

## INTERNATIONAL WOMEN'S DAY BREAKFAST WITH LUCY STEPHAN

**O**n the 21st of March, in what is becoming a much appreciated tradition, 70 people attended the NLCH International Women's Day Breakfast. Speaker this year was Olympic Rowing Medalist and honorary local, Lucy Stephan, OAM.

It was an excited crowd who appropriately met up at the Nagambie Rowing Club to listen to esteemed rower and honorary local Lucy Stephan. Lucy is a seven-time consecutive Australian champion and Olympic gold medallist. In 2017 she won a world title in the coxless four and regained that same world title in 2019. At the Tokyo 2020 Olympics she led the crew from the bow seat of the Australian coxless four to a gold medal victory. Generously enough, Lucy started her speech at the Rowing Club in Nagambie by showing off, and letting the participants hold her beautiful gold medal.

The audience was then treated to a brief exposé of the history of rowing where Lucy described how women for years were systematically discriminated against. This discrimination took different expressions but included men raising concerns over

*Continues on page 2 and 3.*



IWD Breakfast main speaker Lucy Stephan and NLCH President Edna James.

363 High Street, Nagambie, VIC 3608

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

Phone: 5794 1487 Email: [nlchouse32@gmail.com](mailto:nlchouse32@gmail.com)



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

ABN: 37 645 422 366

Open weekdays 10.00am - 3.00pm

## Big thank you to everyone who came and also contributed to our fundraising for Wise Choices for Life



female rowers becoming too muscly and subsequently having less feminine bodies. Thankfully, this has changed and the female Australian rowers who have reached such international success, are today making the whole country proud.

Life as a full-time rower is however not without its challenges. Lucy gave the listeners a transparent glimpse of what it is like not only to live together with the other female rowers, but also to compete with them for spots in the Australian rowing team: "We're all taken away from our main support networks because the training centre is in Penrith. It means we have to move away from our families, our partners, and our friends and we literally spend every second of every day together. But it also means we support each other." [...] "The trainers put us in the trenches together and it made us bond like no other women's team I have been part of."



As per usual, the breakfast event also raised money for a charity supporting women. In line with the UN 2022 International Women's Day theme, which was ***Changing climates: Gender equality today for a sustainable tomorrow***, the Community House gave all surplus funds to ***Wise Choices for Life***. Wise Choices for Life is an Australian charity organisation which runs "train the trainer" programs in Uganda on reproductive health. The organisation aims at reducing fertility rates which is one of the root causes of poverty in developing countries and also leads to high mortality rates.

"Overall, it was an amazing morning", NLCH President Edna James said. "We are so incredibly grateful to Lucy Stephan who came and spoke to us free of charge so that more money could go towards the charity. She was inspiring, humble, and made the audience laugh out loud on several occasions. We cannot thank her enough!"



"Today we not only got to celebrate success for equality, listen to an amazing human being and rower, but also put the spotlight on gender areas which still need awareness, attention, and work. Many wins have been made, yet there is still so much left to do..." President Edna James concluded.

We would like to extend a big 'thank you' everyone who came along to participate in the breakfast. You made it the great success it was!



## ABOUT WISE CHOICES FOR LIFE

In conjunction with International Women's Day every year, the Community House decides to financially support a charity for women. This year, the committee chose **Wise Choices for Life**. Wise Choices for Life is an Australian charity organisation founded in 2009 by OAM Marg Docking.

Marg and her husband John were living and working in Uganda when they were quickly made aware of one of the root causes of poverty in developing countries; excessively high fertility rates. This in turn also leads to high mortality rates. With too many children to care for, parents and guardians get trapped in an ongoing, generational cycle of poverty.

In consultation with key community leaders, Marg, who was a midwife, started working on making an illustrated manual that she

used to educate students in reproductive health. Eventually a *Train the Trainer* program was developed.

Today, Wise Choices for Life has trained thousands of women and men in reproductive health. They have visited schools, prisons, churches and villages. The ripple effects are massive! Thanks to Wise Choices for Life, women and men in Uganda are being equipped in topics such as:

- Reproductive health,
- Value and self worth,
- Wise decision making,
- Planning for a family,
- Relationship and parenting skills.

The program has been developed

alongside local leaders. And still today, they are using local trainers and teachers to carry out the program. The Ugandan people are taking responsibility to support and educate each other, with support from people like you!

Thank you again if you came to the breakfast and/or otherwise financially supported WCFL.



# LIDS FOR KIDS

## What happens to the lids?

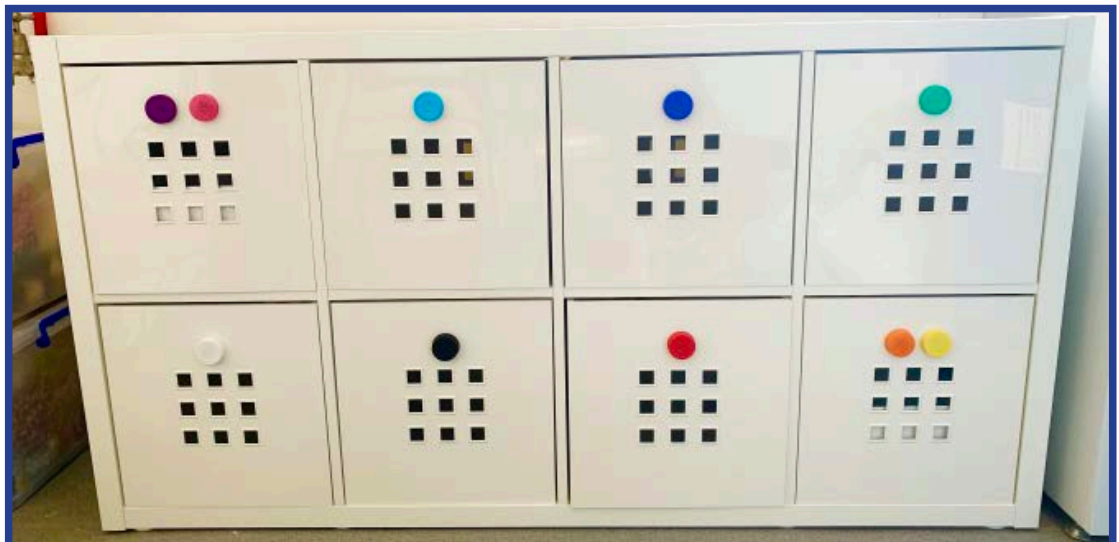
Sometimes we get asked what happens to the lids and the bread tags after people have dropped them off at the House. The answer is pretty much anything! Below you will find a few different pictures of items made out of the plastic recycled from bottle tops and bread tags.



Photos: Jennifer Jarrard

Please remember to wash and dry the lids you drop off at the House!

HAVE YOU SEEN OUR NEW  
RECYCLING STATION AT THE HOUSE?  
JUST POP YOUR CLEAN AND DRY LIDS  
INTO THE RIGHT DRAWER!





# BREADTAGS FOR WHEELCHAIRS

Many of you are already aware that we collect lids at the House. However, we are also a drop-off-point for plastic bread tags! The bread tags go to an organisation called Aussie Bread Tags for Wheelchairs. They collect bread tags for recycling to fund wheelchairs, mainly in South Africa.

Below you will see a few photos of the latest wheelchairs which have been gifted some people in South Africa, including one for an aged care facility.



Left to right: Louisa, Herman, Agnus and Denise. Photo curtesy of Aussie Bread Tags for Wheelchairs.



*Aussie Bread Tags for Wheel Chairs logo.*

Does it really make a difference? How can a couple of breadtags really amount to anything? Check out the stats from the ABTFWC webpage below:

WHEELCHAIR TALLY: 50  
RECYCLE TALLY: 6,563 KG OF AUSSIE BREAD TAGS RECYCLED TO DATE  
CURRENT RECYCLING RATE:  
250KG OF BREAD TAGS / MONTH  
(APPROX. 2,700 TAGS/KG)

LOOKING TO PUT THAT OCD OR  
GOOD ORGANISING SKILL TO GOOD  
USE? WE'LL SOON BE COLOUR  
SORTING BREADTAGS! YAY! WATCH  
THIS SPACE TO FIND OUT WHEN AND  
WHERE!

# IMMUNISATION AVAILABLE

**THIRD WEDNESDAY  
OF EACH MONTH.  
NEXT AVAILABLE DATES:**

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

## **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



# SUPPORTED PLAYGROUP



**TUESDAYS, 10.00AM - 12.00NOON  
AT THE COMMUNITY HOUSE!**

**Come talk, play, learn and make new friends through the Strathbogie Shire's Supported Playgroup! To enrol, families must meet (at least) one of the below criteria:**

- Holder of Health 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 from, or in addition to supported playgroup.

For more information, please contact Frances Cummings on 5795 0000



# SOLAR PANELS AT THE HOUSE



The NLCH Committee is very excited to announce that we have been able to secure a federal grant of \$9000 towards putting up solar panels at the House. We feel like this is a responsible move to make, not only for our finances, for future members of the Community House but also for our environment.

# SONGWRITING WORKSHOP

A poster for the 'Shared Sky Songwriting Workshop'. The title 'SHARED SKY SONGWRITING WORKSHOP' is written in large, bold, blue letters with a starry, cosmic background. Below the title, it says 'TIME TO GET CREATIVE'. There is a circular portrait of a woman, Lucy Wise, with long dark hair. Below the portrait, the text reads: 'An introduction to the art of songwriting for curious minds. Join talented singer songwriter Lucy Wise at one of two free local workshops. May 28th Nagambie 2pm-5pm May 29th Moggonemby 10am-1pm'. At the bottom, there is a dark blue banner with the 'Strathbogie shire' logo, two URLs: 'https://tinyurl.com/NagambieSong' and 'https://tinyurl.com/MogHallSong', and the text 'Sign up Today!'.

Love music but want to take your interest and passion to that next level? Welcome to a brand new songwriting event hosted by the Strathbogie Shire at the Community House in Nagambie. In this 3-hour workshop, singer-songwriter Lucy Wise will guide you through the songwriting process.

The participants will draw inspiration from the environment, from cultures and relationships while exploring new songwriting themes and structures. Lucy will share insights into the process of writing songs, how to develop ideas from seed to song, and how to maintain a sense of flow throughout the process. Afternoon tea will be provided.

**Secure your spot by booking in at [www.trybooking.com/events/landing?eid=878443&](https://www.trybooking.com/events/landing?eid=878443&)**

(Or check out our facebook for a direct link.)

# WELCOME GROUP

## Brunch at Chinaman's Bridge Café

The Chinaman's Bridge Café is situated right on the banks of the Goulburn River and is a stunning setting to enjoy a meal.

<b>Date:</b>	Tuesday 26th April
<b>Time:</b>	9.00am
<b>Address:</b>	The café is located at the Discovery Parks caravan park at 69 Loddings Lane, Nagambie.
<b>Menu:</b>	A buffet cooked breakfast, including tea and coffee. Guests can order additional beverages from the café.
<b>Dietary restrictions:</b>	Gluten free and vegetarian food will be available.
<b>Meal cost:</b>	\$25.00 per person, plus a \$2.00 community house fee,
<b>Disability access:</b>	Good, there is a ramp on the north side of the building.
<b>Toilets:</b>	Yes
<b>Parking:</b>	On site in Loddings Lane
<b>Booking:</b>	To Jeanette Murray at <a href="mailto:nagambiewelcomegroup@gmail.com">nagambiewelcomegroup@gmail.com</a> or Tel: 5794 2115 by Monday 18th April (Easter Monday). Booked places have to be paid prior so there will be no late bookings taken.
<b>Payment:</b>	The café has requested prior payment at booking. I will be at the Community House at 12noon on Monday 11th April to accept payment, cash only and correct money if possible, or contact me on the above to arrange an alternative payment time and place.



*The Goulburn Explorer by Chinamann's Bridge Cafe. Photo: TravelArk 2.0*



Welcome Group leader Jeanette Murray



# WALKING GROUP

Our March walk was from Kialla, north towards Shepparton, along the Seven Creeks, to the magnificent Australian Botanic Gardens Shepparton. The Children's Garden was a highlight!

We walked over the new swinging bridge crossing the Broken River to where the Broken River flows into the Goulburn River. Next we crossed Lake Victoria to the Shepparton Art Gallery where we had a cuppa.

If you would like to join us, we walk on the last Friday of the month. Our next walk is at Yea and Cheviot Tunnel.



Don't miss next month's walk to the Cheviot Tunnel!



# LAKE SIDE LARKS

## Royal Children's Hospital Fundraiser coming up...

Larks have been enjoying our weekly singalong. On St. Patrick's Day we entertained by leading the singing of Irish Songs at the Nagambie Hostel.

Now we are practising songs ready for the Royal Children's Hospital fundraiser, at the Top Pub, on Wednesday, 6th April.

We meet every Thursday night between 5.30 and 6.30. New members are most welcome.

**Wendy Mason,  
Group Leader**



## COME JOIN THE LARKS

Do you enjoy singing or playing an instrument? After a couple of interruptive years, the Lakeside Larks are back together! Come join the group at their weekly practices with the opportunity to entertaining the whole town at different events and excursions. (Coming up is the fundraiser for the Royal Children's Hospital.)

**Thursday evenings from 5.30pm to 6.30pm  
at the Community House on 363 High Street.**





# SHARED TABLE

By Carol Wallis

Regular attendees of the N.L.C.H. Shared Table decided to break with tradition and hold the March Shared Table in the afternoon with a High Tea at the Community House. Carolyn, Deanne, Alice and Jeanette were very generous in making their fine china cup/saucer/plate sets available for use. In addition bone china teapots, hand embroidered linen tablecloths, two and three tiered cake stands, linen serviettes and small floral arrangements were used to enhance the High Tea experience.

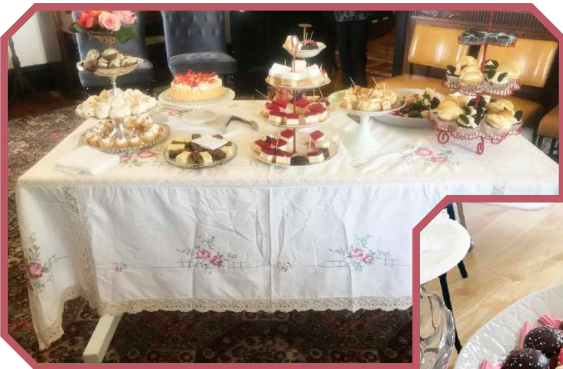
Many people dressed up for

the occasion which added to the fun. The setting in the front two rooms of the Community House was just perfect with its period furnishings and large spaces enabling ease of movement between the rooms.

The afternoon began with a champagne toast to the High Tea (many thanks to Jeanette and Ross for providing a chilled bottle to share). Having awakened our taste buds we then chose our cup/saucer/plate and having a full cup of tea ventured to sample the exquisite sausage rolls, asparagus rolls, sandwiches and savoury muffins.

Later in the afternoon a rich assortment of cakes, slices and biscuits were carefully displayed on the afternoon tea table for all to admire and later to sample. Lots of chatter could be heard as cups were refilled and stories exchanged about past experiences regarding High Teas e.g. High Tea at the Windsor in Melbourne. Many thanks to all who attended.

Our next Shared Table will be held at the Community House on Wednesday April 20th commencing at 6:00P.M. The theme will be 'Harvest': a focus on vegetables and fruit harvested in autumn.



*A table full of goodies.*



*Jeanette Murray*



*Alice Long, Carolyn Fox and Edna James.*

# CONVERSATION CAFE

**In some ways, the world has never been more connected. Social media, Zoom or various different online phone services today provide great opportunities to check in on family and friends. However, we also know that many people - too many - feel lonely or isolated. Loneliness is also linked to several different physical and emotional illnesses. This is something the Community House wants to be part of changing and that's why we are starting up a 'Community Cafe'. - Everyone is invited!**

Instigator behind this project is NLCH committee member Erica Bostock. Erica has a background in nursing, and it was while she was undertaking some post graduate studies in dementia the idea first came to mind. "I was learning about aged friendly communities and what they look like and that inspired me." Erica explains. "An aged friendly community includes many different aspects. It can for instance be practical and physical: Are there footpaths and good transportation services? Does the community have access to health services or a bank which allows for people to conduct their business face to face? All these things are important, but then there is also the key aspect of social participation; of simply feeling connected and like you belong." The Community House, Erica points out, already provides a meeting place where everyone is welcome. "The House offers a wide range of activities throughout the year.

There are opportunities for people to gather and connect whilst pursuing, social, creative or learning encounters."

In the wake of the pandemic, which has had a massive impact on mental health and people's sense of belonging, the Community House is now creating even more space for social connection. "By starting up a community cafe," Erica says, "I hope we can provide a safe environment for people who might be experiencing social isolation or just need some support due to difficult life circumstances."



**Erica Bostock, NLCH committee member.**

Twice a month the front Drawing Room will be welcoming anyone in town who wants to enjoy a cuppa and some good conversations. Further down the road there might be guest speakers, topical discussions or fun homework tasks, "but that's

all up to what suits the group and the people attending," Erica explains. So who then is welcome? "Anyone who is interested in forming new friendships or maintaining old ones. Anyone who would enjoy listening or talking to others. If you live alone, are a carer, suffer from mental health challenges, dementia or chronic illnesses, consider yourself especially invited!" Erica says with a smile!

"The need to belong - to be part of the fellowship - is universal." Community House coordinator Anna Close finishes up. "My favourite author John Eldredge claims that 'whatever else it means to be human, we know beyond doubt that it means to be relational,' and that's one of the reasons I am so excited about the community cafes. Every single person is valuable and has something to bring to the table; whether it be friendship, knowledge, experience, wisdom, joy, perspective or a listening ear. We are just providing the table."

**12TH OF MAY  
10.30AM**

**(FROM THERE ON  
THE 2ND AND 4TH  
THURSDAY  
OF THE MONTH.)**





## COMPUTER SUPPORT

**A**re you struggling with your phone, tablet or computer? Or perhaps just want to learn a few new tricks to make better use of your device? Book in a session with the ever amazing technology wiz Sally Fyfield. See dates below. (From 9.30am and onwards.) Contact Sally via phone on 0408 141 969 or email: [srfyfield@bigpond.com](mailto:srfyfield@bigpond.com)

**APRIL 8TH**

**MAY 6TH**

**MAY 20TH**



Sally Fyfield

## WRITING GROUP



Karyn Thompson

**D**o you enjoy writing? Are you looking for some great advice on how to improve your skills or just in search of a written creative outlet? Then don't miss out on one of our most funloving groups! Spearheaded by Kathryn Thompson, this amazing crew of creative writers are sure to both inspire and amuse!

The group meets every second Tuesday of the month at the Community House. For every get-together, they pick out a theme for a brief homework task. In April, the topic is 'frightened'. Put something together or just show up and get right into it!

**12TH OF APRIL**

**10.00AM**

**THE COMMUNITY HOUSE**

**(EVERY SECOND TUESDAY OF THE MONTH.)**

## WHAT ABOUT YOU?

**D**o you have a special skill, talent or experience you wouldn't mind sharing with others? Would you be interested in either starting up a group, or perhaps holding a workshop on any given topic? Then please don't be shy! Contact coordinator Anna Close at the House and get the ball rolling in setting it all up.



**The Ladies Auxiliary  
of Nagambie Healthcare**

invites you to our

# **Card and Board Game Day**



**Monday May 2nd from 10am at  
Nagambie Rowing Club  
Buckley Park**

**R.S.V.P. 18th April**

**Admittance \$25 includes  
Morning Tea, Lunch and Wine**

**Contact: Margaret Moss  
5794 2476**



# 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 for critique. 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 will be in April.  
Contact Di Proud: 5794 1520

## COMPUTER SUPPORT

Friday mornings at the Community House.  
Contact Sally Fyfield to book in an appointment: 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

Primarily meets in November.  
Reg Dickinson: regmno@gmail.com

## LAKE SIDE LARKS

Larks is a group that likes to sing. Meeting weekly, Thursday evenings from 5.30 to 6.30 at the Community House. We lead the singing at many community events.  
Contact Wendy Mason: mason.wendy.m@gmail.com

## MATILDAS

Attends cultural events such as plays and exhibitions. Contact Illona King: 0421 240 372 or 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

Lately I've been thinking about two rather simple concepts: **distraction** and **restoration**. I wish I could claim to have come up with these brilliantly summarised opposites, but yet again I will be referring to my favourite author John Eldredge. Eldredge talks a fair bit about rest. About balance. About living a healthy life in a world gone mad and he uses **distraction** and **restoration** to illustrate the choices we have to make in this space.

I suppose my attention has been drawn to it as I have lately been feeling rather tired. Dreary. Overwhelmed. Like someone pointed out a week or so ago, *I have had a pretty big year*. No point to go on and list the different happenings, but to sum matters up, I'm not super woman. (As much as I perhaps would like to think I am.) I do get tired.

It is with that as my starting point I am approaching the topic of this month's column: **distraction or restoration**. The first, I believe is pretty self explanatory. When we're exhausted, we tend to want quick fixes. We crave something that will simply make us forget the pain or the stress or the fatigue. *We want to be distracted*. This can be done in different ways but what the varieties seem to have in common is that they are usually not particularly healthy or sustainable. They won't help us combat what is actually wrong, but rather create diversions. From the top of my head I can think of several different examples: Drinking the whole bottle of wine. Bingewatching the Netflix show until late in the morning. Maxing out the credit card on an online shopping spree. Aimlessly swiping through innumerable social media posts without even really remembering what they were about. Having an affair. Eating not just all the chocolate but also **all** the ice cream and **all** the cookies... I could go on but I think you get the point.

Distractions might temporarily help us forget, but the next morning, we're still exhausted. We're still lost. We're still in pain.

Restoration however, is the fundamental

opposite. Perhaps mostly so in the way which also makes it difficult to seek out: Restoration is approached at a *slooooooow paaaaace*. It demands of us that we come to a halt and quiet both our own voice and the loud exhortations around us. It asks that we sit down, cease the productivity and start paying attention to the little things.

Restoration means to pause, when the world's telling you to run. Perhaps also to let go, when you feel like you need to be in control. Restoration is the mild breeze coming in from the sea wanting to mess up your hair and tickle your nostrils. It's the Royal waste of time. It's breathing. Sitting in the garden. Talking a slow walk. Reading the book. Listening. Being gracious with oneself. Praying. Restoration is all those things we usually scratch off first on the list whenever our lives get busy.

I'm there now. I need restoration. I need to sit down on my porch-swing with a cup of tea and be utterly unproductive. Quiet. Alone. Listening. And yet I know how all too easy it is for me to dismiss the nudge. To instead think about the very long and demanding list of things I should or could be doing. To stay on my tippy toes and 'on top of things'. This time, I will however, try. Between the chores and the kids and the work and the obligations, I will look to be restored.

B e c a u s e  
I know  
what the  
alternatives  
look like...  
So yeah, I'll  
let you know  
how I go. ;-)

**At your  
service,  
Anna Close**



Photo: Love by Lou Photography