

# Newsletter

## A WALKING SUCCESS

Close to forty people of all ages came out to the beautiful winter morning walk in Avenel. The theme for the fully booked event was *Ned Kelly* and author and historian David Willis mesmerized the audience with stories of times long past and, as an unexpected yet greatly appreciated favor, let the participants

have a short walk through his home, (the former Royal Mail Hotel in Avenel). We were treated to stories and facts not even the born and bred had heard before.

This event was a partnership between the Community House, Strathbogie Shire, CASI and Avenel Active. A special mentioning and thank



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Open weekdays 10.00am - 3.00pm



# Family Walk in Avenel

you to David Willis and Jen Arnold. You made the day everything it was! (More photos from the event below.)

We are hoping to soon be able to advertise a new date for our Tahbilk Family Walk. Watch this space.



The group by Hughes Creek, where Ned Kelly saved a Shelton boy from drowning.



Author and historian David Willis.



The former Royal Mail Hotel in Avenel.



The old court house.



# Family Walk in Avenel



Inside the Royal Mail Hotel.



David Willis and Jen Arnold from Avenel Active.

## Changes to Newsletter deliveries during September and October

The normal process of members receiving their newsletter each month is via email. It is also published on the NLCH website at: [nagambielakescommunityhouse.org/newsletters](http://nagambielakescommunityhouse.org/newsletters) with a link posted on our Facebook page. Printed copies are available from the House as well as from the IGA supermarket.

In addition to this, members who live out of town and don't have access to email, always receive a printed copy. (Either to their letterbox or front door.) This has been made possible by the ever amazing Sally Fyfield who has taken it upon himself to deliver the

newsletters on her pushbike. However, during September and October Sally will be going on a much longed for trip with her family.

Hence, new arrangement from September will be as follows: NLCH members without access to email who live in town are asked to collect their personalised copy of the newsletter from the Community House. If you for any reason are unable to make your way to the House, please ring Anna on 0437 347 203 and we will arrange a delivery for you via post.



# NAIDOC Week

On Tuesday the 6th of July Robyn and Edna enjoyed the chance to attend this event and to represent the House. It was held at the Strathbogie Shire Council offices in Euroa and involved a smoking ceremony and Welcome to Country conducted by Uncle Shane Monk from the Taungurung Land and Waters council. This also included the raising of the Taungurung sovereign flag which was kindly gifted to Council. Councillor Chris Raeburn said, " That the aim is to protect our region's important cultural heritage".



*Uncle Shane raising the Taungurung Flag.*

The Smoking Ceremony Quote: "It is an ancient aboriginal custom in Australia that involves burning various native plants to produce smoke, which has cleansing properties and the ability to ward off bad spirits from the people and the land and make a pathway for a brighter future. A sacred smoking ceremony has many purposes but often it is used as a welcome to a particular area and /or it may cleanse an area or person and shows a sign of respect for people past and present and also the passing over of

elders - to rest the spirit".

Before the flag raising ceremony, Uncle Shane invited indigenous visitors followed by members of the general public to walk through the smoke, waving it over themselves and lifting one foot and then the other as part of the cleansing ceremony. Shepparton Mayor Greg James, an indigenous man, was the first one to do so, followed later on by the Kindy kids and other participants.



We enjoyed morning tea in the Euroa picture theatre, followed by a showing of the movie "I Am Gulpilil", the story of the Aboriginal actor David and his struggles living in two different cultures.



We both enjoyed the chance to participate and to appreciate the significance of this event during NAIDOC week.

***By Robyn Northey***



What else is new...

## First Aid Refresher Course

### Looking for expressions of interest

At the Community House we quite recently arranged an accredited Level 2 First Aid course. However, we believe there might be more members of the House, and our extended community who would be interested in a not so in depth, yet useful first aid workshop.

That's why we are teaming up with our local Ambulance Station in the hopes of providing a shorter workshop which will include the following elements and more:

- Stroke
- Collapse
- Shortness of breath,
- Fall
- Anaphylaxis
- Snake bite
- Coaching technique / reassurance

If this is something you think you would be interested in participating in, please let Anna at the House know.



Paramedic Jessie Richardsson has previously arranged much appreciated workshops at the Community House. However, she might not be the one to represent Nagambie Ambulance at the next occasion.

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*On the horizon...*

## 'Safe Seats Safe Kids' are coming to Nagambie

Correctly fitted child car restraints and booster seats play a crucial part in protecting children from serious injury and death in the event of an accident. Alarming, 70 per cent of these are not correctly fitted or used, making injury around seven times more likely.

The program '**Safe Seats, Safe Kids**' offer the opportunity for parents and carers (inc. grandparents) to book in for a child car restraint safety check. Professional fitters will be engaged to perform these checks to ensure child car

restraints are installed and are being used correctly, as well as to educate families so they are equipped to check that their child is safe in the car every trip.

In cooperation with the Nagambie Lakes Community House, 'Safe Seat, Safe Kids' are now looking at coming to our town. Tentatively, the date will be the **13th of September**, between **9.00am and 1.00pm**. Confirmation and more information on location to follow.



## SURVIVING A GLOBAL PANDEMIC

**A**re you feeling a bit tired and gloomy? Like you're just over all this madness but not even sure what you would do if the world would go back to normal? Are you fearing another lockdown or sick of not seeing family and friends? You know what, there's absolutely nothing wrong with you! We have been living under a tremendous amount of stress, pressure and add possible financial restraints, for a long time now. Add isolation, grey skies and limited possibilities to travel and there is no wonder if you're feeling tired on the inside. Below we have gathered a few different suggestions of what you can do to cope, tackle, survive or perhaps even enjoy these last few shivering days of winter. And remember, if you are doing it extra tough, please reach out to the support services available, such as Lifeline at 13 11 14.

### TURN OFF THE NEWS

Yes, I know. Watching the news can in some ways be inevitable if you want to keep up with what is going on in the state, the country and the world. Will there be another lockdown? What are the latest rules on facemasks etc. But, too much negativity, even if it's important, can also make us sad and worried. Why not check out the **Kindness Pandemic** on Facebook, the **Good News Movement** on Instagram, or my personal favourite: **Humans of NY**. (Available both on Facebook and Instagram.)

### GET OUT OF YOUR PJs

Considering what I just wrote about bingewatching TV, this might seem like a bit of a contradiction, but it's all in context! If all you've been doing lately is trudging along in your robe and your ugg boots, it might be time to try something different... Have a shower, or why not even a mini home-spa, fix your hair, do your makeup, (when applicable), put on some nice clothes and go out for a coffee, (or have zoom coffee with a friend if in lockdown.) Just looking good can make you feel differently about yourself!

### GO FOR WALK EVERY DAY

It's such annoying advice because we know it's true. But it's cold. And damp. And grey. And dark. And wet. And do it anyways. You might hate it at first, but the benefits of a daily exercise routine will eventually by far surpass the dreary bits.

### BINGEWATCH TV OR READ A GREAT BOOK

If we can not travel in person, why not travel in your mind? If you think staying in your PJ's, eating ice cream and watching an amazing show on TV is as close as one gets to a cardinal sin, it might be exactly what you need. Shed the shame, cuddle in with your favourite doona and enjoy an adventure which takes you far, far away. Here are a couple of feel-good-suggestions...

**Movies:** Togo, The Painted Veil, Amelie, the Help, My Big Fat Greek Wedding, the Secret Life of Walter Mitty.

**TV-shows:** Virgin River, When calls the heart, Bridgerton, New Girl.

**Books:** Where the crawdads sing, All the Light we cannot see, The Light Between Oceans, The girl who saved the king of Sweden.

### WRITE A HANDWRITTEN LETTER TO A FRIEND

It's so dreadfully old school and in a day and time of social media and instant messages being sent via email or different platforms, letter-writing seems but a dying artform. Yet there is something so incomparably beautiful, and honest about someone's heart being poured out in ink across a nice piece of paper

### RE-DISCOVER YOUR PASSIONS

To be fully alive, I think we need to do what we love. At least to some extend. With the dreary past year and a half in mind, you might have forgotten what that even is. But what makes you smile? What fills you with childlike joy and excitement? Try and remember, and then do it!

# COMMUNITY HOUSE

## ART GROUP

Meets Saturdays at the Nagambie Primary School. 1.00pm - 4.00/4.30pm  
(Tea break at 2.30 for critique and business discussions.)

Contact: Sonia Aspinall, nlchouse32@gmail.com, 0427 679 180.

## BOOMERANG BAGS

Have not started meeting up again.  
Contact: Moya Stewart, 0425 - 796 297  
or boomerangbagsnagambie@gmail.com

## BREAST CANCER SUPPORT GROUP

Have not started meeting up again. Contact  
Di Proud: 5794 1520.

## SCRABBLE/GAMES GROUP

Meets Monday afternoons at the Community House. For more information, please contact Jeanette Murray on jmurray771@bigpond.com.

## COMPUTER SUPPORT

5th, 12th and 20th of August. Book in with Sally and bring your laptop, tablet or phone. Contact Sally Fyfield: 0408 141 969 or srfyfield@bigpond.com

## CRAFT GROUP

Meets Mondays, 10:00am - 12:00pm.  
Contact Beryl Dukes: 5794 2829 or bgdukes@bigpond.com

## GARDEN GROUP

Meets Mondays between 10.00am and 12.00 at 7 Prentice Street. Contact Robyn Northey for more information 0458 147 333.

## LAKESIDE LARKS

Meets Thursdays between 5.30pm and 6.30pm. (Changes may apply depending on pandemic regulations.) All welcome! For more information, please contact Wendy Mason on: mason.wendy.m@gmail.com.

# GROUPS TO JOIN

## MATILDAS

Next cultural adventure: Queen Forever, 28th of August, 8.00pm. For more information, contact Group leader: Illona King on ilonaking2948@gmail.com

## PATCHWORK AND QUILTING

Meets Thursdays at the Community House. 10:00am - 3:00pm. Contact: Anne Turville, anneturville@gmail.com.

## SHARED TABLE

Meets every third Wednesday evening of the month, sharing a theme inspired meal. Next date and theme: 18th of August, 'Celebratory offerings with a party feel.' For more information and to book in, contact: Elizabeth Branagan, emmeng@hotmail.com

## TOW 'N' YARN

For people who enjoy camping, friendship and travelling. Contact Max Dunstone: 5794 1868.

## UKULELE GROUP

Meets Wednesday mornings at 9.30am at the Community House. (Changes may apply depending on pandemic regulations.) Contact Robyn Northey: robynalice2004@yahoo.com.au

## WALKING GROUP

Walking with friends on the last Friday of the month. Leaves from the Community House at 8.30. Contact: Wendy Mason, mason.wendy.m@gmail.com, 0438 231 285.

## WELCOME GROUP

For new and old friends. Next excursion not yet determined. Contact Jeanette: 5794 2115 or nagambiewelcomegroup@gmail.com

## WRITING GROUP

Meets every second Tuesday of the Month. 10:00am - 12.00pm. Contact Vonnie Deering: vonnie.deering@bigpond.com





**Nagambie Lakes Community House Inc.**

PO Box 191

363 High Street, Nagambie 3608

ABN 37 645 422 366

*Sharing Friendship, Knowledge, and Skills*

# 2021 NLCH Annual General Meeting

You are invited to attend the Annual General Meeting of the Nagambie Lakes Community House Inc. This will be held on **Wednesday the 1st of September 2021 at Mary MacKillop Hall, Church St, Nagambie. commencing at 1:00pm.** In case of lockdown, the AGM will still take place at the same time and date, but via Zoom and YouTube.

Anyone is welcome to nominate for any position on the Committee.

Our guest speaker will be **Catherine Langdon** of the Nagambie Library.

**Sally Fyfield, Secretary**

**NLCH Inc.**

**0408 141 969**





## Ukulele Group

### Two new ukes to borrow at the House

**W**ould you like to learn to play the humble Ukulele? Can you see yourself being part of a friendly group of women and men, strumming, singing, chatting and laughing together?

We have experienced leaders, not music teachers, willing to help you to get started with instruments on loan for you to "Try before you buy" as it is important to get the right size ukulele for the size of your hands and fingers. We will help you to learn the chords you need in order to play along with in our group, SO you do not need to be able to read music at all.

**Please contact Anna at the House or Robyn on 0458 147333 for further information.**



## Shared Table

### Celebratory buffet postponed

**J**uly's edition of Shared table has been postponed until August.

The theme will be the same: A celebratory buffet dinner. (With a raised glass to Don and Judy's 57 year anniversary.)

For any questions on details or to come along to this wonderful group, please don't hesitate to contact Group leader Elizabeth Branagan on [emmeng@hotmail.com](mailto:emmeng@hotmail.com).



*Don and Judy MacDonald*



*Celebrating their 4th anniversary 1968  
PortMoresby, PNG*

# Matildas

## A brief message from Ilona King in regards to the next planned Matildas events:

**G**ood morning everyone, hope you are all keeping well! I have contacted Riverlinks Box Office to find out about Human Nature and at the moment they are in consultation with the Promoters. As soon as they work out what is happening they will let me know and I will send out an email.



## Computer support

**D**o you need help with your computer, tablet or phone? Or would you like to learn how to use it for a specific purpose? Don't miss our computer support group run by the excellent Sally Fyfield. Book in to secure a time slot or take a chance and just show up. You can reach Sally on phone number: 0408 141 969 or email: [srfyfield@bigpond.com](mailto:srfyfield@bigpond.com)

***Please remember to bring your device AND cords and passwords!***

### August dates:

- Thursday 5th
- Thursday 12th
- Friday 20th
- Friday 27th (possibly)

10.00 - 12.00

No lessons in September or October as Sally will be away





# Walking Group

## Walking in Dookie

**N**ext month's plan is to walk at Dookie, where we have enjoyed the view of canola paddocks in flower on past August visits and afterwards the coffee and wine at Tallis Winery.  
**That's 27th August.** If restrictions allow, we will be leaving from the Community Houes at 9.00am. For more information, please contact Wendy Mason on [mason.wendy.m@gmail.com](mailto:mason.wendy.m@gmail.com).



*Google image of Tallis Winery.*



*Google image.*

## Patchwork and Quilting

**O**ur lovely Patchwork ladies are meeting at the House on Thursdays! Contact Anne Turville if you're interested in coming along! [anneturville@gmail.com](mailto:anneturville@gmail.com).



*This beautiful quilt is a labour of love. Started by Val Monighetti, Wendy Cook is now finishing it to give it to Val's family.*

# Welcome Group

## Let's go to the flicks

Each year a small Rushworth committee, Waranga Flicks, runs a film festival over the Queen's birthday weekend. This year it had to be postponed because of the Covid 19 outbreak, and now has been rescheduled for early August.

The Welcome Group is booked in for the first film of the festival. There will be an atmospheric cabaret style set-up with people at candle-lit tables.

**Film:** The fabulous, funny: The Grand Budapest Hotel.

**Date:** Friday 13th August at 5,30pm

**Venue:** The Rushworth Shire Hall which is well heated and has all ability access and modern toilet facilities.

**Cost:** Concession \$15.00, adult \$17.00 which includes entry fee and a light supper, plus \$2.00 community house fee

**BYO:** Drinks. Tea, coffee and hot popcorn will be available.

**Booking:** Please by Friday 6th August to Jeanette Murray, 5794 2115 or nagambiewelcomegroup@gmail.com

If you would like to be included on the Welcome Group's database please contact the email address above



Google image.

Welcome!



Google image.





# From the Coordinator's desk

Recently, I heard the concept "Pandemic fatigue" for the first time. Even without googling the meaning, it sort of made sense to me. Now, technically I believe it primarily refers to tiredness in regards to adhering to restrictions, like washing your hands, wearing face-masks etc., but to me it also encompasses a bigger picture. See, I think most of us do understand these small preventive practices keep people safe and hence, we hang in there. But the tiredness and fatigue caused by the pandemic can take so many other shapes and forms, and I'd like to address some of those here.

Lately, I haven't been feeling like my regularly cheerful self. Instead of jumping out of bed with a mindset of "new day, new possibilities", I've been more of a "blaaaah". It's not because I've experienced some terrible loss or heartbreaking trauma. It's not that ONE thing which has had an affect on me. Quite the opposite, I think it is a reaction to an accumulated mass of challenges brought on by the pandemic: After a year and a half I still can't see my family. After a year and half of lockdowns, I'm still not sure how to plan ahead at work; constantly keeping one foot on the gas and one foot on the break. I'm still trying to adjust to ever changing pandemic regulations, all the while trying to navigate on-and-off home schooling, a dog on heat, an angry cat and constant grey skies. I could go on, but I know you get it, because in many ways, life has been and might still be exactly the same for you.

In addition to the general obstacles we are all facing, the pandemic might have brought on other hardships for you in terms of finances, isolation, lack of purpose or loss of job opportunities. So, if you are right now feeling the same kind of tiredness on the inside I am, please know there is nothing wrong with you! What you are experiencing is simply a normal reaction to an abnormal situation.

And seeing I don't think my husband will mind, please let me share with you what he told me as I tried to explain my dreary state: *"It's ok! It's ok to not feel a hundred percent. The worst thing you can do right now is add shame to those feelings. You're ok. This, is going to be ok... Just try and do things*

*you know you would normally love; try and have grace with yourself and don't push too hard trying to be productive... Just breathe..."*

So, that's what I've been trying to do. Breathe. Taking one day at a time, not getting down on myself for not being so chirpy, productive or effective as I normally might be. I've tried to rest in grace.

If you're reading this and in any way feel like you can relate; if you too are just sick and tired of it all, if you feel overwhelmed, please know this: You are not alone. You are not crazy. You are not weak. You are not useless. You do not have to feel shame. This is not how your story ends.

We will feel our energies and passions return. We will laugh and dance and hug our loved ones yet again. We will go on road trips, soak up the sun and enjoy the company of friends. We will explore gardens, swim in the lake, splurge on holidays and see new sceneries. - One day. It might not be tomorrow, or the next day, but soon.

Until then, will you do something for me? With me? Be gracious. Be gracious with yourself and those you have around you. Forgive yourself for the mistakes you make and forgive those around you. Don't fall into the trap of thinking nothing will ever change, because it will! I know it will. Or like the lyrics of one of them awesome country songs goes:

*"If you're going through hell, keep on going, don't slow down. (...) The good news is there's angels everywhere out on the street. Holding out a hand to pull you back upon your feet. (...) If you're going through hell, keep on going."*

**At your service,  
Anna Close**



Photo: Love by Lou Photography