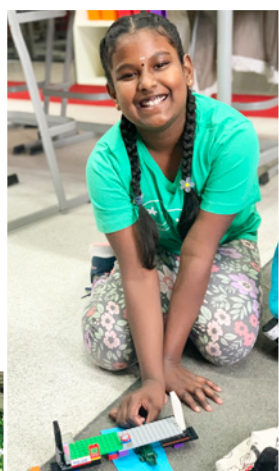


NAGAMBIE LAKES COMMUNITY HOUSE  
NEWSLETTER  
AUGUST 2023

# School Holiday Program: *Check!*



*Continues on page 2.*

363 High Street, Nagambie, VIC 3608  
Web: [nagambielakescommunityhouse.org](http://nagambielakescommunityhouse.org)  
Phone: 5794 1487 Email: [nlchouse32@gmail.com](mailto:nlchouse32@gmail.com)  
[facebook.com/NLCHouse](https://facebook.com/NLCHouse)  
ABN: 37 645 422 366  
Open weekdays 10.00am - 3.00pm



## CONTINUING FROM PAGE 1.

It was an initiative from the extended Nagambie community which originally spurred the idea of arranging a winter holiday program. For many families without close relatives nearby, arranging childcare or supervision during school holidays can be really challenging, not in the least for single parents. And that's where a place like the Community House can mean so much by relatively small means.

The program we arranged included several different activities. There was a lovely parachute exercise lead by Di Grant, science

experiments and lego challenges organised by Heidi Dean, who is our Tuesday Evening Craft Group leader and normally works as a teacher. The Strathbogie Shire contributed by sponsoring two different Craft Workshops and the Goulburn Valley Libraries entertained with an engaging NAIDOC Week activity.

All together, around 20 different children participated and from the feedback we've received, the program was very well received. A big thank you to all members of NLCH for being a part of making events like these happen. We do it because we can.



***Thank you Di Grant, Heidi Dean, Emma at Goulburn Valley Libraries, Annette Walton at Strathbogie Shire, Rob French at the Primary School and Maree Findlay at St. Joseph's. We couldn't have done this without you.***







# Volunteering with Nexus Primary Health

**Nexus Primary Health is currently seeking volunteers to help deliver essential services in the community.**

There are a range of opportunities with our volunteer program, including:



**Meals on Wheels:** Volunteers help deliver meals to people in the community who may have difficulty making meals themselves.



**Individual Social Support:** Volunteers will help older people, who live alone, to connect with others and be involved in the community.



**Local Transport Service:** This program will link a volunteer to an older person who cannot drive. The volunteer will help them to attend appointments in their local area.



People with a range of different skills and experiences can volunteer with us. Volunteering is a way that you can contribute to your community and grow your skills, experience and knowledge.

At Nexus, all of our volunteers are required to have a valid Police Check, Working with Children's Check, NDIS Check and confirmation of COVID-19 vaccination status before commencing their volunteering service. Our Volunteer Support Team at Nexus Primary Health can assist you to collect these documents, if required.

## How to become Volunteer at Nexus Primary Health:



### **Register Online:**

Scan the QR Code or head to our website to complete the Expression of Interest form.

[www.nexusprimaryhealth.org.au/careers/nexus-volunteering](http://www.nexusprimaryhealth.org.au/careers/nexus-volunteering)



### **Contact the Volunteer Support Team:**

**1300 77 33 52**

Kevin Twan, Volunteer Coordinator:  
[KevinT@nexusprimaryhealth.org.au](mailto:KevinT@nexusprimaryhealth.org.au)



## VOLUNTEERING WITH THE TROLLEY?



## The Auxiliary of Nagambie Health Care...

...invites you to join the auxiliary and volunteer to assist in making the lolly-trolley available to the residents of Nagambie Health Care. A yearly membership of the Auxiliary costs \$5.00.

The lolly-trolley operates each Monday morning from approximately 9:30am till 10:30am. Residents of Nagambie Health Care are given the opportunity to buy personal care items as well as snacks and treats from the trolley which is appreciated by residents.

If you would like to discuss joining the Auxiliary please contact the secretary: Sandra Davies on 0422367076 who will be only too happy to elaborate on the important role of the Auxiliary and answer any questions you may have.

**Anne Turville**  
President

## HAND EMBELLISHED BIRD WORKSHOPS

Frankie O, a local Bendigo Artist, is running some fabulous workshops at the Rushworth Art Depot this Saturday and Sunday the 5th and 6th of August. Both for adults and children! She still has spots open, so make sure to book in quickly if you would like to attend.

What's included:

- \*Professionally Printed Australian Bird to Embellish
- \*Help developing a creative and balanced design
- \*Skills and techniques around gold foil application
- \*Professional mount for your finished work
- \*Morning tea and a cuppa

### SATURDAY 5TH AUGUST

4hr ADULT Workshop **10.30am**. All materials included and morning tea **\$155**

### SUNDAY 5TH AUGUST

2.5hr ADULT Workshop **1.30pm**. All materials included and morning tea **\$120**

1.5hr KIDS Workshop **10.30am**. All materials included (Ages 7-14, parents of young children encouraged to attend).

Bookings can be made at [www.frankieo.com](http://www.frankieo.com), by email [frankie@frankieo.com](mailto:frankie@frankieo.com) or by contacting the Rushworth Art Depot on their Facebook page.





## WRITING MANUSCRIPT ADVICE

**D**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**

**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.





# 2023 AGM

**F**riends, it's now just over a month away! Our 2023 Annual General Meeting is a great time to celebrate our successes, exercise our democratic right to vote and of course, elect who want to see leading us in the next year.

We can now reveal that our speaker will be Noriuel Kinross, Paramedic Community Support Coordinator. Some of you might already know her from her previous visits to the House where she's taught AED/First Aid. Noriuel is going to speak to us about her role in our community and will answer any questions you might have.

As previously announced, we have a few

committee members who have already stated they will be stepping down, so 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.

Nomination forms are available at secretary Erica Bostock's pigeon hole at the House.



**NLCH AGM**  
**20TH OF SEPTEMBER**  
**363 HIGH STREET**  
**SPEAKER: NORIUEL KINROSS,**  
**STRATHBOGIE PARAMEDIC COMMUNITY**  
**SUPPORT COORDINATOR**





## NDIS COORDINATOR

**D**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



## NLCH FOOD PANTRY

**D**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.



## HAAG COMING TO THE HOUSE

**H**ousing for the Aged Action Group - HAAG - is an Australian organisation specialised in the housing needs of older people. They engage and work with older people through community activism, services & advocacy to achieve social change and housing justice. Starting the **14th of August**, the HAAG will be working out of the Community House on Mondays. Mornings in our Music room, afternoons in our Drawing Room. If you are over 50, feel insecure in regards to your housing situation or would like

to know more about what the HAAG offers, please don't hesitate to come see them! (Or call 1300 765 178 for more information.)





# JOIN US FOR A **HALLOWEEN PARTY**

**TUESDAY, 31 OCT**

**FUN | MUSIC | 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





## Recognising Email Scams:

**W**ith the advent of the digital age, email has become an integral part of our daily lives, offering convenience and instant communication. However, this widespread usage has also given rise to a new form of deception: **email scams**.

Email scams, phishing attempts or fraudulent emails are designed to trick individuals into disclosing sensitive information, such as passwords, financial details, or personal data. Recognising and understanding these scams is crucial for safeguarding our information in today's technologically interconnected world.

### Common Types of Email Scams:

#### PHISHING EMAILS

Phishing emails are crafted to appear as though they come from reputable sources, such as banks, government agencies, or well-known companies. They often use logos, email addresses, and official-looking content to deceive recipients into believing their legitimacy. Phishing emails commonly request recipients

to click on links that lead to fake websites or to provide personal information directly through the email.

#### NIGERIAN PRINCE SCAMS

One of the oldest tricks in the book, Nigerian Prince scams promise recipients a large sum of money in exchange for a small initial payment or the recipients bank details. These scams prey on people's greed and curiosity, attempting to entice victims with the prospect of easy money. One example I received just as I was writing this was as follows:

#### LOTTERY SCAMS

Lottery scams falsely inform recipients that they have won a substantial prize in a lottery or contest they never entered. To claim the prize, victims are asked to provide personal information or pay fees, which the scammers pocket.

#### URGENT REQUEST SCAMS

In urgent request scams, fraudsters pose as a friend, family member, or colleague, claiming to be in distress or requiring immediate financial help. The scammers rely on the victims emotions and

desire to assist their loved ones, coercing them into sending money or sensitive information without proper verification.

### Recognising Email Scams:

#### SUSPICIOUS SENDER ADDRESS

Always check the sender's email address for inconsistencies, such as slight misspellings or domains that differ from the official website. Legitimate organisations never use free email services like Gmail, hotmail, iCloud or Yahoo for official communication.



**For help with your phone, computer or tablet,  
please don't hesitate to reach out to Bevlea via  
email: [bevlea@live.com.au](mailto:bevlea@live.com.au) or call Anna at the  
House on phone number 0437 347 203**



## Protecting Yourself in the Digital Age

### POOR GRAMMAR AND SPELLING

Email scams often contain grammatical errors, awkward phrasing, and spelling mistakes. Reputable organisations take care in their communication and rarely send out emails with such errors.

### URGENT AND THREATENING LANGUAGE

Scammers often use fear and urgency to pressure victims into quick action. Beware of emails with subject lines like "Your Account Will Be Closed" "Immediate Action Required." Legitimate organisations will not use such aggressive tactics.

### REQUESTS FOR PERSONAL INFORMATION

Be cautious of emails asking for personal information such as passwords, driver license numbers, or financial data. Reputable organisations usually handle sensitive matters through secure channels and will not request this information via email.

### UNUSUAL URLS

Hover your mouse over any

links in the email (without clicking) to reveal the destination URL. Scammers may use misleading links that direct you to fake websites, so verify the authenticity of URLs before clicking on them.

### UNEXPECTED ATTACHMENTS:

Avoid opening email attachments from unknown senders, as they may contain malware or viruses. Verify the legitimacy of the attachment with the sender before proceeding.

### PROTECTING YOURSELF FROM EMAIL SCAMS

Educate Yourself: Stay informed about the latest email scams and educate yourself and others about the red flags to watch out for.

**USE STRONG PASSWORDS**  
Create unique and strong passwords for different accounts and enable two-factor authentication whenever possible.

### INSTALL SECURITY SOFTWARE

Use reputable antivirus and anti-malware software to

protect your computer from threats.

### VERIFY REQUESTS

If you receive an email requesting personal or financial information, contact the organisation or individual through a known, official channel to confirm the requests legitimacy.

### BE CAUTIOUS WITH PERSONAL INFORMATION

Limit the personal information you share online and on social media platforms.



## COMMON FACEBOOK SCAM

Ever answered questions in one of those fun "get to know you better" and "just for fun" quizzes on Facebook? They might seem seem innocent enough, but often aren't. These quizzes are designed to extract the kind of personal information many people use to create passwords or answer security questions for their online accounts. Cybercriminals know this and use these quizzes to hack into a user's Facebook account. From there, they can do a lot of damage beyond simply taking over your Facebook account.



# BREAST CANCER SUPPORT GROUP

## Next Gathering

The Nagambie Breast Cancer Support Group will be meeting for afternoon tea on **Thursday 3rd of August**, at Nagambie Lakes Community House in High Street at **1.00 pm**.

Michelle Parish, Breast Care Nurse from GV Health will be present. Please bring \$2.00 for NLCH and something to share with a cuppa and a chat. If you are interested in being part of this social support group, please contact Di on 0419 389 855 and leave a message.

**THE SUPPORT GROUP IS FOR THOSE PEOPLE WHO HAVE BEEN DIAGNOSED WITH BREAST CANCER AT ANY STAGE OF THEIR LIFE. IT DOESN'T MATTER WHETHER IT WAS TWO, FIVE, TEN, TWENTY, OR THIRTY YEARS AGO!**



## TUESDAY EVENING CRAFT GROUP

**A**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](mailto:heidideane@hotmail.com)

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



*To the right: Group leader Heidi Dean.*



# WELCOME GROUP

By Jeanette Murray

## Friendly Friday Function

**G**reetings,  
An innovation we tried during the pandemic was to have **FRIENDLY FRIDAY** get together, the idea being to meet, have a chat, a drink or a cuppa and cake to catch up with others who you may not have seen in the bitter winter weather. The Rowing Club is a friendly and cosy venue. It's an easy and happy event so we thought we'd try it again. Here are the details:

**Date:** Friday 25th August

**Time:** 4 - 5.30pm

**Venue:** The Rowing Club,  
301 High Street, Nagambie

**Booking:** No need to book

in, just turn up.

**Name tags:** Sticky name tags provided on the day.

**Drinks and Food:** Order at bar.

**NLCH Fee:** \$2.00, pay on arrival.

**Do come:** Stay 10 minutes or for an hour or so.

**Bring:** Friends, neighbours, visitors, etc.

You may choose to stay on for dinner, If so, you will need to make your own booking, 5794 2747.

If you have any queries, contact Jeanette Murray [nagambiewelcomegroup@gmail.com](mailto:nagambiewelcomegroup@gmail.com).



# SCRABBLE GROUP

By Jeanette Murray

## Scrabble Notes

// A couple of Scrabble players were having coffee together. 'I had a bad night last night, my dog ate all my Scrabble tiles,' said one. 'Oh dear, what happened?' said the other. 'I took him to the vet, but there's no word yet.'

All jokes aside Scrabble Group is good fun. If you'd like to give your brain a creative boost in a casual and informal setting do come along and join in, 1.00pm to approximately 3.00pm every Monday afternoon at the community house, this time frame usually allows for two or three groups to play two games each. Scrabble games and dictionaries are supplied.

The only cost is the \$2.00 community house fee. We offer a warm welcome to beginner or experienced players. Just pop in if you'd like to have a look and/or join in. If you have any queries, contact Jeanette Murray [nagambiewelcomegroup@gmail.com](mailto:nagambiewelcomegroup@gmail.com).

**WORDS:** ZO Himalayan cattle, ET past tense of eat, QI life force, FA musical note. All of these words are acceptable in the game, in fact we provide a very handy list of usable two-letter words.





## WRITING GROUP

We met on July 11th. There was only a small number due to members being on holidays and others having family commitments. We all presented our homework writing on "Rome wasn't built in a day". As usual, they were all interesting and the approaches to the topic very varied. We had time, between laughter and discussions to write on three, 10 minute topics.

The first was "A treasured object", then "An old duck" and finally "An embarrassing moment". All topics were approached differently and all very clever and enjoyable. On the last topic, well it caused many a laugh, but thanks to Mary's story the laughter was endless, thanks for sharing. A prospective new member popped in to see how we ran our meetings and we are looking forward to her catch up at our next meeting along with another perspective new member. **Our next meeting is on the 8th August and the homework topic is "Rules".** Looking forward to seeing everyone and hearing their stories.

## UKULELE GROUP

Do you like music, singing, or playing an instrument? Why not join our fun-loving group of uke-players? If you are a beginner, please contact group leader Robyn as she will make time for you at the start to show you the ropes.

**WEDNESDAY MORNING**

**9.30**

**AT THE HOUSE**

**GROUP LEADER: ROBYN NORTHEY**

**ROBYNALICE2004@YAHOO.COM.AU**



## PLAYGROUP



**WEDNESDAY MORNING  
10.30AM.**

**Come hang out  
with us!**

Are you a parent, grandparent 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 10.30am. 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](mailto:anawilliamsfdc@hotmail.com)

## CHATTY CAFÉ

**W**ill take a break for the month of August. More information to follow. Big thank you to Erica Bostock who runs this amazing group which means so much to the House and the people who attend the gatherings.



Spreading  
**HAPPINESS**  
with Chatty Cafe

## LAKE SIDE LARKS



**D**o you like to sing? Would you be interested in joining a fun-loving, welcoming and encouraging choir? Why not check out the Lakeside Larks! The Larks meet weekly, Thursday 5.00 to 6.30pm. If you have any questions at all, please don't hesitate to contact Group leader Wendy Mason via email: [mason.wendy.m@gmail.com](mailto:mason.wendy.m@gmail.com)

## PHOTOGRAPHY GROUP

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





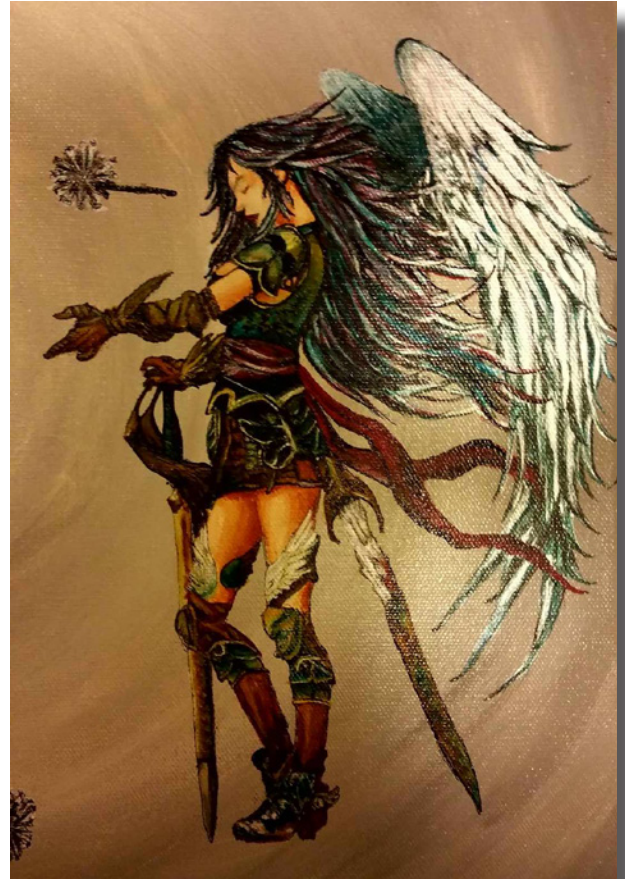
# ART GROUP

Louise-Anne Lewin is a local Artist and a Member of the NLCH Art Group. Louise-Anne is living with MS and says the following about her painting: "I believe 'Art is Medicine' and I love to write messages within all my art pieces."

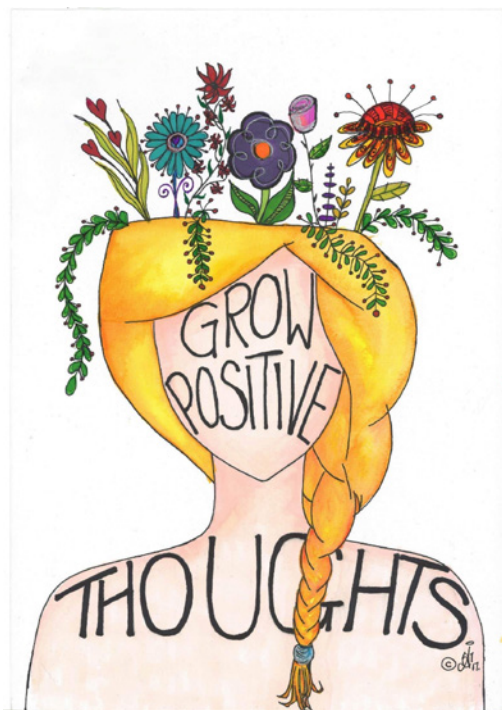
Please have a look at some of her beautiful pieces on these two page.



*The chair.*



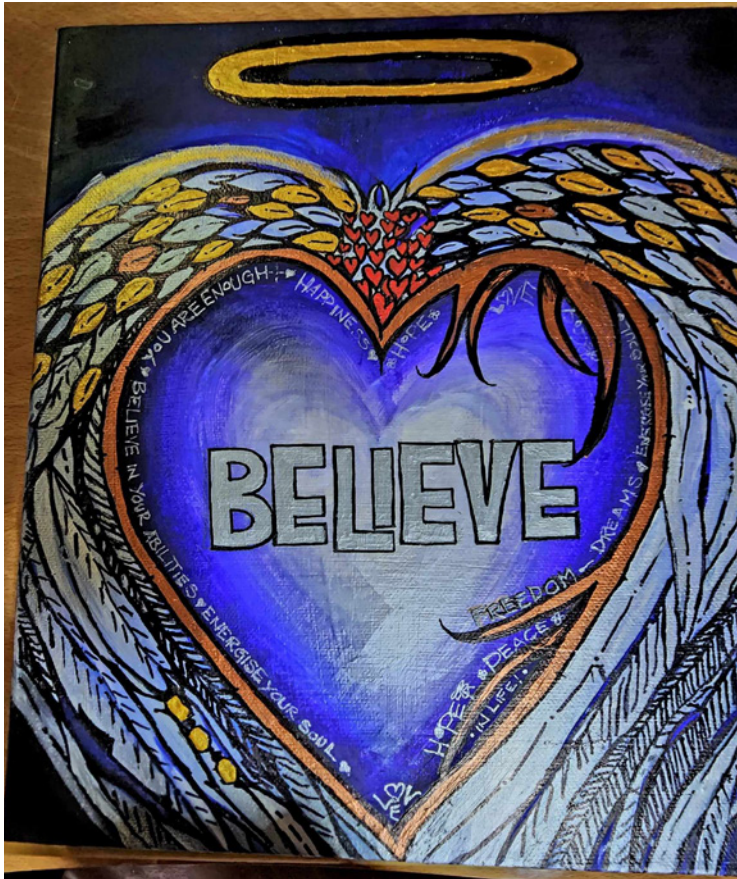
*MS Warrior.*



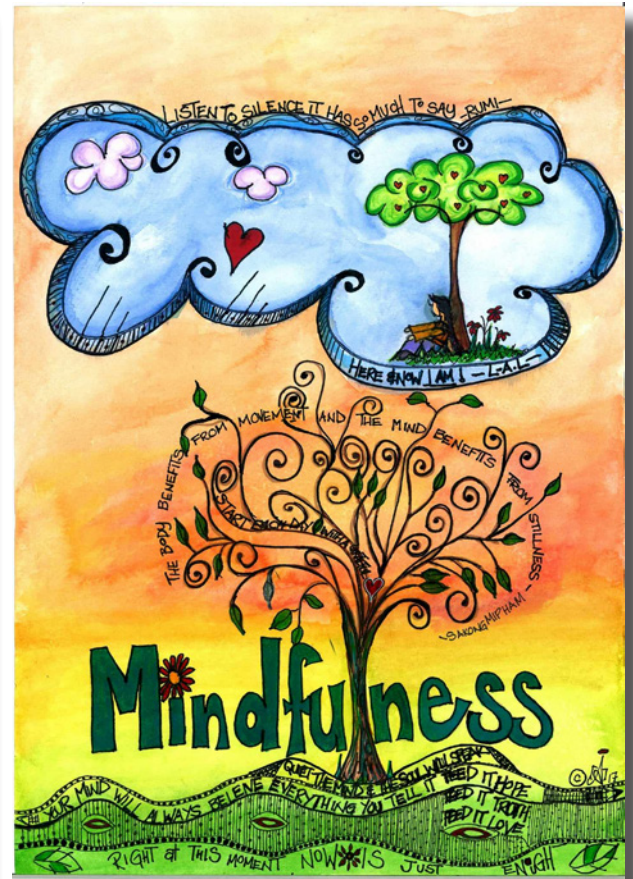


## ART GROUP

The Nagambie Art Group meets in the Art room of the Nagambie Primary School every **Saturday** from **1.00pm to 4.00pm**. All levels of experience and mediums are welcome. Sounds interesting? Have questions? Please don't hesitate to reach out to Group Leader **Wendy Cook** via email or phone number: **wendycook.au@gmail.com, 0412 103 853**.



***Believe.***



**Mindfulness.**





# GARDEN GROUP

By Robyn Northey

It is happening again! The lovely NLCH gardeners are coming to the vacant lawn beside Rebecca Bakers Pharmacy again to sell some of their seasonable veggies and popular succulent plants.

Come check it out or why not ask any questions you might have about gardening.

**FRIDAY 4th August**  
**10.00am - 1.00pm**  
**VACANT LAWN BESIDE REBECCA BAKERS PHARMACY**



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



## 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 Wednesday**  
**7.00pm - 9.00pm**  
**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 Bevelea Ross on bevelea@live.com.au or call Anna at the House on 0437 347 203 make an appointment:

## 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: Bevelea Ross, bevelea@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 Mondays at 1.00pm 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

If you're a member of the House and you've been tracking with us for a while, you might know two things about me:

- a) that I'm Swedish,
- b) that I love Soccer.

In actual fact, I love Soccer so much that three years ago, my husband and I, (on a bit of a whim), decided to start Nagambie Soccer Club. Today, this Club has 80 children, from various backgrounds, playing in seven different teams. We are so impressed with and proud of them for taking on a brand new sport most of them could barely spell to before they put on a pair of boots. (But I believe the NSC is a different column all together.)

Now, whether you are into soccer or not, you might still have noticed that Australia and New Zealand are hosts to the Women's World Cup. As I'm writing this column, it is still uncertain whether or not Australia will make it through from their group. What stands between the **Matildas** and advancement to the round of 16s, is a tough game against Canada, which I will be sure to watch tonight.

However, as already pointed out, I **am** Swedish. And as such I was not going to miss last Saturday's game, between my home country and the gigantic Soccer nation of Italy.

Italy plays a very physical game and have made an artform out of 'marking' the players of the opposite team. In brief, this is a strategy where the defensive players are assigned specific opposition players to shadow, rather than cover a certain area of the pitch. Sweden knew all this before going into the game of course, yet at the start, it was like it hit them in the face like a ton of bricks. The first fifteen minutes of the game, Italy barged ahead like a bulldozer. They were inches from scoring - twice - and Sweden looked like they barely had space to breathe, let alone advance towards the other side of the pitch.

Then something happened. Something absolutely beautiful, but to fully understand why, I first need to tell you about the Swedish

National Team's Captain, **Kosovare Asllani**.

Asllani is an attacking midfielder and can proudly call one of the world's best teams, AC Milan, her Home Club. (She's previously played for Real Madrid, Paris Saint-Germain, and Manchester City, if you know your soccer, this says a lot.) In January of 2023, she was also the first woman ever to receive the '**Golden Foot Award**', a prize given to active players aged at least 28. In case you're still unsure: she is amazing.

Back to the Drama of the Wellington Regional Stadium... The game is slipping out of Sweden's hands, or should I say feet. The team is fumbling, they are lost and out of sync with one another. Now the coach calls up Asllani to the sidelines, tells her a few words, she nods, and within minutes the whole game has changed. As the ref blows her final whistle, Sweden has beat Italy in an unprecedented 5-0 victory. Asllani herself didn't score a goal, but that's also why I'm dedicating a whole column to making an example out of her.

What the coach said? He told Asllani to pull further up to the left, and thereby dragging the Italian players marking her along. This would make **her** less playable, but it would also open up the right side of the pitch for her team mates to break through the defenseline, and get a chance to score.

Honestly, I can cry just thinking about that sort of leadership. That sort of loyalty and sacrifice. To choose to put the better of the team ahead of your own glory and chance to shine. To stand in the gap for others...

Hey friends, if you get a chance today, be an Asllani to the people you meet. I know I'll try to be.

**At your service,  
Anna Close**

