

Boomerang Bags are coming in under the Community House



As some of you might have noticed, our House has been growing a bit as of late. New groups have started, a food pantry catering to the needs of those who are food insecure is up and running, and we have also been part of arranging a much appreciated Block Party on Glass Square.

To the list of groups under the Community House umbrella, we are now adding **Boomerang Bags**, which has successfully been run by Moya Stewart for several years. Moya and her group of bag-ladies, (no pun intended) have previously been meeting up at the *Visitor Information Centre*. As their new location doesn't have the extra space, the Boomerang Bags have asked if they can become a part of the Community House.

On the 15th of May, the committee happily granted that request!

We would hereby like to officially welcome the Boomerang Bags, who do an amazing and very important job, to the Community House.



Nagambie Lakes Community House Inc.

11 Prentice St. Nagambie, VIC 3608

E-mail: nlchouse32@gmail.com, Phone: 03-5794 1487

Open weekdays between 10.00am and 3.00pm

Reports and recaps

Walking Group

Exploring Murchison

Our April walk was at Murchison, a 27km drive north of Nagambie. Murchison is at the heart of Victoria with the Goulburn River running through it.

Our group started walking at the Murch Bakery, headed over the bridge, past the Thornbridge B&B, (built 1860 as a pub,) then onwards to Campbell's Bend where there is beautiful bush by river redgums at the river's edge. A few of our group reminisced about picnics and swimming there, as kids.

By the time we had walked back to the bridge, dark clouds and a cold wind were coming our way. Only a steadfast handful of walkers continued on to the very interesting Aboriginal Protectorate signage. A few continued on to the

cemetery to see King Billy's grave and Murch's Meteorite Park, commemorating the 1969 falling to earth of a 100kg meteorite. Coffee and cake followed for our intrepid walkers!

If you would like to join our May Walk, be at the Community House at 8.30am. on the last Friday of the month- Friday, 31st May. Carpooling is organized before we head south down the highway.

We are walking in the bush reserve at Mangalore Flora and Fauna Park.

Walking in June will be near Euroa.

Further info from Wendy Mason at mason.wendy.m@gmail.com or 57942083.

Vonnie Deering



Reports and recaps

Shared Table

Trip to South Melbourne Market

As a result of a consensus established at the April Shared Table activity; the members decided that the May function would be a day trip to the popular South Melbourne Market.

At the appointed time of 0815 hours on 15 May, six intrepid members boarded a Melbourne bound train at Seymour Station. They included: Ross and Jeanette Murray, Bob Eaton, Peter Branagan, Alice Long and Carol Wallace. Access to the South Melbourne Market is very convenient. Following arrival at Southern Cross Station, our members boarded a Number 96 tram in Spencer Street and 10 minutes later were stepping off at the old South Melbourne Station located on the former St Kilda railway line and walked straight into the market.

Established in 1867, the market is in a very historical precinct and has a certain charm not particularly evident at its close relative the Victoria Market. A wide range of produce is readily available including the usual array of poultry, fish and meat outlets. Of particular note were the delicatessen shops where the fussiest requirements for continental and oriental foodstuffs was readily

catered for. There are a number of general stores including florists, clothing, leather goods and the ubiquitous 'two dollar shops' to cater for all tastes.

Although not particularly cheap, the produce quality was first class. To pick up a bargain, I believe you would need to be present at knock off time and like the Victoria Market - at Saturday lunch time.

Following lunch available at a wide variety of food outlets in the Food Hall or at the many cafes around the venue; our well satisfied group reversed their journey back to Southern Cross Station and caught the 1332 hours train back to Seymour.

All agreed that it was a most enjoyable day out and that exposure to the epicurean delights of the historic South Melbourne Market was of some benefit to those involved.

It was agreed on the way home that the **June Shared Table** activity on **Wednesday, 19th June**, would have the theme of **slow cooked mains or dessert**.



Reports and recaps

Tow 'n Yarn

Walwa Caravan Park

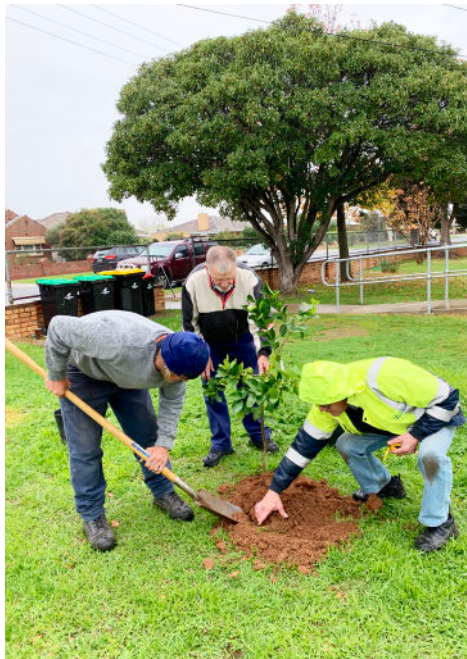
The Tow 'n' Yarn group spent a few lovely days at the Walwa Caravan Park. The town itself isn't very big but according to reports it did have good coffee, hot showers and great views. What else is there, really? All photos taken by Jill Branagan.



Marmalade in the making



After a very generous donation from Krystie Lee of the Botanic House, we now have four citrus trees in our front garden. The trees have not only lifted the whole exterior of the



House, but will in the future hopefully also produce fruits for marmalade making. Yum!

We are incredibly grateful to the Botanic House for their generous donation. Also a big thank



you to the volunteers who stood out in the rain and made sure our trees got properly planted.

Onwards and upwards friends. Onwards and upwards!

Upcoming events

Welcome Group

Wine By Sam, Welcome Group June event

"Wine by Sam is a retro chic urban winery specially designed for visitors to experience the winemaking process. The small batch, high performance, 'working winery' is located alongside the cellar door in Seymour and fuses the best of emergent technology with creative and artistic expression. The result is fine table wine that is known for its drinkability, complexity and attractive perfumes."

Notes from the Wine by Sam brochure

Lunch at Wine by Sam

Address: 69 - 71 Anzac Avenue Seymour

Date and time: 12.30pm, Wednesday 12th June

Booking: Contact Jeanette, 5794 2115 or jmurray771@bigpond.com by Friday 7th June

Menu: Includes soup, tasting platter, petit fours, tea/coffee

Restricted Dietary requirements: Contact chef 0403 059 423

Community House fee: \$2.00 per person

Licensed: Yes

Transport: Private car. Rides available, please request when booking.

Parking: On site and in Anzac Avenue

Toilet: Yes

Disability access: There are some steps.

All Welcome!

Town wide Garage Sale?

Some of you might have heard about or even visited the **Monster Garage Sales** previously arranged in Seymour and Tatura. The concept is simple, yet brilliant: everyone within the town boundaries is invited to participate in the yard sale.

The Community House provides a map, and to have your table and address featured on it you simply pay a small donation (around \$5) and then these maps are sold to the general public for around \$2.

We are currently looking into the possibility of arranging an event like this in Nagambie on Melbourne Cup day which is the 5th of November. Think it sounds like a fun idea? Let us know!

New Signs at the House

Some of you might already have seen them; our amazing new signs featuring the beautiful logo **Sharon Kleinig** designed for us. All three signs have been made by **Nagambie Signs**.



Upcoming events

Learn to make your own sourdough bread

Enjoy baking but would like to learn something new? Or perhaps feel like trying a challenge completely out of your comfort zone? Nicky McKeown will share with participants her experience making sourdough bread including recipes and techniques to make your own bread at home.

Date: 31st of July,
12.00pm - 3.00pm
Cost: \$10 plus \$2 for the House



Fancy a social game of tennis?

(Note: This is not an event organised by the Community House)

We are looking for a few medium standard tennis players to join us for a purely social game of tennis. We play every Friday morning on a private tennis court.

If is anyone interested, please email clarepurbrick@gmail.com or ring 579 423 03.

Regards Clare Purbrick



Photo: Andrew Whyte

No photography Group in June

As Judy Hoffman will be going away during the month of June, there won't be any Photography Group taking place at the House during this time.

Judy will be back and have the group up and running on the 9th of July again. Same times as usual: 12.30 and 7.00pm.

Upcoming events

Music and Drama Group for Primary School children starting up in Nagambie

At the end of July, the Community House will be starting up a brand new music and drama group targeting primary school children. Young students in our area will now have the opportunity to explore their talents and interests in the arts.

The new class will be run by musician and performer Caitlyn Trotter who has relocated back to her home region of the Goulburn Valley since completing her Bachelor of Music degree at Monash University in 2017. Caitlyn is currently teaching private voice lessons at Notre Dame College and is also employed by the music education programme The Song Room as a teaching artist delivering music programmes in local primary schools.

Drama and music teacher Caitlyn is also very excited about bringing performing arts education into country communities and is looking forward to watching Nagambie's arts culture grow as a result of this programme. Her previous performance experience includes being hired for official Monash events such as Graduations and showcases, as well as performing at local festivals and community events. She is involved in local STAG productions having appeared in Dookie: the Musical, last year.

The music and drama group is set to start on the 23rd of July and will be an after school program running on Tuesday afternoons, for one hour between 4.00pm and 5.00pm. The cost will be \$10 per child per occasion, and there will be a small snack provided as well. The group will be meeting at St Mary MacKillop's Hall on Church street in Nagambie and is open for all primary school children in the region.

To sign up, please contact coordinator Anna Close at the Community House, either via phone or e-mail. (See front page for contact details.) If you are a parent that would be interested in volunteering/helping out, during the course of the class, you are more than welcome to do so.



Music and drama teacher Caitlyn Trotter.

New adventures with Matildas

Tudors to Windsors at Bendigo Art Gallery

Sunday 30th of June

Concession: \$22, Adult: \$25, Under 16: \$12

Ballet Copelia at Riverlinks Westside Mooroopna

Saturday 10th of August, 1.30pm

Concession: \$53, Adult: \$60, Under 17: \$32

Waistwatchers the Musical at Riverlinks Westside

Mooroopna

Friday 25th of October, 7.30pm

Concession: \$31, Adult: \$36, Under 18: \$26

If you are interested in attending any of these events, please contact Ilona King on: larrylonaking@gmail.com

Dinner on a Shoestring

Feel like food's become a lot more expensive lately or just getting tired of your old smart recipes? We are currently, looking for expressions of interest in starting up an economically clever cooking class.

If you would like to learn how to make a delicious dinner from what you have in your pantry or on a limited budget, please contact Anna Close at the House to find out more.



Self defence course for seniors?

The Community House has recently been approached with a request to arrange a self defence course for seniors. Although we live in a very safe community, some people might still want to learn some simple techniques in the eventuality they travel or find themselves in an unwanted situation. If this is something you think you would be interested in, please contact Anna Close at the House.



Mosaic Class

Have you, like so many of us, admired the stunning pizza oven, wishing you too could learn how to do mosaic? Then we've got good news for you! In June of this year, self taught mosaic expert Edna James will be starting up a four week mosaic class for beginners!

The course is open for max ten participants, so make sure to book in now with coordinator Anna Close. Call or e-mail on: nlchouse32@gmail.com

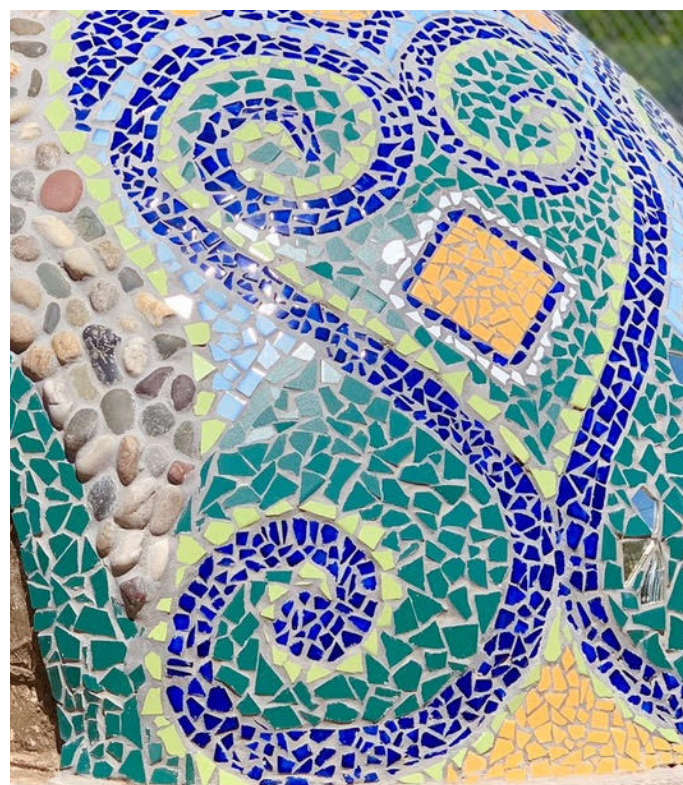
The House will be providing all the material you need, including cement sheets, tiles, glue and grout. (If you would like to use tiles with any particular colours and textures, you are more than welcome to buy those yourself and bring them to the class.)

Date: Thursday 6th, 13th, 20th and 27th of June.

Time: 1.00pm - 3.30pm.

Place: Nagambie Lakes Community House.

Cost: \$10 per occassion and \$2 to the House. (The whole course in total will be \$48)



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.

Computer Group

Fortnightly Fridays, except for school holidays or when Walking Group is on. June times to the right. Contact: Sally Fyfield, srfyfield@bigpond.com

Craft Group

Mondays 10am - 12pm. Contact: Beryl Dukes, bg-dukes@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.

Patchwork and quilting

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

Photography Group

Next meeting, 9th of July at 12.30pm - 2pm AND 7pm. Contact: Judy Hoffman, judyhoff@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: Robyn, robynalice2004@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 Vonnice Deering, vonnic.deering@bigpond.com

Computer classes continuing

After a great response from our members with many showing up for the classes, Sally Fyfield has decided to continue running her computer workshops on Friday mornings.

In order to cater for both Apple and Window users, she will run two sessions at two different times. The June times and topics are listed below:

June 7 - Using my devices

- 10:00: Apple - iPad, iPhone
- 11:00: Windows - Android tablet, phone

June 21 - Microsoft Word

- 10:00: Apple
- 11:00: Windows



On the horizon...

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

- A "dinner on a shoestring-class"
- A self defence course for seniors
- Nagambie townwide Yard Sale

If you think you might be interested, please don't hesitate to contact Anna at the House.



From the Coordinator's desk

Do you ever get bored? I mean, severely "I don't have anything to do, I'm losing my mind"-kinda bored? My kids apparently feel that way every single afternoon, whereafter they quickly suggest that a device, (a phone, TV or an iPad), would most certainly resolve their restless dilemmas. Unfortunately for them however, their mother is terrifyingly old-school and believes in being outside in the fresh air, pretty much regardless of weather. And if that doesn't suit, she thinks they ought to use their imagination to come up with something else to do...

I would even go so far as to say I think it's good to be bored sometimes. It's good to use your imagination, get out of your comfort zone or try something new and different, and more often than not, I think boredom forces us to do exactly that.

With all this said however, I also believe we can sometimes suffer from an unhealthy kind of boredom. A place of loneliness, apathy, uncertainty and dissatisfaction which almost paralyses us rather than pushes us forward. Recently, I heard a story of *rats* which explained this challenge rather well...

In the early 20th century, several different experiments were made an attempt to understand addiction and perhaps you've already heard of them: A rat was put in a cage with two different water bottles, one containing only water and the other water laced with either heroine or cocaine. The rat, to no one's surprise, would almost always prefer the drug laced water and hence also kill itself rather quickly. In the 1970s however, a professor of psychology in Vancouver, named Bruce Alexander, started looking into these experiments. He noticed that the rat was always put in an empty cage which meant it had virtually nothing to do, except use the drugs. He therefore went on to build a cage which he called "the Rat Park" which could best be described as *heaven for rats*. The animals had loads of cheese, coloured balls, tunnels and perhaps most importantly; lots of friends. Lastly; they also had the two water bottles to choose from; one with just water, the other water laced with a drug.

You've probably guessed it by now; in "Rat Park",

the rats actually didn't care for the drugged water. They almost never drank it, didn't use it compulsively and none of them overdosed... - The difference is rather mind blowing in all its simplicity isn't it?

Of course not all people without friends, context and a sense of belonging start self-medicating on alcohol or drugs. And not all people that are involuntarily bored become destructive, but I can't help but find the story about the rat experiments both interesting and challenging.

It reminds me of my childhood, where I tagged along with mum to some of the many wood-working workshops she ran with men suffering from alcoholism. It reminds me of the internships my dad arranged for young people with drug-addictions. How he made them do radiobroadcasts and various different janitor tasks at our church like painting or repairing. Both mum and dad, although I doubt they had ever heard of 'rat park', seemed to understand the importance of belonging and having something to do...

And addicted or not, I do think we all need challenges, friendships and a place to call home. We need to feel like we are accepted and have a role to play. That's also one of the reasons why I love our House; because everyone is welcome and there's always something to do.

As you are reading this, I'll soon be heading back home to Sweden to meet up with my parents and my brother. It's only for a few weeks so I'll be back before you know it... But while I'm gone, why not invite someone new to the House...? Just a thought, no pressure! :-)

**At your service,
Anna Close**

