

NAGAMBIE LAKES COMMUNITY HOUSE NEWSLETTER NOVEMBER 2023



What a party! The 2023 Halloween extravaganza was a wonderful, magical evening! A big thank you to all the families who came out; dressed up and excited!

For two years, the volunteers of our very own local Museum have arranged a marvelous and much appreciated Halloween event. Due to different factors, they felt it was time to pass the baton on. A group of creative and positive parents of the Nagambie Primary School –

lead by the marvelous Heidi Dean – formed a committee, and started the planning.

The result of their hard work, was a marvelous evening with close to 200 children coming through the doors, not counting parents, grandparents etc.

By the entrance, Sue West and Emily Stuart welcomed everyone and handed out candy to children as they left. Photographer and NLCH committee member Bevelea Ross, took photos

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

In the laneway, an impressive cemetery had been erected, including tombstones and eerie branches. The supper room sported the 'extra scary' element, with a dark maze, containing both visual, and audible parts. In the hall, where DJ Phil was running a smoke machine and blasting disco music, there was also games, a sensory challenge, and a 'Witches' Spells Apothecary'.

A group of four children in Halloween costumes. From left to right: a girl in a witch costume with a black hat and a girl in a cat costume with a pink hat. In the center, a boy in a zombie costume with a black mask and a girl in a ghost costume with a white mask. They are all smiling and holding small black bags.

The wonderfully creative Halloween committee: Heidi Dean, Nicole Smith, Emily Steurt and Alison Charlesworth. Jill Branagan from the Mechanics Institute was a wonder of grace and support, as were the patient ladies from the Op Shop. Wes Boyle, Wes Dean, Phil Close, and Bernie Higgins, Bevlea Ross, Carole Perry and Sue West all helped in different capacities.



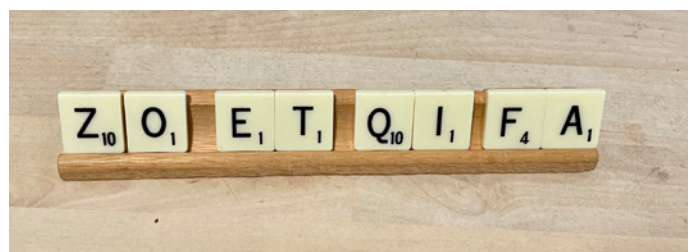


SCRABBLE GROUP

The Scrabble Group is keen! The group didn't miss a game whilst access to the Community House was closed, they met at private homes for their weekly game. Sadly we have said goodbye to Barbara who has moved away but not so far that we won't be able to catch up with her occasionally. Recent seven-letters-out-winner was Jeanette with REAMING.

The Scrabble Group meets for informal and friendly games every Monday, 1pm to 3.00 – 3.30pm approx, at the community house - contact Jeanette for venue address while the community house is closed until November 10th. Scrabble games and dictionaries are provided. We generally play two games, with

teams of two to four players and take turns to score. If a player uses all their letters in one go, they win a bottle of bubbles (to share). There's no need to book in, just turn up, new and experienced players are very welcome. If you need more information about the group contact Jeanette Murray at nagambiewelcomegroup@gmail.com.



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**

WELCOME TO THE 2023
Nagambie Community Carols

JACOBSONS OUTLOOK
3RD OF DECEMBER
6.00PM

NAGAMBIE SCHOOLS AND KINDER
THE LAKESIDE LARKS
FORTESSIMA
LOCAL TALENTS
FATHER CHRISTMAS
AND SPECIAL GUEST

SILVIE PALADINO

As one of Australia's most versatile and talented entertainers, Silvie Paladino has performed throughout Australia, Asia and London's West End. She is well known to Australian audiences through her performances at special events and her regular television appearances on Carols By Candlelight.



COMMUNITY CAROLS

The 2023 Nagambie Carols is going to be one for the history books. We will have all our usual, wonderful acts, including Kinder, schools and the fabulous Lakeside Larks. In addition, there will be two world class acts in Martika Marree and Silvie Paladino. This wonderful community event could not have happened without the hard work of the Carols committee and a plethora of generous donors. We would like to extend a special thank you to the following groups:

- CHAMPIONS IGA NAGAMBIE
- NAGAMBIE BAKERY
- NAGAMBIE CFA
- CONNECT CHURCH
- NAGAMBIE ANGLICAN CHURCH
- NAGAMBIE MECHANICS INSTITUTE
- NAGAMBIE ROWING CLUB
- NAGAMBIE SENIORS
- ST. MALACHY'S CHURCH
- STRATHBOGIE SHIRE



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

IMMUNISATION AVAILABLE

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

**2023
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**



QUEEN ELIZABETH MEMORIAL

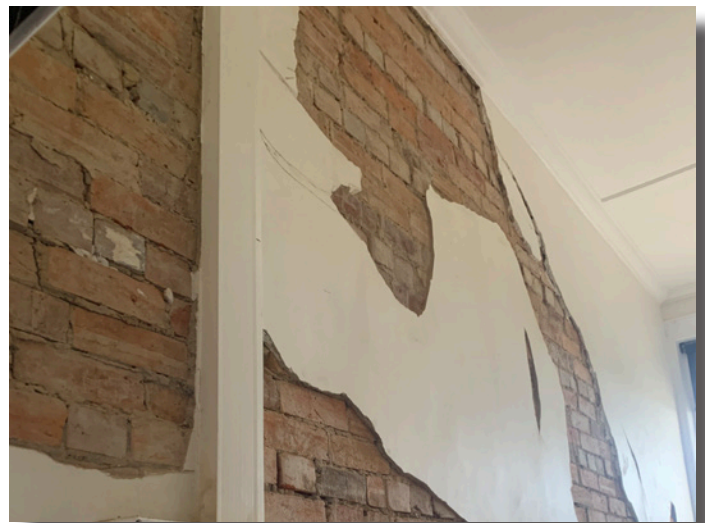
Blessing of the Queen Elizabeth Memorial Rose Garden

Following the RSL's Remembrance Day ceremony at the cenotaph, locals are invited to attend a short blessing of the Queen Elizabeth II Memorial Rose Garden. Rev Richard Pennington was unable to do this on 8th September due to inclement weather. Details D.Grant 5794 1720.

SATURDAY
11/11
11.00AM



HOUSE OPEN AGAIN ON THE 10TH OF NOVEMBER



Coordinator Anna Close snapped these photos while renovations at the House were still underway. It shows the extent of the demolition that had to get done before the new plaster was put up. It's been a mammoth task for the amazing trades people and we are very grateful, both to them and the former presbytery committee, for doing such a thorough job.

As some of you already know, the cracks started to appear in conjunction with the

recent floods and successively got worse. Now however, we are expecting the new, beautiful walls to last at least another hundred years.

We are sorry about the inconvenience this has caused all groups and activities, but we look forward to welcome you back soon!

Hence, please note that the content in this newsletter is referring to the 10th of November and beyond. Alas, no group meetings, activities or events at the House before then.

NAGAMBIE HEALTHCARE CHRISTMAS FUNDRAISING DRINKS

Join us for drinks, food and music in the gardens of the Nagambie Community House.

SATURDAY, 2ND DECEMBER
6PM TO 8.30PM
363 HIGH STREET, NAGAMBIE
BOOKING: 0422 367 076 OR
0474 269 863
TICKETS \$30



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.



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

NAGAMBIE MECHANICS INSTITUTE

Be part of Nagambie History



Opening night of the new section of Nagambie Mechanics Hall in 1930.

Re-creation Fundraiser Ball **Saturday, 25th November** **7pm - midnight** **\$30 head**

**Come and support, be privileged to
become part of our history.**

**Help achieve our new kitchen to
improve this community facility.**

Trevor Dennis will entertain us with old
time and modern music. There will also
be music from the 30's & 40's reflecting
the time of the hall opening.

A re-enactment of the historical photo
above to be taken on the night as part
of our own history record.

Orders taken for sale @ \$25 per copy.
Lucky numbers will be run

Dress to Impress

Get your tables booked - limited seating,
don't miss out. Use link or QR code

**Come into the Op Shop and add name to
the list for table bookings or call
0419 567 580**

Come and join us be part of history!

 **Mechanics Hall
286 High Street
Nagambie**

Featuring:

Unveiling of new
Executive Honour Board
Patrons bring plate for
shared supper plus your
table snacks.

Hot finger food will be
provided for the
shared supper

No BYO

Complimentary Water

Soft drink, beer
& wine to purchase

**Note: New booking
method**

Call Jill 0419 567 580 or email nagambiem@gmail.com for further details

SHARED TABLE

By Elizabeth Branagan

Today was the perfect opportunity to venture outside our Community House as the plastering has meant the building was unavailable to the groups who use it.

Viv works at the Mooroopna Food bank servicing the Goulburn Valley area, assisting where needed in supplying quality food for those most in need. After a delightful outdoor brunch in the park at Mooroopna our shared table members were given a personalised tour of the facilities. It is very heartening to know there are community organisations who are filling the gaps in people's lives.

Warehouse supervisor Matt Dowling gave an extensive and informative tour of their set up. A huge thanks goes to Viv who made this all possible.

A delightful afternoon tea was enjoyed by all at Bill and Beats.

Our next theme in November is "International Christmas" on Wednesday 15th November.. We can have a choice of country, style, ingredients etc. This will be just terrific. All community members are welcome to attend.



**NEXT GATHERING:
WEDNESDAY 15TH OF NOVEMBER
INTERNATIONAL CHRISTMAS THEME**

WALKING GROUP



This happy crew went out to explore the new Nagambie Lakes Forshore Walk. The sun was shining from a clear blue sky, and even Benson got to come along and enjoy the fun.

If you enjoy walking in the company of good friends, as well as exploring new places, sceneries and walking tracks, do check out the NLCH Walking group who is always up to fun and exciting adventures.

All walks take place last Friday of the month, leaving from the Community House at 8.30. Contact Wendy Mason mason.wendy.m@gmail.com or 0438 231 285 for more information.

CHATTY CAFE

Chatty cafe is looking for a new leader

Many of you have probably heard about our lovely Chatty Cafe initiative. Chatty Cafe provides a safe space for people that are carers, suffer from loneliness, isolation or mental health challenges. In the past, it's been run by the lovely Erica Bostock who has recently decided it is time for her to step down.

If you are passionate about people and about creating spaces where people feel seen, heard, valued and accepted, then perhaps you would consider leading this group? It can take place as often as it suited you; once a week or once a month. You can meet at the House or another location in town. If this sounds interesting, please don't hesitate to contact coordinator Anna Close for more information.

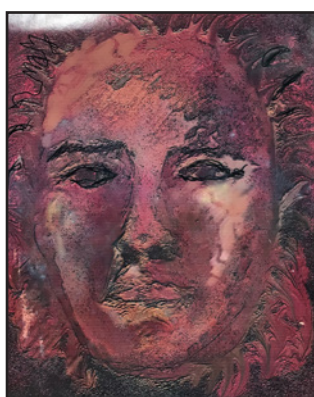
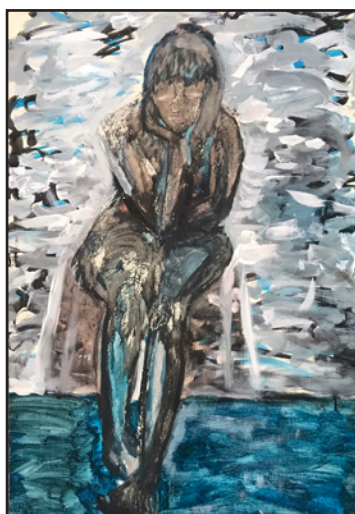


ART GROUP

The NLCH Art Group is a wonderful part of our organisation and the extended community. In this week's edition, we are very happy to showcase Claire Van Baalen's art. This is her story in her own words:

"Thanks to the Nagambie Art Group whose welcome has helped me settle into my new surrounds. Through school I earned high marks in Art Prac. and Art History. I married young, and while my children grew up, I didn't paint or draw except for scribbles while on the phone, soap-painting on the outside window panes with my young children, and some pottery classes. The Neighbourhood House and TAFE systems offered me a path back to Art and the pleasure of losing myself in creativity.

I was surprised when I sold a naive acrylic of St. Ives while it was drying in the studio. It paid for my tuition. When I completed the Dip. Arts, my work was exhibited in the 'John Leslie Gallery' at Sale, 'Cowwarr Artspace' and at the annual 'Nowa Nowa Nudes' as a competitive piece. I enjoy art again!"



WALKING GROUP

On the 27th of October, the Walking Group set out for an adventure in the Girgarro Botanic Garden. Please see beautiful photos below!



GARDEN GROUP

Thanks to Go Nagambie, we are soon having a new community lakeside market. It's set to take place Saturday, the 4th of November, 9.00am to 1.00pm.

Our wonderful Garden Group will be there, selling thriving tomato plants as well as their usual seasonal produce. If you're after some healthy, organic vegetables or wonderful earthy advice, don't miss the market!



**LAKE SIDE MARKET
4TH OF NOVEMBER
9.00AM - 1.00PM**

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

Members of Nagambie Lakes Welcome Group enjoyed a lovely evening at Nagambie Waters restaurant for their recent October outing. Beautiful views and the enhanced building made for a very pleasant function and nice and warm on a bitterly cold evening. Yummy pizzas and the decadent dessert were delicious and the efficient wait and kitchen staff were topnotch.



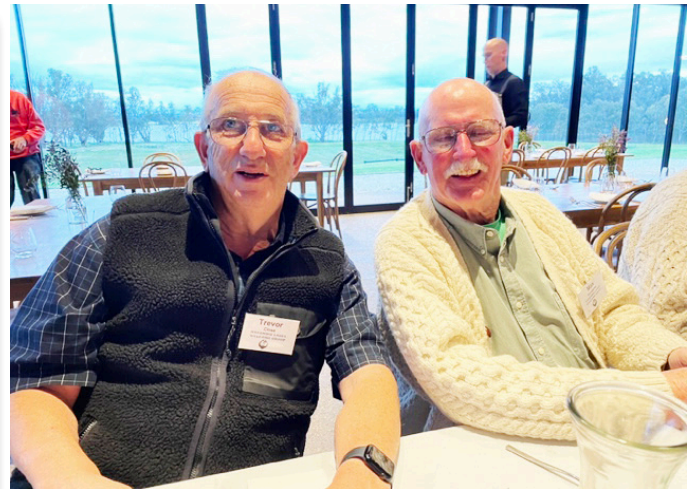
Alice, Wendy and Terry.



Dan and Helen.



Jeanette and Barbara.



Trevor and Max.



Pauline and Louise-Anne.



Peter and Linda.

WELCOME GROUP

By Jeanette Murray



Terry and Fran.



Wendy and Claire.



Patricia and Gerald.

PLAY GROUP

Come hang!

Are 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 10.30am. 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



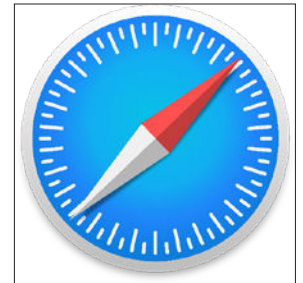
COMPUTER SUPPORT



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

Taking a break while looking for a new leader! Normally meets 10.30 - 12.00. 1st and 3rd Thursday of the month: 1.30pm - 3.00pm.

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 to 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

Since building and moving into our house in Nagambie, I have indulged in a brand new hobby. **Gardening.** To be honest, this newly awakened interest in plants, came as a bit of a surprise to me. I didn't grow up with gardening parents, or grandparents, and could until recently, barely tell the difference between a daisy and a rose. Alas, it can't come as a surprise I have absolutely no idea what I'm doing. Hence, plenty of shrubs have withered and died under my dreadfully incompetent hands. I had, for instance, no idea that the hedge of polygala I enthusiastically planted three years ago, preferred **sandy** soil, and not the rock hard clay our block so boastfully sports.

With that said, it seems some of my flowers are taking pity on me, and have decided to flower in spite of my ignorance. One of my climbing roses, for instance, has recently taken me by surprise. In spite of being attacked with some odd scales—which I've attempted to treat with white oil and secateurs—it's started to flower beautifully. (See photo below.)



If there is one thing however, that I've picked up from googling, or talking to helpful people like Robyn and Mike, it's the importance of soil. In other words, what we normally **don't** see in a garden. It's in there, amongst the microorganisms, worms, and nutrients, that the success of one's gardening attempts are really determined. And oftentimes you don't even have to put the shovel in the ground to notice the results of your "dirt quality." You can tell, just

by looking at the plant. If the soil is too dry, your plant'll die. If it's too wet, it'll die, and so forth. And then you have to adjust accordingly; add a bit of compost, a bit of chipbark, a bit of water or a bit of fertilizer, and before you know, that frumpy looking plant will look all the better.

Now, here comes my twist: Aren't people, a whole lot like plants? We might meet them at work, in the aisles of IGA or over a cup of coffee at the Community House, but we rarely see what lies hidden underneath. We probably won't see whatever wounds, traumas, fears or heartbreaks are there, yet all of the above has most likely still had a profound impact in shaping them and their personalities. Because, you know, we don't grow up in a **vacuum**. That one person who always seems critical and hell-bent on finding what's wrong with people? She grew up with demanding and angry parents, always expecting more from her than what they gave. That person who is so quiet and seemingly boring, he has a vast imagination and kind spirit, but was never encouraged to voice his ideas.

All of the above are made up examples of course, but I think you understand what I'm trying to tell you. Befriending those who come across as just that **little bit different**, or difficult, demands more of us. We can't just rock up and enjoy the garden, we need to put our gloves on. Perhaps bring a bit of water. Perhaps a bit of fertiliser and a wheelbarrel of patience. Will the prickles of the roses scratch and hurt us? On a bad day, yes. Will it take ages before we seemingly notice any result? At times, yes, (like with my lilacs, if I may interject). But is it worth it? You bet it is. Just look at my climbing rose.

**At your service,
Anna Close**

