

NAGAMBIE LAKES COMMUNITY HOUSE
NEWSLETTER
APRIL 2023

MATILDAS BACK TO THE '80S



It was a hot Indian summer's eve when Matildas ventured out on their magic time-travelling adventure. The journey took them forty years back, to the decade of neon gloves, acid wash jeans and shoulder pads: 'Forever '80s' was in town!

Over thirty people decided to come along to the concert which took place at Riverlinks Westside. Before the show however, the group enjoyed a lovely dinner together at the Mooroopna Golf Club.

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

CONTINUING FROM PAGE 1

As the lights were dimmed and the stage exploded in colour, Singers 'Misfit' and 'Blue Steel' entertained alongside a trio of musicians, including coordinator Anna Close's husband, 'PC Heartbreaker' on keyboard and keytar. The songs were all classic '80s hits such as **'Gloria'**, **'Time of my Life'**, **'Take on Me'** and **'Girls just wanna have fun'**.

After the show, those who came all seemed to be in agreement:

"A fantastic show!" "Absolutely unreal!"
"Super Fantastic! So much fun." "One of

the best shows I have ever seen - incredible."
"Such talented performers. A fantastic night,"
were some of the comments.

Matildas Group Leader Ilona King agreed with the accolades and pointed out that this was the most people the group had ever had come along to an event.

Are you interested in music, art, culture or history? Would you like to attend some exciting events but prefer to do it in company with others? Don't hesitate to reach out to Ilona and get on the Matildas emailing list so you don't miss out on their next outing!



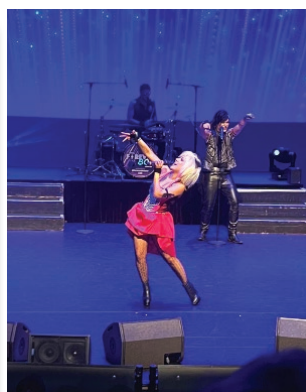
Jan smiling at the camera. Photo: Gaye Bond.



Matildas Group leader Ilona King before the show is about to start.



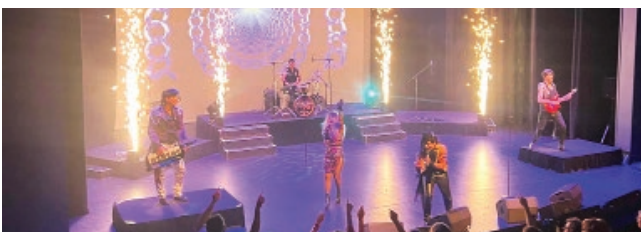
"Misfit" singing along with PC Heartbreaker's mother, Ruth Close.
Photo, Gaye Bond.



The little lady with the massive voice: Misfit, aka Martika Cetinich.
Photo, Gaye Bond.



Keyboard and keytar player 'PC Heartbreaker' or Phil Close or 'Anna's husband', from Nagambie. Photo, Gaye Bond.



CLEAN UP AUSTRALIA DAY

For the second year in a row, committee member Carol Wallis, with the help of other NLCH volunteers, organised a successful Clean Up Australia Day event in Nagambie. Lots of planning, time, and effort goes into making this kind of event happen, including securing several bins from the Shire which was used to dispose all the trash.

Unfortunately, we did not see quite as many participants in this year's event, compared to last, but we are hoping to continue to draw attention to this very important day and what it means for the direct environment of our town.

In addition to the hard working crew who focused their attention on Nagambie, a couple of people worked a three kilometer stretch of Wattlevale and Heathcote road, where they picked up eight bags of rubbish.

We would like to express our humble gratefulness to Carol and everyone else who was involved in this year's Clean Up Australia Day. Here's to next year being the best one yet!



NLCH Committee member Carols Wallis.

INTERNATIONAL WOMEN'S DAY BREAKFAST

On the 11th of March, over 40 people met up at Zephyr Restaurant in Nagambie to participate in the NLCH International Women's Day Breakfast. The longstanding tradition of commemorating this important day, has seen an increased interest over the past few years and in spite of this Saturday falling on a long weekend, many were keen to come and listen to this year's speaker, proud Taungurung woman Bonnie Cavanagh.

"The International Women's Day Breakfasts in Nagambie have had such an impressive list of speakers over the past few years", Community House coordinator Anna

Close points out. "Landscape architect **Louise Costa**, Strathbogie Mayor **Amanda McClaren**, business manager **Eleanor Cronin** from Kestrel Aviation and last year Olympic Rower and honorary local **Lucy Stephan**. It's been truly wonderful to have such a wide range of brave women come and share their stories, their experiences, and their thoughts. This year, we were incredibly humble and grateful to have **Bonnie Cavanagh** as our main speaker. Bonnie is a Nagambie local who works as the Executive Officer for Community and Culture at the Taungurung Land and Waters Council."

At the breakfast, Bonnie

shared her inspiring life story so far, which included a warm description of her father who raised her and her sister to be confident women daring to pursue life goals and dreams. In Bonnie's case, this resulted in an exciting career as a forensic officer with the Victoria Police and being elected the first female President of the Broadford Football Netball Club, (est. 1890).

Today, Bonnie works as the Executive Manager of Community and Culture at the Taungurung Land and Waters Council. In this role, Bonnie actively works towards an exciting future for Aboriginal people which includes truth telling as well



Guest speaker Bonnie Cavanagh.



L-R: Coordinator Anna Close, Guest speaker Bonnie Cavanagh and NLCH President Edna James.

INTERNATIONAL WOMEN'S DAY BREAKFAST

as respectful conversations with the broader community to come along the journey in partnership.

Before finishing her speech, Bonnie touched on the topics of equality and equity pointing out how equality might give a group of people the same resources, whereas equity recognises that each person has different starting points and circumstances which means resources might need to be distributed differently to reach an equal outcome.

Coordinator Anna Close was very excited about the event, its speaker, and those who came to listen. To the Voice she highlighted the

importance of keeping a certain focus on things that truly matter.

"I feel like we've lately seen a slight shift in focus for International Women's Day. Now there's often talk about celebration, flowers and cupcakes in conjunction with the 8th of March. There's not necessarily anything wrong with that, but I think it's important to remember how the International Women's Day was political from its very inception. In the early 1900s the demands centred around human rights such as the right for women to vote and as the movement continues to bring attention to those issues, it also sheds light on general gender equality

issues, abuse against women and so forth. With political discussions happening all around us at the moment and with important decisions such as the Voice Referendum coming up, we need to continue learning and being curious with the experiences and wisdom of other women. This day provides us with that exact opportunity: We get a chance to listen to women in different arenas. We can learn both from their success stories and from the challenges they have faced," Anna summed it up.

Many of those present at the event expressed how much they enjoyed it, including the wonderful breakfast Zephyr provided.



Above: Heidi Dean, Ana Williams and Alison Charlesworth.



To the left: Those in attendance enjoyed both listening to the inspiring speaker and the lovely breakfast served by Zephyr. This year we also saw many new faces in the audience which was a lovely bonus.

IMMUNISATION AVAILABLE

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

2023

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**

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.



SAFE SEATS SAFE KIDS

On the 14th of March, Wayne from Safe Seats, Safe Kids visited Nagambie, offering free installation and check up of car seats. This service is free of charge and is such a great opportunity for parents or grandparents to make sure their little ones are completely safe when travelling by car. If you missed out this time around, we might facilitate for another event like this, so keep checking the newsletter.



HEARING AUSTRALIA

On the 24th of March we were very happy to facilitate 'Hearing Australia' who came and offered free hearing checks to people living in Nagambie. Local hearing advisor Kim Wheatly helped around ten people with tests and further referrals.



DRUMMING SESSION AT THE HOUSE

Eight people signed up for the great opportunity to participate in the free drumming sessions at the House. A collaboration between NCN Health and Gamblers Help, this event was free and open to anyone who wanted to give drumming a go. According to those who came along, it was an equal fun and inspiring event.

For those who came, here are some words that go with the beat, as a help to remember:

Mashed po-ta-toes I-love to-play-my-drums Sand-wich pea-nut-but-ter
I-love-to-play-my-drums its-somuch-fun I-like-apple-pie
A-pples-in-a-bag and-they-drum



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 one hour session with writer and editor Trudy Oldaker and bring some of your writing to chat about over a cuppa.

MONDAY 17 APRIL
MONDAY 24 APRIL.
COST: \$2 TO THE
COMMUNITY HOUSE
TO BOOK: CONTACT
TRUDY ON
0419- 894 122



Trudy Oldaker

BREAST CANCER SUPPORT GROUP

This group is a safe space of support for anyone who currently has or has had breast cancer.

Nagambie Breast Cancer Support Group will be meeting at the Community House at **1.00pm on Thursday the 20th of April.**

Any enquiries please phone Di Proud 5794 1520.



Di Proud

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.



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.

**NEXT SESSION:
14TH OF APRIL
9.00AM
AT THE
COMMUNITY HOUSE
363 HIGH STREET,
NAGAMBIE**



"NEIGHBOURHOOD HOUSE WEEK"

Between the **8th and 14th of May**, Neighbourhood House Week is happening across Australia. This is a nationwide initiative to celebrate the role of over 1,000 Neighbourhood and Community Houses and Centres. The theme is **"Locals connecting Locals"** and of course the NLCH would love to take the opportunity to celebrate who we are and what we do!

Do you have any ideas of how you would like to celebrate us? Please don't hesitate to contact coordinator Anna Close via email: coordinatornlch@gmail.com



AUTUMN SOIRÉE



Saturday 13th of May
7.30pm

One hour of music, followed by supper.

Sing, read a poem, or play an instrument.

If you prefer listening, bring a plate for everyone to enjoy.

Book in with Anna Close at the House: coordinatornlch@gmail.com

Welcome!



NAGAMBIE SAILING CLUB

Nagambie Lakes Sailing Club Inc. has conducted two sailing events on Lake Nagambie. In February - as part of the Nagambie On Water (NOW) Festival - five yachts with instructors attended from Melbourne, as well as crew from Shepparton Sailability and Waranga Yacht Club. This 'Try Sailing Event' provided sails for 70 people, assisted by the Nagambie sailing club ground crew.

In March, the Nagambie sailing club hosted the Shepparton Sailability Club crew of six to bring four sailing dinghies and a recovery boat. At the Nagambie Regatta Centre they conducted a 'Sailing Experience Day' for Nagambie club members. Five hours of sailing saw 20 Nagambie locals enjoy hands-on learning about sailing, with several more social members joining in the BYO lunch.

The Club acknowledges funding from Strathbogie Shire Council and Bendigo Bank to help establish the Club to run these events. We are also planning another event for April. If you would like more information, please visit

www.gonagambie.com/communitygroups/sailingclub, or contact the Commodore, Bev on phone number 0492 - 289 831.



HOUSE CLOSED IN MAY

During a few days in May, the House will be closed for some external repairs. From Wednesday the 17th of May to Friday the 19th of May, no activities or groups will be able to enter the building.

This will primarily affect the following groups:

- Ukulele Group
- Shared Table

- Patchwork and Quilting
- Chatty Cafe
- Lakeside Larks
- Computer Support
- AA

Sorry for any inconvenience this causes. Welcome back to the House on Monday the 22nd of May!



ARTICLES IN THE COMMUNITY VOICE

As some of you may have noticed, the House occasionally has articles featured in our local paper, the Community Voice. The Community Voice is a free paper, published by GoNagambie. As an organisation, GoNagambie primarily aims at being the voice for local businesses by supporting and encouraging business growth and opportunities in our region. However, they also actively support not for profit and volunteer organisations such as the Community House. We are very grateful for the support we have received from Go Nagambie over the years, and would like to officially acknowledge that.

One of the ways GoNagambie supports us is by allowing us to write articles and post advertisement in the Voice. If you have any suggestions of what we should highlight in the paper, or if 'your group' would like to write a piece about who you are and what you do, please don't hesitate to contact coordinator Anna Close.



Clean Up Australia Day featured in the Voice.



Our International Women's Day Breakfast on the front page of the last edition of the Voice.

ROYAL CHILDREN'S HOSPITAL FUNDRAISER

On the 28th of March, The Lakeside Larks once again blessed our town with one of their amazing performances. This time they entertained at the Royal Children's Hospital Fundraiser, facilitated by the Top Pub. The instigators and organisers of the Event Pat Moroney and Di Proud, raised over \$4,000 to this very worthy cause. Very impressive! Hats off to you ladies!



THE LAKESIDE LARKS



As the Lakeside Larks visited the Hostel on the 30th of March, the residents not only joined in with the singing, some of them also got up and danced together. How marvellous!

The Larks entertain at several different community events during the year, including Australia Day, the Community Carols and the Royal Children's Hospital Appeal. Why not join in on the fun and join Nagambie's best choir! Larks meet each Thursday from 5.00 to 6.30pm at the Community House.



THE LAKESIDE LARKS

By Wendy Mason

Lakeside Larks has made a couple of much appreciated visits to the the Nagambie Hostel this month. So many of the residents knew the songs and joined in with our singing. Rusty accompanied us on his guitar. (It is wonderful that he has now retired from work and rejoined the Larks.)

After accompanying the Larks, Rusty sang his Nagambie Song. One of the residents was so excited when Rusty mentioned Kirwans Bridge in his Nagambie song, that he cried out, alongside two Larks Kirwans Bridge residents, to express their delight.

If you'd like to join the Larks, we meet each Thursday, from 5.00 to 6.30pm at the Community House. You'd be made most welcome.



Wendy Keenan singing part of a 'Wooden Heart' in German.



Russel Turner playing the guitar for the Larks.



COMPUTER SUPPORT



SALLY FYFIELD

As many people already know, Sally will soon be leaving Nagambie for Melbourne. As long as she is in town however, she is happy to take an occasional computer support booking. (During April and May.)

To book in, please contact Sally directly, either via phone or email: srfyfield@bigpond.com 0408 - 141 969.



BEVLEA ROSS

Bevlea is relatively new to Nagambie but is already happy to volunteer in various different capacities at the House. With extended knowledge in both photography, computers and webdesign, she can answer most questions. Bev is also happy to help anyone who needs help applying for their Power Saving Bonus.

To book in for help with the PSB, please write Bevlea directly on bevlea@live.com.au.



SUE WEST

Do you want help claiming your power saving bonus? Please don't hesitate to get in touch! Sue West is happy to assist with your application on Monday mornings at the House. To book in, please Contact Anna Close at the House on coordinatornlch@gmail.com or call the Community House at 5794 1487. Be prepared for a half hour session. Current available dates:

Monday 3/4, between 9.00am - 12.00noon

Monday 17/4, between 9.00am - 12.00noon

Monday 1/5, between 9.00am - 12.00noon



TUESDAY EVENING CRAFT GROUP

Are you interested in crafts, finishing those old projects you've got lying around at home or would you perhaps like to start something new? Then check out our evening Craft Group, happening at the House every 1st, 3rd (and 5th if there is one) Tuesday of the month. Bring any craft you would like to work on, sewing machines are available on site if you would like to use one.

Last session the group had a fantastic session with the lovely Andrea from Mangalore Pub, teaching those in attendance how to macrame. The group is planning on continuing having themed nights every so often. If you have any ideas of what you would like to learn or if you can teach others something, then the group would love you to volunteer your time to share your skills. Please don't hesitate to contact Group Leader Heidi Dean

**1st, 3rd (and 5th if there is one) Tuesday of the month.
7.00 - 9.00pm at the Community House.
\$2 to the House.**



UKULELE GROUP

Uke can be happy!

Would you like to learn to play the humble Ukulele? Can you see yourself being part of a friendly group strumming, singing, chatting and laughing together every Wednesday morning?

We have experienced leaders, not music teachers, but self-taught and experienced players, willing to help you get started with instruments on loan for you to "Try before you buy". It is important to get the right sized ukulele for the size of your hands and fingers.

We will help you to learn the chords you need to know in order to play along within our group, the rest is up to you, BUT you do not

need to be able to read music and will learn and grow as you go! Welcome to NUFFERS, Nagambie Ukulele Family!

Please contact Anna at N.L.C.H., or Robyn on 0458 147333

for further Information.

**WEDNESDAYS
9.30AM
AT THE
COMMUNITY
HOUSE**



NEW PHOTOGRAPHY GROUP

A new Photography Group is starting at the Community House! Led by computer savvy and incredibly creative Bevlea Ross, this group is open to anyone wanting to learn how to take amazing photos and know what to do with them. Don't miss out on this amazing opportunity!

FIRST WEEK - THE BASICS

Getting off manual and learning what the settings are. Shooting a bit of still life to see the difference in F stops and longer shutter speeds etc

SECOND WEEK - RULES OF COMPOSITION

Learning the rules of composition and applying them. (Taking photos around the Community House.)

LATER...

A trip to Tahbilk Winery for long exposure in the cellar. Taking photos of oil and water, soap bubbles and frozen autumn leaves.

All of the above can be done with phones, though cameras will give better results



Bevlea's passion for photography began at the age of 13 when she was given a box brownie by her father, who was also a photography enthusiast. Over the following years, she progressed to 35mm film. Then to Nikon point and shoot, and to Canon DSLRs. (At one point, she had a darkroom in the bathroom to process the film.) Her weapon of choice is now an Olympus OM -D EM1 Mk II, and her old box brownie takes pride of place on a shelf in her collection. (Please see some of Bevlea's beautiful photos on this page.)

STARTING FRIDAY THE 14TH OF APRIL
(WILL RUN WEEKLY AFTER THAT)
12.00PM (APPROXIMATELY 1,5H - 2H)
COST: \$2



SATURDAY PHOTOGRAPHY GROUP

Looking for expressions of interest

As described on the previous page, we will shortly be starting a new Photography Group. A few people have also expressed interest in attending during non-office hours. We are therefore asking for expressions of interest for a monthly Saturday course. If you are interested, please email coordinator Anna on coordinatornlch@gmail.com if you would like to join!



Photo by Bevlea Ross.



Photo by Bevlea Ross.

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 perhaps 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



WALKING GROUP

On the 31st of March, the Walking Group headed out to Murchison for a wonderful excursion along the Goulburn River. The six kilometre walk took the group on a loop, starting at Murchison Bakery, returning to Murchison Bakery. (Where you can allegedly buy the best vanilla slices in the world!)

The walk also took the group past the Murchison Football/Netball club, to Murchison Primary School and the Meteorite Park. Other notable stops was the Aboriginal Protectorate Reserve, the Murchison Bridge and 'Thornbridge,' an historic pub and now a B&B.



AA

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!



WALKING GROUP

The NLCH Walking Group head out every last Friday of the month. They walk in wetlands, along walking tracks, through local towns and along railtrails. If you're into walking and/or friends, this is a perfect group for you!

In April, the group will head out to Tatura, at Cussens Park. Departure always happens from the Community House on High Street, so if you're not keen on driving, there will be plenty of options to carpool. For more information, please don't hesitate to contact Wendy Mason on 0438 - 231 285.

APRIL WALK
TATURA, (CUSSENS PARK)
FRIDAY, 28TH OF APRIL
8.30 DEPARTURE



SCRABBLE GROUP

By Jeanette Murray



Congratulations to Helen Woodward who has achieved an all time high word score of 66 points, achieved by placing two intersecting words on the triple word score.

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

provided. We take turns to score games. The usual community house fee of \$2.00 applies. New and experienced players are welcome. If you have any queries, contact group leader Jeanette Murray 5794 2115.

"Somebody scratched all of the little numbers off my Scrabble tiles. I've stopped playing now, it's pointless."

Brunch at the Providore Cafe, Mitchelton

Mitchelton Winery has always been a stunning venue sunning itself under its iconic tower. It's remarkable how the buildings and vineyard have recovered after being severely impacted by the recent floods. All venues back in operation except the lifts servicing the tower and the art gallery.

Do take the opportunity to wander through the property and check out the buildings and the Goulburn River views. The Providore Cafe has been given a new look with an inviting new menu.

TIME/DATE: 9.00am,
Tuesday 11th April

VENUE: The reopened

Providore Cafe at Mitchelton Winery

ADDRESS: 470 Mitchellstown Road, Victoria, 3608

VIBE: immaculate vineyard setting, Goulburn river views, locally sourced ingredients.

MENU: A buffet style breakfast served at the centre of the table and including granola, yoghurt, fruit selection and Danishes. Plus a hot selection of scrambled egg, bacon, toast, sides and tea and coffee.

COST: \$25.00 per person

TRANSPORT: Private vehicle. If you need a ride to the venue please advise when booking.

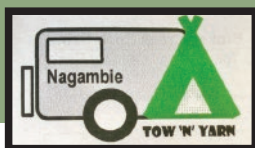
PARKING: Extensive in the winery carpark.

DISABILITY ACCESS: Good with accessible toilet

BOOKING: To Jeanette Murray 5794 2115 or jmurray771@bigpond.com
Tuesday 4th April



Providore Cafe, Mitchelton.



TOW 'N' YARN

Tow 'n' Yarn is our marvellous camping group for those with a tent, caravan or car. This year, Tow 'n' Yarn are hoping to revisit some of their more popular camps from past adventures. (Also giving those who missed the first time an opportunity to come along.)

Next planned adventure is scheduled for the **26th of April to the 2nd of May**. This time taking the group to Broken Creek Bush Camp, near Benalla. \$10pnpp

If you are keen to come along or want to know more, please don't hesitate to contact group leader Max Dunstone on phone 0437 - 579 413.



Broken Creek Bush Camp.

SHARED TABLE

Our Shared Table group has had another one of their mouth watering dinners. This time, the theme was food on the letter 'M', as in the month of March. Some of the dishes were Moussaka, Chocolate Mousse, Massaman Beef Dish, Mushroom Soup with Basil and Mango Ice cream. (See recipe below.) If you're interested in joining the group, please don't hesitate to contact Group Leader Elizabeth Branagan on emmeng@hotmail.com. The group meets every third Wednesday of the month.



Group leader Elizabeth with Major Branagan.



CREAMY MANGO ICE CREAM A Thermomix recipe

115 g sugar
400 g mango flesh, frozen,
cubed
140 g whipping / thickened
cream

Place sugar in mixing bowl
and grind 30 secs / speed 10
(you can use icing sugar)

Add mango and grind 20
secs / speed 10. Scrape
down sides if mixing bowl.
Mix 20 secs / speed 8.

Add whipping cream and mix
1 min / speed 6.5. Transfer
to insulated serving bowl or
freezable container, cover
with lid and freeze 2 hours
before serving.



PLAYGROUP

It's been a long time coming, but we have finally welcomed the Nagambie Playgroup to the Community House. On Wednesday the 29th of March, the group met up at the NLCH backyard for the first time and everyone had a blast! Equipment was used, parents chatted and the kids thoroughly enjoyed themselves on what was intermittently a cold and windy day.

Leader of this group is Ana Williams who is very happy to welcome both new and old friends. The group will meet weekly at the Community House, Wednesdays at 10.00am. For any questions, please don't hesitate to contact Ana on 0447 410 461



**PLAYGROUP
WEDNESDAY
10.00AM
\$2.00**





The Auxiliary of
Nagambie Healthcare
invites you to our

Card and Board Game Day



Tuesday May 2nd from 10 am at
Nagambie Rowing Club
High Street



R.S.V.P. 18 April

Admittance \$30 includes
Morning Tea and Lunch

Drinks available at Bar prices

Contact: Margaret Moss 5794 2476
or
Sandra Davies 0422 367 076



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, to take part in activities and learn how their NDIS plan works. Tuesdays, 1.00-3.00pm. 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.

TUESDAY EVENING CRAFT GROUP

Meets every 1st, 3rd and occasionally 5th Tuesday of the month. Bring your own craft group and enjoy the company of others. 7.00pm to 9.00pm at the House. Contact Group Leader Heidi Dean on heidideane@hotmail.com

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