

*New group starting up at the House...*

## Are you a 'Nagambie Angel'?

Many members of the Community House know Judy Hoffman through the Photography Group, which she has very successfully started and now been running for several months. Those who know Judy, also know she's got a big heart for people and loves to help anyone with a need. Therefore, it's not entirely surprising that she is now presenting the idea of starting a new group with the sole purpose of supporting, helping and caring for people in the community.

Coordinator Anna Close met up with Judy to learn more about the group, very suitably called **Nagambie Angels**... "Could you tell us a little bit about your vision for this group Judy?" "I hope the *Nagambie Angels* can become a group that helps those in the community with a need," Judy starts out. "Whether they need their grass mowed, a few groceries from the store, their spouts cleaned, a fence painted or some roses pruned", my ambition is for the group to meet those needs. The idea is that people will sign up to join as volunteers and that we would as a group respond to requests from people in town."

The concept is both simple yet brilliant. - Perhaps an elderly lady has broken a hip, or a couple has lost a child in a miscarriage. Perhaps someone in a family is suffering from

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*Judy Hoffman has successfully been running the Photography Group at the Community House. Now she is gearing up to start a brand new group called 'Nagambie Angels.'*

Nagambie Lakes Community House Inc.

7 Prentice St. Nagambie, VIC 3608

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

Open weekdays between 10.00am and 3.00pm

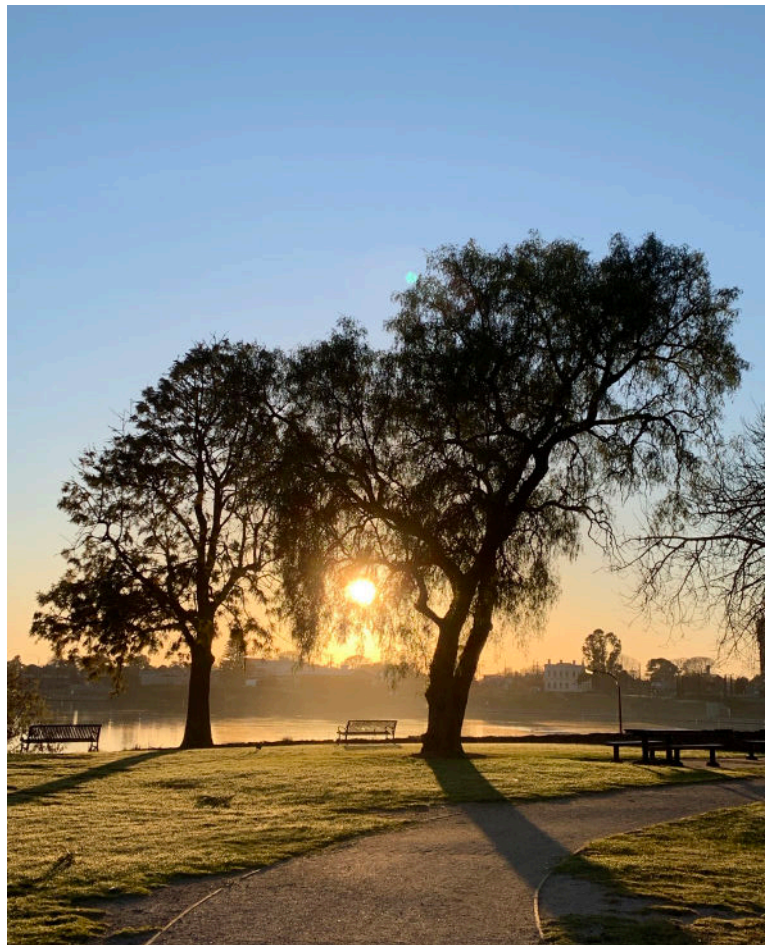
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cancer or any of the other million challenges we sometimes face in life. Well, here is an opportunity to not let people face it alone. As difficult as it might feel to ask a friend or acquaintance for help when you're struggling, the idea behind the Nagambie Angels is to lower the thresholds to reach out and ask, as well as coordinate the many skills and talents people in town already have.

At a committee level, the Community House has also reached out to Nagambie HealthCare to ensure we work together and have received a very positive response.

"Everyone is welcome to come and join in!" Judy emphasises. "If you would like to volunteer your time or your skills in helping those in need, please get in touch!"

As a first stage, Judy will gather a pool of volunteers who will then receive some training, as well as be requested to provide a current police check. After that, it is full steam ahead! Do you want to be an angel? Give Judy a call or email her on: 0427 - 973 228 or [judyhoff@bigpond.com](mailto:judyhoff@bigpond.com).



## Music and Drama Group learning about rhythm and using what's around you as percussion instruments



Every Tuesday between 4 and 5pm, a group of approximately ten students from Nagambie and Avenel meet up to attend the Community House Music and Drama group. This past week, the children learnt about rhythm and got to use the floor and their bodies as percussion instruments.

They were also able to try 'bucket drumming', which is when you use regular drum sticks but buckets instead of drums.

We are really excited and grateful to have our drama and music teacher Caitlyn running these classes every week.



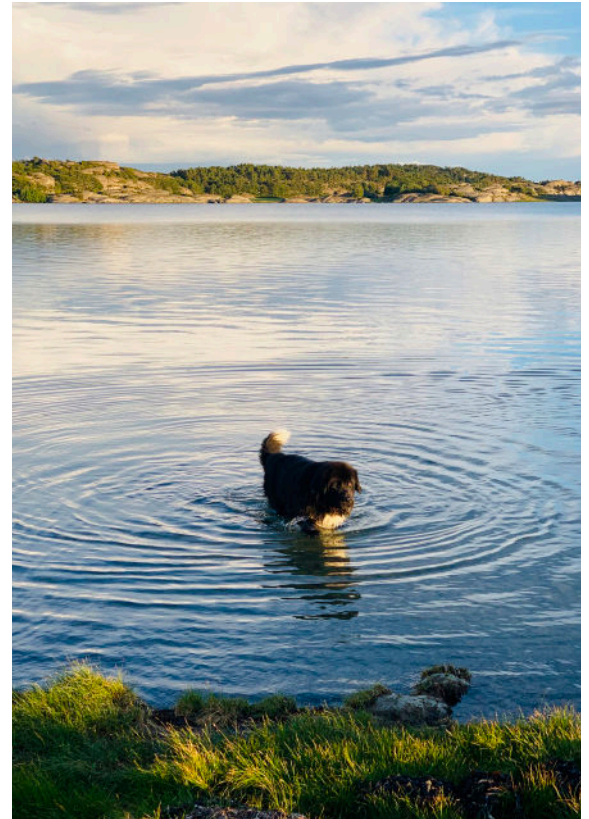
# Reports and recaps

## Amendment to the Dog Policy

As most of you would know by now, the Community House has accepted a new Dog Policy. In brief, it states that we love dogs, but for health and safety reasons, they are not allowed inside the House. When any group of the House makes an excursion, they are of course most welcome, but must be kept on a leash. However, it has been brought to our attention that some parts of our policy might be easy to misunderstand, and therefore we would like to make a brief amendment/change to the policy so it is perfectly clear. The last paragraph will hence read:

***"The Community House therefore welcomes all four-legged friends of responsible owners in the grounds or on excursions providing they are on a leash at all times."***

Practically, this simply means that dogs are to be kept on a leash whether a group is within the Strathbogie Shire, or visiting another Shire. If this is at all confusing, please contact Anna at the House.



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## Garden Group is gearing up for spring...





# Reports and recaps

## *Walking Group*

The Walking Group AND the Garden Group got together this month and travelled to Rushworth, where we wandered through Lou Costa and Les Pelle's garden, a delightful oasis just out of town.

The property is named after King Billy Charles Tattambo, the last tribal elder of the Ngurailiam people, who occupied the land in the surrounding area. (King Billy is buried in nearby Murchison.)

With its rustic timber and iron home and immaculately decorated guest cottage (once a shearing shed,) there was complementary landscaping. Also, a pretty indigenous garden, a food garden and re-vegetation zone with bush beyond! Lots of reused, recycled materials were used to create paving, garden edges and terrific sculptures.

After ambling through the property, Lou spoke to us about her garden, its history and its features, then fed us a yummy morning tea! A FANTASTIC TIME was had by all!!

**Wendy Mason**

**Group leader for the Walking Group**





# Reports and Recaps



## Matildas been to the ballet!

On the 10th of August a group of excited ladies travelled to Mooroopna to watch the Copelia Ballet at Riverlinks Westside. This is the happy crew as they enjoyed a cuppa together during their excursion.



## Why fly to Thailand when you can join the Welcome group at local Kalasin Thai!



On the 28th of August, a large group of excited friends and friends to be, met up at the local Thai restaurant; Kalasin Thai. As bystanders were able to notice, the whole place was booked out with people smiling, eating, sharing and getting to know each other better. What a beautiful thing our *Welcome Group* is. Thank you Jeanette for always organising it so well!



# Upcoming events

## *Welcome News*

### Eco tour of Tahbilk Wetlands

Since 1995 Tahbilk Winery has done extensive work to regenerate its wetland region. Understory vegetation has been planted to provide habitat to attract native birds and animals. The area has become an important local conservation area.

On the Eco Cruise you glide gently in the undercover comfort of the eco-friendly electric powered boat along the 8kms of backwaters and creeks on a 40 minute cruise.

- Date:** Monday 9th September
- Time:** 2pm
- Cost:** Eco tour \$10.00 per person.
- Boat capacity:** Limited to 30 people so please book early to ensure a place.
- Boat captain:** Paul.
- Booking:** Contact Jeanette 5794 2115 or [jmurray771@bigpond.com](mailto:jmurray771@bigpond.com) by 12 noon Monday 2nd September.
- Transport:** Private vehicle. If you would like a ride please contact Jeanette.
- Parking:** In the Wetlands Café car park.
- Register and pay:** On the day at the Wetlands Café at Tahbilk Winery.
- Boarding:** The boat will be moored in the creek below the Wetlands Café.
- Toilets:** Yes in the Wetlands Café. There are not any toilets on the boat.
- Disability access:** There's a steep creek bank to access the boat, probably too difficult for wheelchairs or walkers.

#### ***After the Boat Tour...***

On your return enjoy a cuppa and cake, or a glass of wine at the Wetlands Café - all drinks and food at own cost.

***All welcome!***



*All photos Tahbilk.com.au*

# Upcoming events

## Want to learn how to save a life? Then don't miss out on these courses in September!

In September, Ambulance Victoria paramedic Norieuel Kinross will be visiting the House, holding two workshops. This is an opportunity not to miss! Depending on how these two classes turn out, we might also do some follow ups, relating to the seasons, on topics such as water safety and snake bites.

**19th of September, 2.00pm. AED/CPR**

**26th of September, 7.00pm. Asthma, allergies, chest pains.**

***Welcome!***



## About CPR and AED...

*By Norieuel Kinross*

An AED or Automated External Defibrillator is used on someone who is unconscious, not breathing and has no pulse. You do not need any training to use an AED - simply open it up and it talks you through what needs to be done. Using an AED alongside cardiopulmonary resuscitation (CPR) gives the patient their best chance of survival.

Cardiac arrests can happen to anyone, anytime anywhere. Knowing the signs of cardiac arrest and know what to do will help. Following these simple steps can help increase the chance of survival.

- A cardiac arrest occurs when a person's heart suddenly stops beating.
- If a cardiac arrest is suspected, call Triple Zero (000) immediately.
- A person in cardiac arrest will collapse and stop breathing normally and should receive cardiopulmonary resuscitation (CPR) immediately.
- Minutes matter in cardiac arrest, and the sooner a person receives CPR and application of a defibrillator the better their chances of survival.
- Automated External Defibrillators (AEDs) are automated devices that provide step-by-step verbal instructions and only deliver a shock when it is necessary. You do not need any special training to use an AED - anyone can use one.
- In summary, in a suspected cardiac arrest: Call 000 - follow the instructions. Push - link hands, push hard and fast. Shock - use an AED to shock the person's heart beat back to life
- Bystanders are the critical first link in the chain of survival and can help keep patients alive before our highly-trained paramedics arrive.
- We know any CPR is better than no CPR so we would encourage the community to call Triple Zero for an ambulance and start CPR. The Triple Zero call-taker will provide instructions on how to do this.
- A trusted responder from the GoodSAM program or an Emergency Services partner such as the CFA may be the first to arrive.

**We all have a role in helping our community**



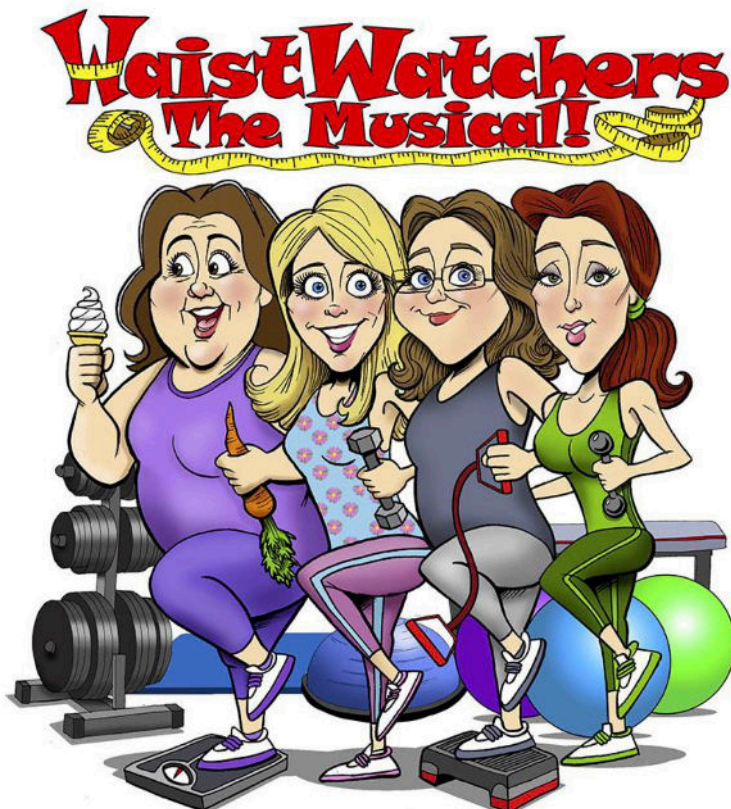
# Upcoming events

## Craft day for children

Have children or know someone who does? During school holidays, the House will be putting on a Craft day for all children 6 years and older.

Marg St. Leon will be running the course and she has a wealth of skills, knowledge and experience to put to use! All children will get to make a notice book and a card. It's going to be a great morning, so don't miss out! Book in with Anna at the House, (a maximum of 10 kids, so book in early.)

**Tuesday, 24th of September**  
**10.00am - 12.00pm**  
**Cost: \$5 for material and \$2 for the House.**



## Matildas are going to see a musical

Don't miss out on this fun opportunity to travel with old and new friends to watch what rumour and reputation claim is a hilarious evening of entertainment. If you feel like giving it a go, please contact Ilona King, either on email or phone: [larrylonaking@gmail.com](mailto:larrylonaking@gmail.com), 0421 240 372. (Before August 9)

**Date:** 25th of October  
**Time:** 7.30pm  
**Place:** Riverlinks Westside, Mooroopna.  
**Cost:** \$30 per person if the group gets bigger than 6 people.

*(Carpooling from the Community House.)*



# Upcoming events

## A defibrillator soon at a Community House near you!

Sudden Cardiac Arrest is one of the leading causes of death in Australia. But defibrillation within the first few minutes of having a Sudden Cardiac Arrest, increases the chance of survival, to over 70%!

Therefore, we are happy to announce that the NLCH Committee has decided to buy a first class defibrillator that will be mounted on the wall inside the Community House. If you would like to learn how to use one, please sign up for the workshop on the 19th of September when Ambulance Paramedic Norieuel Kinross will be holding a class on CPR and AED.



## Membership fees are due

If you haven't already paid your membership fee, you are welcome to come and do so at the House. \$5 per person per year. New members: \$10. If your membership has been dormant for more than two years but you would like to rejoin, you will need to sign a new membership form.

Members who only recently signed up to join, (during 2019) will not need to pay a new fee. And if that doesn't make sense, just come see Anna at the House.

## Annual General Meeting approaching...

You are hereby invited to attend the Annual General Meeting of the Nagambie Lakes Community House Inc. The meeting will be held on Wednesday 18/9 1:00pm, at the Nagambie Lakes Community House, 7 Prentice St, Nagambie. Guest speaker is Bronwyn Beadle.

If you would like to nominate someone to sit on the committee, please come and pick up a form from Anna at the House.

**Wednesday 18/9 at 1:00pm.**  
**Nagambie Lakes Community House,**  
**7 Prentice St.**





# Upcoming events



## Neighbourhood Watch holding their first meeting at the Community House

Interested in the Neighbourhood Watch or what you can do to help keep our community safe? Then don't miss out on the opportunity to attend the NW's first meeting at the Community House. If you have any questions, please contact secretary Jana on [pprygodicz@gmail.com](mailto:pprygodicz@gmail.com).

**Sunday the 8th of September,  
12.00pm to 2.00pm.**

***All welcome!***

## Save the world - one bag at a time!

It doesn't matter if you can sew or feel intimidated by machines, if you can hold a pair of scissors without cutting yourself or others, you are welcome to come and be a part of Boomerang Bags! Contact: Moya Stewart, 0425 - 796 297 or [boomerangbagsnagambie@gmail.com](mailto:boomerangbagsnagambie@gmail.com)

Next meetings:

**13th of September, 9.30am - 12.30pm**

**23rd of September, 6.30pm - 9.30**



## On the horizon...

We are currently looking if there is interest in the following:

- Self Defense course for Seniors
- Nagambie Townwide Garage Sale

If you think you might be interested, please don't hesitate to contact Anna Close, either in person at the House, or via email: [nlchouse32@gmail.com](mailto:nlchouse32@gmail.com) or phone: **03-5794 1487**



# Upcoming events

## Gambling Harm Awareness Week is just around the corner...

*Are you or someone you know negatively affected by gambling? Do you feel embarrassed or a bit unsure as for how to proceed asking for help? Gambling Harm Awareness week is made to lower the thresholds for talking about the hard stuff! Have read below and if you have any questions or ideas, don't hesitate to contact Anna at the House who can guide you in the right direction. And remember, everyone can change - there is always hope!*

Gambling Harm Awareness Week 2019 will be held from 7-13 October 2019 and is designed to encourage community discussions about why gambling harm matters.

Harm from gambling isn't just about losing money. Gambling can affect self-esteem, relationships, physical and mental health, work performance and social life. It can harm not only the person who gambles but also family, friends, workplaces and communities.

Anyone who gambles - or knows someone who gambles - may be at risk of gambling harm. Harm from gambling starts earlier and occurs more frequently than people may think. The Foundation's Hidden Harm paper (2017) shows that 85 percent of harm from gambling is among low- and moderate-risk gamblers.

Gambling harm is also often hidden and the impact is not spoken about because it can be sensitive or uncomfortable. That's why Gambling Harm Awareness Week is focused on the theme TALK. SHARE. SUPPORT.

We invite everyone in our community to get involved in the week by having open discussions about gambling harm, to understand it better, and to help prevent it from occurring. Talking about gambling harm helps make it okay for those affected to reach out and share the impact gambling may be having.

Talking and sharing can help alleviate the stigma that is often associated with seeking support. As a community let's start talking and together we can help prevent gambling harm.





# Community House

## Arts Group

We get together on Saturdays from 1pm - 4pm in the Art Room at Nagambie Primary School. Contact: Valma Crerar, nlchouse32@gmail.com

## Boomerang Bags

Next meetings: 13th of September, 9.30am - 12.30pm. 23rd of September, 6.30pm - 9.30. Contact: Moya Stewart, 0425 - 796 297 or boomerangbagsnagambie@gmail.com

## Breast Cancer Support group

The Group meets regularly at the Community House. Contact Di Proud: 5794 1520.

## Chess/Games Group

This new group meets on Mondays at the Community House from 12.00pm. If you are interested, please contact Mike Thomas: 0438 180 163 or michaelthomas12@bigpond.com

## Computer Group

First and third Friday of the month, except on school holidays. Just arrive with your laptop or device. Contact Sally Fyfield: 0408 141 969 or srfyfield@bigpond.com

## Craft Group

We meet on Mondays at the Community House from 10:00am - 12:00pm. Contact Beryl Dukes: 5794 2829 or bgdukes@bigpond.com

## Garden Group

We garden every Monday from 10:00am - 12:00pm. You can always buy some of the produce even if you don't garden. Contact Mike Thomas: 0438 180 163 or michaelthomas12@bigpond.com

## Matildas

The next outing will be to see *Waist Watchers The Musical*. 25th of October, 7.30pm at Riverlinks Westside, Mooroopna. \$30 per person. Contact Ilona King before August 9th. 0421 240 372 or larryilonaking@gmail.com.

## Music and Drama group for kids

Meets Tuesdays at Mary McKillop Hall. 4.00pm - 5.00pm. Contact Anna at the House for more information.

# Groups this month

## Neighbourhood Watch

Next meeting: Sunday the 8th of September, 12.00pm to 2.00pm. Contact: Jana, pprygodicz@gmail.com

## Patchwork and Quilting

We meet in the Tennis Club rooms on Thursdays from 10:00am - 3:00pm. Contact: Pat Moroney, gmoroney3@bigpond.com

## Photography Group

The next sessions will be on Tuesday 3rd of September, but *ONLY* at 7:00pm. Contact Judy Hoffman: 0427 973 228 or judyhoff@bigpond.com

## Shared Table

The next dinner for the Shared Table will take place at the Community House on Wednesday September 18th, commencing at 6:00pm. Contact: Elizabeth Branagan, emmeng@hotmail.com

## Tow 'n' Yarn

Join to go on camping trips at different times and locations. Next adventure will take place at Quick's Beach, between the 13th to the 19th of November. Contact Max Dunstone: 5794 1868.

## Ukulele Group

We meet at the Community House on Wednesday mornings at 9:00am. Contact Robyn Northey: robynalice2004@yahoo.com.au

## Walking Group

Last Friday of the month. Our next walk will be on the 27th of September. Meet 8.30 at the House for carpooling.

## Welcome Group

For friends old and new! Next event will be an Eco tour of Tahbilk Wetlands. Monday 9th September, 2.00pm. \$10. More information on page 6. Contact Jeanette: 5794 2115 or jmurray771@bigpond.com

## Writing Group

We meet at the Community House on the second Tuesday of the month from 10:00am - 12 noon. Contact Vonnie Deering: vonnie.deering@bigpond.com



# From the Coordinator's desk

Spring is in the air, I can feel it! As I'm writing this text, we've just had a couple of lovely sunny days. Perhaps there's more rain and cold ahead of us, but for now, I'm soaking up every second with a big smile on my face. What makes **you** happy? What puts a smile on your face or gives you a bit of spring in your step? For me, it's often the little things. Watching my oldest son telling my three year old daughter he loves her. Cherry blossoms on a tree on my way to work or a song I love played on the radio. It can be a hot coffee latte or a white weatherboard house. I'm sure if you started thinking about it, you'd soon come up with a whole heap of different things yourself.

Dare I also claim we have one thing in common? Something with the potential to cheer us both up, or simply provide that extra bit of strength to get through the day. I'm talking about **kindness**. Now, I know 'kindness' isn't a very hip, cutting edge or particularly popular word these days. It's not like "networking", "digital competence" "streamline", "millennial" or "organic"... No, it's much more old school than that. And to be honest, it doesn't even seem to be a very sought after quality either. I mean, when was the last time you read a job ad where the employer asked for someone **kind**? Nope, didn't think so. "Able to handle stress", "multitasker", "detail-oriented", "flexible" or even "result-oriented", sure thing, but kind? Eh... Not so much. And yet I dare to claim few things can have such an impact on us as kindness.

According to Google, the definition of kindness is the quality of being friendly, generous and considerate. Subsequently, I don't think I'm pushing too far when I claim it was kindness that secured Jesse Owens his long jump gold medal at the 1936 Olympic Games in Berlin. During the qualifying round, Owens had already faulted twice when his European competitor Long offered some advice. Long suggested that Owens shift his mark back to ensure he took off well before board and remained clear of another foul. Well surprise, surprise, - it worked! Owen's next jump was a success and he went on to win the gold medal, with Long earning silver.

Much later, in 2011, Christian protesters at the Tahrir Square in Cairo linked hands to create a human wall around Muslims, so they would be able to pray

safely. This during what can only be described as a troublesome and dangerous time in Egypt. A few days later, some of them returned the favour. During a mass in Cairo's central plaza, a group of Muslims, clad in traditional garb, joined hands to protect the praying Christians from violence.

The same year of 2011, the Fukushima nuclear power plant in Japan was ruined and a disaster seemed inevitable. This is when a group of more than 200 elderly Japanese volunteers decided to face the dangers of radiation to protect the lives of the young. "I am 72, and on average I probably have 13 - 15 years to live" said one volunteer, explaining his actions.

It was kindness that Mother Teresa displayed on the streets of India. Kindness that pope John Paul II showed the man who had attempted to kill him, as he visited the prisoner, befriended him and finally asked for his pardon. Kindness, that Spanish runner Ivan Fernandez displayed as he slowed down when he realised that leading Kenyan Runner Abel Mutai wrongfully assumed he had already passed the finish line, about 10 metres short. (Ivan finished second, as he didn't take advantage of the Kenyan's mistake.)

It was also ultimately the kindness of the people in Nagambie that prompted my husband and I to stay here, rather than proceed with our original plans of moving to a much larger city elsewhere in Australia. Sure, it mattered that we had family in Victoria, but it was people's generosity, friendliness and consideration that knocked us off our feet. At the grocery store yesterday, I was again reminded of this, as a complete stranger paid for my flowers and simply asked me to pay it forward. And I will. Pay it forward that is. Because I believe kindness can change the world.

***At your service,  
Anna Close***

