

INTERNATIONAL WOMEN'S DAY BREAKFAST



This year's International Women's Day Breakfast will undoubtedly be a wonderful event. Speaker is Bonnie Cavanagh, a proud Taungurung woman and Nagambie local who is passionate about diversity, inclusion, and community strengthening - particularly in grassroots communities where she is a fierce advocate.

In both her professional and volunteer capacity, Bonnie takes enormous pride in creating genuine opportunities for engagement to empower, celebrate, value, connect and support all people in meaningful, accessible, and equitable ways.

As the Executive Manager of Community and Culture at Taungurung Land and Waters Council, Bonnie is motivated to not only strongly represent her own mob by supporting their aspirations to build an exciting

Continuing on page 2.

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

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future for the Taungurung Nation, but to enable respectful conversations and opportunities for the broader community to come along the journey, in partnership.

Sport, particularly Aussie Rules, is another unwavering passion where Bonnie proudly encourages participation from individuals of all backgrounds and abilities. As the first female President of the Broadford Football Netball Club (est.1890) and inaugural Chairperson of the Outer East Football Netball League Women's Advisory Group, Bonnie is a respected advocate for women and girls in sport particularly in encouraging women to take on more leadership roles.

Coordinator Anna Close explains how she's very excited about having a Taungurung speaker at this year's breakfast. "The Aboriginal culture is the oldest known civilization in the world", she says, "stretching tens and thousands of years back. And even though I myself am a very recent import to this country, I feel incredibly privileged to learn from and listen to a woman from our local language group: the Taungurung/ Dhagung Wurrung."

"For the International Women's Day Breakfast we have always tried and find speakers from different arenas, walks of life and cultures," Anna continues. "In the past we've had business women, athletes, politicians and Moslem women speak, just to mention a few examples. This year, it's an aboriginal speaker and Nagambie local and all though this is a long weekend I hope as many people as possible take the opportunity to come and listen."

Tickets can be purchased at the House or by paying straight into the NLCH bank account. Just put your name down as reference.

Nagambie Lakes Community House Inc.

Account number: 163 305 592

BSB: 633 108

WRITING AND MANUSCRIPT ADVICE

Do 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.

MARCH, 6TH AND 20TH

COST: \$2 TO THE COMMUNITY HOUSE

TO BOOK: CONTACT TRUDY ON

0419- 894 122.



Trudy Oldaker

DRUMMING SESSION AT THE HOUSE

Come and try our African Drumming Workshop on Friday the 3rd of March! For details and to book your place, please visit our Facebook page to find the eventbrite link or contact NCN Health, phone number below.

The Primary Care Connect and NCN Health facilitators will be available to share health and wellbeing information and resources. All equipment is provided. These will be outdoor events, so please be sun smart. For more information, please contact the friendly NCN Health reception team on (03) 5862 0560. We look forward to seeing you there!

Drumming Workshop

10.30am - 12.30pm, 3rd of March

Nagambie Community House

363 High Street, Nagambie

**Bookings essential
Equipment provided**



Farm Community Connect

SAFE SEATS - SAFE KIDS



**Safe Seats
Safe Kids**

**IS YOUR CHILD
TRAVELLING SAFELY?**

**GET FREE CHILDCAR RESTRAINT
FITTINGS & SAFETY CHECKS**



NAGAMBIE LAKES COMMUNITY HOUSE, BUCKLEY PARK
PARKING, BLAYNEY LANE, NAGAMBIE ON TUE 14 MARCH
2023 BETWEEN 10.00AM - 2.00PM
PLEASE BOOK AT: WWW.SAFESATSSAFEKIDS.COM.AU



FIND OUT MORE AT SAFESATSSAFEKIDS.COM.AU



MURAL UNVEILING AT THE LIBRARY

It was a beautiful summer's morning, on the 14th of February, when over 30 people gathered outside the Nagambie Library to experience the unveiling of Trudy Oldaker's stunning mural. This wonderful initiative was taken by librarian Cathy Langdon, who was hoping to have some art brightening the front side of the library building. Trudy Oldaker's wonderful design won the approval, and alongside artists Wendy Cook and Joan Loughnane, the mural took 711 hours to complete!

On the day, Trudy herself spoke about the mural, explaining how it represents everyone being welcome at the library, and how the books being purple is a wink at the "purple patch" metaphor of something special in your life.

Present at the unveiling, was also Goulburn Valley Libraries chief executive officer Kevin Preece, NLCH President Edna James, councillors Reg Dickinson and Dave Andrews, as well as Rachael Frampton, manager of the Shire's Community and Culture department.

The Community House couldn't be more proud and excited over this amazing accomplishment.



Trudy incorporated the Community House and our sign, as well as the Lakeside Larks and Ukulele Group in her mural!



Cathy Langdon, Wendy Cook, Joan Loughnane and Trudy Oldaker.

MURAL UNVEILING AT THE LIBRARY



Wendy Cook, Trudy Oldaker and Joan Loughnane.



Pictured left: Cathy Langdon and Trudy Oldaker pulling the sheet down covering the mural.



IMMUNISATION AVAILABLE

**THIRD WEDNESDAY OF EACH
MONTH. 12.30 - 1.00PM
UPCOMING DATES:**

**2023
March 15
April 19
May 17
June 21
July 19
August 16
September 20
October 18
November 15
December 20**

**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.



THANK YOU BOB!

Our Community House is made up of amazing people. Everyone brings something to the table, whether it is skills, friendship, knowledge, muscle power, a positive attitude, hours of work or leadership. We are what we are, because of all of you.

There's also a category of volunteers who don't always get noticed. They work in the background, in the quiet, making a huge difference without expecting either recognition or thanks. Bob Arnold, is one of those volunteers. Every week he turns up at the house, waters, prunes, mows or cleans up, spending on average one to one and a half hours per week simply serving.

We see you Bob, we appreciate you, we thank you!



CLEAN UP AUSTRALIA DAY

ast year's Clean Up Australia Day event was a big success. Now it's time to do it again!

Don't miss out on this fun opportunity to meet up with your friends and together keep our beautiful town clean and safe for people, plants and animals alike. If you would like to get involved with the planning or execution of the day, don't hesitate to contact Carol Wallis on:
brooklands3608@gmail.com



Clean Up  Day

...will **you** STEP UP?

Nagambie Lakes Community House

LOCATION

March 5th, 2023

DATE _____

10.00am - 12.00pm

TIME

Carol Wallis at
brooklands3608@gmail.com

CONTACT



Did you see our ad and article in the last edition of the Voice?

Clean Up Australia Day
Sunday March 5th



You are hereby invited to join the Nagambie Lakes Community House on Clean Up Australia Day. Bring your friends, neighbours, children, grandkids and parents!

Let's do this together, because we can and because we care!
Meet at the House on 363 High Street in Nagambie.

**Nagambie
Lakes Community
House
5th of March
10:00am**

Remember:

- Please bring your own gloves
- If possible, wear a Hi-Vis vest
- Children must be supervised by an adult at all times

The clean up will conclude back at the Nagambie Lakes Community House at 12.00pm

Clean Up Australia Day coming to Nagambie

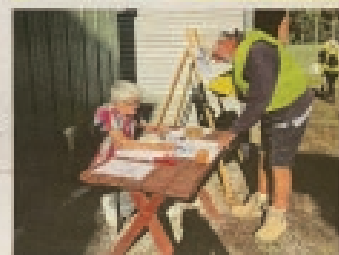
It's that time of the year again. 'Clean up Australia Day' is just around the corner and the Community House is setting the bar high this year, hoping both locals and visitors will join in this worthy cause. Date and time have been set, maps have been printed and now all needed are the people willing to give up an hour or two of their time to make a big difference in our town.

For the third year in a row, the Ngapahiki Lakes Community House is taking the initiative to organise a local Clean Up Australia Day event. On the same day across the entire country, people will gather to go outside and pick up trash that's been dropped or thrown in nature. This wonderful initiative started over five years ago by a man called Ian Kieran. Kieran had a simple idea of wanting to make a difference in and around his local neighbourhood. With the help of some friends, Kieran organised 'Clean Up Sydney Harbour'. This one-person initiative has today turned into the nation's largest community-based environmental event, with the first official Clean Up Australia Day happening on the 21st of January 1990.

MICH coordinator Anna Cline explains how it was two committed members at the House who first convinced her to join this movement: "Last year, Carol Wallin and Bob Arnold were enthusiastically going behind the ally," Anna says. "They are not only lovely people but also have concerns with great hearts for our local community. Arranging an event like this, where we all join in to make a difference for the better of our town and for nature, is just up their alley." The event was a great success with around 40 volunteers joining in, and three massive loads of trash being picked up from our town and surroundings.

"We are certainly not hoping to be finding more trash this year," coordinator Anna Chase continues, "but we would love it if more people came. It's such a great opportunity to get your kids involved as well, helping them see value in both volunteering and doing something for our environment."

"Let's do this together, because we can and because we care", coordinator Anna Close says it up. "Come on down to the Nipamib Lake Community House on Sunday March 24 at 10:00am and make a difference!"



TRAUMA TRAINING DAY?

Looking for expressions of interest

Are you a farmer, truck-driver, CFA volunteer, rifle-owner or a motorbike rider? Do you think you could benefit from a tailor-made first aid course? What do you do for instance, if you're the first person arriving at the scene of a car crash? If someone's had an accident with a piece of farming equipment or been shot? If any of this sounds relevant, please get in touch with coordinator Anna Close at the House.

The NLCH is currently looking into the possibility of facilitating for a HLTAID014 course, which not only covers traditional First Aid Topics but also includes:

- Procedures when dealing with casualties with major and minor accidents in the workplace.
- Management of life-threatening bleeds (e.g., arterial bleeds to arms, legs, or junctions)
- Management of Crush Injuries
- Management of Abdominal Injuries
- Facial trauma
- Thorough Casualty Assessment

- Basic Triage processes
- Manage Multiple Casualty incidents (e.g.
- Co-ordination of resources
- The use of ancillary first aid equipment, such as spinal boards, pelvic binders, traction splints.

The accredited training would be provided by staff from STAR Health & Management/Allens Training, with experience from the Australian Defence Force as well as Ambulance Victoria.



BUSH FESTIVAL



The Bush Festival is popular with both national and international visitors. It celebrates the Australian bush skills featured in Banjo Paterson's poem, "The Man From Snowy River". These activities include whip cracking, bush poetry and camp ovens.

In conjunction with this festival, the **Elyne Mitchell photo story award** is also held.

Mitchell was the author of a series of children's books very popular with young girls in the '50s and '60s. Elyne also wrote non fiction books including her family history which included her own photographs, many of which were taken in the Corryong District.

The theme for the 2023 Elyne Mitchell Photo Story Competition is **Vision Splendid**. For more information or to enter the competition, please go to: mfsrfestival.festivalpro.com or contact Honor Auchinleck on 0437 751552

POT PAINTING WORKSHOP

Kerrie's pot painting workshop is back due to popular demand! Do you like painting, decorating or would you perhaps like to try something new and different? Here's an opportunity to spend a Monday afternoon with intuitive abstract artist Kerrie Raglus from Rushworth.

In this 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!

Afterwards, you will be able to take the pot

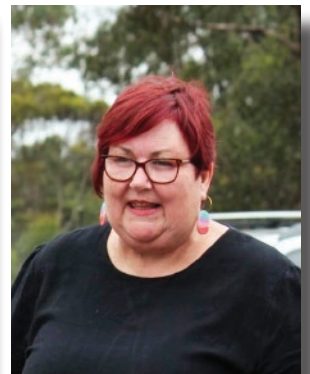
and a small plant home to enjoy.)

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)

SUNDAY 19TH MARCH

1.30 TO 3.30PM

\$40.00 PER PERSON - ALL MATERIALS SUPPLIED, INCLUDING A SMALL PLANT.



MONTHLY MUSIC THERAPY SESSIONS

Music Therapy for NDIS clients is a new group which will meet monthly at the Community House. If this is something you or someone you know would be interested in, please don't hesitate to contact Music Therapist Jess Nelson for more information or to book in, phone number 0450 789 097.

**FIRST SESSION:
10TH OF MARCH
9.00AM
AT THE
COMMUNITY HOUSE
363 HIGH STREET,
NAGAMBIE**



PAINTING WORKSHOPS AVAILABLE

Would you like to partake in an art workshop? Here's your chance to try a new exciting medium or practise one you are already familiar with! Check out the many different options below, facilitated by a group called the Nagambie Painters.



NAGS AT NAGAMBIE PAINTERS 2023

Bringing Painting Fun and Friendship to the Lake

The Nags at Nagambie Painters are a group of Folk and Decorative Artists who meet every year in May for a mad weekend of fun and painting. (Saturday 6th – Sunday 7th May).

Folk & Decorative painting is exactly that, we have moved on from traditional Folkart (painting flowers on pots) and offer workshops using a variety of surfaces, techniques and mediums.

On both Saturday and Sunday, you have a choice between 2 x 6hour workshops or 6 x 3 hour workshops. A perfect opportunity for you to try a new craft or extend your knowledge. Both beginners and advanced students are catered for.

Please contact Toni Nicholson 0424252129 or nickersart@gmail.com
Or Glenda King 0411984238 or gking48@bigpond.net.au
with any queries or enrolments by Wednesday 15th March.

All our experienced teachers are fun and patient, while our regular participants are welcoming and eager to share their talents.

If you would like to pop your head in the door at the Mechanics Institute hall to have a sticky beak, you would be very welcome.

We would need confirmation of your interest by WEDNESDAY 15TH MARCH, to give our teachers plenty of preparation time.

SATURDAY 6 HOUR ALL DAY WORKSHOPS



1. "MANDALA MAGIC"

RACHEL BAKER 6 HOUR \$79

This 50cm circular canvas adorned with painted jewels and an intricate mandala.

Background may be painted in whatever colour students wish as long as it's dark, purple, blue, browns or burgundy. Finished with gold pen work.



2. "CLASH OF THE VIKINGS"

KATHY PRESTEGAR 6 HOUR \$55

Rosemaled chess/ draughts gameboard.

Lots of sponge, liner and blending work.

Lovely rosemaled border.

IF YOU DID LAST YEAR'S LUDO BOARD, USE THE OTHER SIDE.

PREP NEEDED IF YOU DO.

NO GAMES PIECES SUPPLIED.

SATURDAY MORNING 3 HOUR WORKSHOPS



3. "FOREST FUNGI"

DELYCE ENGLAND 3 HOUR \$42

Play with acrylic inks then detail with waterproof pen. Lots of hot air needed as there will be straw blowing.

STUDENT TO SUPPLY WATERPROOF PEN



4. "WHITE FEATHER"

JOYCE DEMPSEY 3 HOUR \$30

Who doesn't like a feather? They are so light to the touch and pretty to look at. This design looks fantastic on the wall – elegant, whispery and stylish. The correct direction of your strokes is paramount to creating a feather that appears realistic. Fine lines can be challenging and also relaxing to achieve. Black and white has always been a fashion statement.

STUDENTS TO SUPPLY 30 X 40CM CANVAS, SOME PREP NEEDED PRIOR TO WORKSHOP



5. "BUNCH OF PROTEAS"

MARYANN JENKINS 3 HOUR \$36

Painted representation of these well-known flowers on a black background. Wooden cradle support 20 x 25cm supplied.

Acrylic paint.

SATURDAY AFTERNOON 3 HOUR WORKSHOPS



6. "GUM BLOSSOM"

JOYCE DEMPSEY 3 HOUR \$30

This familiar Aussie blossom will be created using a technique that makes it appear like watercolour painting, but you will use acrylics in this workshop. This technique gives the artist more scope to deepen the dimension of the design using transparent layers.

STUDENTS TO PROVIDE 30 X 40CM CANVAS,

SOME PREP NEEDED PRIOR TO WORKSHOP.



7. "WHALES AT PLAY"

DELYCE ENGLAND 3 HOUR \$42

Underwater scene-bubbles and refractions. Limited palette.

2 extra patterns provided and extra canvases will be available to buy. If time allows you may be able to start painting extra designs if you wish.



8. "SWAN IN SUNLIGHT"

ROBYN HICKMAN 3 HOUR \$30

Swannie is painted with acrylics using Robyn's favourite brush – a filbert. There will be lots of blending and dry brushing involved.

STUDENTS TO SUPPLY A4 SIZE CANVAS OR MDF BOARD SOME PREP NEEDED.



Hearing Australia

Hearing Australia is coming to you



You can find us here

Nagambie Lakes Community House

Date Friday 24 March 2023, **Time** 10:30am – 2:30pm

363 High Street
Nagambie VIC 3608
03 5794 1487



hearing.com.au

**BOOK IN WITH ANNA
AT THE HOUSE TO
SECURE YOUR SPOT!**

*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Service Program, to which conditions apply. A hearing check is a screening that helps identify people that may have hearing loss.

CHATTY CAFE

Come make friends!

Our very popular Chatty Cafe is excitingly taking on new challenges in 2023. Erica Bostock, who skillfully runs this group, has been approached by a few people asking if the group could not also meet in the afternoons. Aiming to please, Erica will now run Chatty cafe twice a month in the mornings, and twice a month in the afternoons.

This wonderful group is open to anyone who wants to talk, get to know new people or simply share life in a safe and encouraging environment. Particularly welcome are carers, those struggling with mental health issues or anyone feeling lonely and isolated. For more information, please don't hesitate to contact Erica via email: erica.bostock@gmail.com

CHATTY CAFE

- 2nd and 4th Thursday of the month:
10.30 - 12.00
- 1st and 3rd Thursday of the month:
1.30pm - 3.00pm



COMPUTER SUPPORT



Do you need help with your tablet, phone or computer? Or are you looking for support in regards to your MyGov account or Power Saving Bonus? Book in an appointment with Sally! This whiz of all things is available for her final afternoon sessions on the 10th and 24th of March. (Between 1.00pm and 3.00pm) Email or call to make a booking: 0408 141 969 srfyfield@bigpond.com. Cost for members is \$2.00 for the House.

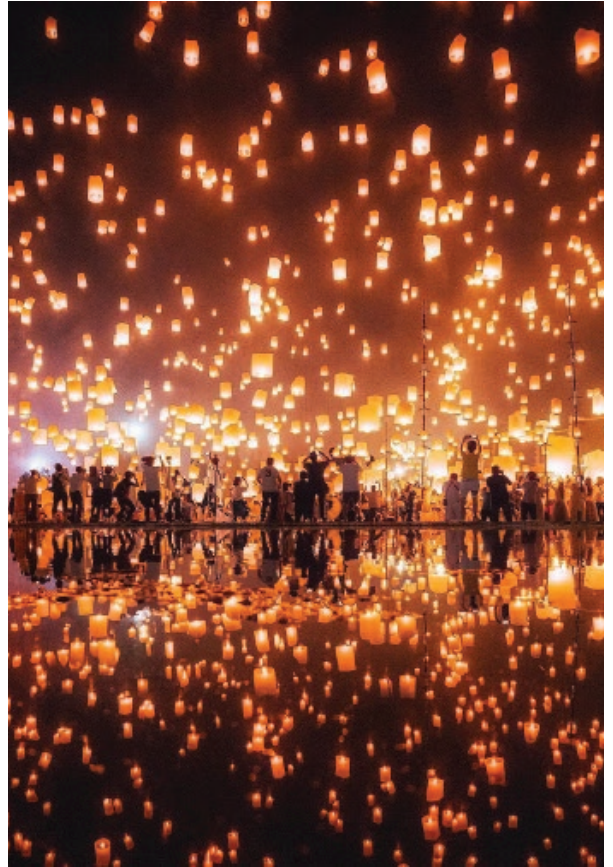


WRITING GROUP

We only had five writers attend the group. We had two apologies from Joan Loughnane and Trudy Oldakre who had a good excuse not to attend. Both these members had a previous engagement to unveil the Nagambie Mural at the Nagambie Library which they were along with other locals heavily involved in. All five writing members interrupted our meeting to go across to the unveiling and support our members, it was well worth it. The Mural is amazing and we are very proud of everyone who contributed.

The five attending members read our special "Valentines Day" Romantic homework piece. As usual all the stories were differently attacked and we all enjoyed the stories. We also as usual had lots of laughter and comments on the stories. We only had time to write one by 10min. exercise. The topic chosen was in celebration of the Chinese New Year, *Year of the Rabbit*. All the Rabbit stories were interesting and varied in perception.

Our next meeting is on **March 14th** and the theme is anything to do with the **Labour Day Weekend** or a **festival** or **celebration**.



NEW GROUP AT THE HOUSE!

Is alcohol a problem for you?

Are you looking for a safe place where you can receive support, share, listen and deal with your challenges instead of running away from them? Then we've got some good

news! Come to the Community House for a casual chat under the AA banner.

Every Friday
1.30pm (Except the 10th of March)
Nagambie Lakes Community House
363 High Street, Nagambie

P.S. The day and time has been picked with consideration to when the House is the most quiet. This can change depending on what suits those visiting. Regardless of when however, you will only ever be met with respect. Deciding to deal with your wounds, your challenges, your bad habits, or your addictions, is not a sign of weakness, but of strength. Welcome!



SCRABBLE GROUP

By Jeanette Murray

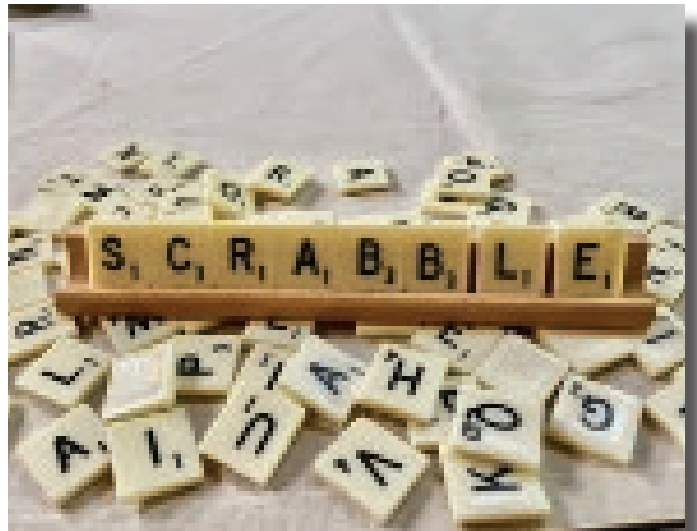
// I suspect there never will be an edible version of Scrabble but if there is I'll eat my words."

The Scrabble Group meets weekly for informal and friendly games, every Monday, 1.00pm 3.00 to 3.30pm, at the Community House. We generally play two games each with two to four players, depending on how many people come along. You don't have to book in - just turn up.

Scrabble games and dictionaries are provided. We take turns to score games. If anyone is lucky/clever enough to play their whole seven letters in one go, they win a bottle of bubbles (to share). There is a community house fee of \$2.00 each week, no annual subscription is charged, you can attend the Scrabble games as suits you,

there's no obligation to come every week.

If you have any queries, contact group leader Jeanette Murray 5794 2115.



LAKE SIDE LARKS

The Lakeside Larks are Nagambie's very own, resident choir! This talented musical group entertains our town throughout the year. Just before Christmas the Larks sang at our local hostel, and on the 26th of January 2023, they performed at the Australia Day celebrations.

Do you enjoy singing or would like to try? Don't hesitate to come along on a Thursday afternoon. Wendy, and all the others will be happy to welcome you!

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
\$2.00



**MURCHISON
MEDICAL CLINIC**

**APPOINTMENTS
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patients with our
expanding team of
Doctors**

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HOTDOCS TODAY**

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58262575

Located at 21 Impey Street Murchison

WELCOME GROUP

By Jeanette Murray

Tahbilk Wetlands Eco Cruise

If you've not already been on this cruise it is one not to be missed. The Purbrick family at Tahbilk Winery are caring and dedicated owners of the Goulburn River wetlands on their property and the cruise led by boat captain Bobo McMaster is a delight.

DATE and TIME: 2pm, Thursday 30th March

ADDRESS: 142 Mulberry Drive at Tahbilk Winery, 254 O'Neils Road Tahbilk 3607

VIBE: Tranquil, informative, environmental preservation.

CRUISE DURATION: One hour

BOAT CAPACITY: strictly 30 people only - first in best dressed

TRANSPORT: Private vehicle. If you need a ride please contact Jeanette when booking

PARKING: Wetlands Restaurant car park

ACCESS: The steep riverbank track down to the boat is unsuitable for wheelchairs or walkers.

COST: Cruise \$10.00 per person plus \$2.00 community house fee. Pay on the day.

CATERING: Options: either before or after the cruise you may choose:

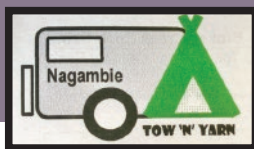
Wine tasting at the cellar door,

Lunch at the Wetlands Restaurant (book on 5794 2555)

Afternoon tea, or a glass of wine at the Wetlands Restaurant after the cruise (must be ordered prior to the cruise).

TOILET: Yes there is a toilet on the boat.

BOOKING: To Jeanette at nagambiewelcomegroup@gmail.com or 5794 2115 by 5pm Thursday 23 March



TOW 'N' YARN

By Max Dunstone

Ten people were in attendance at the February meeting and a productive discussion was had about the coming year. Dates and destinations for 2023 listed to the right. Please keep in mind they could be changed by circumstances at the time, which would be advised in advance.



1 - 7 March

Camp Maldon, Butts Reserve Free camp.

26 April - 2 May

Camp near Banella. \$10pnpp

July - Friday

Social gathering. Details to be advised

30 August - 5 September

Hay, NSW. Free camp/Caravan Park

25 - 31 October

Wycheproof, Caravan Park

November - Friday

Social Gathering. Details to be advised

6 - 12 December

Camp Barooga, NSW. Quicks Beach free camp.

WALKING GROUP

Walking Group Planner 2023

- | | | |
|-----|-----------|--|
| 1. | 3rd Feb | Meeting to discuss our 2023 Walking Plans |
| 2. | 25th Feb | Nagambie Town Walk |
| 3. | 31st Mar | Murchison Walk Bernie to lead |
| 4. | 28th Apr | Tatura (cussens Park) |
| 5. | 26th May | Point Nepean? Overnight walk? Perhaps 25th - 28th of May.
Wendy and June de Bono to consult |
| 6. | 30th Jun | Kirwans Bridge Walk Bring the grandkis! No swimming! |
| 7. | 28th July | Kyabram Fauna Park and Town Walk |
| 8. | 25th Aug | Winton Wetlands |
| 9. | 29th Sep | Graytown Walk Bring the grandkids! Hopefully lots of wildflowers. |
| 10. | 27 Oct | To Nagambie Caravan Park via new walking track |
| 11. | 24th Nov | Tallarook, from town along the railtrail to the Memorial |

WALKING PLAN SUBJECT TO
CHANGE DUE TO ILLNESS,
AVAILABILITY OF LEADERS,
GLOBAL PANDEMICS, ALIEN
INVASIONS, ETC., ETC.

Also possibly...

- **Day's Mill, Murchison**, Open Day. (Usually held on Mother's Day!)
- June/July School Holidays: Family Walk, **Tabilk/Tabilk Wetlands**. Indigenous Flora Walking Trail.
- September/October School Holidays: **Family Walk**
- NLCH Walking Group overnight walks: **Point Nepean National Park**, along the beaches, **Cranbourne Botanic Gardens**.
- Also, the **Pap's Walk: Mansfield area**. (Carol to organise. For advanced walkers.)
- Plan can change due to illness, availability of leaders etc, but whatever eventuates, it'll be fun!

Wendy's phone numbers: 579 420 83 or 0438 231285



WALKING GROUP

Exploring Nagambie

A small and enthusiastic group of walkers travelled the streets of Nagambie Town. Our leaders were Neville and Des. Reminiscing on their childhood in Nagambie, entertained us all!! Two new members learned of Nagambie's history. While the remainder of the group were laughing at the antics of the pair, we were reminded how Nagambie has evolved. Being a small group, meant our conversations added to our experience.

One story went like this: "One of the leader's Dads was good mates with the local police officer (copper.) However, our leader had misbehaved, so he was locked up in the police cells. As the photos show, all enjoyed seeing the cells and hearing the anecdote. Another story told was doing 'the leap of faith,' riding bikes off Scotchman's Hill as it was known then, (Jacobsons Outlook,) into the lake. A BIG thank you to Nev and Clem/Des.



A brief message from Group Leader Wendy Mason:

Our program over recent years has been to select walks we enjoy. Fun comes from the catch ups, the talk, the friendships. We also enjoy the birds and animals, the bush, the wildflowers, the views, learning the history and being in beautiful places.

We walk on the last Friday of the month, except for January and December. If weather is poor, the decision is yours. I will usually be there, with a rain jacket! Whether you attend

is your decision. There is no compulsion to be there each month. We carry a backpack with first aid. Walks are usually easy (on formed tracks, e.g. railtrails.) Sometimes moderate walks are included (unformed tracks in National Parks.) We walk around 6km.

A booklet with highlights of each walk has been kept since 2016. Names of walkers, where we've walked, highlights are written by a member each month. (Judy, secretary of Nagambie Historical Society,

asked if the completed booklet could be kept in their museum!) The booklet entries are done during coffee n cake/ lunch at a cafe nearby.

A folder has been kept of past walks, including leaflets, brochures, google maps tracks etc, which brings me to... I need to give away the coordination of the Walking Group so I will not continue after 2023. If anyone wants to continue my job from 2024 or earlier, please let me or Anna know.

The Strathbogie Shire presents

Smalltalk – supported playgroups



Fun, play, learning and friendship

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

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

The program:

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

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

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

To book or for more information:

Please contact one of our Supported Playgroup Facilitators by:

Telephone: 5795 0000

Toll free: 1800 065 993

Email: info@strathbogie.vic.gov.au

GROUPS TO JOIN AT THE HOUSE

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

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! 2nd and 4th Thursday of the month: 10.30 - 12.00. 1st and 3rd Thursday of the month: 1.30pm - 3.00pm. 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 Denise Smith: jdsrm12@hotmail.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 5.00 to 6.30. 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

NAGAMBIE CONNECTIONS AND NETWORKING

A welcoming place where participants who access NDIS, can come with their support worker to meet others, make social connections, and share a space to take part in activities of their choice. Learn how your NDIS plan works, enjoy a cuppa, play board games, take part in crafts, enjoy music, and share resources. Tuesdays, 1-3pm. Contact Mandy 0419 114 940

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

You may or may not know this, but our little Community House in Nagambie is part of a much larger umbrella organisation called *Neighbourhood Houses Victoria*, or *NHVIC*. In fact, we're just one out of more than four hundred statewide, beautiful hubs. The houses look different of course, depending on where they are, but at their core, they all centre around meeting the needs of their respective communities.

A couple of weeks ago, I happened to read an update from the CEO of NHVIC, Keir Paterson. He was sharing some insight from his travel across the state; what he was hearing and seeing when visiting the different houses.

One of the observations he made is that recruiting volunteers seems harder than ever. In the wake of the pandemic, people appear to have other priorities, such as studies, work, travel etc. Ever since I read this little comment, in a long letter of useful and relevant information, I've been pondering it. Thinking and trying to understand.

See, I simply don't have the same experience as the CEO. Living in Nagambie, I am constantly amazed at the level of work, commitment and generosity displayed across our town. Not just at the Community House, but the Historical Society, the Mechanics Institute, Miss Rodways, the NOW Festival and so on. Everyone, seemingly, gives, sacrifices, contributes or shares. *Everyone volunteers.*

It appears that our town has managed to create a culture where kindness is premised. Where loving your neighbour is valued higher than status, title, income or family name. It's rarely "I can't do that" but instead "How can I help?" One of the people who epitomises this attitude is our former committee secretary Sally Fyfield. Sally, as I'm sure most of you know by now, will shortly leave Nagambie to live closer to family in Melbourne.

For me, this is a tricky subject to write about, because just as excited and happy as I am

about Sally making the right decisions for herself and her future, just as sad am I that she is moving away. Sally is not only one of those many volunteers who goes above and beyond what anyone asks of her, she also does it quietly, behind closed doors, without ever banging her own drum.

Sally will serve, encourage, help, support, solve or fix and do so without ever making any flashy headlines for herself. More than once has she also kept my intermittently confused brain on the right side of sanity. Sally has, over the course of the past four years, also become a dear friend.

And it's with Sally in mind I think I might better understand the volunteering spirit of Nagambie and how it has managed to stay so strong, this as other parts of our state might be heading in the opposite direction: ***We make it relational.*** To people living in this town, volunteering is not as much about the abstract concept of 'greater good' or even about 'getting the job done'. ***It's about people.*** It's about seeing one another. It's about what truly matters and with that perspective, volunteers never become a means to an end, they are always the goal in and of themselves.

In my job as coordinator, this is also how I want to try and work. I want people to feel like ***they*** are the goal. That their passions, interests, and skills have an outlet and is being valued. I'm sure I fail often, sometimes without even realising it, but when all is said and done, this is my heart: People are always more important than what they can do.

***At your service,
Anna Close***

