

NAGAMBIE LAKES COMMUNITY HOUSE
NEWSLETTER
DECEMBER 2023

2023 COMMUNITY CAROLS



363 High Street, Nagambie, VIC 3608
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Phone: 5794 1487 Email: nlchouse32@gmail.com
facebook.com/NLCHouse
ABN: 37 645 422 366
Open weekdays 10.00am - 3.00pm

It was a warm, golden summer's evening when the 2023 Community Carols commenced. Early estimates suggest between 600 - 800 people came to the shorelines of Jacobsons Outlook to enjoy an event of music, celebration and fellowship.

The night was kicked off with the Kinder children leading the audience in *Acknowledgment of country* and a couple of cheerful tunes. Then followed some classic Carols sung by our beloved Lakeside Larks. Students from St. Joseph's joined in for the last song—*Silent Night*—and did an excellent job signing in Auslan.

The vocal quartet Fortissima, with their lovely harmonies, entertained for the third year in a row. And MC Anna Close shamelessly shared their confession of how the Nagambie Carols

is one of their favourite gigs of the year.

Honorary local Martika Cetinich, who many towns folks would know from her performances at Zephyrs Piano bar or the recent Forever 80s show, sang three more modern Christmas tunes, including *Mary did you know?* Little Grace Close braved her fears and accompanied Tika for the intro of *Grown up Christmas list*.

The Nagambie Primary School preps acted out yet another excellent Nativity Play and Reverend Simon Burnett replaced reverend Richard Pennington who regretfully had to cancel his participation last minute due to illness.

Over the course of the evening, three local students also did an excellent reading from the gospel of Luke and Matthew; Chanel



Left to right:
Nagambie
Kindergarten, the
Lakeside Larks, Tika
Maree and Grace, Tika,
Alex Aiton on drums
and Phil Close on
Keyboard.

Frappell, Micah Close and Lexi Kleinig.

As the Carols were drawing to an end, it was finally time for Silvie Paladino to enter the stage. As one of Australia's most versatile and talented entertainers, Nagambie were in for a real treat as Silvie sang three classic carols, *When a child is born*, *Hark the Herald* and *Holy Night*. We are so honoured to have had such a world class performer visit Nagambie.

When only one more guest was still to arrive, all the performers entered the stage to sing *Santa Claus* is coming to town and *We wish you a Merry Christmas*, again as the St. Joseph students gracefully signed in Auslan.

A free sausage sizzle and the opportunity to buy ice creams from Mr Sheppy, eventually made for a perfect evening.

It is difficult to find the words to thank all the people involved in an event like this. So *many* did so *much*. There are of course all the performers and musicians, school children, artists, choirs and readers. There are the crowd control people, photographers, first aid staff, decorators and roadies. People carried chairs, put up posters, erected gazebos and cooked sausages. Louise Roberts took these beautiful photos and lifeguards from Wacky Splash&Play kept the water's edge safe.

The list is truly endless and out of fear of forgetting someone, I will not mention any names, except one, and that is our very own *Carols Committee*. The dedicated, hard working and multi talented people in this group are truly what makes this event happen. Year after year after year. Thank you!



Left to right:
Lakeside Larks with students from St. Joseph's signing in Auslan. Silvie Paladino, Fortissima and reverend Simon Burnett.





Left to right: Early estimates suggest between 600 and 800 people attended the event. Alex Aiton on drums and Phil Close on keyboard. Chanel Frappel doing a Bible reading. As custom demands, CFA brought Santa!



Nagambie Primary School performing the Nativity play.



The grand finale of Santa Claus is coming to town and We wish you a Merry Christmas. Sang by all attending artists and signed in Auslan by students from St. Josephs.



Micah Close and Lexi Kleinig doing a Bible reading.

IMMUNISATION AVAILABLE

**THIRD WEDNESDAY OF EACH
MONTH. 12.30 - 1.00PM**

2023

December 20

2024

January 17

February 21

March 20

April 17

May 15

June 19

July 17

August 21

September 18

October 16

November 20

December 18

**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.



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. Last time to see Teresa for this year will be on the 11th of December, 10.30am to 12.30pm.

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

SUPPORTED PLAYGROUP

Have you heard about the Supported Playgroup that takes place at the House on Tuesday mornings? These fun get-togethers are run by the marvelous and positive Candy Wunsch. This group provides a safe space for parents to play and socialise while receiving support from a childhood professional. **Supported Playgroup** is free of charge and come with a healthy morning tea.

To attend, you must meet at least one of these criteria:

- Holder of Health Care Card or equivalent
- Identifies as Aboriginal or Torres Strait Island
- Caring for children in kinship
- Children referred by Child First or Child Protection
- Families enrolled in enhanced Maternal and Child Health Services
- Some families may qualify under social isolation or for in-home-support either separate to, or in addition to supported playgroup.

Supported Playgroup will be back again on Tuesdays, from 10.00am to 12.00pm, during the school terms.

Photo to the left: Candy Wunsch.

MESSAGE FROM EDNA JAMES



Edna James, NLCH President

As the year draws to a close, what an amazing night of stars to celebrate our Christmas Carols evening. A huge thank you to Anna and the Carols committee for their dedication in making such a successful event for Nagambie and the wider community to enjoy.

To our Community House group leaders, Committee, coordinator Anna and all our valued members, thank you for your continued support, and I wish you a joyous Christmas and New Year.

**Edna James
President**



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



Mandy will take a break over Christmas, but will be back at the House again at the start of January. Please don't hesitate to reach out.

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.



NLCH CHRISTMAS BREAKUP

15th of December

Nagambie Lakes Community House

4.00pm

Please join us and celebrate the year that has passed. Events, groups, courses, workshops, and meetings – 2023 has been very successful. But what stands out more than any gathering or accomplishment, is our **people. YOU!** You are what makes our place magical and special. You are the reason we keep doing what we do. You are what we want to celebrate.

Bring a friend, a smile, a plate of sweets or a song. The microphone will be open to anyone wanting to share. Please book in with coordinator Anna Close at the House via email: nlchouse32@gmail.com, if you want to come along.

EVERYONE IS WELCOME!



WALKING GROUP

In November we walked along the Great Victorian Rail Trail from Tallarook to the war memorial. Last year we walked from the war memorial to Trawool. In previous walks we have walked at Cheviot Tunnel, on the east side of Yea. The Great Victorian Rail Trail in Victoria's High Country runs from Tallarook to Mansfield with a branch line to Alexandra, and can be explored on foot, bike or horse.

This unique rail trail features a series of artworks and offers close proximity to heritage classified rivers, majestic valleys, lakes and mountains.

Amongst the chatter, we enjoyed the beauty of the Trawool Valley, the horseriders, who also use the trail, the scar trees and the recycled enamel basins that were used to create 3 totems (artwork,) not far from Tallarook.

If you would like to join our walking group, we walk each month, on the last Friday of the month. We leave from the Kearns Centre at 8.30am. Please let Anna know, if you'd like to join us.



The Walking Group will commence again in February with the classic "Walk around Nagambie." If you have any questions, please don't hesitate to reach out to group leader Wendy Mason via email: mason.wendy.m@gmail.com

BREAST CANCER SUPPORT

Meetings for the Nagambie Breast Cancer Support Group will reconvene on Thursday 1 st February 2024, at 1.00pm, for a get-together and a cuppa in the front room of the Community House.

We would like to take this opportunity to thank the GV Healthcare and McGrath Breast Care Nurse, Michelle Parish for attending our gatherings every second month. Also thank you to the Community House for accommodating our meetings.

To everyone, we wish you a wonderful Christmas and a happy and healthy New Year. May 2024 be a great year for us all.

Kind regards,
Di Proud



CHATTY CAFE

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.

The Cafe now has a new leader: **Carole Perry!** We are very excited Carole wants to lead this group and is set on getting the very first get-together in before Christmas.

Henceforth, the group will be meeting on the first Wednesday of the month, starting on the 6th of December. 1.30pm at the Community House.

For more information, please don't hesitate to contact Carole via email: ChattyCafe.carole@gmail.com

Welcome!



Spreading
HAPPINESS
with Chatty Cafe



LAKE SIDE LARKS

LARKS appreciate that we were able to use Kelvingrove's hall while the renovations to the Community House were being done. We were grateful that we could continue practising. This is our busiest time of the year!

We have been singing at the Nagambie Hostel and at the RSL on Cup Day. 'Fugue For Tin horns,' from Guys n Dolls, sung as a round, is sung by 3 punters raving about their horses, AND is the Larks proudest achievement!!!

In the next month, we'll be singing at the Carols on 3rd December at 6pm. Our small community does an amazing job celebrating the festive season.

Also Larks'll sing Christmas songs with the Uke Group at the Hostel, join in singing with Julie Price's Pub Choir at Murch East Pub.....

How good to return to the beautiful Presbytery/Kearns Centre/Community House. How lucky are we to be in a building so beautiful!

Merry Christmas to everyone, from the Larks



Larks travelled up to Murchison East Pub for a catch up with Colbo Choir. We practiced three songs for Sunday's Carols at the Lake. Then we sang three of our favourites. Colbo Choir did the same.

Larks love catching up with Julie because she was the first to get Larks singing.

Larks at the Carols.



TUESDAY EVENING CRAFT GROUP

After a few weeks of not catching up it was great to be back at Tuesday Evening Craft Group. We joined forces with the Boomerang Bags and Queens4Queens and with a team of ladies we were busy sewing, overlocking, ironing, thread trimming and the most important role taken on my Moya (thankfully!) was fixing the machines when we did something wrong.

The majority of us are not confident behind a sewing machine but it was lovely to watch

everyone learn a new skill and many laughs were had as realised we had a way to go before we mastered our new task.

We will continue meeting over summer one the 1st, 3rd and 5th Tuesdays of the month from 7-9pm.

We post on the Nagambie Community Noticeboard if there are any special activities or if there are changes for any reason.

Heidi Deane



1ST, 3RD
(AND 5TH
IF THERE IS ONE)
TUESDAY OF THE MONTH

7.00PM - 9.00PM

AT THE
COMMUNITY HOUSE
\$2 TO THE HOUSE



SHARED TABLE

By Elizabeth Branagan

What a success our International Christmas theme was. We all thought outside the box, made untried recipes and learned new tidbits from our foodie friends.

Borscht soup and feta nibblies for starters, made by Bev and Phil. Not only had many of us not made Borscht before, we had not tasted it either.

Interestingly both Alison and Jill made a vegetable crumble. Sweet potato from

Canada and swede crumble from Finland. Both very enjoyable and could be included in our everyday meals. This was complemented by Jeannette's whole boned chicken roulade stuffed with delicacies. She may even have a shared table event where she teaches us how to bone a chook. Now that would be interesting. My offering was a Bavarian Apple/Chicken sausage hash. (of course sausages from Bavaria)

Carol delighted us with a Black Forest Cake,



SHARED TABLE

By Elizabeth Branagan

amazing! Jill Grant returned once more to shared table and provided two desserts, pepper cookies and the most divine sticky panforte accompanied with Tahbilk Muscat. In lieu of Alice we had Bensons other best buddy, Susie come along with minced tarts. She also gave us a short synopsis of the history of such tarts, having come originally from the East and the recipe included both meat and fruit.

We will meet again in January for those members who are in town and wish to catch

up. Wednesday 17th at River Street Park We have tried this park twice before to disastrous results so perhaps third time lucky. The barbeque is working, YAY, so bring your meat, chair, drinkies and eating utensils for personal use. Plus a small nibble platter or a salad or dessert to share.

Wishing you all a safe and joyous Christmas period. I hope you are surrounded by those your love and remain in good health. Till next we meet, your friend in food.



WELCOME GROUP

By Jeanette Murray

The group's 17th year has been excellent. Some of the venues we have visited include Avonlea Flower Farm, Nagambie Rowing Club, The Brewery, Royal Mail Hotel, Nagambie Waters, and several others. All have been well supported and, I think, enjoyed.

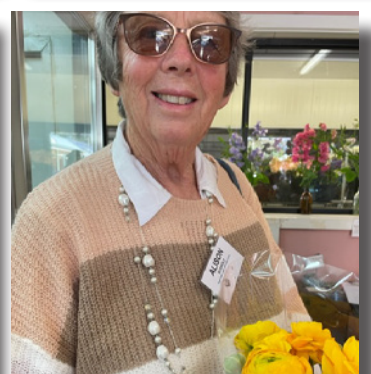
Thank you to members for your support of the group and especially welcoming newcomers so generously. It is pleasing to see friendships developing from these outings. Thank you also to the people who provided raffle prizes this year.

There's one more opportunity to get together this year - the community house's Christmas Party to which you are all invited. There are details elsewhere in this newsletter. It's important if you plan to come along to let me 5794 2115 OR Anna at the community house for catering purposes.

Wishing you all the joys of Christmas and a wonderful year ahead.

Jeanette Murray

A FEW HIGHLIGHTS FROM THE YEAR THAT WENT...



SCRABBLE GROUP

By Jeanette Murray

Every Monday members of the Scrabble Group gather for a couple of hours of Scrabble games. There's fun and friendly competition which are always so well enjoyed, the group didn't even stop whilst the community house was being renovated, meeting in private homes for their weekly games.

Thank you to members for their support and friendship during the year.

There's one more opportunity to get together this year - the community house's Christmas Party to which you are all invited - there are details elsewhere in this newsletter. It's important if you plan to come along to let me 5794 2115 OR Anna at the community house for catering purposes.

Wishing you, your family and friends, peace, health, a very happy Christmas, and a fantastic New Year.

Jeanette Murray



CLOSURE OF THE HOUSE

As per usual, the House will stay officially closed from our Christmas breakup event, throughout the month of January. This means, from the 18th of December 2023 until the 5th of February 2024.

Please do note, that many groups will continue to meet during the holidays. For more detailed and accurate information, please contact respective Group leader. Their contact information is listed on the second last page of this newsletter under "Grops to join at the Community House".

If you are in urgent need of food from our pantry during this time, please don't hesitate to reach out to coordinator Anna Close. She can be reached via text message during the holidays on 0437 347 203.



WRITING GROUP

By Karen Thompson

Well it was great to see nine writers enthusiastic about our meeting. We had unfortunately not been able to have our October meeting due to house renovations, so we all had withdrawal symptoms and were all eager to catch up and share our works.

We started off individually sharing our homework exercise '**A favourite quote or saying**'. Once again, the writings were all interesting and varied. We then did a ten minute writing exercise on '**A bad holiday experience**'. In such a short period of time, I am always amazed at what is achieved. As per usual there were plenty of laughter and discussions.

Our next meeting and the last for the year is **December**

12th. The topic is 'anything on Christmas'. We are considering having a Christmas breakup lunch after our meeting, perhaps at the Valley. Any other ideas on a venue suggestion is welcome.



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.

FOOD PANTRY 'THANK YOUS'

Some of you may or may not know that we have a small group of people who on a regular basis contribute to our Food Pantry. Some donate money which goes towards buying food voucher for IGA. Others come and ask what we're currently running low on and make extra trips to the grocery store to stock up our shelves. Even more families have told me I can always reach out if I know of anyone in need.

Most recently, the Community House has received a very generous donation from the Mechanic's Institute and Shared Table, which will go towards our food pantry and towards buying Christmas presents for a few local

children.

If you know that you are one of these generous people, who perhaps for different reasons prefer to remain anonymous, please know that your kindness is making a huge difference in the lives of others. From the bottom of my heart, thank you!

Currently, I am looking for a bed and a chair and/or sofa. If you have any of these items, and would like to donate them to a worthy cause, please don't hesitate to send me an email with a picture of said items to coordinatornlch@gmail.com.

Thank you again!

PLAY GROUP



Come hang!

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, about summer break, please contact Group Leader Ana Williams on anawilliamsfdc@hotmail.com



Group leader Ana Williams

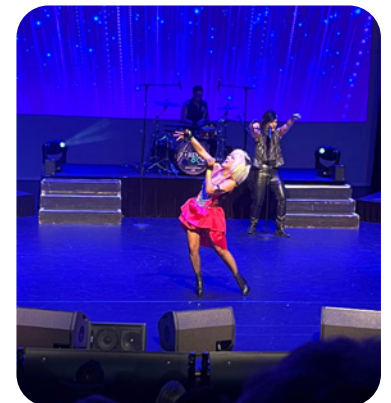


REMEMBERING 2023



**What a year we've had!
Thank you all group
leades and volunteers!**

THANK YOU EVERYONE!



Please note that not ALL groups/events are featured here. This is just a very small selection!

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



Check out these brilliant photos that Bev's taken and created for local families. Offering a family photo shoot with unique backgrounds that she's created herself, Bev truly is bringing Christmas joy and cheer to Nagambie! Thank you so much Bev!



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 and enjoy the company of others. 7.00pm to 9.00pm at the House. Contact Group Leader Heidi Deane 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

Another year has come to past. 2023 brought both joy, challenges, adventures and tears. Some of us received tough news and others were blessed in ways we couldn't possibly have imagined. For most of us, the year was probably a bit of everything. Dark days, light days, and some days that were just generally grey and gloomy.

Recently, a good friend of mine was reached with the horrible news of someone's suicide. The person was young, seemingly with their whole life ahead of them, yet the irrevokable choice was made. Their story ended.

This very sad outcome reminded me of the duality in the world. Of the battle between good and evil. Of how hope, love, faith, and kindness are choices we can wake up and make every day, in spite of how other people treat us and in spite of whatever madness the world has fallen into. Sometime, we have to make these choices even when all we identify is darkness and pain, and when all we see is the fog of war.

Why you might ask? Well, simply because you don't know how crucial your good deed or kind word might be to someone else. You don't know what thoughts your neighbour is battling or what your encouragement could mean to your acquaintance on Facebook. Perhaps it is **your** presence, your smile, or your gracious forgiveness that turns the ship around. **You** might make all the difference; turning the light switch back on in someone's eyes.

J.R.R. Tolkien, of course, said this so much better than I ever could... The two main characters of his book *Lord of the Rings*—Frodo and Sam—are being held captive in a ruined city under the attack of orcs.

They've faced an awful lot of obstacles, but are still not done with their quest. Frodo is losing hope and confesses that he can no longer go

on: "I can't do this, Sam," he says. Here's what Sam replies:

"I know. It's all wrong. By rights we shouldn't even be here. But we are. It's like the great stories, Mr. Frodo, the ones that really mattered. Full of darkness and danger they were, and sometimes you didn't want to know the end because how could the end be happy? How could the world go back to the way it was when so much bad has happened?"

But in the end, it's only a passing thing this shadow, even darkness must pass. A new day will come, and when the sun shines, it'll shine out the clearer. I know now folks in those stories had lots of chances of turning back, only they didn't. They kept going because they were holding on to something."

"What are we holding on to, Sam?"

"That there's some good in this world, Mr. Frodo. And it's worth fighting for."

I don't know what your holidays will look like. I don't know what darkness you might be facing or what orcs you are fighting. But please know this: The shadows **must** pass. A new day **will** come and when the sun shines, it'll shine all the clearer. Don't turn back, don't give up. Just like the world needed the story of the Fellowship, the world needs **your** story. Like Frodo was entrusted with the task of throwing the ring back into the fires that forged it, you have a quest set before you that only **you** can complete.

Head held high
my friend. Head
held high.

**At your service,
Anna Close**

