

## *Welcome Home!*



It's been a bit of a wait, admittedly, but starting the second of December, our groups can finally start meeting up again! We know it hasn't been easy, so thank you for hanging in there! Thank you for being part of our community and our extended family. Thank you for playing a part in both our past, our present and our future.

As we open the doors to our new home, all we ask is that you don't hold back. Dream big! Dare to step out, try something different, learn something new, why not even lead your own group or workshop? 2021 is not the year to let self doubt taint your choices, this is the year to celebrate, if nothing else

**Nagambie Lakes Community House Inc.**

**363 High Street. 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**

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

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that we survived a global pandemic and that a vaccine looks like it's just around the corner. Let's celebrate life together; celebrate our freedom!

Our new home is an absolutely stunning piece of history and art, which will now again be used in the service of the community.

The NLCH executives and committee have had the opportunity of following the extensive and thorough renovations and are nothing but incredibly impressed by the dedication to preserving the character and integrity of the

building. The Kearns Centre committee have done an incredibly job!

If you have any thoughts, ideas, suggestions or dreams that you would like to bounce off someone, please don't hesitate to contact coordinator Anna Close. From the 2nd of December she will be a permanent fixture at 363 High Street. Normal working hours 10.00am - 3.00pm. Again: Welcome!

## Covid rules and regulations

**A**s it seems, Australia and Victoria in particular, has been doing exceptionally well in fighting this global pandemic. However, it is perhaps more important now than ever, that we follow all government recommendations in order to keep ourselves and our friends safe. Hence, please follow these simple, yet so crucial rules:

- **Do not come to the Community House if you are feeling unwell. (Get tested and stay isolated until you receive the test results.)**

- **Please sign the guest book and use the hand sanitizer upon arrival.**

- **Mask wearing is mandatory unless you are drinking.**

- **Please adhere to the number of people allowed in each room, displayed on signs. (See also box to the right.)**

- **Keep your distance to your fellow Community House members.**

### ROOM NUMBERS:

- **Large front room downstairs: Maximum 9 people**
- **Smaller front room downstairs: Maximum 4 people**
- **Kitchen: Maximum 2 people**
- **Anna's Office: Maximum 2 people**
- **Upstairs rooms: 3 people each**



# Group Information

All groups are now welcome to start up again! Yes, it's been a long wait but how lucky are we to live in a state and a country where people have chosen the cautious and wise road. As Covid-numbers are soaring in Europe and the rest of the world, Victoria is going on a whole month without a single new case.

We understand that groups and group leaders are eager to meet up again! We've missed seeing your faces and we want to try and do everything we can to enable you to meet. A few important things to think about in preparation for coming to the House:

- As stated on previous page, our largest room currently only allows for nine people. If your group is made up of more people than that, consider also using the other room across the hallway, which fits four. (That is 13 all together.)
- Always wear a facemask inside, except when eating or drinking.

- Sign in and out as usual in the guest book.
- If your group is bigger than nine people, consider meeting outside, like for instance the Ukulele group is currently doing.
- Consider letting your group leader know if you are attending a gathering so they can plan ahead and we won't have to turn anyone away at the door.
- The committee, Edna James and Carmel Sidebottom especially, have done an incredible job setting the house up with beautiful furniture etc. However, it is still a work in progress. If you find there is anything group needs to function properly, please let Anna know and she can bring it up to the committee.

It is going to be a bit of a hassle for a short while longer, but for everyone's safety, let's put up with the rules.

You are also always welcome to pop in, have a cup of coffee and a chat with Anna. She would love to see you!





# Advent Calendar

## DON'T MISS THE ADVENT CALENDAR, STARTING TODAY!

Some of you may already have heard the rumours about how this year's Carols were canceled due to the global pandemic. What you may or may not know however, is that we're not giving up all that easy!

As part of the Carols committee, the NLCH has helped create an initiative we are calling the **YouTube Advent Calendar**. Twentyfive different episodes will be broadcasted every day, starting on the 1st of December. You can reach the episodes either via our Facebook or webpage.

The Community House will be represented by Anne Turville and Edna James from the committee, who will show us how to make a Christmas Wreath.

A small number of wreath kits will also be for sale at the Community House, shortly after our episode has been shown. To purchase one of these starter packs, which will include the oasis and some painted decorations, please contact coordinator Anna Close. Anna will however not take up any pre-bookings before the day of the sale. (To keep it all as fair as possible.)

On the next page you will be able to see the amazing calendar Sally Fyfield has created. Cut it out, put it on the fridge or have it lay on your kitchen table so you can keep track of who's episode is coming up next! We hope you will enjoy this and feel the Christmas spirit!



# Nagambie Community Carols 2020

To watch our daily videos go to the Nagambie Lakes Community House website and click on the YouTube button.  
[nagambielakescommunityhouse.org](http://nagambielakescommunityhouse.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Outdoor Christmas Services:</b> <b>St John's Anglican Church</b> <b>7:00pm 24th December</b> <b>Nagambie-Avenel Uniting Church</b> <b>7:00pm 24th December</b> <b>St Malachy's Catholic Church</b> <b>5:30pm 24th December</b>		<b>1</b>  Bowls Club	<b>2</b>  St Joseph's Primary School	<b>3</b>  Community House	<b>4</b>  Seniors	<b>5</b>  Tennis Club
<b>6</b>  Catholic Church	<b>7</b>  Pilates	<b>8</b>  Carol & Colleen	<b>9</b>  Lake Swimmers	<b>10</b>  Preschool and Childcare	<b>11</b>  Police and Ambulance	<b>12</b>  Russell
<b>13</b>  Uniting Church	<b>14</b>  Library	<b>15</b>  Health Care	<b>16</b>  Golf Club	<b>17</b>  Christmas Story	<b>18</b>  CFA	<b>19</b>  Phil & Trevor
<b>20</b>  Anglican Church	<b>21</b>  Primary School	<b>22</b>  Larks	<b>23</b>  Historical Society	<b>24</b>  Luke's Nativity	<b>25</b>  Reprise	Thanks to the organisations and local churches which have contributed time and funding to make this project possible.

Thanks go to Ivan Demavibas and Phil Close for their expertise and the many hours of work they donated to make this project happen.





# Photos from our members



Pre-Dawn sky on Goulburn street. Moon, Jupiter and Mars. **By Fiona Jensen.**



Dusk sky on Goulburn Street. Gold and pink sunset. **By Fiona Jensen.**



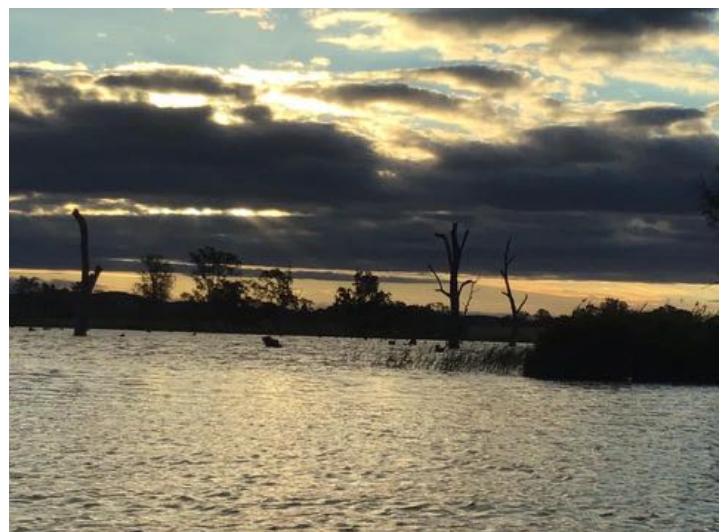
Beatiful spring photo by **Alice Cahill.**



Magical sunset, by **Alice Cahill.**



Stunning sunset at Goulburn River. **By Gaye Bond.**



Beautiful Goulburn River. **By Gaye Bond.**



# Ukulele Group

By Robyn Northey

## FREEDOM AT LAST!

Finally freedom after so long, to meet up once again today at Buckley Park! This took place around the back under the Barbecue Shelter at 10.00am, and we just loved being able to strum and sing along together, mask free and blessed with perfect weather.

Eight of us had a wonderful morning with each member choosing a song or two to share. We brought along our own thermos, snacks and water etc, and during the tea break had a chance to catch up with everyone's news. We also had an audience of passer's by at times and limited

applause by the many crows trying to steal the picnickers food; our strumming and singing did not seem to deter or scare them off at all, which we found encouraging!

We have arranged to meet again next Wednesday morning (2nd of December), at the same place at 10.00am because we are able to once again enjoy being "mask free". After that, we will see what regulations will allow our group to do at the Kearn's Centre before it closes down for the Christmas break.



**DON'T MISS THE NEXT OUDOOR UKULELE GATHERING!**

**Buckley Park - 10.00am - 2nd of December**

**Bring an instrument, your voice or just a cuppa and enjoy the great music and company!**

# Tow 'n' Yarn

By Max Dunstone

**Y**ou may be over the hill if... all you exercise is caution. I'm certainly teetering on the top[ and I am exercising caution by deciding there will be no organised Tow 'n' Yarn event over the rest of this year. I had hoped to fit in one and possibly two camps, and could have now that many restrictions are being lifted, but I have reluctantly made this decision on the basis that

- Victoria has allowed travel - but to where? Even now most towns are still locked down, or at best are operating under restrictive conditions and the NSW border is still closed.
- Many caravan parks have only opened to fully self contained vans - they are not opening their toilet/laundry/camp kitchens.
- If found to not be complying with the rules e.g., social distancing, apart from the potential personal fines, the Community House could be fined up to \$100 000 - it's not worth the risk.
- Most restrictions have now been lifted but this will potentially lead to a stampede of

Melbournians into the country, probably wise to stay away until it all settles down a bit.

Whilst travel as a group under the Community House is one thing, keep in mind that travelling by yourself, or with friends, you are then only responsible for yourself, so I would encourage everyone to head off somewhere if and when you can. I am keen to get out there again myself but at the moment I'm grounded by a leg that has other ideas. Ho[efully just an age thing.

A river bank sounds perfect for the current situation, isolated, peaceful, but close to services. Many of our group are not keen on the idea of free camping, but give it some thought.



*"A river bank sounds perfect for the current situation, isolated, peaceful, but close to services..."*



*Tow 'n' Yarn group leader Max Dunstone.*



# Smartphone workshop

## LIGHT, CAMERA, ACTION!

**W**ant to learn how to make a film, capturing memories and events, only using your smartphone? This is your chance!

VicHealth in corporation with Cinespace Inc and Strathbogie Shire are now offering a free workshop, open to anyone who wants to learn how to make their own films! Over one or two days you will learn how to plan, shoot, edit and share, only using your phone! Don't miss this amazing opportunity of becoming a Nagambie Spielberg, Bergman or Kieslowski!

Previously, you had to sign up for two days but that's no longer the case! Can't come for on both the 8th and the 10th? - Just pick one. Welcome!

Nagambie Lakes Community House  
363 High Street  
Tuesday 8th of December, 9.00am - 4.00pm  
Thursday 10th of December, 9.00am - 4.00pm

It's free of charge, just remember to book at:  
[www.smartphonestories.com/register](http://www.smartphonestories.com/register)



# Computer Group

## ONE ON ONE SUPPORT



**O**ur excellent Sally Fyfield will now start Computer Group back up again so if you are looking for some excellent tech support or training, please book in for a one on one 30 minute lesson.

Nagambie Lakes Community House  
363 High Street  
Friday 11th of December  
9.30 - 11.30

Bring a mask and your own device  
Book in with Sally on  
[srfyfield@bigpond.com](mailto:srfyfield@bigpond.com)

# Information

Are you having trouble paying your energy bills? Do you want to lower your energy costs? Here's your chance to receive a free service who can help make that happen! Register at [bsl.org.au/energy-assist](https://bsl.org.au/energy-assist) OR call toll free on 1800 830 029.

## ENERGY Assistance Program

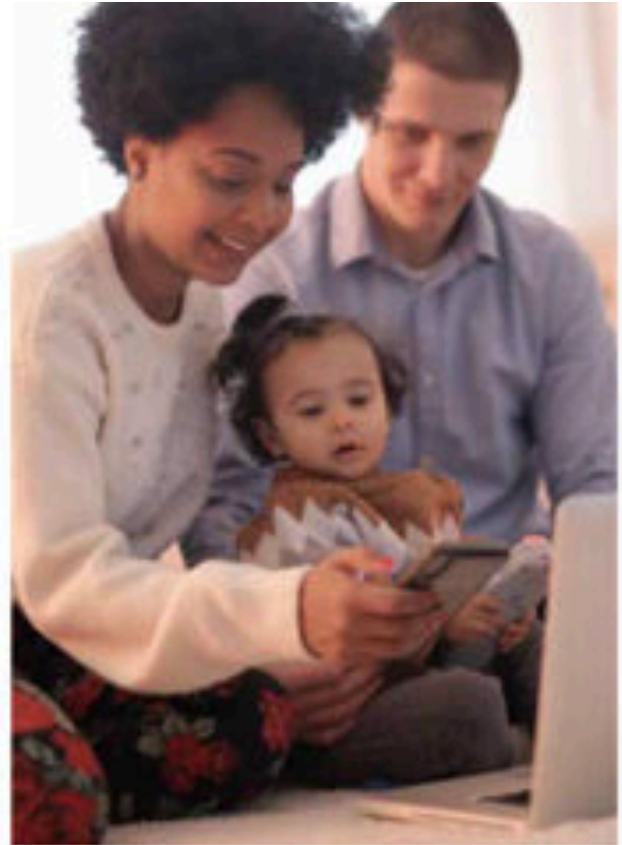
### The Energy Assistance Program

The Brotherhood of St. Laurence, Uniting, and the Australian Energy Foundation have launched a **FREE service** – the Energy Assistance Program – designed to help eligible Victorians save on their electricity and gas bills. This service is **independent of energy companies** and supported by the Victorian Government.

The program can assist you with energy issues, including switching you to a cheaper energy offer. Unlike other services it's independent and free. It's more than helpful advice. We offer a personalised phone or video service to help you take steps towards lowering your bills.

### We can help you to:

- Find a cheaper energy offer – this could save you hundreds
- Ensure you are receiving the energy concessions you are entitled to – to help lower your energy bills
- Get help from your retailer if you are struggling to pay your energy bill or get help fixing a billing error
- Access a utility relief grant or develop a payment plan with your retailer
- Improve the energy efficiency of your home
- Access the \$250 Power Saving Bonus if you're eligible (available from February 2021).



### You are eligible if you meet any one of these criteria:

- You are experiencing hardship as a result of COVID-19
- You have received JobSeeker or JobKeeper
- You have an energy concession or are eligible for one
- You are experiencing energy-related hardship
- You have a health condition or disability
- You have trouble paying or understanding your bills
- You are receiving a Commonwealth Home Support Package (levels 1 to 4).

**If you are unsure and in need of assistance, please give us a call and we will try to assist you.**



# Writing Group

## THE HOPE OF SPRING

The flowers of spring what joys they bring.  
A delight of daffodils and blossoms all around,  
The colours of spring and the song birds sounds.  
The wakening dawn shows a bright morning splendour.  
While the winter of chills are fading away,  
To the warmth of the sun and fresh spring, sunny day.  
After the cold winter sleep with rain cloud that weep.  
The earth stirs to awaken all nature with surprises,  
Green buds on the bough and new eggs laid in nests.  
The spring of September I will always remember,  
Of flowers in profusion the colours of rainbows,  
Young birds with new song and lambs leap and play.  
The season of spring brings new life and a hopeful day.

**Rosie Cornelious**



## IMAGES OF SPRING

Dexter, my daughter's dachshund pup, chasing a white butterfly fluttering beside the rosemary bush.

My two cats, Zoe and Dusty, basking in the sun alongside the window, or walking atop the dining room table, sniffing the vase of roses and munching on the bunch of nandina.

A crimson rosella calling to its mate to come and get fresh seeds from the bird feeder in the Manchurian pear tree.

Boo - the aged white horse in my daughter's paddock - whinnying when I call him with some lucerne I have picked for him.

The shower of white blossom in the bird bath, sprinkled on the surrounding pots and clusters of violets beneath the crab apple tree.

The burst of colourful rose blooms all along the driveway.

The sunshine opening up the cream, gold and orange gazanias and the purple and white African daisy bushes around the garden.

The claret ash, standing tall and graceful in my front garden - its stunning red leaves about to turn pale pink and later green.

All of this I look forward to each and every spring

**Margaret Locke**

# Expressions of interest



## DOG TRAINING WORKSHOP

**D**o you have a dog or think about possibly getting one? Would you want to learn how to create the best possible relationship and bond between you and your furbaby? Help your dog understand what you want without screaming or physically punishing it? Then we might be able to offer just what you need!

Please let coordinator Anna Close know if you are interested in signing up to a one-off workshop where a licenced dog trainer takes you through the ins and out of owning a dog; what to do and what not to do. The workshop will be for the dog owners only, (not the dogs) but after completion you will be able to book in for a one-on-one session with your dog and the dog trainer.

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## DRIVING INFORMATION SESSION

**R**esearch has shown that elderly drivers are more law-abiding, more cautious and take fewer risks on the roads. Some changes that come with ageing can however have an impact on the way you drive. Your vision, hearing, and response time can change and medical conditions or medication can also have an effect on your driving.

Would you, as an elderly driver, be interested in a one hour information session on how to stay safe on the roads? Please contact coordinator Anna Close.

(This would not include a medical examination or any form of determination of your fitness to drive) but rather contain general information on how your age can have an effect on your driving and how to stay safe on the roads.)





# From the Coordinator's desk

To be honest, I wasn't planning on writing anything in this month's edition of the newsletter. Between the Advent Calendar, preparing for the opening of the House, the Community Quilt reveal, metre high piles of laundry, family and other commitments, I've been a tad busy. I also didn't really feel like I had anything to say, you know? No wise words to pass along, no encouragements to give and no grand revelations I could share with you. But then I thought to myself, *that's just it*, isn't it?

Life isn't always dramatic. It isn't always full of shimmer, shine, cleverness or joy. Sometimes life just *is*... You trod along, do your best and watch how you in spite of great intentions, inevitably fail at one or two things. Your alarm goes off, you stumble out of bed, get the coffee, pull the weed out and get to work. There's no theme song in the background, no violins playing and no romantic filter. Life just is. Simple. Plain. Boring. Predictable.

Cue to my brother Dan-Ove. Dan-Ove, or Dove as we call him, has this theory about "wink-of-an-eye-happiness", and finding beauty in the ordinary things. He can look at a sink of soap and watercolor residue from the kids art endeavour and just crack up in a big smile. He can walk past a flower and point out how great it smells or sing a beautiful old Swedish folklore song as he is cooking a quick dinner of bangers and mash. Gosh do I wish I was more like my brother!

See, it isn't always the big events. Not the dream holidays, fancy restaurant visits or since long planned New Year's Eve parties. Sometimes it's just about being present, and finding beauty in the little things. "Every-day-happiness", as my brother also calls it. The challenge in finding it, is that it is often fleeting or small and if you're not paying attention it might just pass you by. It can be a smile from a stranger. The way the

light shines through a blue vase. A couple of Rosellas flying past. A child blowing a massive bubble and watching in delight as it soars to the sky. It can be the intention and care with which someone's written your name on an envelope... Or like when my best friend wrapped her birthday present to me in cockatoo wrapping, because she, in spite of never even having been to Australia, knows how much I love the bird. I started crying just leaving the post office, *before* I had opened the present. I cried because of that silly wrapping paper. To me, right then and there, it was the most beautiful thing I had ever seen.

Today I cried again, as I was trying to explain to a reporter from Shepparton News how Val Monighatti had donated the backing material to our quilt before she died. How she, at a time when her hope was fading, choose to think about something which would bring joy and beauty to the world even after she had left it. Some might consider it a small thing to do, but to me it is incredibly precious.

Overall, I know we might not have a lot of awe-inspiring or stately experiences lined up in the near future. I for one, am saddened by the fact my mum and dad, brother and family will not be coming out here to celebrate Christmas with us as planned. But even if I won't have my brother and his cheeky smiles, I have all my fun memories of him. I have "wink-of-an-eye-happiness" and the challenge to try and find beauty in the ordinary.

*At your service,  
Anna Close*

