

Nagambie Lakes Community House

NEWSLETTER

May 2022

NATIONAL 16-22 MAY 2022 VOLUNTEER Better Together WEEK

National Volunteer Week is Australia's largest annual celebration of volunteering. It will be held on 16 - 22 May 2022. The theme for 2022 is 'Better Together'.

Volunteering brings people together; it builds communities and creates a better society for everyone.

National Volunteer Week provides an opportunity to celebrate and recognise the vital work of volunteers and simply say 'thank you'. This year, the Community House wants to celebrate and honour ALL the amazing volunteers who make our town great.

We are planning on doing that in two different ways. Firstly, we are putting together an honorary slide show, which will

run on the TV in the window of the Visitor Information Centre in High St. If you know of anyone you think should be included in this presentation, please just send coordinator Anna Close a photo of the person in question. We want to make sure we don't miss anyone!

Secondly, the Community House is also putting on a celebratory morning tea for ALL local volunteers. We will be offering scones, coffee, and tea and also do a presentation of the slide show. Councillor Reg Dickinson will say a brief 'thank you' and those who want, will be gifted a volunteer's diploma.

We are possibly not the most famous or affluent country town, but our volunteers;

our hearts, kindness and generosity, certainly make us the best.

Come along and celebrate with us. Come along and honour all those who work hard, 'simply because it is the right thing to do.'

VOLUNTEERS' MORNING TEA

16TH OF MAY

10.00AM

**NAGAMBIELAKES
COMMUNITY HOUSE**

Bookings for the Morning Tea are essential. Please contact coordinator Anna

Close to secure your spot. (Email preferred: coordinatornlch@gmail.com)

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

RECYCLING AT THE HOUSE



ABOUT THE LIDS

We are so excited to see people come and recycle their lids at the House! Thank you!

However, PLEASE make sure your lids are clean and dry before dropping them off. If for some reason you are unable to rinse your lids, please just drop them off in a bag for us to clean.

Do NOT mix in sticky and mouldy lids with the clean ones in our recycle boxes.



BLISTER PACKS NOW BEING RECYCLED

The Community House is now also a drop off point for blister packs. Please just sort the blister packs by foil/foil and foil/plastic before dropping them off.



THANK YOU MOYA!

Big shout-out to Moya Stewart who has made bags out of recyclable material for us to deliver our lids, bottle caps and bread tags in!

SHADE STRUCTURE FOR PLAYGROUP

It's been in the making for quite some time, but we feel like we are finally approaching the finish line in preparing for and welcoming the Nagambie Playgroup. In our backyard, we will set up a small playground which will welcome younger children to play, under parental supervision.

This space can be utilised by members of the community whenever the House is open. We are excited to see it all complete.



FIRE EXTINGUISHERS IN PLACE



Thanks to Nagambie CFA, we now have several fire extinguishers and blankets in place at the House! You will find them very well visible, in the downstairs and upstairs hallway as well as in the kitchen.

LIBRARY MURAL

At a recent Committee meeting, decision was made to financially support the Art Group's mural for the front of the local library. (With donations made to the NLCH). The winning mural contribution was made by Trudy Oldaker.

After Trudy and President Edna James went on a trip to purchase the necessary equipment, Trudy is now well on her way to start the painting.



Trudy Oldaker

NOTICEBOARD DISPLAYS

Bev Kilpatrick has created this beautiful display to be seen on the Community House Noticeboard. Come and check it out, or why not consider joining our amazing Ukulele Group? Whether you are a beginner or seasoned musician you are just as welcome! We also have ukuleles to lend to those are not sure if they want to commit.

If you are a member of a group or a group leader thinking you would like to see a display of what YOUR group is doing, please don't hesitate to contact coordinator Anna Close. We would love to highlight your activities, events, and members.



IMMUNISATION AVAILABLE

THIRD WEDNESDAY OF EACH MONTH NEXT AVAILABLE DATES:

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

SONGWRITING WORKSHOP

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&

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



**SHARED SKY
SONGWRITING
WORKSHOP**
TIME TO GET CREATIVE



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 Mogganemby 10am-1pm

Strathbogie shire <https://tinyurl.com/NagambieSong> <https://tinyurl.com/MogHallSong> **Sign up Today!**



HOUSING SUPPORT

Do you need assistance to find affordable housing? Home at Last is a free service that provides confidential advice, support and advocacy for people aged 50 years and older to assist them to find housing.

Home at Last is available to any older person in the Hume Goulburn Valley region on a low income. We will provide one-to-one assistance to you, or link you into a service that can help.

Call 1300 765 178 for assistance.



This initiative comes from haag, which stands for 'Housing for the Aged Action Group'. It is an Australian organisation specialising in the housing needs of older people.

COMMITTEE REPORT

Once a month the Community House Committee meets to discuss our future activities, financial investments, etc. This is a summary of what was discussed at our April meeting.

- Inside blinds will be mounted on the 19th of April. (In the Music room, the Print Room and Coordinator's office. Big 'thank you' to the Restoration Committee for covering the cost of this initiative.
- Des Mason and Bob Arnold have been overseeing the plumbing in the backyard. This was not an easy feat and we appreciate the many hours they have spent on this project. The electrical wiring to provide light for the shed etc., will continue.
- Edna and Trudy will together visit Bunnings to purchase the material for the library mural. This will be covered by donations made to the House from the Nagambie Lion's Club.
- The Committee decided to purchase a new sound system: portable speaker and microphone, to a maximum cost of \$1500. The system can be used by all groups.
- The Nagambie CFA will be coming soon

and deliver requested Fire Extinguishers etc.

- The Committee decided to purchase a screen for the coordinator's office to be used by those working in there.
- The Committee decided to send out an email to all members asking them to be wary of parking on Young Street, (avoiding the footpath) and to not step on the small box hedge planted by Bob. Coordinator to execute.
- Work continues with trying to find the right edging for the playground in the back garden. It cannot be treated with arsenic. Des and Anna to continue work on this.



WE (SOMETIMES) NEED HELP

Volunteering at the House

Do you like people and the Community House? Are there certain days of the week you're not busy and wouldn't mind helping out? Then please get in touch with coordinator Anna Close! We are trying to set up a short list of volunteers who would like to "hold down the fort" on days Anna can not be there.

On Thursdays, Erica Bostock usually greets people, but there are days Erica can't make it either. All in all: if you want to help out, please give Anna a call.



ANTIGEN TESTS AVAILABLE

Are you or someone you know vulnerable? Have you - due to finances or difficult life circumstances - had a hard time purchasing RAT tests? At the Community House we now have a limited number of tests available to our local community. Come and see Anna at the House if you're in need.



FRONT OF THE HOUSE MATTERS

At our most recent April committee meeting, a few general questions were discussed which we would like to bring to our members' attention.

As our groups and visitors increase, parking is intermittently becoming scarce. We are all welcome to park on Young Street, however, it is very important we do park on the footpath. On occasion it has forced people in wheelchairs and parents with prams out on the street, and we would really like to avoid that happening again. If you need help or advice on this matter, please don't hesitate to talk to coordinator Anna Close.

Secondly, our hard working committee member Bob Arnold has taken the initiative to purchase and plant a beautiful little hedge around the house. However, it seems some people prefer to step over the plants rather than using the footpath to get to the front door. The unfortunate result of this is that some of the bushes have been stepped on and broken.

If you are carrying something heavy and struggle to walk the extra couple of metres, please just let coordinator Anna know. She is more than happy to come and meet you outside and help!



WELCOME GROUP

Dinner at the Royal Mail Hotel

The Welcome Group meets monthly for casual and informal functions. It is open to all members of the Nagambie community. Newcomers to the district are particularly welcome - contact Jeanette Murray for more details.

For the group's May function we are looking forward to going to the "Top Pub". It is under new management and has been refurbished.

Function:	<i>Dinner</i>
Venue:	<i>Royal Mail Hotel</i>
Date:	<i>Wednesday 18th May</i>
Time:	<i>6pm</i>
Address:	<i>High Street, Nagambie</i>
Menu:	<i>Your choice from the hotel's menu. Gluten free and vegetarian food available</i>
Cost:	<i>Pay as you order</i>
NLCH fee:	<i>\$2.00 per person</i>
Licenced:	<i>Drinks at bar prices</i>
Toilets:	<i>Yes</i>
Disability access:	<i>A temporary ramp can be organised for the front door - please advise when booking if you need this.</i>
Parking:	<i>High and side streets</i>
Booking:	<i>To Jeanette Murray (details below) by Wednesday 11th May. Please, no late bookings</i>

Jeanette Murray
Nagambie Lakes Welcome Group
Email: nagambiewelcomegroup@gmail.com
Tel: 03 5794 2115



SHARED TABLE

By Elizabeth Branagan

Our shared table group continues to provide a warm and welcoming environment for us to enjoy new taste sensations and wonderful friendships. A delightful evening was had on Wednesday 20th April; it really is a highlight of our monthly calendar. Peter and I missed the last, being high tea, and this really brought home how important likeminded friendship groups are to our wellbeing and of course our palates. A very big thank you to Carol and helpers for last month's successful high tea event. We were very disappointed we missed it.

Once more the Community House was the best restaurant in town, offering a full 3 course meal featuring in season produce. For starters we had two types of soup, one pumpkin, from our garden and Jeanette and Ross made a sweet potato, pear, and ginger soup.

We followed this up with a pumpkin and caramelized onion tart, from Viv, so delicious. Jilly Chugg made a chicken and mushroom pie, which Peter had seconds of. Jan brought along the traditional egg and bacon pie, which brought back memories and anecdotes of my mother's similar pie made to feed a whole team of hungry shearers. As a treat Alice cooked a rather generous roast pork with baked apples. The meat was so tender, and the apples complemented it beautifully. We also had a brown rice salad to accompany all these dishes, compliments of Carol W.

Sadly, by the time desserts came around, our tummies were very full so personally I did not sample them all. Jilly B utilised some local figs for a fig and custard tart. Judy's offering was pears poached in red grape juice served with cream and Carol's mandarin cheesecake was a treat.

Carol has done a great job in securing a date for our May shared table. Meryl has confirmed our visit will be on Wednesday 25th May at 2pm, please note this is a week later than our usual date. Meryl will supply a walnut cake and a couple of other nutty treats. There will be produce to purchase on the day and Meryl will fill us in the operational side of walnut farming. What a terrific idea, it will be very interesting, very much like the olive grove experience.



SHARED TABLE



LAKE SIDE LARKS

Leading the hymns at ANZAC Day Service

Larks were invited to lead the singing of hymns at the Anzac Day Service held at the Mechanics Hall on Anzac Day. Afterwards, at the RSL clubrooms, we sang a medley of WWI and WWII songs and a Lee Kernaghan song, the Spirit Of The Anzacs, which was very favourably received.

In three weeks time we plan to sing at the Nagambie Hostel, so we're preparing 'After Vintage' songs and 'Around The World' songs.

By Wendy Mason



Photo: Gaye Bond

Welcome new keyboard!

The NLCH has purchased a new keyboard which will stay at the Community House. The new keyboard is portable and can easily be brought along as the Larks sing at different events and venues. It is also smaller and neater and will not take up as much space in the Music Room. The old one will be donated to a good home.

Pictured left is Larks member Sally Fyfield playing the new keyboard.



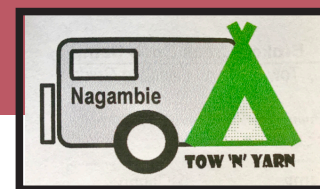
COME AND JOIN THE LARKS

Do you enjoy singing or playing an instrument? After a couple of interrupted years, the Lakeside Larks are back together! Come and join the group at their weekly practices with the opportunity to entertain the whole town at different events and excursions. (A recent event was the Good Friday fundraiser for the Royal Children's Hospital.)

**Thursday evenings from 5:30pm to 6:30pm
at the Community House on 363 High Street.**



TOW 'N' YARN



Charlton was another good camp, and was enjoyed by those who went. A very nice park in the centre of town so walking distance to the pub for dinner one night and across the road to a pizza night at the B&B another night.

The following dates are firm but may change if unforeseen circumstances arise. Any changes will be advised well ahead of time. I know some people find it hard to come to a Friday meeting but as there was no clear day preference from the recent questionnaire I have stayed with Friday as the main room is usually available at the Community House.

CALENDAR:

19th of August	Meeting	10.00am, at the Community House
31st of August - 6th of September	Camp	To be advised
October	Touring Camp	To be discussed, (or normal 7 day camp)
18th of November	Meeting	10.00am, at the Community House
1st - 6th of December	Camp	Quicks Beach Free camp

THE QUESTIONNAIRE SHOWED
INTEREST IN AN EXTENDED
CAMP, SAY 14 DAYS.
TIME CAN BE MADE IN
OCTOBER.
LIGHTNING RIDGE?
OPEN FOR DISCUSSION.
THINK ABOUT IT.



WHAT ABOUT YOU?

Do 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.



CONVERSATION CAFE

Don't miss the very first get-together of our brand new Conversation Café. It is open to anyone interested in forming new friendships or maintaining old ones. If you live alone, are a carer, suffer from mental health challenges, dementia or chronic illnesses, consider yourself especially invited!

Erica Bostock will be leading the café so if you have any questions, please don't hesitate to contact her. You can reach Erica via email: erica.bostock@gmail.com, or swing by the House on a Thursday. You're also always welcome to talk to coordinator Anna Close.

**12TH OF MAY
10.30AM**

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



A NIGHT OF MUSIC

In celebration of our new keyboard purchase, we would like to arrange a musical evening, or 'share your talent' event. Do you play an instrument? Do you like to sing? Is there a tune you love and wouldn't mind sharing? Or are you simply an avid music lover that wants to listen to others? Then book in the 16th of June in your calendars! The Community House would love to see you there!

Due to limited space, we would love if you could book in, whether you are looking just to attend or if you want to perform. And if you like to bake, perhaps you would also consider bringing a plate? Let's have fun together!

*A NIGHT OF MUSIC
16TH OF JUNE
7.30PM*



COMPUTER SUPPORT

Need computer or phone help?

Are 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

MAY 20TH

JUNE 10TH

JUNE 24TH



Sally Fyfield

SCRABBLE GROUP

Are you a language lover?

Maybe you're a crossword aficionado or a spelling champion? A great way to further develop your vocabulary whilst having fun is to join the Community House's Scrabble group - you will learn new words each time you play. Here are some words that might come up in a game:

- **KILIM** (a low pile woven rug)
- **BLOOTERED** (Scottish expression for someone who is drunk)
- **FRENEMY** (a person who is considered both a friend and a rival)
- **ZOOMIES** (an informal term for an animal's frantic burst of activity)

From the new Collins dictionary, these are all acceptable in Scrabble game play. It's good fun and if you'd like to give your brain a creative boost in a casual and informal setting do come along and join in. 1.00pm to approximately 3.00 - 3.30 pm every Monday afternoon at the Community House, next to the Catholic church in Young Street. The time frame usually allows for two or three groups to play two games each.

A warm welcome to beginner or experienced players. Just pop in if you'd like to have a look and/or join in. If you have any queries, contact Jeanette Murray 5794 2115.



Scrabble games are supplied. There is not an annual subscription nor a joining fee. The only cost is a \$2.00 Community House fee each day you play.

Note to potential chess players - this very small group meets at the same time as the Scrabble group. Come along; you would be very welcome to join in. Contact Ross Murray if you are interested: jmurray771@bigpond.com.

By Jeanette Murray

WALKING GROUP

Visiting Cheviot Tunnel

On Friday we walked through Cheviot Tunnel, the longest rail trail tunnel in Victoria! The tunnel was made in 1889 from bricks made on site. We also walked on the rail trail through redgum bush alongside rolling hills. Was lots of fun! (Especially when some members included rockclimbing into their repertoire, climbing steep slopes to the area above the tunnel!!)

Reinvigorated with energy, after a coffee and food at Yea, we walked the nearby Wetlands Walk. Meeting a knowledgeable and friendly person, carrying an enormous camera, we heard his stories of the animals who live in the wetland and the snakes he loves to photograph. Thank you to Bernie H for his notes and his planning of this walk. It was a great day.

Wendy Mason, Group Leader



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. Contact Di Proud: 5794 1520

COMMUNITY CAFE

Come and make new friends or hang out with old ones! Fortnightly, 2nd and 4th Thursday of the month. First meeting 12th of May, 10.30am

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

LAKESIDE 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

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

Do you have a pet peeve? Something which really annoys you? Perhaps makes you cringe or want to disappear through the floor? It could even be one of your own quirks; something you know you repeatedly do but really wish you didn't. I have one of these **bad habits** so to speak. Well, technically, I have many, but for the sake of the length of this column, let's just stick to one. In spite of both my best intentions and efforts, I seemingly can't stop myself from repeating it. Over, and over again. Days on end. Habitually.

What it is? What I seem doomed repeating? Well... it's **mistakes**. I make mistakes. **MANY** mistakes. Like, **all the time**. And I hate it.

See, intellectually I know we're all imperfect. I know we all sometimes fail and mess up. I know everyone, myself included, is flawed with imperfection and that's just part of being human. We've all sinned and fall short of grace, so to say. And yet. Here I am. Trying; wanting **so desperately** to not mess up. To not disappoint anyone. To not hurt anyone's feelings. To ensure everyone is happy and satisfied and taken care of and not in any way suffering consequences from my actions; **MY** mistakes.

I know it's ridiculous, near comical. Perhaps especially seeing I don't have any problems with other people's shortcomings. Almost the opposite. Friends and co-workers have in the past often accused me of being naive in my proclaimed understanding of motives and narratives causing others to fail. "But... they didn't mean to!" Or "It's because of their childhood wounds!" Or "It was merely a series of unfortunate circumstances..." I don't necessarily think there's anything wrong with this approach. I believe we should all try and think highly of others. Give others the benefit of a doubt. Not speak behind their backs. Not jump to conclusions. I'm just not sure why I can't extend the same kind of grace to myself.

Perhaps this silly approach of mine isn't quite as rare as one might initially think. Even if you are not critical towards yourself in the same way I am, you might have other areas where you won't

give yourself a proper break. Perhaps you dislike other things about yourself. *That you're not skinny enough. That you're not smart enough. That you're not happy or outgoing enough. That you don't have as many friends as your peers, because surely that must mean there's something wrong with you. Perhaps you feel like you've failed as a parent. As a child. As a spouse. Perhaps you feel like your health, or **mental** health problems are somehow a weakness you ought to be ashamed of?*

I don't know if any of this resonates with you. If you ever lie awake at night wishing you were something or someone different... But I know this: There **IS** beauty in the imperfect. There is charm in the flawed. Looking at nature for instance, there are very few straight lines or immaculate gridlocks. Nature consists of winding rivers, rugged cliffs and sprawling trees. Colours change and flowers wither. In fact, nature welcomes even its dead parts as important contributions.

The picture you see below, is another example. The Japanese art form is called Kintsugi. It is made by putting broken pieces of pottery together with gold. The idea is that if you embrace flaws and imperfections, you create an even stronger, more beautiful item. And you know what, I think the same goes with us. Sometimes our biggest mistakes become our best stories. They become stories of redemption, grace, forgiveness, growth, or even joy. At least that's what I'm choosing to believe today.

At your service, Anna Close

