in the art of woodturning</p> <p><b>Fridays men's group</b></p> <p><b>9am to 3pm</b> <b>Cost: \$5.50</b></p>
<p><b>Neighbourhood Watch</b></p> <p>Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support.</p> <p><b>Contact 0417 840 473</b></p>	<p><b>Woodturning</b></p> <p>Woodturning Choose your own project create with support</p> <p><b>9am — 3pm</b> <b>Cost: \$5.50</b></p>	<p><b>Computer Class</b></p> <p>Need assistance with all things Computing? Bring your own lap top or use a Centre PC</p> <p><b>10am — 12noon</b> <b>Cost: \$5.50</b></p>	<p><b>Woodwork</b></p> <p>Join Ted to create a wood project of your choice</p> <p><b>9am — 12noon</b> <b>Cost: \$5.50</b></p>	<p><b>Walking Group</b></p> <p>Are you interested in joining a walking group? Call TBCC to register. Day &amp; time to be confirmed</p>
<p><b>Golden Go Getters</b></p> <p>Help strengthen your muscles in a safe/supported Environment Town Hall Function Room Mondays <b>9:30am — 10:30am</b> Wednesday's <b>10.30am—11.30am</b> <b>\$5.50/class</b></p>	<p><b>Social Craft Circle</b></p> <p>Join this friendly group. Work on your own craft and share ideas.</p> <p><b>1pm — 3pm</b> <b>\$1:10/class</b></p>	<p><b>CHEFS Cooking</b></p> <p>Social cooking group</p> <p><b>Cost: ingredients split between participants</b> <b>\$2 - \$5</b> <b>10am—12 noon</b></p>	<p><b>Ceramics</b></p> <p>With Doris Connolly. Enjoy this wonderful craft in a friendly relaxed environment. Call 8572 3241</p> <p><b>12:30pm — 2:30pm</b></p>	<p><b>Our Goldies Lunch</b></p> <p>6 May Mt Pleasant</p> <p>23 June TBCC guest speaker from TEND Financial</p>
<p><b>Tailam Bend Progress Association</b></p> <p>7pm Wednesday every 3rd month Call Beryl 85723507 <b>PARADE COMMITTEE</b> 7pm third Tuesday of each month Call Jules 0447 093 684</p>	<p><b>Training</b></p> <p>TBCC offers lots of training opportunities Please call us for details 8572 3513</p>	<p><b>Golden Gamers</b></p> <p>Join us for games and company Wednesday Afternoons</p> <p><b>1pm — 4pm</b> <b>Cost: \$1.10</b></p>	<p><b>Glass n Art</b></p> <p>Make a mosaic, glass or leadlight project of your choice in a creative environment with like-minded people</p> <p><b>1pm — 4pm</b> <b>Cost: \$1.10</b></p>	<p><b>Garden Club</b></p> <p>Garden Club meet on the second Wednesday of each month We are currently looking for a coordinator</p> <p><b>Cost: FREE</b></p>
<p><b>Probus</b></p> <p>Meet on the 3rd Monday of each Month</p> <p><b>10am — 12noon</b> <b>Cost: gold coin</b></p>	<p><b>Book Club</b></p> <p>Are you interested in joining a book club? Call TBCC to register.</p> <p><b>Day and time to be confirmed.</b></p>	<p><b>Rosa Merlino Art</b></p> <p><b>Rosa's Merlino Art Class</b> Tutored Art classes Personalised to your needs, across any mediums.</p> <p><b>11am—2pm</b> <b>Cost: \$10-\$15 per person</b></p>	<p><b>C4C Activities</b></p> <p>*For details about C4C activities offered for Children 0-12 years please call Denise 8572 3513</p>	<p><b>Creative Writing</b></p> <p>Learn techniques that keep your writing interesting. Work on your own projects and enjoy some fun writing activities.</p> <p><b>1:30pm — 3:30pm</b> <b>Cost: FREE</b></p>
<p><b>Evening Yoga</b></p> <p>Improve your flexibility and tranquillity with instructor Monica Martin. Please bring a blanket, water and your own mat if you have one. Call Monica 0488 133 625</p> <p><b>6:30pm — 8pm</b></p>	<p><b>Meningie Tai Chi</b></p> <p>With Sandie at the Meningie RSL Hall on Tuesdays.</p> <p><b>3:30pm — 4:30pm</b> <b>Cost: \$5.50</b></p>	<p><b>Folk Art</b></p> <p>Folk Art is a social group sharing skills and knowledge of folk art and more</p> <p><b>1pm — 4pm</b> <b>Cost: \$1.10</b></p>	<p><b>Photography Group</b></p> <p>Tuition with Glenn Power on the first Wednesday of each month. 7pm at TBCC Photo taking field trips to local venues on second Sunday each month at 10am.</p> <p><b>Cost: \$1.10</b></p>	<p><b>Archery</b></p> <p>Archery for all ages. Bookings essential. Tailam Bend Primary School Oval</p> <p><b>Sundays: 9.30am — 12.30</b> <b>Cost: FREE</b></p>

\* Communities for Children (C4C) is facilitated by ac.care and funded by the Australian Government

# SISTA GIRL



**Friday 26 May 1pm**  
**TAILEM BEND TOWN HALL**  
Tickets available through  
**Tailem Bend Community Centre**  
**tbcc.org.au or 08 8572 3513**

**Presented by State Theatre Company & Yirra Yaakin Theatre Company**

**By Elena Carapetis and Alexis West**

Two young women meet face to face for the first time across the bed of a dying man. Strangers to each other but bonded by blood and grief. Sisters. They break the cold silence of the hospital room to start a difficult conversation. About the past and secrets. About the women who were their mothers. And about why this man, their father, abandoned one family to make another. When the past is dying and can't say sorry, how do you move on?

Sista Girl is an exploration of the relationship between Aboriginal and non-Aboriginal Australians, via the story of two women who share a white father. Co-written by Elena Carapetis (Gorgon) and Alexis West (Echoes .... of Knowing Home) especially for the brilliant Natasha Wanganeen (Rabbit Proof Fence, The Shadow King) and Nadia Rossi, the play will speak directly to audiences about questions of identity, grief and the complex nature of family.

**The tickets are \$26 for adults, \$23 for groups of 6 or more and \$15 for under 17s.**

**School discounts available by contacting Kimberley Martin on (08) 8415 5314**

Communities for Children  
Murraylands  
9.30 - 11.30am

# Parent Child Mother Goose

Where: Tailem Bend Community Centre

When: Thursdays

Parents and carers of pre-school age children and their little ones are invited to come along for some fun and games, craft, songs, snacks and socialising.

## Our Time

Term two Program 2017

May 4	Playdough
May 11	Mothers Day-Make a Rose
May 18	Pizza Day
May 25	Finger Painting
June 1	Biscuit Decorations
June 8	Prince & Princess Day-Dress Up
June 15	Out Side Play-Park
June 22	Colour Day- Colouring Fun
June 29	Cooking In the Kitchen
July 6	Children's Choice

To book, contact - **COST: FREE**



Tailem Bend Community Centre

141 Railway Terrace Tailem Bend P 08 8572 3513

E c4c@tbcc.org.au www.tbcc.org.au



Anglican Community Care Inc | ABN: 53 440 436 445 | Charity Licence CCP1186

Web: [www.accare.org.au](http://www.accare.org.au) | Email: [CommunitiesForChildren@accare.org.au](mailto:CommunitiesForChildren@accare.org.au)

Communities for Children is funded by the Australian Government Department of Social Services

# Tuning in to Kids

## Emotionally Intelligent Parenting

A free five session parenting program for  
parents of children aged 2-6

**Tailem Bend Community Centre.**

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?



Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

**Emotional intelligence may be a better predictor of academic and career success than IQ!**

**9.30am—11.30 Thursday mornings for five weeks**  
**25 May, 1, 8, 15, 22 June 2017**



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# AGED CARE WORKSHOP

**Friday 23 June 11.30am**



**Kate Phillips from Tend Financial Planning has built a reputation as Adelaide's 'Aged Care Guru'.**

With a background developed from teaching, Kate will educate and guide you around:

- The aged care fee structure;
- The complicated aged care process; and
- The opportunities that maybe available to lower the cost of ones care.

Kates key focus is to assist you in saving time, your energy and your worry.

At the Tailem Bend Community Centre 141 Railway Terrace on **Friday 23 June at 11.30am** to listen to Kate for a **FREE** information session.

A workshop **not to be missed please tell your family and friends** to come along for an informative session.

Please stay for our monthly 'Our Goldies' lunch at 12 noon cost is \$10pp for a two course meal.

Limited seats please call **8572 3513** to book by Friday 26 May.

**This FREE workshop normally cost \$200 per couple.**



# Coming up next at Tailem Bend Community Centre



## BOAT Licence Course

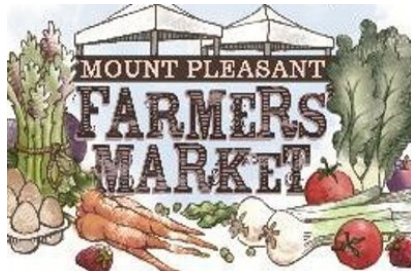
Do you want to get your boat licence?

### Next Course is in June 2017

Please call TBCC to register your details. Call 8572 3513. The cost is \$30 per person. Bookings are essential and it fills up fast. We are not planning any courses later this year so please secure your licence **NOW** in time for next summer.

## Our Goldie's Lunches

Mt Pleasant Market 8am—12pm  
Saturday 6 May Cost \$20.00



June 23 at TBCC with guest speaker Kate Phillip's from TEND. Speaker starts at 11.30am

## Matilda the Musical

Wednesday 12 July 2017

Bus, Lunch, Musical \$100pp

The bus is fully booked **payment required by Wednesday 14 June 2017** to secure your tickets. If we do not receive payment by this date tickets will be offered to waiting list.

## Grow Free



We would like to set up a grow free cart in the community garden. The cart is for community member to donate and share surplus produce. We can create a Facebook page for all members of the community to access and share knowledge and information. If you would be interested in getting involved please call in to see staff or call 8572 3513

## Membership

TBCC annual membership is due in June 2017. The cost is \$5.50 which entitles you to discounted printing and copying, newsletters, invitations, voting at the AGM and more. Please call in to see our friendly staff and volunteers and update your details.

## May General Meeting

Wednesday 3 May at 1pm please join us for the TBCC general Board meeting. Afternoon tea is provided so you can come along to hear what's planned and offer suggestions for TBCC future direction.

## Parenting Programs

Funded by the Department for Social Services and facilitated by ac.care Communities for Children Murraylands. TBCC staff Tammy, Denise and Christine deliver a number of evidence based parenting programs such as Parent Child Mother Goose, Tuning into Kids and Seasons for Growth. If you would like to discuss these programs please call Denise on 8572 3513 or email [c4c@tbcc.org.au](mailto:c4c@tbcc.org.au)

## Staff

<b>Coordinator:</b>	Tammy Shepherd	Monday - Friday
<b>CHSP Officer:</b>	Deb Taylor	Tues, Wed, Friday
<b>C4C Officer:</b>	Denise McLoughlin	Tuesday - Friday
<b>Finance Officer:</b>	Chris Hartmann	Thursday

## 2016/17 Board of Management:

<b>Chairperson:</b>	Jack Hunt
<b>Vice Chairperson:</b>	Lorraine Cresp
<b>Treasurer:</b>	Trevor Gordon
<b>Secretary:</b>	Rhonda Shillabeer
<b>Committee:</b>	Bev Moyes, Donna Middleton, Rosemary Symonds, Margo Wood, Linda McDougall



Commonwealth  
Home Support  
Programme (CHSP)



Government of South Australia  
Department of Planning,  
Transport and Infrastructure



Government of South Australia  
Department for Communities  
and Social Inclusion