



KITCHEN RENOVATION: Laser Electrical's Zacc Cocks, Maloney Plumbing's Scott Heaver and Ady Smith, Andrae Builders' Greg Andrae, M and C Knowles Painters' Andrew Stockwell and Riley Sturges, Hy-Craft Cabinets' Malcolm Allen and Sunset Community Kitchen volunteers Rodney Summers, Maree Thompson, Pauline Kenny and Lorenza McMahon admire the makeover in the John Frew Centre kitchen.

Picture: BRITTANY DENTON

Community kitchen upgraded

Volunteer generosity rewarded with cooking facility overhaul



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VOLUNTEERS at Mount Gambier's Sunset Community Kitchen have generously served meals to the city's most vulnerable for over seven years and last month that generosity was returned by a group of tradesmen.

Tradesmen from several local businesses donated their time and materials to upgrade the kitchen at the John Frew Centre, transforming the space where volunteers prepare meals for those struggling to put food on the table.

The makeover was made possible by the Federal Government's Stronger Communities program.

"We received a federal grant through Tony Pasin for \$11,000," Sunset Community Kitchen board member Maree Thompson said.

"Greg Andrae was our major contractor and he quoted us



UPGRADE: Sunset Community Kitchen volunteers Maree Thompson, Lorenza McMahon and Pauline Kenny enjoy a well deserved cup of tea in the recently renovated kitchen.

Picture: BRITTANY DENTON

for the work we needed to have done, but afterwards we found out there was a considerable amount of work needed on top of what we had envisioned."

Knocking out a wall between a storage room and the original kitchen necessitated extra work so the area would meet safety standards. "Once the wall came down

and the whole area became a kitchen it was no longer hygienic enough because the walls were rough brick," Ms Thompson said.

"We asked Greg to go ahead and organise the rest of the work and we did not know what it was going to cost us."

"When the invoice came in, so many of the tradies had done the work for free or for a heavily discounted amount or had donated the materials."

"It came in on budget and we felt so lucky and grateful."

"We just think the tradesmen in Mount Gambier are wonderful and we wanted to thank them."

The tradesmen completed significant plumbing, building, electrical work and painting to transform the previously quaint kitchen into a more suitable space for the not-for-profit organisation.

That sense of community spirit will be paid forward at the John Frew Centre on Monday and Wednesday evenings when volunteers prepare and dish up meals for locals in need.



LEARNING OPPORTUNITY:

Design and technology teachers from around the South East joined together for a conference held at Tenison Woods College recently. The hub conference helped local teachers get more acquainted with current STEM technologies. Teachers from throughout the South East were treated to talks by STEM professionals in addition to a field trip to a OneFortyOne Plantations timber processing mill. Mount Gambier High School's Madeleine Cook and Thomas Sutton agreed the event helped broaden their knowledge.