

## Another successful International Women's Breakfast to add to the record



In spite of the long weekend, fifty people signed up to attend the International Women's Breakfast, held at Zephyr, Nagambie. One aspect of this year's event, which was very encouraging to see, was the increased number of men attending. As you all know, gender inequality is an international issue, which requires both men and women stepping up to the plate and working towards finding solutions and constructive changes.

Speaker at this year's event was Strathbogie Shire Mayor Amanda McClaren. Amanda spoke on the history of the International Women's Day, but also shared some of her own, and her family's stories. Many attendees shared how her speech was very inspirational and interesting.

It was also great to see a few younger women attending. Hopefully next year we will have an even greater diversity in the audience!

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



# More from the International Women's Day Breakfast



Guest speaker Mayor Amanda McClaren



Fifty people signed up to attend this year's IWD Breakfast.



Rebecca Baker, Claire Dalton and Danielle Pianta.



Sally Fyfield and Gaye Bond.



Wendy Mason, Nicky McKeown and Mel Arnold.



# Reports and Recaps



## New mailbox at the House

As some of you may know, the Community House has always had a postbox at the local Post Office. Our postal address has therefore been NLCH, PO Box 191. Seeing we now (at least during normal circumstances!) have a more consistent presence at the House, we have invested in a mailbox, which Des Mason has kindly mounted by our front gate. Therefore, you can now send us a letter, just using our street address; 7 Prentice Street!

Thank you Des for purchasing and putting up the mailbox. There will be a number on it shortly...

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## Who needs to hoard?

When I was a child, eons ago, we had an outdoor toilet or dunny as it was fondly called and there was no such thing as 2, 3, or 4 ply toilet paper for our wiping comfort. I think the inside loo had the real thing, probably one ply white, but don't quote me on that!

My Dad was a printer and he used a big guillotine at work to cut either the Melbourne newspapers or the phone book into quarters to hang in the dunny on a piece of string. We got to use a quarter a wipe each time any of us four children went to "spend a penny".

If it happened to be the

Yellow Pages you could find a tradesman or look for a job at the same time. OR if it was the Sun, Herald or Argus newspapers, you could read a story on one piece and wonder what happened on the other two thirds. You also had "privy" to the obituaries, learning who was "hatched, matched or dispatched."

In these trying times who needs to hoard boring old embossed, scented, or recycled toilet paper when you could again have what we did in the "Good Old Days".

You need to be over a certain age to remember our recycling ingenuity though!

*By Robyn Northey*



Google image



# Reports and Recaps

## Community Pizza Night

The Community Pizza Night has been a long standing and much appreciated tradition in Nagambie. Previous years it's been arranged by the Tennis Club, but this year they opted out of the event and the Community House was asked if we would consider picking up where the Tennis Club left off.

We accepted the challenge but the success of the evening was to rely heavily on the willingness of our members to serve as volunteers. And indeed, they all did an absolutely fabulous job! From planning and

shopping ingredients, lighting up the pizza oven, selling and taking up payments, cleaning tables to setting up and taking down. There was such a positive, energising and uplifting buzz it spilled over to all those who braved the cold weather.

And if one thing is to be said about the negatives, it would be the weather which caused a lot fewer people than normally to come out and enjoy the evening. In spite of the cold however, we ended up selling 80 pizzas in total, which we will proudly count as a great success.





# Reports and Recaps

*Corona Virus*

## In times like these...

**W**hat a crazy time to be alive dear friends... As I'm writing this text for the newsletter, I have put myself in a voluntary quarantine. Nothing serious is going on, but I am suffering from a sore throat and feel like the wisest thing to do, taken the current circumstances, is to refrain from being around people. Many living in Nagambie are elderly or have existing health conditions which puts them in what authorities deem 'a risk category.'

I understand that some of you might feel scared about the unknown and the many variables this virus seem to bring to different areas of our lives. With that said, I would also like to highlight that there's no other place I'd rather be than here, with you. You have such grace, wisdom, clarity, kindness and common sense I reckon we will be coming out of this stronger than we went into it.

The Management Committee of The Nagambie Lakes Community House have recently decided to close the House for the time being. Below you will find the letter that was sent out both as an email and via regular mail to those without Internet.

### **Dear NLCH Members,**

We are living in unprecedented times which require unprecedented actions. In the interest of our members, most of whom are in the high risk category if they contract Covid-19, the Committee of Management has taken the sad decision to close our Community House for the foreseeable future. In making this decision we have listened to advice from Government and Health authorities as well as from Neighbourhood Houses Victoria.

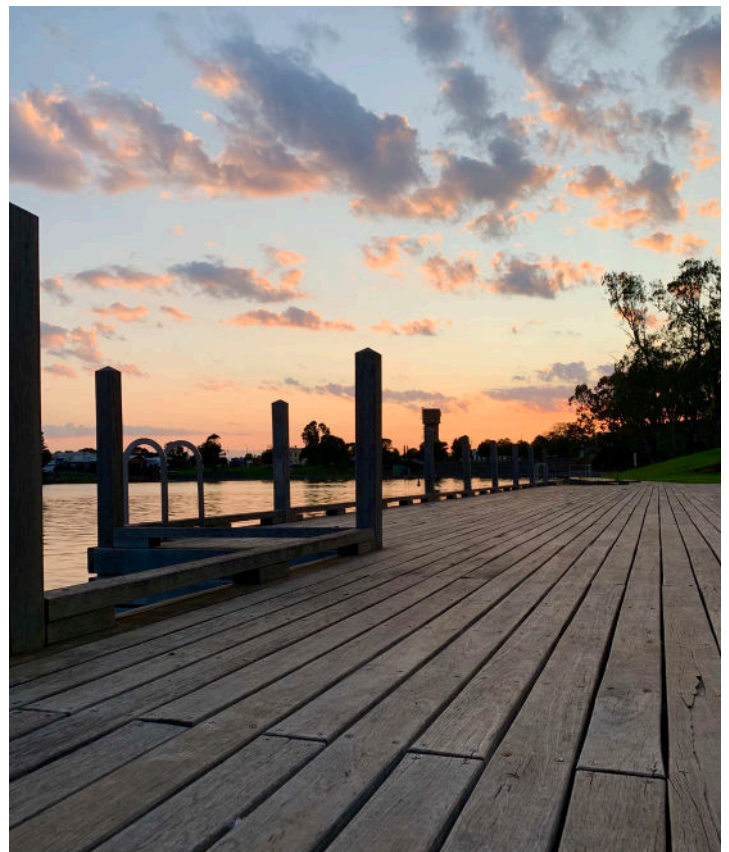
Our coordinator Anna will continue to work from home, keeping in contact with members via phone calls, facebook messages, emails, and regular newsletters. Anna will make an extra effort to keep in contact with those who live alone. People who need the pantry at the House will be able to contact Anna for help. Anna is also willing to shop for those unable to get to the supermarket.

Any groups which normally meet away from the Community House such as the Walking Group, Art Group, Welcome Group, and Quilting Group may choose to continue their activities but do so at their own discretion taking into consideration all recommendations put out by Government and Health authorities, particularly the directive which states a distance of 1.5 metres for social distancing. Please see the attached article on ways to reduce the risk of infection.

If you do have any concerns or needs please feel free to contact Anna on 0437 347 203 between 10:00am and 3:00pm Monday to Friday, which are her normal working hours. We look forward to keeping in touch in whatever ways we can during this difficult time. Please take care and look out for each other.

***Regards***

***Wendy Keenan and the Committee of Management***



# Reports and Recaps

*Being smart in times of Covid-19*

## Practical practices in the times of virus

*(I mainly wrote that because it makes me think of 'Love in the time of Cholera'. :-)*

- Wash hands often with soap and running water for at least 20 seconds. Dry with paper towel or hand dryer if outside your own home.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze
- Isolate yourself at home if you feel sick. If you take medication, ensure you have adequate supplies
- Phone your GP first if you need medical attention. They will tell you what to do.
- Continue healthy habits: exercise, drink water, get plenty of sleep and now is the time to quit smoking. Call the Quitline 137 848.
- Don't wear a face mask if you are well.
- Buy an alcohol-based hand sanitiser with over 60 per cent alcohol.
- Get the flu shot (available in April)
- Remember that shaking hands is optional.

**Find out more:**

**[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)**

**If you are concerned, call the Coronavirus hotline 1800 675 398 (Open 24 hours)**



# Upcoming events

For obvious reasons, our newsletter will be looking rather different in the future. It is however my priority and ambition to keep it going and to not only send it out electronically but also make paper copies that will be posted to all our members without an email address. If you have anything at all that you think would suit the newsletter; a photo, a poem, a story, a memory, please just send it on to me at [coordinatornlch@gmail.com](mailto:coordinatornlch@gmail.com) and I'll gladly put it in! Let's help each other stay connected and feel part of something greater.



## Care to sew?

Sitting at home lonely and bored? Feel like sewing something but not sure what? Moya, leader of our Boomerang Bag Group, has kindly offered to deliver bag making supplies and patterns anyone wants something to do at home.

Moya has also stated that she has heaps of materials and can source online patterns for anything you might want to make, like make up wipes, sanitary products or just about anything you feel inspired to sew.

Just send Anna a message and she'll get you connected with Moya. Email: [coordinatornlch@gmail.com](mailto:coordinatornlch@gmail.com)

## Community House Computer for Sale

Are you a PC-fan, looking for a computer? Wouldn't mind a second-hand one that can still get the work done and just needs an update to Windows 10? Then the old Community House computer might be exactly what you're after! It comes with keyboard, mouse and mousepad, as pictured to the right.

The computer has a 500 gig harddrive and is in a generally very good condition. (No viruses, all cleaned up etc.) Contact Anna or secretary Sally Fyfield if you are interested.

**Price: \$100-200**





# Virtual Noticeboard

Our rotating notice board display at the House on 7 Prentice Street will for obvious reasons come to a halt now. But I would still like to continue giving our different groups an opportunity to share and inspire others in different ways. Therefore, I will turn parts of the newsletter into a 'temporary' noticeboard! I will also use Facebook to share about our different groups and what you do. So, if you would like to send me any content to add to our Facebook page or our newsletter, please do!

If your particular group would also like to start a subgroup to the NLCH Facebook page, please just let me know! We already have two; a virtual book club group and the Craft Group, you are free to join both! :-)

In April the Writing Group was set to do the noticeboard display, and therefore, I will post a couple of their poems below. Enjoy!

## VISIT TO BUNDEENA

Wisps of clouds across the azure sky  
and the sun's warming rays  
welcome us  
as I walk with my son and his wife  
towards Hordern's Beach  
at Bundeena  
a small coastal village  
south of Sydney.

At the end of the road  
our feet sink into silky white sand  
as we head for the shallows.

At the water's edge  
I bend to turn up my jeans  
as foamy wavelets splash against my legs  
and squelchy sand sucks at my feet

bringing back hazy memories  
of family visits  
to Frankston and Seaford.

The soothing sensation  
of walking through warm sand  
and dappled shallows  
and gazing out to the headland  
and the horizon  
makes me feel ageless.

It's moments like these when I know I'm alive.

**Margaret Lock**

## SELF-ISOLATION PLAN

Frozen vegies in freezer stow  
I'm stocking up in case, you know,  
Tins of tuna, loaves of bread  
Panadol for my aching head,  
But toilet paper bought ages ago.

Powdered milk in packets fine,  
Bottles of their best red wine,  
Larder is now fully stocked,  
Inside safely I am locked,  
Need toilet paper? Nein, nein, nein.

**By Trudy Oldaker**





# Upcoming events

*What to do...*

## Help exchange

In times like these we all have to bond together and look out for one another. Here are a few suggestions:

- Call an elderly relative or friend and check how they are doing.
- Write a hand-written letter to an old friend.
- Help an elderly relative do their shopping.
- Don't ask the grandparents to watch your kids if they are sick.
- If you know of a neighbour with limited mobility, give them a call and check in on them.
- Show appreciation to any health care personal you know.
- If you have kids, ask them to make drawings to put up in the windows for people walking past.
- Share positive, uplifting and funny things on social media like Facebook.
- If you don't have to go outside, please stay inside and/or away from people.



# From the Coordinator's desk

“Look for the helpers” is a quote some of you might already be familiar with. It is attributed to Fred Rogers, who for many years ran a very popular TV-show for children in America. However, it was actually Fred's mother who first uttered the famous words. As the story goes, when Fred was a boy and would watch scary things in the news, his mother would tell him: “Look for the helpers. You will always find people who are helping!” This simple advice gave young Fred peace of mind and even many years later, he took comfort in his mother's words, realising that no matter what happens, there are still so many caring people in the world.

Sitting at home, in my self imposed quarantine, I think about Mr Rogers. I think about how my newsfeed is exploding, both with photos of gaping shelves and angry comments and I think about how easy it is to get pulled into this vortex of fear, anger and judgment. Challenging times always have the ability to do just that: drag the worst of us out into the light. And if we choose to focus on the negatives alone, it would be all too easy to lose hope. However, when I start looking for the helpers, my heart makes a small leap of joy.

The helpers I see around me are nurses and doctors who are working around the clock to help those who are sick. They are running out of supplies, out of beds and out of strength, yet they still keep showing up, doing their very best to help those in need. I see grocery stores opening their doors earlier in the morning for elderly and disabled people so they can do their shopping without the risk of getting run over or sick. I see people not demanding money back for cancelled concert tickets, as an act of solidarity.

I see retired teachers and university students in Sweden setting up online teaching support for younger students who are currently stuck at home but still need to understand that maths problem or write the essay.

I see young and healthy people doing shopping rounds for the elderly and those with pre-existing conditions in their neighbourhood.

I see people offering to share their toilet paper with those without, and food with the ones who are hungry. I see so many beautiful acts of generosity and love being acted out it makes me smile, instead of shiver.

I don't know where you are currently at. If you are scared, lonely, at peace or simply wondering where it's all going to end. Regardless however, I would like to encourage you to look for the helpers. Look for those who are making a positive difference in times of uncertainty. And perhaps, if you are well and able, you could even consider becoming one of the helpers yourself. I'm thinking it can be fairly easy; instead of criticising and mocking, explain and support. Instead of hoarding; share. Instead of pointing fingers, offer a lending hand. Instead of spreading non confirmed rumours from random online web-sites or self-proclaimed experts, share only information from official authorities. And perhaps the easiest thing to do for all of us; stay home. Whether you are in a risk group or not, please consider giving up some of your freedom to protect those less fortunate.

I am not scared. I know who you are and I know your hearts. I know I am surrounded by some of the best people this world holds and there is no one else I'd rather have by my side in times of trouble... So heads held high! We will get through this because we will get through it together! I'll see you on the other side!

**At your service,  
Anna Close**

