NAGAMBIE LAKES COMMUNITY HOUSE NEWSLETTER JULY 2023



My name is Sandra and I'm an alcoholic."
These are the words that you will hear when people introduce themselves at an Alcoholics Anonymous (AA) meeting. In many cases, they are the scariest words that you can say, but they are also the words that may save your life.

I describe my "drinking story" as the good, the bad and the ugly. As a teen and a young woman, drinking was fun, a social lubricant that helped me become the funniest, sexiest, most popular woman in the room. A few drinks and I was ten foot tall, bullet proof, and the life of the party. Life was good and so was my drinking. A



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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.

few apologies were needed occasionally, but nothing too bad happened.

Once the alcohol took hold of me, the bad came into play. There were occasional blackouts, but that's okay because that means you "had a great time" right? The apologies soon became more frequent as the behaviour and attitude became worse. I swore at my dad on my hen's night, being so drunk that I was sitting in a gutter and vomiting at his feet. My dad was only trying to help me! There were many occasions just like this and it got to the point where if I picked up a drink, I wasn't sure if I was going to get blotto or drink like a "normal" person.

By my mid to late 20's I was in the ugly stage of drinking. I'd swear it off with the famous last words "I'm never going to drink again", but it didn't last. The hangovers and blackouts came more and more frequently, the shame and the degradation was greater, and I was in danger of losing my friends, my family and possibly my life, all because I couldn't figure out which drink did the damage.

I called AA in a fit of desperation and talked to a lady who listened to me. She told me that I wasn't alone and that I could get help if I wanted it. She suggested that I go to an AA meeting and listen to what people had to say. It was suggested that if I was an alcoholic, I would identify with the things that people shared. I thought AA would teach me how to drink responsibly and that I could fix my life, but

what I learned at AA was that I was powerless over alcohol and that if I didn't pick up the first drink then I couldn't get drunk.

I knew from that very first meeting that I identified as an alcoholic so I continued to attend as many meetings as I could. I met my tribe, people understood me, and I soon realised that I didn't drink like normal people (non alcoholic).

AA is not a sect or a cult. It's an organisation of people who suffer from the disease of alcoholism. Meetings are held in every country of the world, every day of the week and every day of the year. I've attended AA meetings on a cruise ship and in many towns and cities all over Australia. I'm a local and I'm keen to see a meeting up and running in Nagambie. The Nagambie Community House is extremely supportive and has offered a room at the house for the use of AA.

Commencing first week after the school holidays, there will be a meeting every week, Tuesdays at 11.00am. For more information regarding the meeting in Nagambie or if you'd like to talk to someone regarding your drinking, please contact Anna Close at the Community House 0437 347 203, who will refer you on. (You can stay completely anonymous when you call.)

Local meetings can also be found on aatimes. org.au or by calling 1300 22 22 22 which is a 24-hour help line.

ARE YOU HAVING TROUBLE WITH ALCOHOL? DOES YOUR DRINKING WORRY YOU? IS IT CAUSING YOU TO GET INTO UNPLEASANT OR DANGEROUS SITUATIONS? ARE FAMILY MEMBERS COMPLAINING ABOUT YOUR DRINKING?

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership and AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. The primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Winter Holiday Program

5th of July - 7th of July 2023 Nagambie Lakes Community House 9.00 - 15.00



...because play is a necessity.

n collaboration with the Nagambie Library and the Strathbogie Shire, the Community House is arranging a school holiday program. This will include crafts, sports, experiments and outdoor activities. The program is open to everyone, but limited to 20 children, single-income-families will have priority. Pick up a form at the Primary School, St. Joseph's School or the Community Hosue to book in. Contact coordinator Anna Close on coordinatornIch@gmail. com if you have any further questions.







AU REVOIR SALLY













Carol, Mel, Carmel and Edna.



Russel Hurren and Lois McMaster



Wendy Keenan holding a speech.















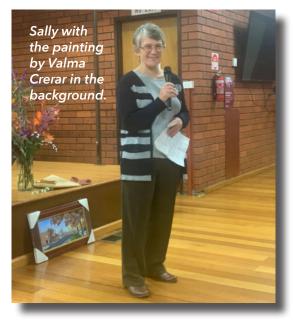






n the 2nd of June, over 40 people gathered at the Seniors Citizens Hall to say 'au revoir' to Sally who is moving to Melbourne. It was a joyous gathering, where Sally's many contributions to our town and the Community House were celebrated. Wendy Kennan, Anna Close and Edna James held speeches and the Larks sang. The tables were overflowing with baked goods, both savory and sweet. Many people had also contributed by bringing table cloths and flowers which beautifully decorated the tables.

Sally was gifted with a painting of Nagambie done by Valma Crerar as well as a photo book highlighting some of her many adventures at the House. Although Sally has geographically relocated, she is only ever an email away if you would like to get in touch with her. Don't hesitate to keep the friendships alive!





Edna James and Sally Fyfield with the photo

THANK YOU NLCH

ear Friends,
Thank you for making me so welcome
in your town. I thought you had to
be born in a town to be a local; well, you've
made me feel like a local although I've been
here only nine years.

It's been said we leave something of ourselves behind when we leave a place. I may leave something of myself behind, but I will indeed take a part of you all with me.

You've taught me much.

You've accepted me and my funny ways.

You've shown me friendship I could never have hoped for.

You've let me into your lives, your homes, your computers, and your hearts.

I will cherish forever my time here in Nagambie and especially at the Community House - all that we have achieved together, all the fun we've had. Whoever said meetings were boring hasn't been to a committee meeting at the House or a Carols Group meeting.

Thank you Nagambie Lakes Community House. You indeed show what community is.

Regards Sally Fyfield



WRITING MANUSCRIPT ADVICE

o you want to write your life story or turn your creative writing into a manuscript? A book? A gift for your family? Writer and editor Trudy Oldaker is not available during July but will be back to chat with you about your writing in August.



14TH OF AUGUST
21ST OF AUGUST
10.00AM - 11.00AM
TO BOOK: CONTACT TRUDY ON
0419- 894 122
\$2 TO THE HOUSE



IMMUNISATION AVAILABLE

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

2023
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 reccomended National Immunisation Program Schedule.



2023 AGM



t might seem like a long time away, but the 2023 Annual General Meeting will be coming up sooner than you think. We have already locked in an exciting speaker who we think you will all enjoy listening to. (More information on this to follow.)

It is also at our AGM we choose our committee and decide on who will be leading us through our upcoming adventures. As some committee members have already announced they will be stepping down, for a wide variety of reasons, a few seats will open up for those curious and brave enough to take this wonderful challenge on.

Being a committee member for the NLCH indeed entails responsibility and active presence at our monthly meetings, but it also provides a platform for you to share your knowledge, passion, and strength. Sounds interesting? Don't hesitate to contact Anna Close or Edna James if you have any questions or think you would like to get nominated.

NLCH AGM

20TH OF SEPTEMBER
363 HIGH STREET
TIME AND SPEAKER TO BE

NDIS COORDINATOR

o you need help or support in the space of NDIS? Every Tuesday, NDIS Coordinator Mandy Karadimos works out of the Community House. If you access NDIS you are welcome to come and ask her questions or learn more about how your plan works. Mandy is not only incredibly knowledgeable, she is also friendly, supportive and positive. If you have any questions, you can contact her via phone number 0419 114 940



NAGAMBIE SAILING CLUB

SAILING CLUB SUNDAY LUNCH

Sailboat Rigging Demo Sunday 30th July

11am to 3pm

Club House / Boat Shed 69 Loddings Lane, Lake Nagambie BYO chair & drinks Light lunch provided, donation requested All Welcome

Please RSVP to: bevgsoz@gmail.com

Go Tafe in Nagambie

The GoTafe Mobile campus is coming back to Nagambie. Here, you can ask questions about any and all GoTafe services, and also receive helpful advice on the next steps of your career. Check out the dates below and see which one of them would work for you:

TUESDAY 11TH OF JULY WEDNESDAY 12TH OF JULY THURSDAY 13TH OF JULY



Go TAFE POP-UP AT THE HOUSE



oTafe will also visit the Community
House for a pop-up. You are welcome
to ask any and all questions you
might have about your career, job searching
or writing a resume etc.

17th of July 12.00am - 3.00pm 18th of July 12.30am - 3.00pm 19th of July, 9.00am - 12.00pm

NLCH FOOD PANTRY

o you suffer from food insecurities? Are you going through a rough time due to factors beyond your control? Please know that at the Community House we don't judge or ask intrusive questions. Here, you are welcome as you are, no shame, just grace.

We have non perishable food items to hand out, but also gift vouchers which can be used at IGA to purchase some fresh produce.



LAKESIDE LARKS

ast Thursday night at The Community House, Larks sang for Sally. It was called Sally's Song. Lyn conducted the choir. Larks were cheeky, but sang beautifully. And Sally smiled all night long. We dined at The Top Pub. Sally is off to live in Melbourne in the next

couple of days. Larks will miss her lots.



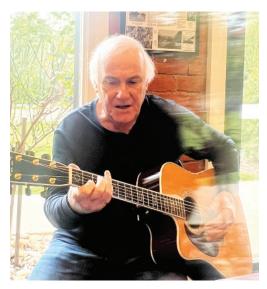
new spot for Larks to sing was Waranga Hostel, in Rushworth. So many of the residents sang along with us and enjoyed. Lunchtime was with Julie Price, at the Colbinabbin Country Hotel. We loved Julie and her sister singing three songs, with magnificent harmony. It was Mozzie and Keith's 57th wedding anniversary. A musical Day.











POWER SAVING BONUS APPLICATIONS

o 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 coordinatornIch@gmail.com or call the Community House at 5794 1487. Be prepared

for a half hour session. Last month for the PSB Support: July.

Tobookinanappointment with Sue, please contact Coordinator Anna Close on coordinatornIch@gmail.com



TUESDAY EVENING CRAFT GROUP

re 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.

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 on heidideane@hotmail. com

1ST, 3RD
(AND 5TH IF THERE
IS ONE)
TUESDAY OF THE
MONTH
7.00PM - 9.00PM
AT THE
COMMUNITY
HOUSE





Velcome Group members spent a delightful morning at the Nagambie Museum hosted by Historical Society members. And what a treat it was - new cases highlighted very interesting displays of treasured historical artefacts, many with local connections. The morning was capped off with a scrumptious High Tea enjoyed by all. Big thank you to the Historical Society for arranging such a wonderful visit.











WALKING GROUP

n Friday the 30th of June, the Walking Group set out to explore Graytown. Starting at the Cemetery, the walk continued on to Surface Hill Road and Graytown/Rushworth Road. A total distance of 5.4km along dirt roads was walked. During the excursion, excited participants saw lichen, grass trees and also Graytown Cemetery, where Nev's grandmother is buried.

Do you enjoy walking and would like to come along to the next outing? Please don't hesitate to contact group leader Wendy Mason via email: mason.wendy.m@gmail.com.





TUESDAY, 31 OCT

FUN I MUSIC I GAMES

Mechanics Hall, Nagambie

6pm-8pm

\$5 per child or \$10 max for a family (supervising adult/s free)

> All ages welcome Proudly supported by



Welcome News - Dinner at the Royal Mail Hotel

In keeping with the group's policy of supporting local businesses and not wanting to travel further afield in the current bleak weather, the Welcome Group's July function is dinner at The Royal Mail Hotel in Nagambie, affectionately known as 'The Top Pub'. The pub is cosy warm and has an extensive menu including starters, pasta, steaks, pub classics, pizza, burgers, mains, side dishes, and dessert.

VENUE: The Royal Mail Hotel, 350 High Street Nagambie

DATE: Wednesday 12th July

TIME: 5.30pm for 6pm

PARKING: High and side streets, centre median strip

parking lot.

DISABILITY ACCESS: For wheelchair or walker access to negotiate the steps at entrance a ramp can be provided on request.

MENU: Order from the comprehensive menu.

SPECIAL DIETARY: For coeliac, vegetarian dishes, etc consult with staff on the night.

DRINKS: At bar prices

NLCH FEE: \$2.00 per person towards community house costs

TOILETS: Yes. No disability access toilets.

BOOKING: Please book with Jeanette Murray: nagambiewelcomegroup@gmail.com, or 5794 2115 by 5pm Tuesday 5th July. No late



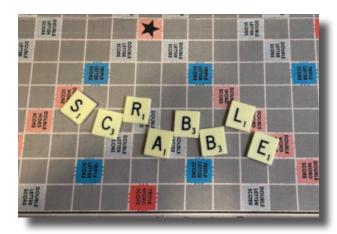
SCRABBLE GROUP

By Jeanette Murray

he Scrabble Group meets weekly for informal and friendly games every Monday, starting at 1.00 pm finishing 3.00 - 3.30pm at the community house. Scrabble games and dictionaries are provided. We play two games, with two to four players and we take turns to score. If a player uses all their letters in one go, they win a bottle of bubbles (to share). Thank you to Anthony Cummins for providing the bubbles. There is no need to book in, just turn up. New and experienced players are welcome.

Suzi Olle became the group's highest scorer with 74 points for a single word. Susan West has once again achieved a high score using all seven letters with RUSHING. The group celebrated with bubbly and Scrabble-letter-shaped cheese biscuits.

QUIZ QUESTION: Who is the media personality turned politician who is an expert at Scrabble and has authored several books on the subject?



pooks.

QUIZ ANSWER: Derryn Hinch - we would be interested to hear if anyone has any of his

UKULELE GROUP

World Music Day

n "World Music Day" Australia, the Nagambie Ukulele family (NUFFERS) performed twelve songs at the Rowing Club Hotel on Wednesday 21st June. **Botany Bay** and **I Still Call Australia Home**, amongst them. This is the second year we have performed here, and our efforts were enjoyed by players and a small audience alike. We then had lunch and a laugh together to celebrate and end the day.







PLAYGROUP



Come hang out with us!

re you a parent, grand parent or legal guardian? Do you want to hang out with other mums or dads while your kid has a fun time playing in a safe environment? Then check out Nagambie Playgroup at the House! Meets every Wednesday morning at 10.00am. If weather permits, we will be outside, in case of very wet or hot conditions, we'll move inside. For more information, please contact Group Leader Ana Williams on anawilliamsfdc@hotmail.com

ART GROUP

o you know we have a marvelous, multi-talented and welcoming Art Group which meets every Saturday at the Primary School Art Rooms? This group is led by the marvelous Wendy Cook who did the paintings you see below. This group welcomes all levels of experience and mediums. Currently, some artists are using watercolour, acrylic, oils, pastels and mixed media. The doors open up at 1.00pm, and at 2.30 there is a teabreak for sharing of ideas. Sounds interesting? Have questions? Please don't hesitate to reach out to Wendy Cook via email or phone number: wendycook.au@gmail.com, 0412 103 853.









leome to the Atrt Group

CHATTY CAFÉ

// We believe in having a chat to brigten your day".

These are the words the Chatty Café organisation. Chatty Cafes are found around Australia and established on a model found in Great Britian. There are now have 190 venues. most still in Victoria but also Queensland. Western Tasmania, Australia, and growing interest in South Australia.

Chatty Venues can be found in both commercial settings and community organisations. In Nagambie, the Chatty Café is held at the Nagambie Lakes Community House in a pleasant Drawing Room setting. We are however exploring other venues to gather occasionally. Our last meeting was held at the library, and this allowed us to tap into the information session on legal issues provided in Law Week. The

occasional meeting at local cafes is planned on a regular basis.

Chatty Customers are growing in participation them feel that make very safe, welcome and engaged and "Brighten their Day"! We don't have to be alone to experience feelings of Ioneliness. Social connection, when organised well, helps to weave the web of relationships and support in our local communities that we can draw on, to live our lives in the way that we want to, with meaning, purpose and connection, whatever our age or stage of life.

The Chatty Café to be held on Thursday 5th July will be held at Harry's Café.

Time 10:30 to 12:00 (not pm as programmed)

Please come along and enjoy time and a cuppa with us.



Photo from GoNagambie.

PHOTOGRAPHY GROUP

PHOTOGRAPHY GROUP
WILL BE TAKING A
BREAK DURING THE
WINTER MONTHS.
START-UP AGAIN IN
SEPTEMBER.
(PHOTO: BEVLEA ROSS.)



self organised Market Opportunity for the Garden group will take place on the grassed area beside Rebecca Baker's Pharmacy on Friday 7th July from 9.00am - 1.00pm.

Again, we have available our popular succulent plants as well as other vegies and herbs for you to grow for yourself at home. We will hopefully be able to make this a monthly event, so please come along and support us on our alternative "Market Day".



Yvonne and Robyn of the Garden Group. All photos by Bevlea Ross.







AA

Is alcohol a problem for you?



re 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 Tuesday 11.00pm Nagambie Lakes Community House 363 High Street, Nagambie

P.S. The day and time has been picked with consideration of when the House is the most quiet. This can change depending on what suits those visiting.

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

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

Contact Sally Fyfield to book 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 6.30pm. 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

PHOTOGRAPHY GROUP

Meets first and third Friday of the month. 12.00am at the House. And every second Saturday, at 1.00pm - 3.00pm. Contact: Bevlea Ross, bevlea@live.com.au

PLAYGROUP

Meets Wednesday mornings at the Community House. 10.00am. If weather permits, we will be outside, in case of wet or hot conditions, we'll move inside. For more information, please contact Group Leader Ana Williams on anawilliamsfdc@hotmail.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

FROM THE COORDINATOR'S DESK

he other week I took a stroll down memory lane. With the intention of buying some herbs and plants from our first class Garden Group, I headed to our old stomping grounds on Prentice Street. Do you remember that place? The old Maternal Health Clinic? The light brown coloured brick building which served us so well, although it was - and still is - a bit rough around the edges? It's still there, and through a verbal agreement with the Shire, we are able to continue running our Garden Group from that same location. It felt lovely to see the place again, have a peek into the room which used to be my office and remember our recent history. I admittedly got a bit nostalgic, but also inspired, because suddenly it became evident how much we've really grown the past few years...

The Nagambie Lakes Community House has a long and proud history. For almost ten years, it ran on guts and glory, before receiving funding from the State Government. During those first years, hard work from countless volunteers secured the success of our organisation and many of the groups founded then, are still running today.

With the funding, secured almost five years ago, came the possibility of employing a coordinator and eventually also finding a new home for our ever growing House. Although much has changed, a few things - the *core* things - have remained the same. Our beating heart and continued success is firmly resting on volunteers. It is all of you; group leaders, committee members, gardeners, handy men and women, food pantry contributors, recycling-helpers and joy-spreaders, who make us what we are.

The last couple of months we've yet again seen an increase of groups starting up and joining us. Some of these are the Nagambie Playgroup, the Photography Group and Alcoholics Anonymous. We have also very humbly agreed to take on the yearly and much appreciated Halloween Event from the Nagambie Historical

Society. For two years, our friends at the local Museum have put on the most amazing show and now feel it is time to pass the baton. A committee, consisting of primarily excited mums have formed, and they are drawing up plans for an October event I'm sure no one is going to want to miss. (Check out their amazing Halloween Poster in this newsletter!)

Another opportunity which has come as a result of us renting the Kearns Centre, is that we are able to let various different groups and activities come along and make use of our space. The Shire runs Immunisation and Supported Playgroup out of our Music Room, and recently they have also relocated their First Time Parent Group from the Library to the Community House. (This as the Library is in need of renovations.) Some of you might also have met NDIS Coordinator Mandy Karadimos who works out of the House on Tuesdays. Mandy is not only incredibly knowledgeable but also kind and positive in her approach to anyone seeking help with their NDIS plan. In addition to the above, we have had Music Therapy at the House, GoTafe Pop-ups, mentoring for students, Dementia Awareness meetings, etc., etc. None of these are technically 'Community House' groups or events, but we are still part of making them happen by being where we are, and who we are.

And on the topic of growth... This past week I have received some pretty amazing news about our future, and I'm almost bursting to share

it with you all! But, it's going to have to wait just a little bit longer. Please know however, that you matter; we matter, and I am so happy I get to work alongside you.

At your service, Anna Close

