

## Remember the pantry



One of the most common questions I normally receive from different members is about our food pantry. How many people make use of it, how big is the demand and where is it primarily from? The answers to all those questions vary, because since we started it up, not one month has looked like the other. The pantry is utilised by all age groups and all walks of life, some are members of the Community House and some are not. Regardless, we feel like it is of great value that we all, together, are able to help.

As we are now facing a unique challenge in a unique time, we are expecting that the demand on our pantry will increase. Many people are currently finding themselves without employment, losing customers or struggling to keep their business above water. We are therefore hoping to increase the awareness of our pantry, emphasising that **everyone** is welcome.

We are asking for your help to share the word. Let people know the pantry is open and available to anyone. There is absolutely no shame in asking for help and we don't ask any questions about your eligibility or why the need has arisen. Truth is, at one point or another in life, we will all be needing help, most likely more than once! (Whether it be practical, emotional or financial.)

After having received donations and support from both local schools as well as the Mechanics Institute, we are currently not in need of any more donations, but if you or anyone you know is in need of some supplies, please don't hesitate to contact coordinator Anna Close. We have both non perishable foods, toiletries, and cat and dog food. **Welcome!**

Nagambie Lakes Community House Inc.

7 Prentice St. Nagambie, VIC 3608

Email: [nlchouse32@gmail.com](mailto:nlchouse32@gmail.com) Phone: 0437 - 347 203 (Anna's phone)

Open weekdays between 10.00am and 3.00pm - Except during pandemics

Website: [nagambielakescommunityhouse.org](http://nagambielakescommunityhouse.org)

# Upcoming events

## Community Quilt

When you are sitting at home alone, it can be easy to forget you still belong. You are still loved and still part of something much bigger; you are part of a larger community. We might not be able to see each other for the time being, but that doesn't mean our bonds and relationships aren't still there. - They are!

As a reminder, we would like to take the initiative to create a community quilt! All you need is a piece of fabric, 25cmx25cm and your imagination! The theme is "something you love about our community/town" but you can draw, paint, sew, use sharpies, iron ons, quilt - anything! Just leave the edge around clear to

sew together.

For those sitting at home without any fabric at hand, Moya Stewart and Boomerang Bags have generously decided to donate some of theirs. Just send the NLCH a message and we'll make sure it gets to you! And of course kids are welcome to participate as well!

Once this craziness is over, we will sew all the pieces together and put the quilt on display somewhere in town, as a reminder that we can get through anything together, even if it means we have to be apart for a while.



(Google pic of what the quilt can look like once done.)



# Upcoming events

## The front door project

Some of you might already have heard about the Front Door Project, an initiative instigated by local entrepreneur Louise Roberts. The idea is simple yet brilliant: Louise is travelling all over town, taking photos of people at their front door during this time of isolation and social distancing. At the end, she is planning on putting a book together of all the photos she has taken.

The shoot doesn't cost anything and those who participate will receive one free electronic image. If you would like to buy extra pictures the prices are listed below. If you would like to participate, please don't hesitate to give Louise a call on 0400 - 133 842.




**FRONT DOOR PROJECT**

The Front Door Project is about documenting families and individuals in these current times at their front door. We are living through a moment in history that will be talked about in the years to come.

If you would like a FREE photo shoot with one free photo at your front door please contact Louise on Facebook or on 0400 133 842 to arrange a time.

Individual prints and a book of photos that I collect of the town will be available for purchase.


#socialdistancing #frontdoorproject #iso



**THE FRONT DOOR PROJECT**  
LOVE BY LOU PHOTOGRAPHY

5 X 7" PRINTS	HI RES IMAGES
1 Image \$30	All images \$50
2 Images \$50	emailed to you
3 Images \$70	digitally (about 3-4) in Hi Res for you to do what you wish with them!

Images presented on a gallery board (see below).



**COFFEE BOOK**

I will be putting a book together of all the photos I have gathered from the town TBC

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**LOVE by LOU**  
PHOTOGRAPHY

Louise Roberts  
Lifestyle Family + Newborn Photographer

Account details -  
Louise McNamara  
BSB - 083 798  
Acc no. 48 419 5755

[www.lovebylouphotography.com](http://www.lovebylouphotography.com)

All are welcome to participate!

# Upcoming events

## Do you want to help sew scrubs for healthcare workers, their patients and loved ones? Now you can!

**R**ona Scrubs is a not-for-profit charitable organisation established in response to the COVID-19 pandemic. They are focused on how, as a community, we can come together to help protect our healthcare workers, their patients and their loved ones. The group Rona Scrubs now consists of thousands of amazing Australians who have volunteered across the country to help us make and distribute scrubs in response to the thousands of orders we have received from our healthcare workers.

To date they have had 5,500 metres of fabric and 300 patterns donated by Spotlight Group and their suppliers. What are they looking for?

**\* Angels who are able to help sew scrubs.**

**\* Fabric suitable for distribution to angels and archangels to be used to sew scrubs.**

Angels are at the very core of what Rona Scrubs is about. If you would like to be an angel, we will need you to make scrubs (tops and pants). You will need to be able to follow a pattern and sew. They are trying to source more fabric, so if you have fabric that you could use, that would be great. At this stage, they have had no donations of thread, so they aren't able to provide that. They hope you are happy to use the thread you have at home (don't worry about the colour matching the fabric).

We recommend poly cotton or 100% cotton broadcloth. You can also use 100% light cotton drill, but only for pants. If you have poplin, it's fine as long as it's thick enough. You are more than welcome to purchase fabric yourself if you can - or use any fabrics that you have in your cupboard that you believe would be suitable. If you are purchasing fabric we encourage you to order online, and strongly advise against going into a store, in accordance with the latest Government advice and restrictions.

## How to get involved

### Sewing angels

If you would like to become one of our sewing angels, please register your details at [www.ronascrubs.com](http://www.ronascrubs.com). Once registered Rona Scrubs will send you further communication including an A4 PDF printable pattern.

### Healthcare heroes

If you are a healthcare worker or know someone who wants scrubs from Rona Scrubs please complete an order here ([https://www.ronascrubs.com/signup\\_hero](https://www.ronascrubs.com/signup_hero))

Should you require any further information you can find an extensive list of frequently asked questions (FAQs) on the Rona Scrubs website: <https://www.ronascrubs.com/faq>

# Reports and Recaps

Computer Group

## Keeping in touch in the age of pandemics

I thought it a good idea to post something during this time when we are all using our computers, devices, and phones more than ever.

Firstly, the COVIDSafe app. I've downloaded this app. I don't have a problem with its security. Most of the apps on our phones, if we use "smart" phones, are dishing out information about us all the time, but this particular app will help provide a greater level of protection to our community and will enable us to get back to our normal social lives sooner. The text below, which is a screenshot from the app, explains that no information is released until the user gives consent. Personally, I think it's an easy way of letting health officials know who you've

been in contact with.

Next, how are you keeping in touch? If you are good on computers, it's probably fairly simple to see and chat to your family and friends. You can use Skype, Webex, FaceTime, Zoom, Messenger video, or a host of other programs or apps. If security is a concern, and it is for most of us, take the time to check the settings in your preferred program. There is a lot of information on the web to help you if you are unsure. I certainly used the web when I was finding out about Zoom. I now use it to keep in touch with family and to read stories to my grandchildren.

And what about an ordinary phone call? I use the conference

aspect of my phone to keep in touch with one group, many of whom do not use the internet. Most smart phones can make a call, put that person on hold, and then add the next caller, before merging the callers and having a conversation with a group. You can even add home phones to the conference call. Feel free to contact me if you have a question.

**Sally Fyfield**  
**0408 141 969**  
**[srfyfield@bigpond.com](mailto:srfyfield@bigpond.com)**

Close contact information on your phone is not accessible by anyone, including you. If you are diagnosed with the virus, you will be asked to consent to upload your close contact information to a highly secure information storage system. The uploaded information enables state or territory health officials to contact the user and close contacts to provide advice on actions they should take to manage their health.





# Reports and Recaps

Garden Group

## Garden Group soon ready to sell seedlings

We've been busy attending either alone or with just two of us to keep the plants going during our social distancing. I tend to pedal down every second day and Yvonne does alternate days, or we meet somewhere in the middle and achieve quite a lot whilst still apart. Bob & Pete still come along on Monday mornings and Noel is a great asset at any time! Have not seen Michael recently though.

So far we have managed to sell pumpkins and plants to members of the public, to germinate seeds ready for our winter crops, to dig over the compost bays and add vegetable scraps from IGA to make lots of compost in the next month or so.

It won't be too much longer before I get you to post on Facebook some of the seedlings we have that are ready to plant out. Seems a lot of the public have suddenly taken an interest in growing their own produce, which we're really excited about; wish it would happen more often! THE big need is for Broccoli, Cabbages and Cauliflower, plus any other winter greens!

**Robyn Northey**  
*Garden Group Members*



## Who wants to write for the Community Voice?

As most of you would know, the Community House normally has a page in the local Community Voice. In the newspaper, we share a little bit about who we are and what we do. Seeing things haven't exactly been 'normal' as of late, we are trying on a new approach.

For a few of the next editions, we will let our page be used as a journal of sort, where different NLCH members share observations

from their everyday life. What are we doing during isolation? What are our thoughts, feelings and hopes? What do we spend our days doing? What do wish we could do? Anything goes, really!

The plan is to create a bit of a historical documentation of our every day life in isolation as well as having a bit of fun and encouraging one another in this madness.

First out has been Ukulele Group leader Robyn Northey. (Do you want to be next? You don't have to be a writer, just keen to give it a go!) Please contact coordinator Anna Close on email [coordinatornlch@gmail.com](mailto:coordinatornlch@gmail.com) or phone number 0437 347 203.

# Reports and Recaps

## Shared Table

### Finding new ways to meet and interact

Since the Community House closed its doors a few weeks ago, a lot has changed. Looking at the world from afar it might seem as if there is pain and hurt everywhere, but at a closer inspection you will also see so much kindness, solidarity, ingenuity and flexibility in trying out new things; doing things differently. One of the Community House groups that has come up with a wonderful new way of combating the current challenge is **Shared Table**. When the group couldn't meet in person anymore, they simply set up a virtual shared table evening. Below you will be able to read the greeting from Group leader Elizabeth and some of the yummy recipes the group enjoyed.



Hello my friends  
Peter and I enjoyed a delicious seafood chowder at our virtual shared table evening, the recipe and photo is attached. (See top right, coordinator's note.) This brought back lovely memories of New York, San Francisco and New England. All places that pride themselves in amazing chowder. I do hope more of you will send through what you have created.

Thanks to Bob Eaton who not only shared his tuna mornay recipe (see below) but he very generously shared some of the casserole with us.

**Elizabeth Branagan**

### Bob's Tuna or Salmon Casserole (Mornay)

1 can of tuna or salmon, 425 grams  
1 pkt of cheese sauce  
1 cup of milk  
1 cup of water,  
1 tbsp. of cornflour  
1 can of crushed pineapple 425 grams  
1 tsp. of butter  
1 can of corn kernels 180 grams,  
1 tbsp of fruit chutney  
Salt and pepper to taste.

- Pour milk and water into pot, add cheese sauce and whisk. Add butter and bring to a slow boil stirring occasionally. Drain Tuna (or Salmon) and corn kernels.
- As cheese sauce thickens add cornflour paste to thicken, and add gradually, chutney and corn then pineapple.
- Last add the tuna shredded (or salmon) stirring in slowly, and simmer for 10 minutes on avert low heat stirring occasionally making sure it does not catch on the bottom of the pot.
- Have this served with either rice or pasta

(Makes 4 - 5 serves depending on quantity) I added boiled eggs and Panko bread crumbs to try something different

# Reports and Recaps

Shared Table

## Jill's Macadamia Crusted Fish

- 300 grams unsalted macadamias
- 1 clove garlic
- Grated zest & juice of lemon plus wedges to serve
- 2 tbs extra virgin olive oil
- ½ bunch each flat leaf parsley & chives
- 4 x 160g skinless barramundi



1. Preheat oven to 200C and line tray with baking paper
2. Place nuts, garlic, zest and half the lemon juice, 1 tabs EVOO into a small food processor and whiz to coarse paste, transfer to bowl and season. Finely chop 2 tbs each parsley and chives and stir in.
3. Place fish on tray and press mixture onto top, bake for 15-20 min until crust is golden and fish opaque.

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## Elizabeth and Peter's Seafood Chowder

- 1/4 cup butter
- 1 medium onion, diced
- 1 teaspoon old bay seasoning
- 1/4 teaspoon thyme
- 1/4 cup flour
- 1 stalk celery, sliced
- 1 carrot sliced
- 1 pound potatoes, peeled and cubed
- 1/2 cup corn
- 5 cups broth, seafood or chicken
- 1/2 cup white wine
- 8 oz white fish, cut into chunks
- 8 oz scallops
- 12 oz shrimp, peeled and deveined
- 6.5 ounce chopped clams, canned, drained
- 2 cups heavy cream
- 1 tablespoon parsley

1. Cook onion in butter until tender. Add flour, Old Bay seasoning and thyme and cook 2-3 minutes
2. Add carrot, celery, potato, corn, broth and wine and bring to a boil. Reduce heat and simmer 10 minutes.
3. Stir in seafood and cream. Cook until fish is fully cooked and flaky and potatoes are tender, about 8 - 10 minutes.
4. Stir in parsley and season with salt and pepper to taste





# Reports and Recaps

Information from Bendigo Bank and GoNagambie

Many of you might already have seen a flyer handed out to all Nagambie households where GoNagambie and Bendigo Bank have made a mutual effort to support and reach all members of our community. We are happy to pass along the information about the services they are offering and if you or someone you know would like to access them, please just contact coordinator Anna Close and she will get you connected.

And please remember; there is no shame in asking for help. There is nothing embarrassing about reaching out and wanting someone to be there for you. In fact, we are stronger if we learn how to lean into each other, support one another and dare to be just a little bit honest, open and vulnerable.

***P.S. Please note that in the text below the reference to coordinator is not to NLCH Anna Close, but rather the Bendigo Bank/GoNagambie hired employee who will help facilitate the listed services.***

## Food assistance

IGA delivery service - IGA have done a great job of creating a delivery service. Residents can email an order to IGA, pay with a Visa or Mastercard and have the food delivered (for a standard fee). This service plus the help of neighbours will ensure most people who can't get to IGA will be covered.

For those who fall through the cracks for whatever reason the Coordinator will provide a backup service. When assistance is needed - Where someone who is isolated can't use the IGA delivery service

(because they do not have/use email or they do not have the correct card to make payment), the Coordinator will make contact by phone, take their order and pass it onto IGA. The Community Bank will pay for the food and delivery (work out payment with the person separately) and the food will be delivered by IGA.

## Pharmacy assistance

Where someone is in need of pharmacy, over the counter medications or products from the chemist, Rebecca Baker Pharmacy will assist. The Coordinator is available to help sort

any issues that can't be handled directly with the Pharmacy. Residents can arrange to open an account with Rebecca Baker Pharmacy (The Coordinator is able to assist with this process) alternatively the Community Bank will cover payment for the customer and the Coordinator will work out payment with the customer separately.

## Medical or Care Call assistance

Notify the Coordinator who will arrange with Nagambie Health-Care for the correct person to follow up with the resident.



# Reports and Recaps

How to order food from our local cafes and restaurants

## Hungry but don't feel like cooking? No stress! Nagambie businesses has got you covered!

Nagambie has a plethora of amazing cafes, restaurants and pubs which under normal circumstances are appreciated by locals and visitors alike. In these troublesome times however, many businesses face new challenges. As some of you NLCH members might also get tired of eating your own meals at home, we've contacted the Nagambie pubs, restaurants and cafes and asked how to go about if you want to order a take-away. All the information is listed below. Perhaps print out a copy and put it on your fridge?

### Zephyrz

*Opening hours: Wednesday to Sunday,  
5.00pm to 8.00pm. Phone number: 0490 185 665*

#### MENU

**Focaccia**, garlic, fresh herbs, cheese \$9 / \$11

**Arancini**, pumpkin, three cheese, sage, aioli \$16

**Pork Belly Spring Rolls**, Hoisin Sauce, herb, salad \$18

**Chicken Breast**, panko crumbed, bolognese, ham, mozzarella, chips, garden salad \$20

**Zephyr Burger**, 200 gram beef, milk bun, Jarlsberg cheese, pickled cucumber, lettuce, beetroot, tomato relish, aioli, onion rings, chips. \$20

**Southern Fried Chicken Burger**, bacon, cheese, lettuce, pineapple, Sriracha aioli, onion rings, chips \$20

**Minestrone**, vegetable, cannellini bean, pasta, spinach \$10

**Pumpkin soup**, curried pumpkin, honey, \$10

**Potatoe and leek soup**, garlic croutons, \$10

**Lentil soup**, potato, lentils, vegetables, tomato, \$10

**Laksa**, prawn, rice noodle, bok choy, spice, coconut milk, \$19

**Chicken dumplin soup**, house made dumplings, chicken broth, vegetables, \$17

#### Pizza

**Garlic**, / garlic, fresh herbs \$12

**Margherita** / Napoli, mozzarella, basil \$14

**Hawaiian** / Napoli, mozzarella, shaved ham, pineapple \$16

**Pollo** / Napoli, mozzarella, BBQ Chicken, pineapple, capsicum \$16



**Capricciosa** / Napoli, mozzarella, olives, ham, mushroom, anchovy fillet \$16

**Ortomisto** / Olive oil, mozzarella, pumpkin, feta, spinach, pesto \$16

**Calabrese** / Napoli, mozzarella, hot samali, capsicum, olives \$18

**Gamberi** / Olive oil, mozzarella, prawns, garlic, parsley, chilli, lemon, capers, rocket \$20

**Salmone** / Olive oil, smoked salmon, goats cheese, pear, caramelised onion \$20

# Royal Mail Hotel

## ENTREE

- Garlic bread **\$6**
- Cheesy garlic bread **\$8.5**
- Panko crumbed calamari (4) served with salad **\$15**
- Beer battered onion rings served with aioli **\$9**

## MAIN

- Pasta Bolognese **\$19**
- Flathead tails with chips and salad **\$21**
- Seafood platter, chips and salad **\$30**
- Panko crumbed calamari (8) **\$20**
- Atlantic salmon served with chips, salad, aioli and lemon (GF) **\$28**
- Beer battered whiting (2) chips and salad **\$24**
- Chicken Kiev served with rice and salad **\$21**
- Open chicken souvlaki **\$20**
- Chicklen scallopini, chips and salad (GF) **\$26.5**
- Chicken schnitzel, chips and salad **\$19**
- Chicken Parma, chips and salad **\$22**
- Naked parma, chips and salad (GF) **\$23**
- Goldie Parma bacon, pineapple, onion, mushroom & cheese topped with BBQ sauce, chips and salad **\$26**
- Bangers and mash with vegie and gravy **\$20**
- Porterhouse steak, chips and salad (GF) **\$30**
- Beef rib eye steak, chips and salad (GF) **\$36**
- Beef and reef, porterhouse chips and salad (GF) **\$38**



## KIDS MEALS

- Fish & chips **\$10**
- Nuggest & chips **\$10**
- Kids Parma **\$12**

## DESSERT

- 9 delicious ice cream flavour double scoop **\$2**

# Foxhole Cafe

- Bacon and egg toastie **\$10**
- Ham Cheese Tomato Toastie **\$10**
- Granola Fruit and Yoghurt **\$13.50**
- Banana Bread **\$4.60**
- Muffin **\$4.40**
- Slices **\$4.20** (carrot, lemon, choc brownie)
- Mini cup cake **\$2**
- Large Coffee/Tea **\$4.80**
- Small Coffee/Tea **\$4.50**
- Chai Latte Small **\$4.60**
- Chai Latte Large **\$5.20**
- Extras **\$1** (Bonsoy or Almond Breeze)
- Dinner delivery announced via Facebook.
- Limited serves due to product availability.

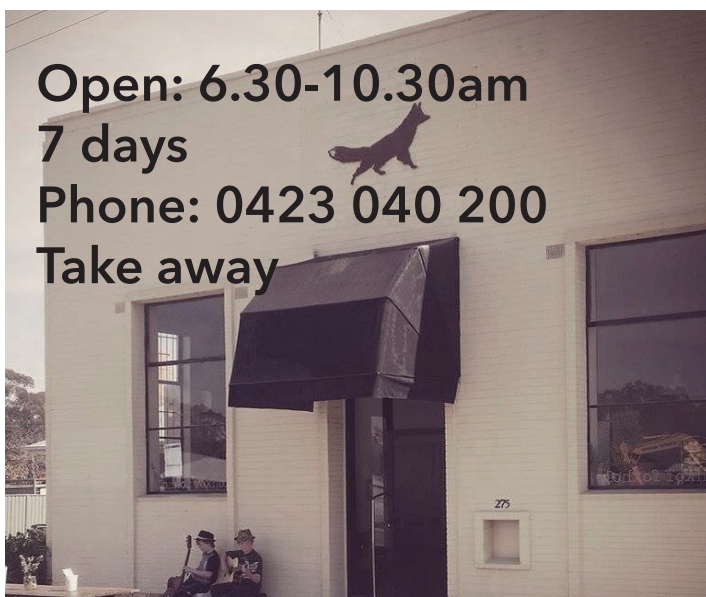






Photo: Andrew Davidson

## Harry's Cafe

Open for take away coffees and simpler meals. Either come by or call ahead.

Phone: (03) 5794 2705

## Thai by the Lake

### Pick up or home delivery

Home delivery to Nagambie, Kirwans Bridge, Wharing, Goulburn Weir, Tabilk.

(Delivery charge: \$10. Free delivery if you spend over \$70)

### Opening hours:

Tuesday - Thursday 5.00pm - 8.00pm

Place your order time: 4.00pm - 8.00pm

Phone: (03) 5794 2200

Mobile: 0450 171 599

Email: [bookings@thaibythelake.com.au](mailto:bookings@thaibythelake.com.au)

Lunch specials, Thurs - Sat: 11.00 am - 2.00 pm.  
From \$10.-



### ENTREE

Thai spring rolls (4pcs) **\$7.90**

Curry puffs (4pcs) **\$7.90**

Fish cake (4pcs) **\$10**

Mix entree, (4pcs) **\$10**

Satay chicken (GF) **\$10**

Satay prawns (GF) **\$10**

Prawns spring rolls (4pcs) **\$10**

### SOUP

Tom Yum soup (spicy)

Tom Kha (coconut)

### With your choice of:

Vegetable, tofu **\$15.90**

Chicken, beef or pork **\$17.90**

Prawns, fish or squid **\$22.90**

### SALADS

Thai beef salad **\$18.90**

Larb Gai (Minced chicken salad)  
**\$18.90**

Three King Salad (Chicken, pork and prawns) **\$22.90**

### MAKE YOUR OWN DISH WITH YOUR CHOICE OF CURRIES / STIR FRIED / NOODLES

Vegetables, tofu **\$15.90**

Chicken, beef or pork, **\$17.90**

Prawns, fish or squid **\$22.90**

### CURRY

Yellow curry

Panang curry

Red curry

Green Curry Jungle curry

Massaman Curry

### STIR FRY

Cashew nuts

Pra-ram

Basil & Chilli

Sweet & Sour

Garlic & Pepper

Oyster (GF)

Ginger (GF)

Jungle Stir Fry

Black Beans

### NOODLE

Laksa Noodle Soup

Tom Yum Noodle soup

Pad Thai

Pad See Eew

Spicy Noodle

Satay Noodle

Cashew Nut Noodle

Hokkien Noodle

Singapore Noodle

# Virtual Noticeboard

April

As some of you might remember from the April Newsletter, we are attempting to partly replace the Community House Noticeboard with a virtual ditto. Below you will find a few more poems from the Writing Group who were due to have their display in April. May is Craft Group month!

## Writing Group

*Group Leader: Vonnie Deering*

### Oceans *By Margaret Locke, June 2017*



(About 70 percent of the planet is ocean, with an average depth of more than 12,400 feet. Given that photons (light) can't penetrate more than 330 feet below the water's surface, most of our planet is in a perpetual state of darkness. Internet, 2017)

Scientists say  
Planet Earth  
encompasses  
about seventy percent of ocean  
hard to comprehend  
for amateurs like me  
but take a look at the world map

I have read that  
millions of meteors and space junk  
have continually landed in the ocean,  
lakes and desert since the beginning of time

The ocean bed  
blankets tonnes of treasure and mystery  
which may never be discovered  
at least, not in this lifetime.

On Earth we have energy and nutrients  
and water is everywhere  
yet we are all just a single drop in the ocean

But, the old adage tells us  
Where there is water  
there is life.

Margaret Locke, June 2017

# Virtual Noticeboard

April

## The next big thing

I have come to the realisation the next big thing depends entirely on the person you are speaking to. The next big thing for me at the moment is deciding whether to go with my first thoughts put down on paper. Or go with the other thoughts that have cropped up as I wandered through the day.

The next big thing for me and for you to decide is whether it will be a BIG or just a big thing. Will I be totally selfish or let others have their desires

For a child the next big thing is easy to decide. What presents will a birthday or Christmas bring Starting school is often the next big thing for a child to embrace Developing friendships and facing the bullies. Learning to read and write and play in a team. Growing older and progressing to secondary school as well as the emotions of confusing teen years

What course should I try and what job will excite and challenge me  
Should I go to university or start working for a while  
Should I wed or stay single, have children or not. If so, how many?  
Your choice will surely alter your life

How many really big things have you dealt with in your life?  
The loss of a pet, the loss of a parent or partner  
The loss of a job  
The loss of a love  
The loss of a home in a fire or flood  
How can we judge the value to each person?  
What is big to you may not cause me grief  
But what is big to me you cannot understand



However, the next big thing for me is to finish this off so I can get on with my day.  
The next big thing is to decide what to prepare for dinner  
The next big thing is to find my car keys.

Maybe the next big thing in store for me is being able to get out of bed in the morning.  
Being able to dress and feed myself. Being able to walk down the path and do my shopping.  
To remember what I have to buy, or find my shopping list.  
Is being able to drive my car and remember where to go  
And find my way home

But the next big thing, right now, is being here with friends who put pen to paper, or in this day and age, fingers to the keyboard, and listen to what their big thing is, or has been.  
I am privileged to share their experiences and enjoy their company.

Who knows what the next big thing will be.  
Hopefully it will be a happy one.

**Heather Higgins**



# Virtual Noticeboard

*April*

## Coming Out of the Mirror

I can't remember how old I was when we first met  
Pretty young, I bet  
You saw me with a muddy face  
You saw me with my hair, a disgrace  
You saw the first pimple on my chin  
No no, I didn't grin  
You saw me go on my first date  
And when I came home late  
You saw me at my best and my worst  
You even saw me when my make-up wasn't right  
and I would curse  
You told me "you can't go out in that,  
It makes your bum look too fat"  
You saw me as a young bride to be  
There was nothing in me you couldn't see  
You saw with pride, my first baby bumps  
And watched them grow inside of me  
You watched me hold my babies tight  
And saw me when I had been up all night  
There was nothing from you I could hide  
You knew, when I hurt inside  
You watched me laugh, you saw me cry  
Sometimes I looked at you and asked "Why?"  
You saw me with a broken heart  
And saw me when I thought I looked so smart  
You have been a true friend for all these years  
You've helped me overcome some fears  
Never did you lie to me  
The truth is what you did see  
You always gave me good advice  
Even if it was something I didn't like  
Now poor mirror you have to endure  
The process of ageing, effects of gravity  
But at least we know  
That the person coming out of the mirror  
Is still the real me.

**Karyn Thompson**

## Knit a purple lampshade

Society turned upside down,  
Each person with a worried frown.  
I sleep soundly at night,  
Not a nightmare in sight:  
Wearing denial like a gown.

Suddenly my kids out of work.  
Every corner illnesses lurk.  
Dark dangers fill my dreams,  
I wake up with loud screams:  
Life as we knew it, gone berserk.

Ships can't dock, planes no longer fly,  
Locked in hotels, people comply.  
My dreams become muddled,  
Fragmented, befuddled:  
My subconscious tries to know why.

My way of coping, I'm afraid:  
Dream I knit a purple lampshade.  
My dreams have turned nutty,  
My brain feels like putty:  
All just a horrid masquerade.

One day we will wake from all this,  
Treasure the simple things we miss.  
With carefree steps I'll shop,  
My coping dreams will stop.  
Grandchildren, I will hug and kiss.

**Trudy Oldaker, 30 March 2020**





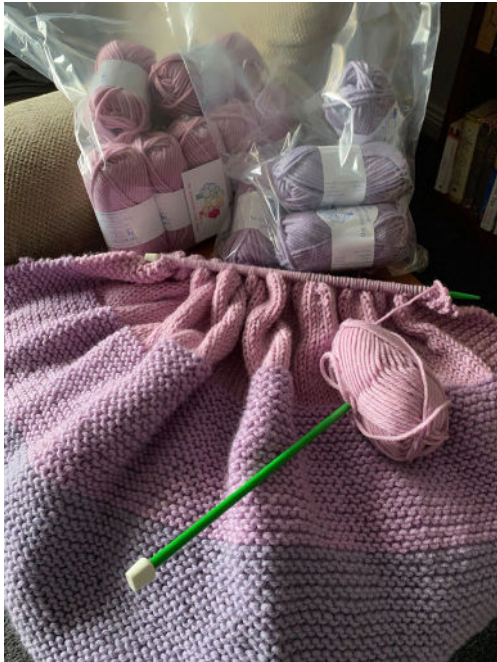
# Virtual Noticeboard

May

## Craft Group

*Group Leader: Beryl Dukes*

Another group which has made a great initiative in re-inventing themselves is the Community House Craft Group. Seeing they can no longer meet up on Monday mornings at the House, they have started their very own Facebook Group! Below are some photos of the work they are putting together. If you feel like your fingers are itching, you are more than welcome to join the group! Just send Beryl or Anna a message on Facebook Messenger and we'd be happy to invite you!



A soft blanket in progress by Sally Fyfield. "One ball at a time..."



Beautiful jumper by Beryl Dukes



Marg St. Leon finished this cute Hoodie for her granddaughter.



Anne Turville is finishing this rag quilt made of scrap fabrics.

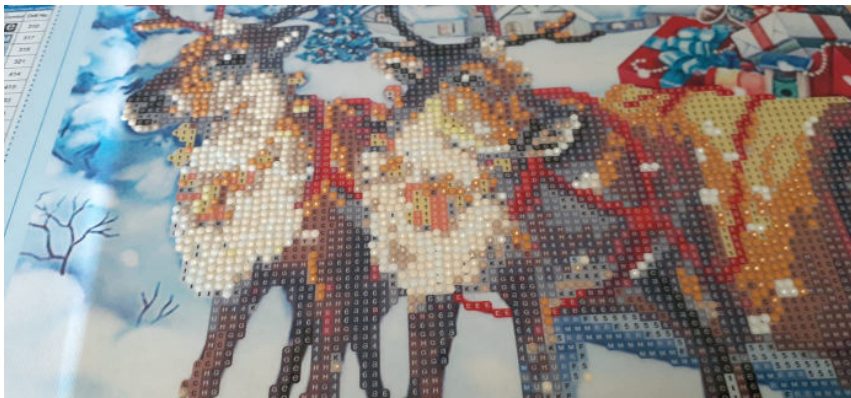


# Virtual Noticeboard

May

## A few more beautiful creations from the Craft Group!

And please remember you are more than welcome to join the NLCH Facebook Craft Group. Just let Anna know, either via Facebook Messenger or at [coordinatornlch@gmail.com](mailto:coordinatornlch@gmail.com). All welcome!



This Christmas inspired project is keeping Suzanne Sinclair busy!



Barbara Horsburgh is making this beautiful little snug blanket!



Moya Stewart knitted this jumper years ago but it shrunk so she has unpicked the waist band and is knitting it longer. How clever is that?!



Beryl Dukes knitting some warm socks for those cold winter months up ahead!



# From the Coordinator's desk

Many years ago I worked as a coordinator for a democracy development program in Africa. (In eleven different countries.) As I'm sure you can imagine, it was just as inspiring as it was challenging. The organisation I worked for invited different young politicians to attend a year long course, spread out over four or five occasions, where we trained in public speaking, human rights, social media, equality etc. The topics were intended to be relevant to politicians having been brought up in political systems not seldom tainted by corruption and nepotism.

My favourite part of the job was when I got to travel to one of our weeklong programs and just meet with people. Hear their stories; watch them grow, learn, change and just as often, I learnt something myself. One of the exercises we used to do during those programs, was intended to highlight how different advantages like upbringing, skin colour and money plays a part in our story. How it can become an advantage we ourselves are so used to we don't even notice it. You see, if we are not aware of our starting point, it can become all too easy to start measuring our success or the success of others, without consideration for advantages we really did nothing to earn.

The specific exercise I'm thinking about went something like this: Everyone lined up at a mutual starting point, and then the goal was to get to the other side by simply answering questions. Are you a man, take one step forward. Did you have the opportunity to go to school, take another step forward. Did you grow up in a house with electricity, take another step forward. Did you ever go to bed hungry, take a step backwards... The exercise could go on for as long as it took before everyone had passed the finishing line and by then also often understood that what we normally classify as success is dependent on so many different factors over which we have no influence whatsoever.

I'm not saying there aren't many, many people

who defy the odds and succeed in spite of tremendous challenges, because there obviously are. What I am saying however, is that we should probably try and be humbly aware of our blessings and advantages; the things we were simply given and never had to fight for.

Now to the tricky part; we seldom see either the advantages or challenges in a person's life by just looking at him or her. We won't be able to tell by simply observing or measuring their so called success in life. You see, for someone having grown up in a loving and safe home where the parents set a positive example, school and friendships are more likely to come a lot easier. For a person who was born with dyslexia, learning how to read will inevitably be more difficult... For someone with social phobia, taking part in a simple meeting with the Parents Association might feel like an almost unbearable challenge. I could easily go on and on...

And here comes the twist; because we rarely have all the facts about a person, we should also be very careful to judge. What might be an easy challenge for you to overcome, so easy in fact you barely think about it, could be a nightmare for someone else. As we are trying to get through this pandemic isolation, I think this is important to remember. Be gracious. Be kind. Both to yourself and to those around you. There is always so much we never see...

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

