

NAGAMBIE LAKES COMMUNITY HOUSE NEWSLETTER SEPTEMBER 2023



NLCH President Edna James and speaker Noriuel Kinross.

Another wonderful year added to the books:

2023 AGM



Over twenty people gathered at the House to exercise their membership rights and elect a new committee.

Over twenty people gathered at the Community House on the 20th of September to attend the NLCH 2023 Annual General Meeting. Edna James welcomed everyone and presented her annual report where she also thanked resigning committee members Des Mason, Alice Long, Robyn Northey and Bernie Higgins.

Treasurer Carmel Sidebottom went through the profit and loss statement for the year and Coordinator Anna Close spoke about the activities and many success stories of the

passing year, including Community Carols, School Holiday Program, and the Nagambie Library Mural. She also presented a quick overview of the many groups and courses currently working out of the House.

Councillor Reg Dickinson led the election of a new committee, which now consists of:

Edna James, President

Carmel Sidebottom, Treasurer

Suzanne Sinclair, Secretary

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

Wendy Keenan, Committee Member

Carol Wallis, Committee Member

Erica Bostock, Committee Member

Maree Gleeson, Committee Member

Bevlea Ross, Committee Member

Strathbogie Paramedic Community Support Coordinator Noriuel Kinross was this year's guest speaker. She generously shared about her role and work in the community, which spans across a wide range of areas. Many attending members took the opportunity

to ask questions and the House is looking forward to welcoming Noriuel back for several information session, including 'Call, Push, Shock'; how to save life from sudden cardiac arrest.

The Community House would like to thank our many members for an amazing year, and look forward to all that lies ahead. One expected highlight will undoubtedly be the 2023 Carols on the 3rd of December, where renowned and much loved singer Silvie Paladino will be entertaining the audience.

RECYCLING OF LIDS AND BLISTERPACKS



It might look like rather unassuming boxes, but it's what's inside them that counts! At the end of September, we sent off several bags, boxes and containers with both lids and blisterpacks to get recycled.

Instead of ending up in landfill, they will now be used for good. What an amazing community we all belong to! Thank you!

We would however please pass along a friendly reminder to divide the blister packs you drop off at the House. We have one crate for blister packs WITH plastic, and one crate for packs WITHOUT. You save us a lot of work and a lot of trouble if you take responsibility for the ones you leave with us.

As for the lids, we can only accept clean and sorted lids.

There are very clear signs on the wall of our recycling room on which lids we can accept and which we can't. Please ensure you read the instructions properly.

If anything is unclear or you are unsure about a particular lid, please don't hesitate to stop by coordinator Anna's office and ask your questions.

RESPONSIBLE SERVICE OF ALCOHOL

The Nagambie Lakes Community is facilitating for another RSA course. This is a great diploma to add to your CV if you are looking for a job in the hospitality sector. A person under the age of 18 can complete the RSA training but must wait until they are 18 to serve alcohol. The RSA does not expire, although they need a refresher every three years.

TUESDAY, 14TH OF NOVEMBER

5:00PM – 10:00PM

COST: \$58.00

CONCESSION: \$11.60

To book in, please contact coordinator Anna Close via email coordinatornlch@gmail.com. Please provide your full name, phone number and email address.



SKILLS AND JOBS CENTRES

RESPONSIBLE SERVICE OF ALCOHOL
(SITSS00071)

Nagambie Lakes Community House
Tuesday 14th November | 5:00PM – 10:00PM

 Victorian Skills Authority  VICTORIA State Government Education and Training  gotafe RTO 3094

PLEASE OBSERVE CHANGE OF DATE, FROM OCTOBER TO NOVEMBER!

LEVEL 1 AND LEVEL 2 FIRST AID



The Community House will be facilitating for a couple of First Aid Courses. They are CPR (HLTAID009) and Level 2 (HLTAID011).

All students will need to complete an online component that will take about 1 hour for the CPR and about 3-4 hrs for the Level 2. The prac time with the provider will be about 30 minutes for CPR and about 1.5hrs for the Level 2.

3RD OF NOVEMBER, 2023

9.00AM

AT THE COMMUNITY HOUSE ON 363 HIGH STREET.

\$70 FOR CPR, AND \$170 FOR LEVEL 2.

Limited number of participants. To secure your spot, please email coordinator Anna Close at coordinatornlch@gmail.com, with name, phone number and email address of the person attending. No booking is locked in before full payment has been made. (You will receive bank details when booking in with Anna.)

HAAG AT THE HOUSE



Teresa Jasper from HAAG.

HAAG - Housing for the aged action group are working out of the Community House. They are able to give assistance if you are looking to find affordable housing. Monday's between 10.30am and 1.30pm, you can come and meet Teresa who is happy to answer any questions you might have.

This service is free and available to everyone 55 years and older, (45 years and up if you are Aboriginal or Torres Strait Islander). You can also call and book a meeting at 1300 765 178 if those times doesn't suit you.

Available services include:

- Information about affordable housing options
- Support for people at risk of homelessness to obtain social housing
- Advice and advocacy for people living in retirement housing
- Assistance to register for aged care support and system navigation

HALLOWEEN EVENT

By now we hope you've made note in your calendars of the 31st of October, which is when the re-invented Halloween Party is coming to town! This year the event will take place at the Mechanics Hall, and include music, dancing, games and lots of scary stuff! Se bottom right for more details!

SCARY PHOTOSHOOT WITH BEVLEA

One of the new activities we are bringing to this year's party is a 'scary photoshoot' with Bev! Just pay \$2 per child, or \$5 per family, and Bev will take your picture, photoshop an amazing background in and email you the finished product. Please note that as this is voluntary, the fee is on top of entrance cost.



*Examples of what
your photos can look
like.*



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



IMMUNISATION AVAILABLE

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

**2023
October 18
November 15
December 20**

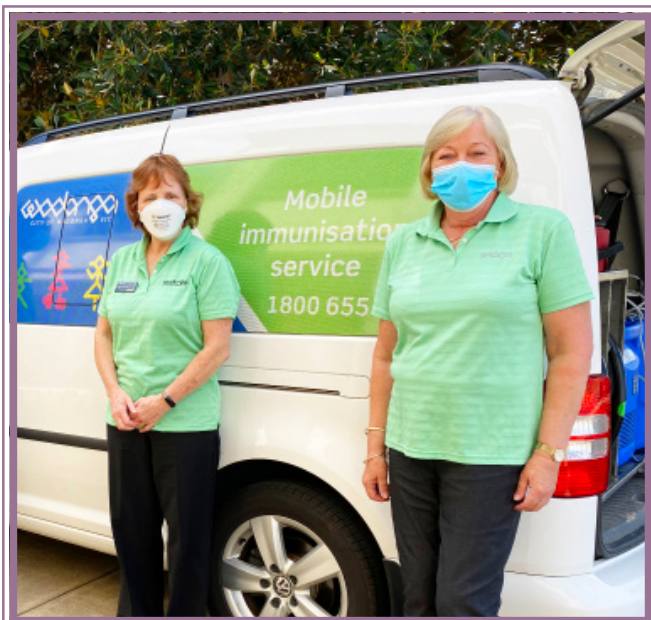
**FOR FURTHER INFORMATION, AND TO
BOOK: 1800 655 360, EMAIL
IMMUNISE@WODONGA.VIC.GOV.AU**

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.



CHANGE OF MEMBERSHIP FEE

At our 2023 AGM, one financial change was made to our constitution. It means that our yearly membership fee will now be \$10, instead of \$5.

If you have already paid this year's fee, there is no need to top it up of course, but if you have not yet made it to Anna's office to pay or used our bank account, please do so at your earliest convenience.

Bank details as follows:

Nagambie Lakes Community House Inc.

Account number: 163 305 592

BSB: 633 108



WRITING MANUSCRIPT ADVICE

Do you want to write your life story or turn your creative writing into a manuscript? A book? A gift for your family? The amazing writer and editor Trudy Oldaker is available for writing advice!

**TO BOOK AN APPOINTMENT, PLEASE
CONTACT TRUDY
DIRECTLY ON
0419- 894 122
\$2 TO THE HOUSE**



PLASTERING AT THE HOUSE

As some of you might have noticed, we have had some serious cracks appear at the House over the course of the past few months. Probably caused by the heavy rains of recent, the cracks are however only cosmetic and doesn't impact the structure of the House.

Over the next few weeks, we will have trades people at the House repairing this plaster. They will tackle one room at a time. If any of your group activities will be impacted, we will contact respective group leader with necessary information.



NDIS COORDINATOR

Do 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

Do 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.



HOPE FOR THOSE STRUGGLING

Have you struggled with thoughts of not wanting to live any more? Perhaps even gone so far as to attempt to end your life? Please don't give up, there is help available! HOPE stands for Hospital Outreach Post Suicidal Engagement and is a new initiative from GV Health. It supports individuals with their recovery from a suicide crisis.

The HOPE team can provide intensive support for a period of up to 12 weeks following a suicidal crisis. If you reach out, you can be assisted with your specific needs and goals. Carer and family needs will also be identified and addressed.

The team can also assist to link you with various services such as:

- **Relationship**
- **Family violence**
- **Employment services**

- **Financial counselling**
- **Substance Use counselling**
- **Housing support services**
- **Rumbalara**

So how do you do it? If **you** feel like you need to get in touch with the HOPE team, please book in an appointment with your GP. They will then make the referral by contacting the Mental Health Triage on phone number 1300 369 005.



MEET OUR NEW COMMITTEE



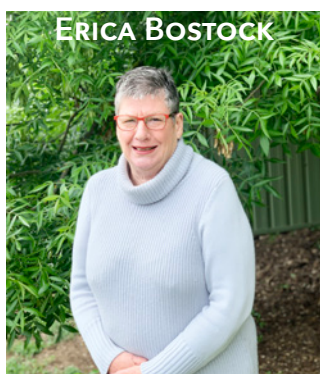
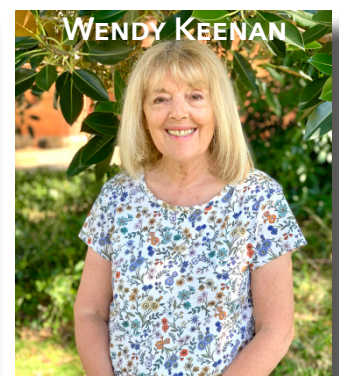
President



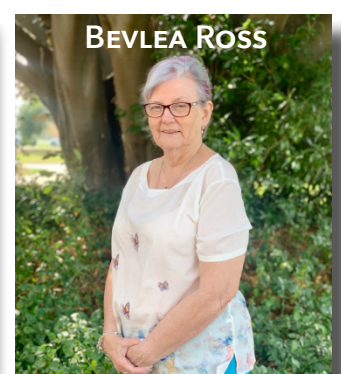
Treasurer



Secretary



Vice President



SHARED TABLE

Spring has returned and our shared table were very happy to meet once again. We have had a hiatus over the winter months as we decided it was too cold and often wet to venture out at night for some of our members.

But with the warmer weather and bountiful fresh spring veggies it was a delightful evening to be out and reconnect with dear friends.

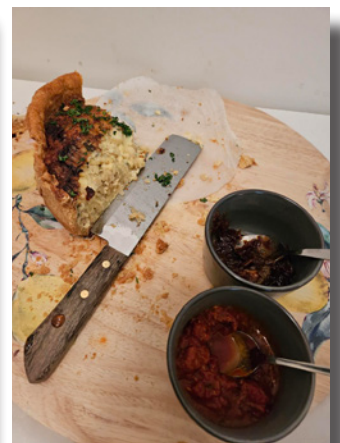
With SPRING being our theme it allowed for a wide scope of recipes to be enjoyed. There was spring lamb, made into a mild curry with lemon, asparagus rolls with cheese and ham, two types of spring vegetable salads and a

caramelised onion and cheese quiche with chutney.,

Our desserts were equally enjoyable. Two types of cake and a light spring mousse.

It was the friendships that topped off the evening, allowing us all to catch up on what has transpired over the previous 3 months.

We meet every third Wednesday at the Community House and warmly invite anyone who loves food and friendship to consider coming along. It is always fun and no pressure to be a gourmet chef.



**NEXT GATHERING:
WEDNESDAY 18TH OF OCTOBER
THEME YET TO BE DECIDED ON!**

ART GROUP

Have you heard about our wonderful Art Group? It meets weekly at the Community House and is open to all levels of talents and mediums. If you have any questions, please don't hesitate to reach out to the lovely group leader **Wendy Cook**. You can see some of her amazing paintings below.

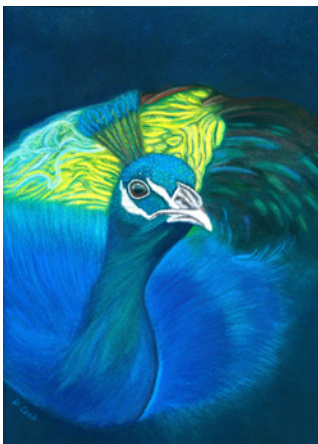
NAGAMBIE COMMUNITY HOUSE ART GROUP

MEETS SATURDAYS AT THE HOUSE. 1.00PM - 4.00PM.

ALL ART FORMS WELCOME.

TEA BREAK AT 2.30 TO SHARE IDEAS.

CONTACT WENDY COOK EITHER VIA EMAIL WENDYCOOK.AU@GMAIL.COM OR PHONE 0412 - 103 853



WELCOME GROUP

October Function

Located near Kirwans Bridge Nagambie's newest restaurant Nagambie Waters boasts stunning 360° views of Goulburn Rivers wetlands through large windows.

Date: Friday 13th October

Time: 5.30 for 6.00pm

Address: 82 Kirwans Bridge Road, Nagambie

Transport: Private vehicle. Please advise if you need a ride to the venue.

Parking: Plenty on site at the venue.

Licensed: Drinks at bar prices.

Menu: Assorted pizzas and dessert.

Cost: \$35.00 per head

You are very welcome to bring along neighbors, family, friends, visitors - please let me know their names for name tags.

Booking. To Jeanette Murray nagambiewelcomegroup@gmail.com or 5794 2115 by Friday 6th October. Your booking will be confirmed by email.



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.

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**



To the right: Group leader Heidi Dean.



WELCOME GROUP

By Jeanette Murray

Oh what a beautiful Day! Brilliantly sunny, happy people and bucket loads of fragrant flowers (ranunculus, pink and purple stocks, wonderful deep blue delphiniums, lilies and many more).

Welcome Group members spent a delightful day at Avonlea Flower farm followed by afternoon tea at Murchison Bakery.



Sylvie and Tim.



Mary.



Rosie.



Alison.



Linda.



Jeanette and the Welcome Group even kindly bought Anna some flowers, which was so incredibly kind and made her day.



PLAYGROUP



Come hang 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



Group leader Ana Williams



LAKE SIDE LARKS



Do 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

**THURSDAY 5.00 TO 6.30PM
AT THE COMMUNITY HOUSE**

WRITING GROUP

By Carol Wallis

The Writing Group met on Tuesday September 12th at the N.L.C.H. We had two new writers join the group: Clare and Kelly. We had eight writers in attendance altogether - which was great - and one apology. Our homework task centred around sounds made and heard in a cafe. Writers were invited to visit a cafe or write from personal experience. They were invited to spend time listening to sounds made in a cafe and record these e.g. sliding of chairs on timber floors, buzzing of machines, voices ordering specific types of coffees, children babbling etc.

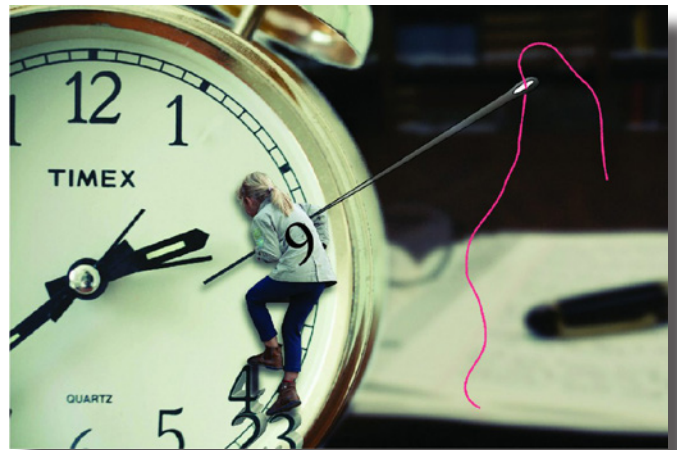
Writers could then write a poem, short fictional story, a recount or any genre of their choosing. As per usual we were all amazed at the different approaches taken by our writers and lots of positive comments were generated by the group as each person shared their work.

We then completed a ten minute piece of writing based on several items which were displayed on the table as prompts e.g. an Irish penny whistle, a pottery pig, a pair of knitting needles held together by a bread tie, a pack of cards, a yo-yo etc. There was much laughter

and discussion as each writer shared their work.

Finally we did a ten minute writing task on 'An Unwelcome Visitor'. Snakes, spiders, unwanted calls from neighbours and salesmen etc featured in our shared writing time.

Our homework task for our next meeting is focussed on 'a favourite quote, saying or proverb e.g. A Stitch in Time Saves Nine! Our next writing session will be on Tuesday October 10th commencing at 10:00am at the N.L.C.H. New writers are always welcome.



ART GROUP

Next Gathering

The Nagambie Breast Cancer Support Group will be meeting for lunch on **Thursday 16th of November, at 1.00 pm.** (Venue yet to be decided).

Michelle Parish, Breast Care Nurse from GV Health will be present. Please bring \$2.00 for NLCH. 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!



COMPUTER SUPPORT



BEVLEA ROSS

Do you need help with your computer, phone or tablet? The Community House offers Computer support for members to a cost of \$2 to the House. The ever talented Bevelea is relatively new to Nagambie but is already volunteering in various different capacities. With extended knowledge in both photography, computers and webdesign, she can answer most questions. The current Power Saving Bonus has now closed. We will keep you posted should another open up.

To book in for help with your device, please write Bevelea directly on bevelea@live.com.au



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 House. 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

Where were you five years ago? Seems like a long time ei? It was before the pandemic, lockdowns, and floods. Before Wacky Splash Park came to town and Nagambie Waterways opened up. Five years ago, *I* was still doing the Community Voice, and had probably just caught wind of an advertisement for a job as House coordinator. Back then, our mutual home was situated in a small little brick dwelling on what everyone then thought was 7 Prentice Street. (Later to be revealed as number 11.)

I remember reading the ad and wondering what the job would entail, if it was possibly something I could do. Then over a coffee at the Foxhole Cafe, I ran into councillor Deb Swan, (later Bower) whose enthusiasm about the Community House was rather contagious. Deb encouraged me to try out for the position and although I was almost too late, I decided to send in an application.

Quite honestly, I didn't know much about Neighbourhood Houses. My main experience was with the Writing Group, which I loved, but apart from those brief encounters, I was a tad clueless.

Fast forward, five years, and I think I've learnt a thing or two. Mostly, I've learnt how amazing our members are. I've learnt how hard working positive, kind, encouraging and gracious our volunteers are. I've learnt that there is nothing our House can't do if we put our minds to it.

Looking back over the past five years, many amazing events stand out, like the Community Carols, the Block Party, our International Women's Day Breakfasts, Family Walks, Pizza Nights, and 'Clean Up Australia Day'. I think about the many, MANY groups that are meeting from week to week, led by ordinary people who just decided to share their skills and offer their time.

Then there are all the courses and classes we've held. Workshop, online events and information meetings. Not to mention our massive move from Prentice street to Kearns Centre.

This morning, I've spent planning with a brand new committee who, under the NLCH umbrella, will be arranging the 2023 Halloween Party.

There's something almost unfathomable there, don't you think? What we can actually achieve when we work together for the greater good. When we choose to contribute and bring our unique strengths to the table.

The real kicker though, is that we **keep doing it!** Month after month, year after year. See, I have been involved in and seen a few amazing projects get air under their wings. The initiatives have been visionary, positive and needed. However, somewhere along the road, **stuff seem to happen.** People lose interest, drop off, get busy, or move away. Or even worse, **offense** enters the picture. I'm sure you can imagine a million different scenarios: We get hurt. We feel overlooked. Someone is disrespectful, perhaps even straight out mean. We think we're entitled to more, (and we may very well be!), yet no one else seems to notice or agree.

So we close our hearts. We take our ball and we go home. And then suddenly, the once so cradled vision, community and friendship is no longer worth fighting for. We lick our wounds and stick to our rights.

Thing is, ***I haven't seen that with our House.*** Sure, people fight. People have disagreements, hurt each other and need to work out their differences. But there's also grace. There's forgiveness, understanding and an attitude of 'ah well, we're just going to have to agree to disagree', and I for one **love** that! The attitude inspires me, and makes me want to be a better person. Thank you!

**At your service,
Anna Close**

