

Immunisation Program Now at the Community House

Looking to get your next flu shot? Or perhaps your child or grandchild is due for their next injection from the National Immunisation Program? Welcome to the Community House! In collaboration with Wodonga and Strathbogie Shire Council, you can now get your immunisation sorted at the Kearns Centre/Community House.

This great initiative is open to all members of the community. However, due to the COVID-19 social distancing requirements, all immunisation services will be by appointment only. To book in a time slot for you or your child, please call 1800 655 360. Only one parent/guardian/support person is encouraged to attend with each client to be vaccinated.

If the person to be vaccinated is under 18 years, consent for vaccination must be given by a parent or legal guardian. After you've received your vaccination you must wait at the House for 15 minutes. We can offer coffee and a bikkie or why not use the time to catch up on all the great things happening at the House!

What to bring:

- Your Medicare card; and
- Your vaccination record/your child's health record.

Who can come:

- Children aged 0 - 5 year, preschool and school age children according to the recommended National Immunisation Program Schedule
- All community members of the Shire

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Some of the nurses who will be administering vaccinations at the House.

363 High Street, Nagambie, VIC 3608

Web: nagambielakescommunityhouse.org

Phone: 5794 1487 Email: nlchouse32@gmail.com



[facebook.com/NLCHouse](https://www.facebook.com/NLCHouse)

ABN: 37 645 422 366

Open weekdays 10.00am - 3.00pm

Immunisation Program continued...

Vaccines available:

- All vaccines on the National Immunisation Program Schedule.
- Influenza
- Whooping Cough
- *Hepatitis A and B vaccines (*cannot be provided for travel purposes)

Please note that these vaccines are available free of charge to certain groups. Phone two weeks prior to attending an immunisation session to ensure the vaccine is available for you. Cash and EFTPOS payment is accepted at all immunisation sessions.

FOR FURTHER INFORMATION, PLEASE PHONE 1800 655 360, EMAIL IMMUNISE@WODONGA.VIC.GOV.AU OR VISIT WODONGA.VIC.GOV.AU

Welcome!

THIRD WEDNESDAY OF EACH MONTH. NEXT AVAILABLE DATES:

February 16
March 16
April 20
May 18
June 15
July 20
August 17
September 21
October 19
November 16
December 21

JAMES BUGG - PHOTOGRAPHER

In October of 2021, Larks received an email from James Bugg. He's an artist who works on long term photography projects.

James is currently undertaking a commissioned project in collaboration with PHOTO22 photography festival and the Parliament of Victoria. The project documents how regional Victorian communities gather and come together. It focuses on the way music and dance groups in regional Victoria bring people together. The project will be displayed as an outdoor exhibition on the steps of Parliament in Melbourne this year!

James Bugg contacted the Larks to see if he would be able to photograph the Nagambie Lakeside Larks as part of the project. He believes that a choir is a great showing of community and would be really well suited for

the project he's hoping to create.

Larks agreed to be photographed and as a result, James attended the NLCH Christmas drinks on Friday the 17th of December. We are now all very excited to see the final result of this project! Our wonderful Larks will be known throughout the state!

Larks singing at the
2021 Australia Day



BACK FENCE WORKING BEE

The past few months our backyard has been going from glory to glory. The last initiative included taking down our old fence, extending the backyard, and securing a new fence. A group of amazing volunteers attended a recent working bee to ensure everything got done.

A big thank you to Des Mason, Bob Arnold, Bobbo McMaster, Tim Purbrick, John Debono, Moya Stewart and Carol Wallis, who also provided morning tea. A special mentioning to Rhonda Robinson, chair person of the Kearns Centre restoration committee, who stopped by to offer support in any way needed.

Thank you also to any other members involved and who have offered their time if so needed.



During the dismantling of the old fence



New fence in place!



COMMITTEE REPORT

Last Committee meeting was held on the 8th of December 2021 at 1.00pm. The following points were discussed:

- A new cover for the well is underway.
- Cover for drain near keypad is sorted. Thanks Bob and Des.
- We are awaiting quotes on solar panels
- Clean-up-Day planning well underway. Thanks Carol!

Next meeting: February 9th 2022, 1:30pm at the NLCH.



BACK GARDEN SHED

It was supposed to be a simple “build it yourself-kit”, but turned out to be far more complicated. Having the ever clever, hard-working Des Mason on the committee however did make even the most challenging task possible. The Shed is now 99 percent completed, with a few minor adjustments.

Bob Arnold has been working alongside Des in the garden and thanks to him, the Wisteria and front garden are also looking all kinds of lovely.

We could never be such a successful place as we are today if it weren't for members like Bob and Des who spend hours upon hours fixing all kinds of practicalities at the House. From all of us to you: THANK YOU!!!

Photo to the right: Des fixing up the last few details of the new shed which will house extra chairs, mower etc.



IWD BREAKFAST - SAVE THE DATE

It's a yearly, and most appreciated event: the NLCH International Women's Day Breakfast! Over the years we've had the great privilege of listening to some amazing speakers, including Louise DaCosta, Amanda McLaren and Eleanor Cronin. We are still keeping this year's speaker under wraps but promise you won't be disappointed!

Hopefully, we will yet again be visiting the amazing Rowing Club who didn't leave anyone disappointed last year with their amazing breakfast options.

To enable working men and women to attend, we will also this year choose to have the event on a Saturday. **So please lock in the 12th of March** in your calendar right now, and we will shortly release more information on how to purchase tickets, this year's speaker etc. We hope to see you all there!

In 1911, International Women's Day was honoured for the first time in Austria, Denmark, Germany and Switzerland, on 19 March. Between 1913 and 1914, women in Russia observed their first Women's Day on February 23. Later, it was decided that March 8 be the globally accepted day to celebrate IWD.

RECYCLING WORKSHOP

Ever felt unsure of what and how to recycle? Want to learn more about how to become more waste wise and produce less waste? Here's your chance to get on top of those pesky lids and random plastic containers!

Grace Davis-Williams (Regional Waste and Resource Recovery Officer) is holding a workshop on the importance of sorting household waste correctly into the relevant bins. Grace has invited attendees to bring along items they are unsure of sorting into the correct bins e.g. lids off medicine bottles, soft plastic wrap, polystyrene food trays. Grace has a wealth of experience in the area of waste management and will answer any questions pertaining to this important subject.

This workshop is part of the Nagambie Lakes Community House's promotion of Clean Up Australia. A Clean Up Australia clean up will be held in Nagambie on Sunday March 6th with registration at 9:30am at the Nagambie Lakes Community House.

WHERE: AT THE NAGAMBIE LIBRARY
WHEN: MARCH 3RD 2022
11.00AM - 12.00PM



ART CLASSES?

Last year's art classes, led by artist Amanda Hocking, was a huge success. The participants learnt a variety of techniques, skills and rules - and when to break them! Amanda has expressed she enjoyed her visits to Nagambie and would be interested in coming back and doing another set of classes.

If you feel like you missed the train last year or perhaps enjoyed it so much you would like to jump onboard again, please don't hesitate to get in touch with Coordinator Anna Close at the House, coordinatornlch@gmail.com Looking for expressions of interest!



Painting by Art Class participant Wendy Cook.

WRITING GROUP

The Writing Group comes with guaranteed laughter and fun. They will have their first meeting for the new year on **Tuesday February 8th.**

The chosen piece to write in for 'homework' is: You are inviting three men and two women to a dinner party. Who are they (they must still be alive) and why have you invited them? You can describe their attire and the food etc. As usual you can deviate from the scenario if you wish. All welcome at **10:00am** at the Community House.

Karyn Thompson
Group Leader



WALKING GROUP

The Walking Group has for many years been one of our most popular. It gives born and bred locals as well as newcomers to Nagambie an opportunity to explore and discover our little gem of a town.

Bobbo McMaster will lead this year's Nagambie Walk. Bobbo is a well known local and President of the Nagambie Historical

Society. He's sure to have plenty of tales to tell as we tramp around town.

We meet at the NLCHouse at **8.30 on Friday, 25th February.** Hope you can make it along. For more information, please contact Walking Group Leader Wendy Mason on 0438 231 285 or mason.wendy.m@gmail.com



Photos from previous walks...



WALKING GROUP PLANNING MEETING!

This Friday at 10.00am there'll be a meeting outside, under the gazebo at our Community House, to discuss plans for Walking Group 2022. Hoping you can make it along.

Cheers Wendy Mason



CLEAN UP AUSTRALIA DAY SUNDAY MARCH 6TH



You are hereby invited to join the Nagambie Lakes Community House on Clean Up Australia Day. We are organising a clean up of the township of Nagambie as well as of Lobbs Lane and Kirwans Bridge Road.

This will be a COVID safe event.

Meet up outside the
**Nagambie Lakes
Community House
363 High Street
6th of March
9:30am for registration**

The clean up will commence
at 10:00am.

WELCOME!

REMEMBER:

- PLEASE BRING YOUR OWN GLOVES.
- IF POSSIBLE, WEAR HI VIS VESTS OR CLOTHES.
- CHILDREN MUST BE SUPERVISED BY AN ADULT AT ALL TIMES.

THE CLEAN UP WILL CONCLUDE BACK
AT THE NAGAMBIE LAKES COMMUNITY
HOUSE AT 12:00PM.



ART GROUP

The Art Group meets every Saturday at the Nagambie Primary School between 1:00pm and 4:00/4:30pm. We have a tea break at about 2:30pm to share ideas and to learn from one another. We welcome new members, so feel free to contact me. Our first meeting for 2022 will be on Saturday 5th February

We are very grateful for the generous donation we received from the Committee. Our group has decided to spend the \$100 on a day out at the SAM (Shepparton Art Museum).

If you have any questions, please don't hesitate to contact group leader Sonia Aspinall: 0427 679 180 nlchouse32@gmail.com.



Illustration by Trudy Oldaker



This is an illustration from Trudy Oldaker's graphic novel "Ticket to Tramsend". Vivienne and her big sister, Shirley, have been sent to live with a horrid auntie while their parents are busy selling one family home and buying another.

Here, they are drawing their ants' nest house, a fantasy place they would like to escape to if they could. In the story they meet a wise woman who shows them how to make their wishes come true.

Trudy plans to send her novel to a publisher by mid-year.

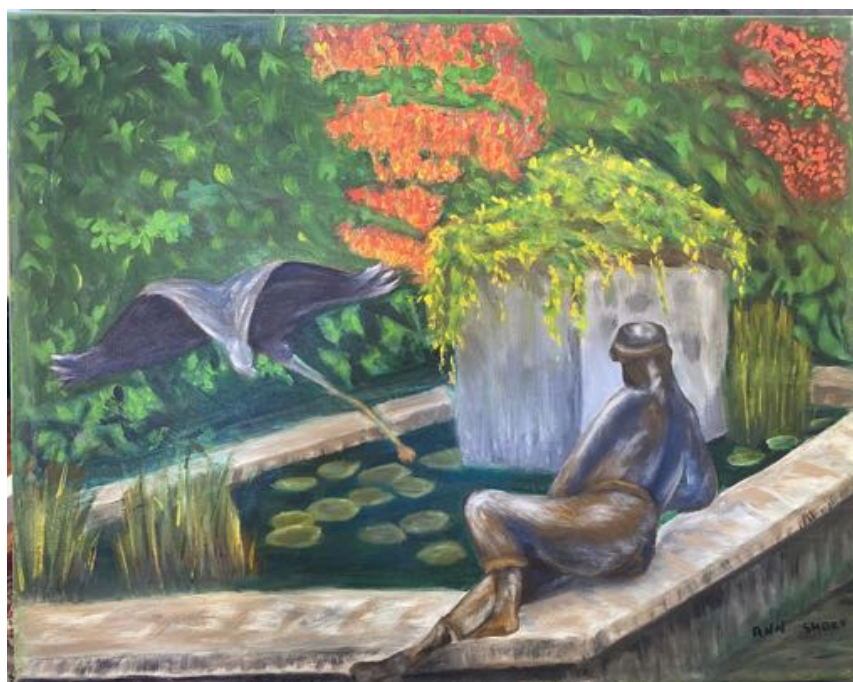
ART, FUN AND SUN - FREE WORKSHOP

Come and create your own portrait masterpiece and help Shepparton Arts Festival get to know you! Everyone is welcome to this free art workshop. (Parental supervision if under 10 years)

SATURDAY 12TH FEBRUARY 10 AM TO 12NOON
JACOBSON'S LOOK OUT MEDIAN STRIP.

BYO Chair or rug. All art materials supplied. Bookings essential and places are limited. To book, contact Amanda Hocking at 0419 361 996 or Email: amanda@jaanda.com.au. The finished portraits will be exhibited around the Shepparton CBD during the 2 weeks of the festival, March 18th to April 3rd 2022.

Art Work by Ann Short



FINANCIAL SUPPORT TO GROUPS

At a recent committee meeting, decision was made that all permanent Community House groups would receive \$100 each to spend as they pleased. The groups and their leaders make up the backbone of our house and we are so very happy to be in the financial position to do this.

The Chess and Scrabble Group has enthusiastically declared they will use the money to purchase another Scrabble set and turntable so the members don't have to lug their own sets along. The Patchwork and Quilting have bought a new iron. The Art Group will attend the Sam museum together, Larks are putting the funds towards electronic sound equipment. On behalf of the whole NLCH committee: Thank you Groups and Group leaders for the fun, the hard work and the enthusiasm you all bring to the table!

KEYBOARD ARRIVING SHORTLY

It seems the shipments of keyboards have been slightly delayed, but fingers crossed we will be receiving our brand new Kawai ES-520 towards the end of February or in early March. This keyboard will come in handy for several occasions and for a couple of our permanent groups. Yay!



GARDEN GROUP

The Garden group kept going, as it does every year, through December and January with our small group meeting each **Monday morning**. (The really dedicated going back again two or three times more during the week.) Mother Nature is the deciding factor there and of course the weather has been so very varied; cold one day, hot the next so that the plants are a little confused, just like the gardeners caring for them!

One of our biggest problems was watering all the succulents in pots, so we decided to donate the majority of them to Miss. Rodways (The Hostel/Hospital shop) as they're able to sell them to tourists and locals alike with the money going to our wonderful health care facility. Currently we have available: Beans, Potatoes, Garlic, Zucchini, Rhubarb, Spring Onions and Tomatoes. Just phone Robyn on 0458 147333 for further information.

Robyn Northey, Group leader



UKULELE GROUP



Strumming along on a Wednesday morning.

The Ukulele Group has only just started again on Wednesday 19th January with seven members present but lots of laughs as usual. OF COURSE we wore our masks and managed to understand what each other was saying/singing despite one member who left his glasses and hearing aids at home and really kept us amused. Richard played on regardless!

The Ukulele Group meets **every Wednesday mornings, 9.30** at the Community House. All are welcome; beginners as well as experts and we have a ukulele on loan for those who aren't quite sure if they want to invest in one yet.

For more information, please don't hesitate to contact group leader Robyn Northey on 0458 147 333.

THANK YOU IGA

As mentioned earlier on our Facebook page, we are incredibly grateful to IGA for their generous donation towards the Community House. We appreciate your support and your confidence in our work. The money will in part go towards our food pantry which supports any member of the community who is food insecure or going through a rough patch in life. The beauty of us working together as a team! Thank you again IGA from the Committee and Members of NLCH.



Edna James and Carmel Sidebottom receiving the cheque from IGA.

MATILDAS

Hello Everyone,

Well it certainly has been a rollercoaster ride the last 2 years. I hope you are well and enjoying our new found freedoms. I had hoped to be able to organise five Shows in 2021, but as we all know, our best laid plans can be changed and they were - again and again.

The most devastating cancellation was SLEEPING BEAUTY by The Moscow Ballet. The other shows we planned to see have all been rescheduled for 2022.

With all the rescheduling and cancellations I just found it all overwhelming, so I asked Deb Ringin for her help and assistance. Now Deb and I will be working together as joint leaders of the MATILDAS. Thank you so very much, Deb, for agreeing to help me.

RESCHEDULED SHOWS FOR 2022

- Thursday 17th March 2022 ~ A TASTE OF IRELAND
- Saturday 7th May 2022 ~ HUMAN NATURE
- Friday 22nd July 2022 ~ QUEEN FOR EVER BREAK FREE TOUR

Ilona King, Group leader



THE MATILDAS
IS A GROUP OF PEOPLE
WHO LOVE TO FIND A
GOOD SHOW AND GO
TO SEE IT WITH
FRIENDS.

SHARED TABLE

Do you enjoy cooking, eating or good company? Then 'Shared Table' is the group for you! This joyous group of new and old friends meet every month to share a meal based on different themes. 'Irish', 'Chocolate', food starting with the letter 'V' or why not simply 'green food?' The sky is the limit with this funloving crew!

Next shared dinner will be 6.00pm barbeque at Buckley Park. Wednesday 16th February. For more information, don't hesitate to contact Group Leader Elizabeth Branagan on: emmeng@hotmail.com

(Photo to the right pictures the Shared Table Group at their November get-together.)



PATCHWORK AND QUILTING

Everyone is welcome to join in on the fun! Bring your own sewing machine and art work and get creative! Please observe new times! **Thursdays** between **10.30am to 2.00pm**. Group leader: Anne Turville, anneturville@gmail.com.



BREAST CANCER SUPPORT GROUP

This caring group is for those people who have been diagnosed with breast cancer at any stage of their life. It doesn't matter whether it was two, five, ten, twenty or thirty years ago! If you are interested in being part of this social support group please contact me on 5794 1520.

Next meeting will be at the Community House on the **3rd of February 1.00pm**.

Di Proud, Group leader



WELCOME GROUP

Greetings.
Best wishes to all for a happy, safe and healthy 2022.

A group of people gathered last week to discuss some venue options for this year and some very good ideas came forth that we will be able to follow up on. Thank you to those who participated and others who have since passed on ideas.

Our first event will be drinks and savouries at Zephyrs Restaurant.

Date: Tuesday 22nd February

Time: 5.30 to 7pm

Venue: Zephyrs Restaurant, High Street, Nagambie. We will have exclusive use of the venue.

Menu: Savouries.

Cost: \$25.00 per person plus a community house fee of \$2.00 per person

Drinks: At bar prices

Please book by: Friday 18th February

For any queries or for more information please contact Jeanette Murray on 57942115 or at nagambiewelcomegroup@gmail.com. Gluten free and vegetarian food available: Please advise when booking.

At the start of the year it's a good idea to look around your community to clock any newcomers, tell them about the Welcome group and bring them along. Thank you!



Jeanette Murray, Group leader

SUMMER PHOTO COMPETITION



Many members and friends are really good photographers and have a great eye for beautiful things, whether it be nature, architecture or animals. Just as we did previous year, we would love to see your masterpieces! Please send us your favourite summer pictures. Either via email: coordinatornlch@gmail.com, or upload them on our Community House Facebook page. Our favourite will become our Facebook cover photo and all pictures will be featured in our next newsletter!

The Strathbogie Shire presents

Smalltalk – supported playgroups



Fun, play, learning and friendship

The Smalltalk supported playgroups provide a place for you and your child to play and socialise with others, supported by an early childhood professional.

They are free, provide a healthy morning tea and are offered across the Shire.

The program:

- Is offered during school terms in:
Euroa, Nagambie, Violet Town and Avenel (subject to numbers).
- Is a supported playgroup program for eligible families attending with a child / children aged 0 – school age.
- Is delivered over 10 weeks, providing tips and strategies to support your child's learning in a fun and relaxed way.
- Is a great way to meet other families with children in your area

To enrol families must meet at least one of these criteria:

- Holder of Health Care Card or equivalent
- Identifies as Aboriginal or Torres Strait Islander
- Caring for children in kinship (out of home care)
- Children referred by Child First or Child Protection
- Families enrolled in enhanced Maternal and Child Health Services
- Some families may qualify under social isolation, or for in-home support either separate to, or in addition to supported playgroup.

To book or for more information:

Please contact one of our Supported Playgroup Facilitators by:

Telephone: 5795 0000

Toll free: 1800 065 993

Email: info@strathbogie.vic.gov.au

COMMUNITY HOUSE GROUPS TO JOIN

ART GROUP

Meets Saturdays at the Nagambie Primary School. 1.00pm - 4.00/4.30pm
Tea break at 2.30 to share ideas. Contact Sonia Aspinall: nlchouse32@gmail.com
0475 429 976

BOOMERANG BAGS

Contact: Moya Stewart, 0425 796 297
or boomerangbagsnagambie@gmail.com

BREAST CANCER SUPPORT GROUP

Meets at the Community House. Next meeting: 3rd of February 1.00pm.
Contact Di Proud: 5794 1520

COMPUTER SUPPORT

February times: Friday 4th & 18th
09:30am - 12 noon
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 0458 147 333

GO MEN

Reg Dickinson: regmno@gmail.com

LAKE SIDE LARKS

Awaiting ease of restrictions before starting up again. All welcome!
Contact Wendy Mason: mason.wendy.m@gmail.com

MATILDAS

Next outing: Thursday 17th March 2022 ~
A TASTE OF IRELAND
Contact Illona King: 0421 240 372
ilonaking2948@gmail.com

NEIGHBOURHOOD WATCH

Contact Peter Prygodicz: pprygodicz@gmail.com

PATCHWORK AND QUILTING

Meets Thursdays at the Community House.
10:30am - 2:00pm
Contact: Anne Turville, anneturville@gmail.com

SCRABBLE / GAMES GROUP

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

SHARED TABLE

Meets every third Wednesday evening of the month, sharing a theme inspired meal. For more information and to book in contact: Elizabeth Branagan, emmeng@hotmail.com

SHIRE IMMUNISATION PROGRAM

3rd Wednesday of each month, 12:30-1:00pm
Phone 1800 655 360 for appointment

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. 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 or 0438 231 285

WELCOME GROUP

For new and old friends.
Contact Jeanette Murray: 5794 2115 or
nagambiewelcomegroup@gmail.com

WRITING GROUP

Meets every second Tuesday of the Month.
10:00am - 12.00pm. Contact Karyn Thompson:
karynthompson1952@gmail.com

FROM THE COORDINATOR'S DESK

I'm back! Well, at least I think I am. In some ways it feels like part of my soul is still hovering above the Indian Ocean. Soon enough though, I'm expecting all parts of me to have caught up to one coherent Anna. You know, as coherent as she comes these days.

Many of you may already know that I recently said "see you later" to my beloved mother. In October she received a severe cancer diagnosis, and on the 3rd of December she moved on to be with her Lord and Saviour. It's been hard, naturally, as my mother and I were really close, but also graceful in the most fortuitous ways.

See, throughout this journey I've received such kind support and comfort. There was my brother who came over to mum and dad's house and cooked the most amazing meals for us. There were friends who reached out; wrote or called me. Many of you here in Australia also took the time to send a message or say a prayer which honestly meant the world to me. Thank you!

One way however, where I renewed strength and found peace, was rather unexpected. Perhaps because we normally live such high pace and efficient lives we often overlook it. After reading a couple of books which briefly touched on the subject however, I decided purposely to try it out. What, you may ask. Well, to surround myself with, or at least temporarily seek out beauty.

Yes. I know. Beauty? What in the world does that even mean? Well, let me try and unpack it... Today we live in a world strung out on effectiveness. We strive after what is practical, financially viable and preferably also quick. Everything has to be fast these days doesn't it? We want our internet to be fast, our cooktops and microwaves, not to mention transportation: the quicker the better! Problem is, the kind of environment we create with these parameters rarely leaves space for beauty. Beauty may **even** feel unnecessary or indulgent. A luxury. Yet for some reason it seems our souls and bodies actually need - crave - that which is beautiful.

Recent studies show that our environment, what we see around us, has the power to either increase or reduce our stress levels. What you see, hear, experience doesn't just affect your mood, but how

your nervous, endocrine and immune systems are working. It affects our blood pressures, heart rates and muscle tensions. Today we even know that people in hospitals with views overlooking pretty gardens and nature, recover quicker than those without that same opportunity.

Now, I do understand that beauty and what we perceive as beautiful, is very personal. At a wedding once, I happened to share a bench seat with an older gentleman. We were sitting at the back of an old homestead overlooking the most serene Australian landscape; olive green and yellow tones, kangaroos strolling in the evening sun. I commented on how stunning it looked whereupon the old man scoffed and stated: "Nah. Just looks like hard work to me!"

Beauty **is** individual. Perhaps to you it is fresh flowers on your kitchen table. Or a colourful sunset with Crimson Rosellas. Perhaps it is watching your grandchildren play with the family dog or a new set of curtains for your living room. To me, while caring for my sick mum, it was long walks in nature. First surrounded by all the colours of the fall, and later with the frost and snow covering the ground.

No matter what beauty means to **you**, I'm betting there's a chance you might deem it unnecessary. An indulgence. A luxury... So here's my homework for you this week: Enjoy the beautiful! Buy the flowers, sit down by the water, visit the waterfall, go for the walk and take the time to look at that stunning butterfly that just stopped by your deck. It'll be worth it. I promise.

**At your
service,
Anna Close**



Photo: Love by Lou Photography