

Nagambie Lakes Community House

# NEWSLETTER

December 2022

## Thank you for a wonderful year!



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://facebook.com/NLCHouse)  
ABN: 37 645 422 366  
Open weekdays, 10.00am - 3.00pm



Thank you for making our house a home!





We'll see you in 2023!





# IMMUNISATION AVAILABLE

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

**2022**

December 21

**2023**

January 18

February 15

March 15

April 19

May 17

June 21

July 19

August 16

September 20

October 18

November 15

**FOR FURTHER INFORMATION, AND TO BOOK:  
1800 655 360, EMAIL [IMMUNISE@WODONGA.  
VIC.GOV.AU](mailto: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.



# FREE EGGS AVAILABLE

**T**hanks to a generous donation from the Collingwood Children's Farm, the Community House will have eggs to give away during the next few weeks.

If you find yourself in need, please don't hesitate to stop by the House! (363 High Street, big white building on the corner of Young and High Street).



# HEALTH CARE HELP LINE

## Professional Health information and advice in your language

### Call Multicultural Health Connect

- ✓ Find health services such as doctors, hospitals and community health centres.
- ✓ Get health advice from a nurse.
- ✓ Better understand Australia's health system and where to get help.
- ✓ Learn about COVID-19, including managing the disease, COVID-19 vaccines, isolation and close contacts.

**1800 186 815**

Available 11:30am-8pm, 7 days a week  
including public holidays

Health information and advice from staff  
who understand and respect your  
culture and language  
[healthdirect.gov.au](http://healthdirect.gov.au)



healthdirect

This service is provided by Healthdirect Australia on behalf of the Australian Government with assistance from the Victorian Department of Health.

# WRITING AND MANUSCRIPT ADVICE

**Don't miss this unique opportunity to get help with your writing!**

**D**o you want to write your life story but don't know how to start? Are you a compulsive scribbler and wish to learn how to turn your creativity into a manuscript? A book? A gift for your family? Or are you considering finding a publisher?

Book a 1-hour session with writer and editor Trudy Oldaker and bring some of your writing to chat about over a cuppa. Tuesdays from 10.00am.

**Cost:** \$2 to the Community House.  
**To book:** Contact Trudy on 0419 894 122.  
**Available dates:** 6th December 2022 and 7 February 2023



Trudy Oldaker

# MENTAL HEALTH FIRST AID COURSE

**T**his two-day, free of charge, training course is funded through the Farm Community Connect project - supporting mental health, wellbeing and resilience of rural communities across the Moira and Strathbogie Shire areas.

Trainer, David Mellington brings many years of experience working in the mental health

space with adults and young people in rural communities. The course will run over 2 days - It is mandatory to complete both days:

- Friday, 2nd of December - 9am to 4pm
- Saturday, 3rd of December - 9am to 4pm

Morning tea/lunch and all materials are supplied. For further information and to advise us of dietary requirements, please call the friendly reception team at NCN Health on (03) 5862 0560

## Mental Health First Aid Training

2nd & 3rd of December, 9am - 4pm

**Nagambie Lakes Community House**  
363 High Street, Nagambie

**Bookings Essential - Lunch & Materials Provided**

For more information, phone NCN Health on 5862 0560



Please visit our the NLCH Facebook page to find link for booking or email Anna at [coordinatornlch@gmail.com](mailto:coordinatornlch@gmail.com)



# NLCH CHRISTMAS BREAKUP

*It's the most wonderful time of the year...*

**C**an you believe another year is almost coming to an end? 2022 might not have been the great relief we were all hoping for, but what we've learnt through floods, historically cold weather, and increased prices on just about anything, is that we will always have each other. Or with the famous words of Gloria Gaynor: *"We will survive"*.

It is also during times like these we see how much our relationships and friendships truly mean. As the coordinator of our House, I am so humbled and proud by the safe space we provide, both to people new in town and those who might have been here their entire lives. Our Christmas breakup is a time to celebrate this. To remember our many blessings and share in joy and thankfulness. If you are a member of the House a volunteer, a group leader or simply an avid supporter, please don't miss out on this wonderful get-together.

*16th of December at the Community House*

*2.00pm - 5.00pm  
Food will be provided*

Please book in with coordinator Anna Close at the House if you wish to attend: [coordinatornlch@gmail.com](mailto:coordinatornlch@gmail.com). And if you have anything you would like to contribute: a song, a poem or similar, please let Anna know as well.

*The House will officially open on the 6th of February again. Check with each group leader to find out if and when the groups are running over the holiday season.*





# COMMUNITY CHRISTMAS CAROLS 2022

Don't miss out on one of our town's greatest events: the Community Christmas Carols. Following on from last year's huge success, the 2022 celebrations will not disappoint! This is a free, family friendly, non-alcoholic musical celebration where we come together to welcome the holiday season. Free sausage sizzle and icy poles. Drinks available to purchase. Appearance and performances by:

The Lakeside Larks

Nagambie Primary School

Nagambie Preschool and Kinder

Nagambie CFA

St Joseph's School


Fortessima

Local talents

Santa Claus

## SUNDAY 4TH DECEMBER 5.30PM JACOBSONS OUTLOOK

*Sponsored by: GoNagambie, Bendigo Bank, Strathbogie Shire, Nagambie Men's Shed, Nagambie Lakes Community House, Nagambie Mechanics Institute, Nagambie Seniors Citizens, St Malachy's Catholic Church, Uniting Church Connect Group, St John's Anglican Church, John and Gaye Bond.*





# LAKE SIDE LARKS

Photos by Gaye Bond

Last month, the Larks visited the Colbinabbin Pub to sing, eat lunch, drink, and be merry with Julie Price, who was the original leader of the Larks. She has a few people at the pub who now sing with her. Julie can't help gathering people together to sing, it happens wherever she goes. The pub has a FB page under the name of The Colbinabbin Country Hotel.



Sally Fyfield and Wendy Mason.



Julie Price.



## COME, JOIN THE LARKS

Do you enjoy singing or playing an instrument? Come and check out Nagambie's best choir!

Practice Thursday

5:00pm - 6:30pm

At the Community House



# WRITING GROUP

By Karyn Thompson

## "A perfect arrangement"

**O**n the 8th November, we had 6 members share their stories on "The Melbourne Cup", once again we had several different approaches to the topic. We had a history theme, a future theme, family get togethers and personal experiences. We were also lucky enough that Joan shared a beautiful, small piece, a blown glass replica head of the mighty Farlap. Joan went on to explain how she came about it and that there were only 7 ever made.

We caught up with what writing others were doing and competitions to enter and Trudy showed us her beautiful book that she had created for one of her Granddaughters. We then had 2, 10 minute writing projects. The first was on 'A great investment and the second was 'Change', as usual there were many varied and interesting results.

We all enjoy each other's writings and we always seem to have a good laugh and sometimes even a tear or two.

We decided at our next meeting, 13th December to just have a small celebration for the end of the year at that meeting. If you are attending, could you please bring a small share plate. The theme for that writing task is 'A perfect arrangement'.



## CHATTY CAFÉ

### Come, make friends!

**L**ast Chatty Café will take place on the 8th of December 2022 and then take a break over the holiday season. Make sure you don't miss this last opportunity to meet and talk and enjoy some yummy homebaked goods.

The café is run by former nurse Erica Bostock and normally takes place at the Community House, 10.30am every 2nd and 4th Thursday of the month. Everyone is welcome including those who are isolated, lonely, new to town, carers or might be struggling in any way.

**COMMUNITY  
CAFÉ  
10.30AM  
8TH OF  
DECEMBER WILL  
BE THE LAST  
MEETING!**





# SHARED TABLE

By Elizabeth Branagan

Even though Mother Nature once more conspired to thwart our plans on having the November get together outside under the Community House gazebo, we all ended up having an amazing evening. We were toasty warm inside the big room while the weather turned chilly outside, with sufficient space for us all to sit at the long table.

Once more there was a wonderful array of recipes to taste.

Entrées being Vol-au-vents filled with my own asparagus mixture, Carol made for the first time some delightful nibbles of salmon, dill and cranberry jam. Dianne made tandoori chicken nibbles on toothpicks. Jilly, our resident sour dough maestro supplied lovely cheesy bread sticks and some bite sized mini quiches. Jeanette cooked fresh Pad de Pieri, like small puffs, smothered with chilli garlic butter.

Moving on, our mains were so delicious. From a discussion at our October get together Carolyn cooked a pumped leg of lamb, purchased from Scotty's meats but cooked with lemon and herbs. It was known in years gone past as "Poor man's ham"; this was the first taste for quite a few of





# SHARED TABLE

By Elizabeth Branagan

the attendees. She also made crunchy roast veggies and minted peas served up with lashings of gravy. As a second mains choice Faye supplied some very moist roast chicken pieces with a fresh green salad topped with chickpeas and a balsamic glaze.

Our dessert choices were quite diverse, but all had a Christmas theme. Both Jan and Alison made bite sized fruit puddings. Two distinctly different recipes and results but both divine. We had two frozen desserts to sample. One from Carol/Eileen an ice-cream fruit cake, and the other from Jan, a frozen berry ice-cream pudding. Jeanette starting her offering at the end of our last shared table as the sultanias in her liquid Christmas were soaked for the month in liqueur, then more added once ready to serve with a dollop of cream and toasted almonds in cute little shot glasses. So moreish I took a couple home for afters.

Shared table will not meet in December, January may occur, depending on the members' availability. February will be an outing to the Blueberry Farm near Seymour. More information to come.





# WELCOME GROUP

By Jeanette Murray

## DECEMBER WELCOME NEWS

**2**022 has been a successful year with wonderful attendance at Welcome Group events. I thank everybody for their support and particularly for being so welcoming to newcomers to Nagambie - I know it means a lot for them to come along and meet welcoming and friendly people.

Our December function will be to join with members of all the other community house groups at the Community house's end of year function at... (Anna could you please insert details here as I'm away from home. Thank you) we will look forward to getting together to celebrate a successful year.

Welcome Group will resume in February. Already there are some interesting and exciting events on the drawing board for 2023.

*Jeanette Murray*



## WORKING BEE THANK YOU!

**T**he Community House would just like to do a big "shout out" to everyone who came along and helped us during our backyard Working Bee. We got so much done and are excited about moving on with our next garden phase! You people are amazing!





# 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*





# Summer Soirée

**O**ur musical evenings at the House have been very much appreciated events with several people both performing or simply attending to enjoy the many talents our town can proudly claim as their own. For next year, we are aiming at arranging a summer afternoon of music in the garden of the Community House.

If you would like to perform, please contact coordinator Anna Close via email [coordinatornlch@gmail.com](mailto:coordinatornlch@gmail.com). If you would like to attend and listen rather than performing, you are of course most welcome! Please book in with Anna at the House and prepare to bring a plate of some sort; savoury or sweet; both are equally welcome.

We welcome any and all art forms. Perhaps you would like to read a poem, sing a song, or play an instrument.

**19<sup>th</sup> of February  
(OBS New Date!)**

**4.00 - 6.00pm**

**At the Community House  
363 High Street**





**THE HOUSE WILL BE CLOSED OVER THE HOLIDAYS AND OPEN UP AGAIN ON THE 6/2/23.  
PLEASE CHECK WITH EACH GROUP LEADER ABOUT WHEN THEIR GROUPS WILL RUN.**

### **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

### **CHATTY 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 twice a month 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

### **LAKE SIDE LARKS**

Larks is a group that likes to sing. Meeting weekly, Thursday evenings from 5.00 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 jmmurray771@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

**W**hile writing this last column for 2022, I am also approaching the one year anniversary of my mother's passing. The term 'passing' does however have a bit of a harsh ring to it, doesn't it? I think I prefer the phrase commonly used within the Salvation Army: *'She's been promoted to Glory'*.

Regardless of how you look at it however - what you believe or not - my mum won't be here celebrating Christmas with me. I miss her. Perhaps even more so now than I did earlier in the year. With that said, I do feel blessed as I will still be able to spend the holiday with extended family. I have my own husband of course, three lovely kids and even my dad and brother will be with me in a few weeks.

Thing is, not everyone is that lucky. Some people will experience their very first Christmas alone this year. To others, it will be yet another lonely season in a long line of many. Other people in our extended community will feel the weighty burden of depression, perhaps especially difficult as there might be expectations to be chirpy or grateful. Then there are those with complicated relationships to either parents or children. The people who mourn never having had a baby of their own.

In brief, holidays like Christmas can be hard for many. Perhaps it's hard for you. So if you're reading this with a slight tint of fear about what is yet to come, please know there are no invalid feelings or 'wrong ways' of approaching this time of the year. It's ok to feel unsure of where you belong. It's ok to not even want to celebrate Christmas but rather choose to spend the long weekend watching sci-fi movies on Netflix, eating chocolate and cheesecake. You are ok. You are enough.

If however, you are one of the lucky people who have nothing but lovely Christmas memories to draw from. If you look forward to a summer of love, gifts, good food and laughter, perhaps take a moment and look around. What do you see? *Who* do you see? Who could you share some of your joy and

comfort with?

Sometime in the early 2000s, when I was working with marginalised people in Los Angeles, I had the privilege of bringing one of the teenage girls with me to my parents' house in Spain over Christmas. A generous donor had decided he wanted to gift this Latina girl with a trip to Europe, and I was the one who got to accompany her. Although I'm sure my Mum and Dad would have silently raised an eyebrow or two over the fact they would not only be seeing their daughter for the first time in over a year, but also one of her protégés, they were nothing but welcoming. They took me and my young friend along to amusement parks, restaurants and New Year celebrations. See, Mum and Dad had since long realised that Christmas spirit isn't necessarily about what you get, but about what you give. - And they were all about giving.

I remember other years when our table was set up for not just our immediate family, but also several people from Mum and Dad's jobs where they were working with people trying to overcome addictions to alcohol or drugs. The table was covered in Mum's best china and cooking. Because that's who she was.

One day, a long time from now, when I too have been *'promoted to Glory'*, I wish my daughter will remember me in a similar way. I know I'll never be as amazing as my mum, but I'll keep trying.

*At your service,  
Anna Close*



Photo: Love by Lou Photography