



*Edna James planning for the new hedge.*



## The NLCH front garden is getting a facelift

The Community House vegetable garden has long been a successful and much appreciated part of our hub. The frontside of the House however, has looked tired for quite some time and the long hot summer certainly hasn't helped. All this is now about to change. Edna James and a few other members of the Nagambie Lakes Community House have taken some great initiatives that will eventually brighten up our front garden.

The plan is to plant a low rosemary hedge between the current fence and the tennis courts, as well as a row of citrus trees along the same courts. The citrus trees will provide shade, but also fruits which can be turned into marmelade or lemonade.

If all goes to plan, there will also be a smaller native garden with beautiful, soft flowing grasses and a big boulder to create some depth.

The Shire has been very helpful in the process and have agreed to help dig the holes and provide us with a boulder. (The same as has been used to decorate Buckley Park.)

We wish Edna and all the others the best of luck with their new endeavour. We can't wait to see the results!

**Nagambie Lakes Community House Inc.**

**11 Prentice St. Nagambie, VIC 3608**

**E-mail: [nlchouse32@gmail.com](mailto:nlchouse32@gmail.com), Phone: 03-5794 1487**

**Open weekdays between 10.00am and 3.00pm**

# Reports and recaps

## Welcome group

Luscious juicy strawberry dessert sundaes were served to Welcome Group members on their visit to Belstack Strawberry farm at Kialla in March. First, proprietor Peter served a delicious buffet lunch then gave an interesting talk on the history of the farm's activities over the 30+ years it has been operating.

He and his wife Marg produce a wide range of preserves, home grown vegies and eggs (without using any chemicals or pesticides) as well as their new venture of 'glamping' (glamorous camping) accommodation.

**Jeanette Murray**



Photos by Kaye Jones.



**Neighbourhood House Week**  
**Bringing People Together**  
from your Neighbourhood to your Nation

10-17 May  
**2019**

Did you know there are over 400 neighbourhood houses in Victoria and over 1000 in all of Australia? Every year, over 21 000 people volunteer at a Neighbourhood House and over 320 000 people visit or participate in their programs or activities.

The Nagambie Lakes Community House is both part of Neighbourhood Houses Victoria and a local network called GNEACC, which stands for Goulburn North Eastern Association of Community Centers.

Neighbourhood House week is a nationwide initiative

to celebrate the role of neighbourhood houses in the community. It will be celebrated across Victoria from the 10th to the 17th of May. The national theme for 2019 is **'Bringing People Together: from your neighbourhood to your nation'**.

Neighbourhood houses work at the heart of their communities, offering activities and programs which bring people together, help combat loneliness and provide the human connection that is so vital to health and well-being.



# Art group at the NOW-festival

The NLCH Art group put up an impressive collection of beautiful artwork at the NOW-festival...



*Eve.*



*Valma.*



*Bob Eaton.*



*L-R: Trudy and Peter.*



*L-R: Beryl, Trudy, Wendy, Bob, Valma, Peter and Eve.*

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## KidsMatter Program at the Nagambie Primary School

The Community House has received an invitation from the Nagambie Primary School to get involved in their KidsMatter program. This program runs during the second and fourth term of the school year and welcomes people in the community to come and share their knowledge and skills with the students.

At the official KidsMatter webpage one can read that the program is a mental health and wellbeing framework for primary school students. It is proven to make a positive difference to the lives of Australian kids, providing tools to nurture happy,

balanced kids.

Do you have a gift, skill or passion you would like to share? Do you enjoy being around kids and would consider taking time to be part of their lives for a short period? Please come see coordinator Anna Close at the House for some more information. (You can also check out the webpage: [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au).)

Some of the previous classes the school has run has involved art, drumming, fishing, tennis etc. So the sky really is the limit!

# Current Community House Groups

## Arts Group

Saturdays, 1pm - 4pm. Art Room, Primary School. Contact: Valma Crerar, nlchouse32@gmail.com

## Breast Cancer Support group

Meets regularly at the House. Contact: Di Proud 5794 1520.

## Craft Group

Mondays 10am - 12pm. Contact: Beryl Dukes, bgdukes@bigpond.com

## Photography Group

First meeting, 16th of April at 12.30pm - 2pm AND 7pm. Contact: Judy Hoffman, judyhoff@bigpond.com.

## Garden Group

Mondays 10am - 12pm. Contact: Mike Thomas, michaelthomas12@bigpond.com

## Matildas

Getting ready to lock in their very first adventure. Contact: Ilona King, larryilonaking@gmail.com.

## Parent's Group

First meeting Tuesday the 9th of April, 6pm at the House. Contact person: Lauren Pureplatinum@y7mail.com

## Patchwork and quilting

Thursdays, 10am - 3pm. Tennis Clubrooms. Contact: Pat Moroney, gmoroney3@bigpond.com

## Shared Table

Third Wednesday of the week. 6pm. Contact: Elizabeth Branagan, emmeng@hotmail.com

## Tow 'n' Yarn

Meets regularly for caravan- and camping adventures. Contact: Max Dunstone, 5794 1868.

## Ukulele Group

Wednesdays, 9am - 12pm. Contact L Robyn, robyna-lice2004@yahoo.com.au

## Walking Group

Meets once a month. Contact person: Wendy Mason, mason.wendy.m@gmail.com

## Welcome Group

Meets once a month. Contact person: Jeanette Murray, nagambiewelcomegroup@gmail.com

## Writing Group

Second Tuesday of the month, 10am - 12pm. Contact person Vonnie Deering, vonnie.deering@bigpond.com

## New kids corner at the House



Do you have any previously loved books, games or toys no longer in use? Why not donate them to the House and our new kids corner?

In April we are starting up a new **Parents' Group** but are also hoping to make it possible for mums and dads with younger children to come and partake in the different activities at the House. - A kids corner could make this a lot easier!

## On the horizon...

The Nagambie Lakes Community House are currently investigating the possibilities of arranging:

- A mosaic class (starting in June)
- A sourdough baking class, (starting in July.)
- A drama and music class for primary school students.

If you think might be interested in any of the above, please don't hesitate to contact Anna at the House, either via phone, e-mail or in person. (See front page for contact details.)





# Upcoming events

## Computer Class

Feel like technology went on a marathon and left you behind? Want to learn how to operate your phone, computer or iPad but not sure where to start? The Community House has got you covered!

In May the eminent Sally Fyfield will be running a computer course for not so tech savvy people. You will initially learn how to use Google and then the course will focus on whatever individual requests or needs the participants have. Sign up with Anna Close at the House. (Contact details at the front page.)

**Dates: Fridays,  
3rd, 10th, 17th  
and 24th of  
May.**

**Time: 10.30**



## Parents' Group

The Community House are starting up a parent's group for single mums or dads or parents with partners doing shift work. The idea is to get together with others in the same situation, share a simple meal and talk about both the fun and challenging in life.

**Tuesday, 9th of April  
At the Community House, 6.00pm  
Contact Lauren for more information, on:  
Pureplatinum@y7mail.com**

## Equip4Life - A Free Health & Wellness Program for Senior Groups

*(This course is not run or organised by the Community House but by the Nagambie TOWN Club)*

Equip4Life are a team of allied health professionals, including dietitians and exercise physiologists, with a passion to encourage and help the community achieve their healthy living goals.

We want everybody in Victoria to have access to health and wellbeing services and for money to not be a barrier to that. As such, Equip4Life are offering a FREE government funded health program to those who are interested, which will be run at the local Nagambie TOWN Club.

This program will cover a whole range of in-depth valuable scientifically validated and updated information.

The program is free, however, registration absolutely is essential. Please contact Equip4Life on 0404 501 195 for further details and/or to register.

Yvonne Dacey is the president of the Nagambie TOWN Club. For more information on TOWN, please contact Yvonne on e-mail: [wallyvonne7@bigpond.com](mailto:wallyvonne7@bigpond.com)



# Matildas are back

Are you interested in theatre, art or music? Then we've got good news for you! The Matildas are back on and can't wait to get out on their next joint adventure! Ilona King is currently wanting to know if there is any interest in attending **Menopause - the Musical** in Bendigo on the 30th of June at 6.30. See [www.bendigoregion.com.au/arts-culture-theatres/event/menopause-musical](http://www.bendigoregion.com.au/arts-culture-theatres/event/menopause-musical) for more info.

Another possible outing is the **High Tea with Wedgwood** at the Bendigo Art Gallery, which is open between the 2nd of April and 27th of June. Does this sound like something you'd be interested in? Send Anna an e-mail on [nlcho-use32@gmail.com](mailto:nlcho-use32@gmail.com) or call 5794 1487.



# Photography Club starting

Like taking photos but wish you knew more techniques or skills? Looking for someone to give a some professional advice on how to make your photos pop? Then this is the Club for you! Nagambie local Judy Hoffman is starting up a new fun-loving photography group for all ages. No matter what you take your photos with, or whether you prefer digital or film, there will be something for all! First meeting will be held on the 16th of April at 12.00pm - 2.30pm and 7pm. Contact [judyhoff@bigpond.com](mailto:judyhoff@bigpond.com)



# Block Party 16th of April, 4pm - 7pm



The date for the block party has been set! Get your party gear on, because on the 16th of April the House will open up to everyone! It looks like it's going to be a great day so make sure to mark your calendars!

The Men's Shed will be there, the Youth, the Tennis and Bowls Club and even the Strathbogie Shire council will come out and join the celebrations between 5pm and 6pm. The Neighbourhood Watch will be there to put green safety screws on people's number plates. There will be live music, jumping castles, mural painting of the Youth house, a coffee cart, Swedish Viking games and most importantly; an opportunity for all the different groups of the House to showcase what they do and can offer to anyone interested.

The Art group will open up a 'come and try corner', the Quilting group will showcase their work, Tow 'n' Yarn will be there to talk about camping, the Ukulele group will play and the Welcome group will have their April get-together at the House. (Just to mention a few of our lovely groups.)

Please have a think about how and what you can do to make this day a success! Tell friends and family, or why not bring your favourite family backyard games? Let's make this an evening Nagambie will never forget!



# From the Coordinator's desk

I've never been particularly good at making friends. I'm not sure if it's because I'm a reserved introvert, taking ages to open up, or simply due to the fact I'm also a bit odd and opinionated... :-)

None the less, most of the truly amazing friends I have in my life today have been extroverts that found me, liked me and simply decided to adopt me. - I'm not sure where I'd be without them to be honest. Because as much as I enjoy being on my own; reading, writing, gardening or walking, the negative side effects of isolation always seem to sneak up on me. Before I know it, it's been weeks since I had coffee and good conversation with someone. Weeks since I truthfully answered the question of how I've been. Suddenly I start feeling a bit blue, - a bit bored, a bit detached or unloved and then I remember. - I do need people! I need to experience being safe and seen. I need to feel like I can take a big breath and just tell it like it is. I need to hear someone lovingly laugh at my fears and failures. And perhaps even more so; I need to be that same person to someone else.

The thing is, we all do! Recent studies have shown that loneliness and isolation is not only increasing in society but is also contributing to a myriad of problems: from general physical and emotional ill-health like high blood pressure and heart attacks, to depression, substance abuse, domestic violence and crime - even suicide. Or like it's bluntly stated in Genesis 2:18: "It's not good for man to be alone."

The Jewish philosopher Martin Buber has written a much famous thesis where he goes as far as to claim that there is no 'I', without a 'you'. - It is together; in the meeting we become someone; become who we truly are.

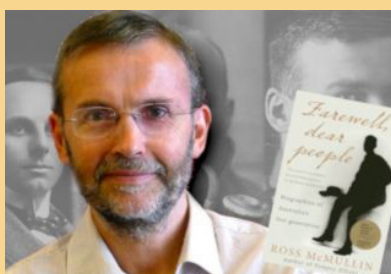
I think that is a beautiful way of looking at it. We need others to reflect, understand and sometimes even truly see ourselves. There's this small quote I've found sums it up beautifully: "A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words."

But friendship can also be difficult. How do you even find or make loyal and trustworthy friends? Honestly, I think the Community House is a good place to start. We are of course, imperfect and flawed and some of us have more bad days than others, but we all still belong! We are family. You lonely, sad, bored or just curious? Come see us. We always have room for new family members!

**At your service,  
Anna Close**



## Much appreciated Author Talk at the Nagambie Library



On the 21st of March, Dr Ross McMullin drew a crowd of over 20 people as he spoke at the Nagambie Library. The Community House was well represented and provided all the guests with wonderful refreshments.

Dr McMullin spoke about his book *Farewell, Dear people*, which has been awarded the Prime Minister's Prize for Australian History and the National Cultural Award. The book tells the stories of ten Australians of outstanding potential who did not survive World War I.