

Treaty Information Session gathers big crowd at the House



Close to thirty people attended the Treaty Information session at the House on Saturday the 20th of August.

On the 20th of August, the Community House was very happy to welcome Rebecca Welsh who is an Engagement Project Officer for the First Peoples' Assembly of Victoria. Rebecca talked about the Treaty and encouraged everyone in attendance to walk alongside First Peoples on this important journey.

The people in attendance were both informed and inspired. Below is some of the advice Rebecca shared on how to

support and get involved:

- Follow First Peoples' Assembly of Victoria on social media platforms.
- Host a small group of people (Aboriginal/non-Aboriginal who you think would be interested in learning more about treaty or who want to support and get involved).
- Organise a 1 to 1 catch up with your Engagement Project Officer.
- Enrol or encourage family/friends to enrol. (Aboriginal and Torres Strait Islander People)
- Acknowledge important dates
- Increase your cultural knowledge
- Support Indigenous businesses - visit supplynation.org.au
- Visit a cultural centre, e.g. Kaiela Arts in Shepparton, Koorie Heritage Trust at Federation Square in Melbourne.
- Implement culturally

363 High Street, Nagambie, VIC 3608

Web: nagambielakescommunityhouse.org

Phone: 5794 1487 Email: nlchouse32@gmail.com

 facebook.com/NLCHouse

ABN: 37 645 422 366

Open weekdays 10.00am - 3.00pm

CONTINUING FROM PAGE 1.

appropriate behaviours and practices in your workplace.

The NLCH Committee has already decided to follow some of these recommendations and look forward to creating a more welcoming space for First Peoples of this Nation. (As well as walking alongside them in reconciliation.) You can now, for instance, find the Aboriginal, Torres Strait Island, and Australian flags together at the Community House.



Local Peter Gaffney and Engagement Project Officer Rebecca Welsh.

VICSWIM

water safety since 1976
VICSWIM **WORKFORCE INITIATIVE**

SCAN FOR MORE INFO

BECOME A QUALIFIED SWIM TEACHER OR SURF LIFE SAVER FOR FREE!

+ GUARANTEED WORK WITH VICSWIM IN JANUARY 2023

BECOME A FULLY-QUALIFIED SWIM TEACHER OR SURF LIFE SAVER FOR FREE!

+ GUARANTEED WORK WITH VICSWIM IN JANUARY 2023

The VICSWIM Program delivers essential water safety education to children aged 4 – 12.

We need to find 150 swim teachers and surf life savers to deliver the program in January, 2023 – and we want **YOU** to join our crew!

HOW DOES IT WORK?

Once you register your interest, you will be put in touch with a VICSWIM Regional Coordinator who will arrange for you to take part in all the essential training and preparation to become a qualified swim teacher or surf life saver. This will include a Teacher of Swimming and Water Safety or Bronze Medallion accreditation and Senior First Aid or CPR.

Once qualified, you will be able to secure work as a Swim Teacher or Surf Life Saver at a VICSWIM location near you. In October 2022, you will be contacted by the VICSWIM team to finalise the conditions of your employment.

YOU MUST BE:

- ✓ At least 17 years old
 - ✓ Able to commit to 20 hrs of training by December
 - ✓ Willing to work for VICSWIM in January 2023
- Week 1: Jan 2nd – 6th
Week 2: Jan 9th – 13th
Week 3: Jan 16th – 20th

YOU CANNOT:

- ✗ Already be a qualified teacher or surf life saver looking to renew qualifications

KEY CONTACTS – REGIONAL COORDINATORS:

- Metro Melbourne & Bass Coast: Anne Freedman - 0466 281 625
 - Surf Coast: Jillian Cooper - 0408 896 033
 - Greater Ballarat and Bendigo: Deb Gordois - 0407 882 496
 - Alpine Shire/NE Victoria: Neeriah Brethon - 0421 845 030
- ARV Office: 9271 3800 or email admin@aquaticsandrecreation.org.au

HOW TO GET INVOLVED:

Register your interest by scanning the QR code or go to www.aquaticsandrecreation.org.au/jobs/vicswim-workforce-initiative/

SCAN FOR MORE INFO



FARMING WOMEN'S BREAKFAST



On the 19th of August, the Community House facilitated a Farming Women's Breakfast. It was arranged by Community Development Officer Nicole Wells from NCN Health. The purpose was to show appreciation for the many women active in the farming community and to provide them with an opportunity to take a break from their many responsibilities and jobs at home.

Big thank you to everyone who came along and participated! And thank you to all farming women for the hard work you do.

COURSES AT THE HOUSE

Want to learn how to make amazing coffee or get your RSA accreditation? Then you're in luck! Alongside GoTafe, the Community House will soon offer both an **Introduction to Espresso Coffee Course** and **Responsible Service of Alcohol**. Book in now with coordinator Anna Close to secure your spot.

INTRODUCTION TO ESPRESSO COFFEE COURSE (SCCOFINT22)

14TH OF SEPTEMBER
1.00PM - 4.00PM
\$120 PER PERSON

This course is for people wanting to learn how to use commercial or home machines, the various style of coffee, extraction, and how to texture milk.

Participants will learn:

- Components of an espresso machine
- Espresso coffee menu
- Extraction
- Milk texturing
- Pouring
- Cleaning of machine

RESPONSIBLE SERVICE OF ALCOHOL (SITSS00055)

7TH OF SEPTEMBER
5.00PM - 10.00PM
SUBSIDISED STANDARD:\$55
FULL FEE:\$95

The Responsible Service of Alcohol (RSA) is the required qualification to serve alcohol at any licensed venue in Victoria. If you need to serve alcohol as part of your job, this is the course for you.

You'll learn the laws and regulations around alcohol, and how to serve alcohol correctly so you're complying with the law.



gotafe

IMMUNISATION AVAILABLE

THIRD WEDNESDAY OF EACH MONTH NEXT AVAILABLE DATES:

September 21
October 19
November 16
December 21

FOR FURTHER INFORMATION, AND
TO BOOK: 1800 655 360, EMAIL
IMMUNISE@WODONGA.VIC.GOV.AU

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

JABBA THE BUS COMING TO NAGAMBBIE

On the 16th of September, Jabba the Bus will be parked outside the Community House on 363 High Street between 10.00am and 3.00pm. You can come and and get your Covid shot. The bus will have both adult and paediatric Pfizer available.



THANK YOU CARD

Recently, coordinator Anna Close asked our new Art Group leader Wendy Cook if she would consider creating a personalised 'thank you card' for the House to use on different occasions. Wendy took this request further than anyone could ever have hoped and dreamed. As a picture, in this case, says more than a thousand words, please have a look at Wendy's artwork below. Just wow! Thank you so much Wendy!



TERRACOTTA PAINTING WORKSHOP

Do you like painting, decorating or just feel like trying something new? Here's an opportunity to spend a Saturday morning with intuitive abstract artist Kerrie Raglus from Rushworth.

In the workshop Kerrie will be showing you how to paint and decorate a terracotta pot. She will guide you through the process and encourage you to embrace your imperfections!

(You will afterwards be able to take the pot and a small plant home to enjoy.)

\$35.00 per person, which will include all materials and a light afternoon tea.

Numbers are limited and booking essential. Please contact coordinator Anna Close with name, phone number and email address to secure your spot. (Via email to: coordinatornlch@gmail.com)

**SATURDAY
24TH OF
SEPTEMBER
1.00PM TO
3.00PM
THE COMMUNITY
HOUSE,
\$35.00**



Kerrie Raglus is the artist running the workshop.



DON'T FORGET TO BOOK IN WITH ANNA TO SECURE YOUR SPOT!

2022 AGM

NAGAMBIE LAKES COMMUNITY HOUSE

2022 AGM

21ST OF SEPTEMBER, 1.30PM

SPEAKER: ACTING SERGEANT JAMES RAPA

FROM SEYMOUR POLICE

ALL MEMBERS WELCOME!



WELCOME GROUP

By Jeanette Murray

Lunch at Bank Street Pizza

Don't miss out on the Welcome Group's next get-together! In September, all the fun is heading to Avenel and Bank Street Pizza.

The charming venue is renowned for its amazing wood-fired pizzas using local produce. The food is served by friendly staff either in a cosy indoor setting or outdoors in the incredible garden (depending on the weather). Book in now with Jeanette to secure your spot.



Date: Friday 30th of September

Time: 12noon to 1.30pm

Transport: Private car

Venue address: 5 Bank Street, Avenel (opposite the Avenel Butcher).

Parking: High Street or behind Harvest Home Hotel.

Disability access: Good, with ramps and toilet, suitable for walker and wheelchair users.

Menu: Starter - Garlic pizza. Main- choice of 5 to 6 pizza flavours (sent out till satisfied) served with rocket parmesan salad. Desert - tiramisu cup.

Dietary restrictions: Gluten free, vegetarian, vegan food available, please request when booking.

Cost: \$45.00 per person, plus NLCH \$2.00 fee.

Licenced: Features a large wine list.

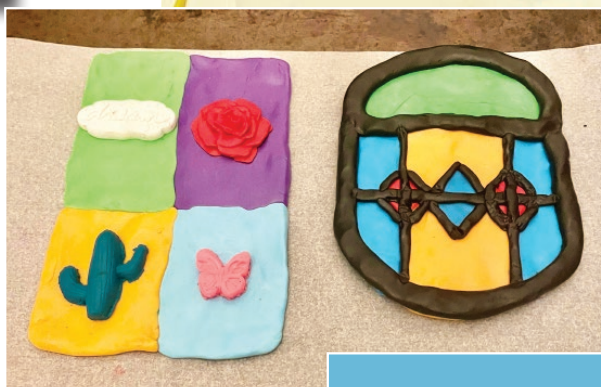
Booking: To Jeanette Murray Tel: 5794 2115 or nagambiewelcomegroup@gmail.com by 5pm Tuesday 20th September and must include a \$20.00 deposit, the balance to be paid on the day.

Jeanette will be at the community house at 11.30am on Monday 19th September to accept your booking and deposit/full payment. Thank you

AFTER WORK CRAFT GROUP

Have you heard there's a new kid on the block? The Community House has just become the home of a brand new craft group, meeting twice a month. On the 23rd of August, five people got together for their first crafting session. "It was a perfect first session," group leader Heidi Dean said. "Sharon made a bag out of placemats, two others made fairy doors, Moya fixed a bag then started making some bunting. I made a few pairs of earrings. We ended up leaving just after 9."

If you are interested in joining in the fun, please know that everyone is welcome, as are all types of crafts. Bring along a 'UFO' (Un-Finished Object) or something new that has been sitting untouched at home. Some evenings someone might choose to share their craft and teach us something new, other times we might all do our own thing.



IF YOU WOULD LIKE TO JOIN
IN ON THE FUN OR HAVE ANY
QUESTIONS PLEASE DON'T
HESITATE TO CONTACT HEIDI
DEANE ON 0411 095 782.

COMMUNITY CAFÉ

Come make friends!

The Community Café is a warm and welcoming space open to anyone who wants to make new friends or just come and eat some yummy treats. There's no expectation on you to be anything but who you are. The Café is open to everyone, but especially welcomes those who are carers, suffer from mental health challenges, or perhaps feel a bit lonely in the wake of the global pandemic. At the Community House, everyone belongs!

The café is run by former nurse Erica Bostock and takes place at the Community House, 10.30am every 2nd and 4th Thursday of the month.

COMMUNITY CAFE

10.30AM

363 HIGH STREET
EVERY
2ND AND 4TH
THURSDAY OF
THE MONTH.



COMPUTER SUPPORT



Sally Fyfield

Need computer or phone help?

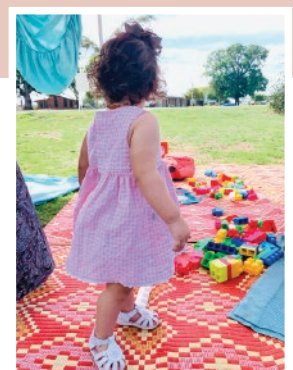
Are you struggling with your phone, tablet or computer? Or perhaps just want to learn a few new tricks to make better use of your device? Book in a session with the ever amazing technology wiz Sally Fyfield. See dates below. (From 9.30am and onwards.) Contact Sally via phone on 0408 141 969 or email: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

9TH AND 16TH SEPTEMBER (9.30 - 12.30)

14TH AND 21ST OCTOBER (9.30 - 12.30)

SUPPORTED PLAYGROUP

Did you know the Strathbogie Shire runs a supported Playgroup at the Community House on Tuesday Mornings? This is a great opportunity for your child to play and socialise with others, supported by an early childhood professional. The meetings are free and a healthy morning tea will be provided! For more informatoin, please contact Candy on Candy.Wunsch@strathbogie.vic.gov.au





Soirée in Spring

Back due to popular demand!

Don't miss our spring evening of music! Come along and sing a song, play an instrument or read a poem. If you would rather contribute to the evening by bringing supper, you are most welcome too.

The evening is restricted to 25 people. To secure your spot, please contact Sally Fyfield on srfyfield@bigpond.com or on 0408 141 969.

3rd of September

7.30pm

At the Community House

WELCOME



LAKE SIDE LARKS

The Larks would like to extend a heartfelt 'thank you!' to Anne Turville and Pat Moroney for sewing new, beautiful scarves for the Lakeside Larks. Anne is pictured right with the beautiful little pieces of art. Thank you ladies!

Do you like singing or playing an instrument? Would you like to try doing it in a group? Please don't hesitate to check out the Lakeside Larks. Come and join one of the weekly practices with the opportunity to entertain the whole town at different events.

**THURSDAY EVENINGS
FROM 5.30PM TO 6.30PM
AT THE COMMUNITY
HOUSE, 363 HIGH STREET.**



WRITING GROUP

By Carol Wallis

Writing Group Report August 9th

Our homework for this past month focused on 'Flood/Floods'. Each member of the writing group happily shared their writing on this topic with originality and flair.

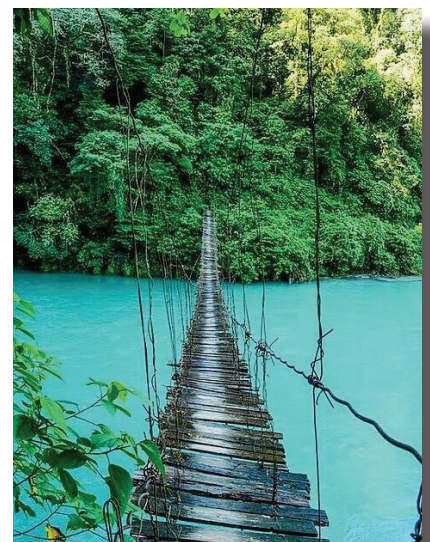
A ten minute quick write followed after a discussion on the lives of two recently deceased Australian female singers: Judith Durham and Olivia Newton-John. One of our members had met Judith Durham after having attended a concert in London in the '60s! We discussed Olivia's wardrobe in Grease with lots of focus on her tight, black, leather-look outfit.

One of our writers then shared a piece of writing she had written some years ago titled 'Ripples'. It was a very moving piece about female roles in family life and how these are cyclic: once a girl, later a wife, mother and grandmother and how one's perspectives on life changes according to the stage of life one is experiencing.

Our last writing exercise for the morning centred on 'A Favourite Place'. Our homework for next month's meeting on Tuesday September 13th, is titled: Bridge/A Bridge/Bridges.

A warm welcome is extended

to the general public who are interested in developing their own writing to attend our monthly meetings which are held on the second Tuesday of each month at 10:00a.m. at the Community House.



SHARED TABLE

By Elizabeth Branagan

We had a change of structure for our August shared Table. Our much loved Historical Society were having their AGM on the same evening and as we have many of our Shared table members also in the Historical Society, it was decided to combine the two groups. After the AGM was completed Peter Branagan presented a painting by Jane Henderson to the committee of the original Nagambie Railway station. This will hang under the original station clock in the main hall.

As a very special treat Kevin Fox had bought along a display of local memorabilia. Ranging from ashtrays to postcards and everything in between. It was a rare opportunity to view how businesses promoted themselves way back then and how times have changed. It highlighted the importance of retaining our old stuff, from the '50s, '60s and '70s as these often-unappreciated items will become 100 years old in a short period of time and should be preserved for our future generations.

We all then walked to the Royal Mail Hotel, affectionately known as the Top Pub for a delicious hearty meal, some lovely wine, and interesting conversations. The next Shared Table will be a trip to the Sth Melbourne markets, to peruse the wonderful food stalls and experience the fun of market shopping.

Please contact Jeanette Murray (jmurray771@bigpond.com) or Alice Long (alice.long1@bigpond.com) for further information.



WALKING GROUP

By Wendy Mason

Last Friday we were walking in Rushworth. Rushworth came into existence in 1853 and was declared an Urban Conservation Area of Special Significance by the National Trust in 1982.

How fortunate we were to have Wendy McCullough leading our walk, with her amazing knowledge of her hometown and its history. We walked along the street and read the 'Walk Through Time' Community Project plaques on many of the buildings. It was a unique opportunity to experience what the street was like in the heyday of the goldrushes.

From www.aussietowns.com.au:

"There is something spectacular about Rushworth's main street. It is so wide and so elegant with historic buildings on either side and a huge median strip. It must be one of the most impressive main streets in rural Victoria."

Today Rushworth is a service centre which was once a thriving and bustling goldmining town. It retains its original charm and is surrounded by interesting smaller goldrush towns. Visitors can easily spend a day marvelling at the mullock heaps and remnants of the goldrush era and exploring the tiny towns which once roared with the sounds of men furiously digging and panning in hope of finding their fortune. Rushworth is known as 'the Gold and Ironbark town'."

After the heritage walk we traipsed up to Growler's Hill, where we climbed the Fire Observation Tower, to see amazing views! Then onwards to the Wildflower Reserve and back to town. We used wildflower sheets to help identify the diverse number of flowers! Was a fun day!

Next month we head to Heathcote/Graytown National Park. Hope you can join us.



Wildflowers at Whroo, 7km from Rushworth: *Brachychome*, *eutaxias*, *grevilleas*, *nodding greenhood orchids*, *leopard orchids* and many more!



WALKING GROUP

By Wendy Mason



*Through the windows of the Rushworth Shire Hall the walkers saw a **MAGNIFICENT** dance floor and apparently a well out the back!*



Alice and Nev beside a grass tree.



Alice, Bridgid and Suzie on the wildflower hunt.



Wendy McCullough at one of her family's beautiful garden and historic residences.



Grasstrees.



NEED ASSISTANCE?

- Are you having trouble linking up with Government and Non-Government Agencies?
- Do you need assistance to fill out paperwork (i.e. Centrelink etc)?
- Or perhaps just wanting a chat about some other concerns?

Brian Hill is available to assist you as you need!

You can find Brian at the Nagambie Lakes Community House, Tuesdays from 10:00am - 12:00pm.

Contact Details:

Brian Hill 0447 636 831, hill32109@gmail.com

Community House 03 5794 1487, coordinatornlch@gmail.com

**TUESDAYS
10.00AM - 12.00PM
AT THE
COMMUNITY
HOUSE**

**BRIAN WAS
RECENTLY EMPLOYED WITH
THE STRAHTBOGIE SHIRE
AS AN OUTREACH WORKER.
EVERYTHING YOU SAY
TO HIM WILL BE STRICTLY
CONFIDENTIAL.**



Brian Hill

COMMUNITY HOUSE GROUPS TO JOIN

ART GROUP

Meets Saturdays at the Nagambie Primary School. 1.00pm - 4.00pm

All Art forms welcome.

Tea break at 2.30 to share ideas. Contact Wendy Cook: wendycook.au@gmail.com 0412 103 853

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 CAFÉ

Come and make new friends or hang out with old ones! Fortnightly, 2nd and 4th Thursday of the month. 10.30am
Contact Erica Bostock 0400 528 892

COMMUNITY CAROLS

Meets the first Friday of each month at the Community House

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

Meets to bowl every Wednesday from 10.00-12.00 followed by coffee at the Valley. Also does fundraising in November.
Contact: 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. Leads 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

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, my husband and I haven't had much time to be together. Literally. Between studies, work, gigs, children needing to get picked up from different activities, responsibilities of Nagambie Soccer Club and just plain household chores, we're more like passing ships in the night. And yes, that has not been entirely easy. I'm tired, to put it mildly. But seeing I'm probably already all too honest here, I need to admit these less than desirable circumstances have also brought about something rather unexpected: a raw tenderness and vulnerable care I can't remember feeling since we first started dating, eighteen or so years ago. You'd think that the stress and responsibilities of our recent endeavours would cause us to get short tempered and irritated, yet the opposite seems true. I might just see Phil for five minutes in the morning, or as we hand over responsibility for our children, but there is just so much love there. So much grace and compassion. Isn't that somewhat strange?

The same seems true for one of my oldest, and dearest friends from back home. At a point where she actually **does** have reason to snap at me and tell me to get over myself and stop complaining, she just showers me in grace. Her cross-continent messages are saturated with humour and a fierce loyalty which really is completely unmotivated. (To her, facts don't matter. I'm always right and everybody else can go home.)

These two very similar, yet highly unmotivated expressions of love have got me thinking about free will and how we choose to see each other. I know darn well I'm far from perfect. I can be high strung, stubborn, nit-picking, opinionated, judgmental and critical. I can write people off, dismiss, and ignore. Yet here are these two people who choose to see me through a framework of love, and what emerges appears to be something rather magical. The glasses they put on when they

look at me; messy hair, red shot eyes and cranky attitude, is beautiful. I don't get it. I really don't. But I'm going for those glasses!

See, in life we're inevitably going to come across people whose fights and battles we know little of. They might appear like battered old fighters; hollow, fatigued or confused. They might seem like they stopped caring a long time ago. Perhaps you know of someone right this very moment who fits the description. Someone who seems to have lost the plot; someone you don't recognise anymore or at the very least think ought to get their act together. Well, why don't you try my husband's and BFF's glasses? They're made up of equal parts grace, loyalty, tenderness, compassion, and love. Speak over your friend their true identity and calling. Remind them of who they are and how much they mean to you. Defend them. Prop them up. Have their backs. Take the opportunity to grow in maturity as you choose to help them through the nettles and thorns. You know, chances are they just need a nap, or thirty. Chances are they just need to hear they are important, valuable and worthy. Put the glasses on. See beyond the natural or what seems to be everybody else's latest topics of gossip.

That's it.
That's all I
have today
friends.
Because
you know,
I'm **still**
tired. So
very tired.
But I also
know I am
loved.

**At your
service,
Anna Close**



Photo: Love by Lou Photography