

FEBRUARY
2024

NAGAMBIE LAKES
COMMUNITY HOUSE
NEWSLETTER

International Womens' Day Breakfast

The International Women's Day Breakfast is our longest running event, always inspiring and well attended. In the past, we have had the privilege of listening to a wide range of speakers, from different areas and walks of life. Today we are excited to announce that **Senior Sergeant Rachel Walsh**, Family Violence Training Officer from Seymour, is this year's speaker.

For the the last five years, Senior Sergeant Walsh has held the position of Family Violence Training Officer for the Goulburn Valley region. In this important role, she upskills Police members in what Family Violence is, and what the Police response needs to be. She works closely with stakeholders to ensure victim-survivors and children exposed to Family Violence, are protected and perpetrators are held to account for their actions.

Don't miss what is going to be an amazing morning!

Bookings opening soon!



Senior Sergeant Rachel Walsh.

**SATURDAY — 9TH OF MARCH
9.00AM**

NAGAMBIE ROWING CLUB

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

"BENDIGO BANK GRANTS"

The NLCH committee is equal parts proud and grateful to announce that we are the recipient of two different grants with the Community Investment Program. In day to day conversation, we usually refer to this as 'the Bendigo Bank grant', but regardless of what you call it, it is an incredibly generous investment in our community.

The money we have applied for will go towards two different projects: firstly our Christmas Carols and secondly, to the building of a wheel-chair- and pram accessible path in the backyard of the House. We will soon share more information on these wonderful projects, but wanted to announce the good news to all our members as soon as possible.

As many of you would already know, the Community Carols is one of our town's largest, and most appreciated events. Last year we attracted a crowd of in between 600 - 800 people. The fact that we have already

secured funding for the 2024 event, will make planning much easier for our wonderful Carols committee.

Inclusivity has always been a priority for the House, and by creating a path in the backyard, we can further the ambition of making the House accessible for everyone. In brief, we are very grateful for this wonderful support and acknowledgement.

Bendigo Bank
Nagambie

 **Bendigo Bank**

NOW FESTIVAL

Nagambie On Water back again 24th of February 2024



Going on its 17th year, the NOW festival has an amazing track record of attracting crowds to our town. The event offers a wide range of family friendly activities, collaborating with different community and cultural groups. You might remember such fun components such as the Canoe Challenge, the Grape Stomp, the Club2Pub Swim, etc.

The Community House is very excited about this fun event and hope to see you all out on the streets on the 24th of February. Bring your grandmas, your grandchildren, your best friends and enemies. Let's have fun together!

WELCOME BACK

It's been a beautiful summer so far, with temperatures a lot lower than what many of us feared or expected. A little bit of rain, but overall blue skies and mild breezes. Although the House will not officially open until the 5th of February, we still wanted to send out this year's very FIRST Newsletter and welcome you all back!

Please have a look inside and see what groups are already up and running and who are about to start. We have so many exciting things happening!



Shortly, you will be able to see this new, beautiful sign outside the front door of the House.

NEW WEBSITE

Nagambie Lakes Community House

A place for all ages



[Home](#) [Newsletters](#) [Groups](#) [Events](#) [Blog](#) [Services](#) [About Us](#) [Contact](#)



Groups

Are you looking to join one of our groups? At the Nagambie Lakes Community House, we have something for everyone! Click on the group image for more information.

To view the group's timetable, please check out our [Calendar](#)!



AA



Art Group



Breast Cancer Support



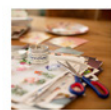
The Chatty Cafe Scheme



Computer Support



Craft Group



Turn Bowling Club



Garden Group



Go Men



Lakeside Larks



Meditation



Patchwork & Quilting

Newsletters

~2023~



Have you seen our wonderful new webpage? It's been created by committee member Bevelea Ross, who also offers computer support to those who need it.

Our new webpage features lovely photos and is easy to navigate. Check it out and tell us what you think! :-)

You will find it on:

nagambielakescommunityhouse.org

Therapy at the House

New service of counselling offered from therapist Diana Artis

As any local would testify, Nagambie is one of the most beautiful and magical little places in the world. We have wildlife, waterways, great coffee and some incredibly generous and kind people. However, when it comes to certain services, like high school education, Centrelink, or simply getting an x-ray done, people are forced to travel to a neighbouring town. In recent years however, the Community House has seen significant growth, and are now offering support in a wide range of areas. In 2024, we are adding one service you will be able to find at 363 High Street; therapy and counselling.

We are very very happy to announce that we will be facilitating for therapist Diana Artis, who—with a Bachelor degree in Counselling and psychotherapy—will be offering sessions at the House at affordable rates.

Diana was born in Melbourne but grew up on a small island in Greece called Corfu. In her early twenties she moved back to Australia, and now lives in the countryside with her partner, two beautiful cats and 11 inquisitive chickens. We caught up with her to learn a bit more about her journey to become

a therapist, and what her driving force in wanting to help people is.

"I wanted to learn how I can support others in their journey",

"In my early twenties I started volunteering in a non-profit child welfare organization," Diana explains. "It was through this volunteer experience I first realised that I wanted to help others. When I was twenty-five, (about 13 years ago), I moved back to Melbourne to study a Diploma of Community Services. I continued to work in youth housing and accommodation, residential youth work, youth mental health field, family violence sector, and adult mental health sector."

It was the experience in these fields that sparked an interest in how adverse experiences and trauma can affect a person's emotional and mental health. Diana wanted to know more about how the mind works, how narratives shapes our sense of self, and how attachment disturbances interfere with all other relationships.

"I wanted to learn how

I can support others in their journey", Diana summarises, "so I completed a bachelor in counselling and psychotherapy and I'm currently studying a Masters in Therapeutic Arts Practices, to further expand my skills in this space."

"It is a normal response to feel anxious or sad from time to time. I believe that the problem isn't the emotion we feel, but it is the relationship we have with our emotions."

"What I particularly like about counselling and psychotherapy," Diana continues, "is that there is no *'formula'*. It is versatile, and can be tailored to each individual's needs and personality. My approach to therapy is to actively listen to the person's story and problem, and then alongside the client, explore what changes can help them through their current situation. I guess you could say that my passion is to

support the individuals to gain understanding of how their relationships and experiences have shaped their sense of self, belonging and life."

Pointing out that mental health challenges can feel stigmatising for some people, and that asking for support might seem daunting, Diana has some very wise words:

"We live in a world which is fast paced and has many demands from us. It is normal to feel anxious or sad from time to time. I believe that the problem isn't the emotion we feel, but it is the relationship we have with our emotions. For example, if we are taught that "we shouldn't feel sad or anxious" then

we automatically think that there is something 'wrong with us' which leads us to feeling shame and guilt. Or we learn from a young age to numb or just '*get rid of*' intense emotions, rather than accepting, exploring, and dealing with what is present. The more we understand the root of our emotions, what our triggers are, the better equipped we feel to manage them. I do not work with a medical model which means, I do not approach psychotherapy in a "doctor-patient" way, rather, my approach is more of a philosophical companion. I don't diagnose or offer advice, I create a safe, non-judgmental space where individuals can express and

explore, and where they can feel empowered to make changes and move in their own pace.

To book an appointment with Diana, please call her on: 0493 752 410 or email at: diana.withinbetween@gmail.com.

Diana will offer a 15 minute free consultation to have a chat and see if she is the right therapist for you. Sessions are for one hour and cost \$120, however, if finances are a barrier for you to access counselling psychotherapy, please reach out. Diana is happy to discuss how to make psychotherapy affordable. Concessions are available.



IMMUNISATION AVAILABLE

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

2024

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
PLEASE GO TO
[PORTAL.CIRV.VIC.GOV.AU](https://portal.cirv.vic.gov.au)
AND SELECT "BOOK A COMMUNITY
IMMUNISATIONS APPOINTMENT"**

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 is coming back to the Community House. If you are looking to find affordable housing, they are able to give assistance.

This service is free and available to everyone 55 years and older, (45 years and up if you are Aboriginal or Torres Strait Islander).

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**

If you need help in this space, please come and see Teresa from the HAAG.

5TH OF FEBRUARY

10.30AM TO 12.30PM

AT THE COMMUNITY HOUSE

EASTER EGG HUNT COMING!



Do you love chocolate? Do you have children or grandchildren grade 2 or younger? Then keep an eye out for our BIG Easter Egg hunt event! Alongside Nagambie Pre-School and Kindergarten, we are arranging a Easter Egg Hunt at the St. Joseph's Oval. Dates and times to be announced soon!

NEWSLETTER CHANGES

The past few years, our House has grown substantially, which is absolutely amazing! We are proud to have so many groups, events, volunteers and things happening. However, with growth also comes more work and responsibility.

Coordinator Anna Close only works 25 hours a week and during this time she has many admin tasks to complete. Due to this, decision has been made that our Community House Newsletter will only be sent out every other month. Alas, you will have to wait until April for your next edition of this lovely production.

Please do continue to send in relevant information you would like to have included in the newsletters. Until we meet again!

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.



NAGAMBIE SAILING CLUB

Hello Nagambie Lakes Sailing Club Inc. Members & Friends,
Reminder for Sunday Social Sailing & BYO BBQ.

- Sunday 4th Feb, 4pm-7pm, at Sailing Club Boatshed, with off-the-beach yachts
- Sunday 11th Feb, 4pm-7pm, at Sailing Club Boatshed, with off-the-beach yachts
- Saturday 17th & Sunday 18th Feb, NO SAILING - WHOLE LAKE CLOSED FOR ROWING REGATTA
- Saturday 24th Feb, 12 noon to 4pm, at Nagambie On Water (NOW) Festival, at the Bowl of the Lake, yachts to be advised.

Please note the proposed Nagambie Club off-the-beach sailing dinghy training for February has been postponed to March. Further details to follow.

Beverly Guest-Smith



NDIS COORDINATOR

Do you need help or support in the space of NDIS? On Tuesdays, NDIS Coordinator Mandy Karadimos normally works out of the Community House. ***Please note however, that she is not yet back at the House. We'll make an announcement as she returns.***

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.



GROUP LEADERS MEETING

Originally scheduled to take place in October, it is finally time for another Group Leader's Meeting. This is a brainstorming- and appreciation event for group leaders and committee members.

The meeting is an opportunity for the coordinator to express and show appreciation to our volunteers for everything they do, in their different capacities. It also provides opportunity for the volunteers to express opinions, thoughts, concerns and suggestions.

Between group leaders and committee members of the House, there is so much wisdom, experience and joy accumulated. This evening is our opportunity to both appreciate and make use of it.

If you are a committee member or group leader and would like to attend, please send coordinator Anna Close an email on coordinatornlch@gmail.com



CAROLS 'THANK YOU!'

What an amazing Carols event we had in December of last year! If you missed out on the article in the Voice, please come check it out on the Noticeboard at the House. We would also like to take the opportunity to officially thank the many people and groups who made this event possible!

Not mentioned in the list below, is the amazing crew of the Carols committee, who work relentlessly throughout the year to ensure this event is successful. They too deserve to be recognized and praised: Ruth Close, chair person. Phil Close, Wendy and Des Mason, Richard Pennington, Moz Fowler, Rhonda Richards, Tim Gleeson, Alice Long, and Gaye Bond.

THANK YOU!

Wacky Splash and Play
Nagambie Men's shed
David Branagan and his crew of
'Crowd control men'

Love by Lou Photography
Sally Fyfield, First Aid Officer
Nagambie Waterfront and Narelle Phelan
Simon and Bronwyn Burnett
Nagambie Info centre and Deb Clinch
Jill Branagan, Food Handling supervisor
Strathbogie Shire
Nagambie Seniors
Champions IGA
Nagambie Rowing Club
CFA



The Strathbogie Shire presents

Smalltalk – supported playgroups



Fun, play, learning and friendship

The Smalltalk supported playgroups provide a place for you and your child to play and socialise with others, supported by an early childhood professional.

They are free, provide a healthy morning tea and are offered across the Shire.

The program:

- Is offered during school terms in: **Euroa, Nagambie, Violet Town and Avenel (subject to numbers).**
- Is a supported playgroup program for eligible families attending with a child / children aged 0 – school age.
- Is delivered over 10 weeks, providing tips and strategies to support your child's learning in a fun and relaxed way.
- Is a great way to meet other families with children in your area

To enrol families must meet at least one of these criteria:

- Holder of Health Care Card or equivalent
- Identifies as Aboriginal or Torres Strait Islander
- Caring for children in kinship (out of home care)
- 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.

To book or for more information:

Please contact one of our Supported Playgroup Facilitators by:

Telephone: 5795 0000

Toll free: 1800 065 993

Email: info@strathbogie.vic.gov.au

WELCOME GROUP

Welcome to the Welcome Group's first 2024 function. It is a two-hour cruise on the Goulburn River. The Goulburn Explorer is a 12 metre air-conditioned cruiser with two viewing decks to enjoy Nagambie Lakes vistas, then a sunset at 8.20pm, as it travels downstream to the heritage listed Kirwans Bridge, the longest timber bridge in Victoria.

Date: Thursday 15th February

Cruise time: 7-9pm

Boarding: From 6.30pm at Jacobsons Outlook next to the Visitor Information Centre in High Street, Nagambie. Park in High Street.

Catering: this is a Coffee and Cake dessert cruise with a delightful selection of sweet treats to enjoy while cruising (includes gluten free food for those who need it). We will assume you will have had a light meal before the cruise so you can enjoy the dessert food on the boat.

Licensed: A fully equipped bar serving beer, wine, pre-mixed drinks, soft drinks, water, and fruit juice at bar prices. No BYO

Cost: \$40.00 per person includes cruise fee, catered food and NLCH \$2.00 fee.

Hot drinks: self-serve coffee and tea for \$3.00.

Visitors: You are welcome to invite along friends, neighbours, visitors, etc, please don't forget to book them in.

Disability access: Wheelchair accessible and toilet facilities.

Booking: To Jeanette Murray at nagambiewelcomegroup@mail.com or call 5794 2115 by Tuesday 7th February. Please no late bookings.

Note: We need at least 35 people to be able to offer the cruise for \$40.00. The cost will be higher if fewer people attend. The total capacity of the boat is 49 people.

We look forward to having you on board. Bon voyage!



Photo: GoNagambie

UKULELE GROUP

Come learn how to play and have fun with us!

The Nagambie Ukulele Family would welcome anyone interested in joining our group and learning to play. We have instruments for loan plus experienced players to help you get started on your musical journey. No need to learn to read music, just chords and lyrics to practice and to sing along with our group.

We meet on Wednesday mornings at the Community House from 9.30 am until 12 md. Please phone Robyn on 0458 - 147 333 for any further information.



The ukes are starting to come back from their summer adventures, enjoying some beautiful playing and singing at the House.

U - YOU
K - CAN
U - UNLEASH YOUR
L - OVE OF MUSIC AND
E - EASILY
L - LEARN THIS
E - EXCELLENT LITTLE
INSTRUMENT!

SHARED TABLE

We will reconvene on the 21st of February at 6.00pm. The theme being **"stone fruit"**. Which at this time of year is bountiful. Happy cooking!

Elizabeth Branagan
Group Leader



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

LAKE SIDE LARKS

Do you enjoy singing? Do you like learning new songs and performing at different community events? Then check out the Lakeside Larks! This fun-loving music group is led by Wendy Mason and meets on Thursdays to rehearse. All ages and musical preferences are welcome!

The Larks is now back from their summer break and will start their weekly rehearsals at the House.



**A CHOIR FOR ALL AGES AND
MUSICAL PREFERENCES
THURSDAYS
AT THE COMMUNITY HOUSE
5.00PM - 6.30PM**



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 has extended knowledge in both photography, computers and webdesign, and she can answer most questions.

To book in for help with your device, please write Bevelea directly on bevelea@live.com.au, or call coordinator Anna Close at the House to set up an appointment; 0437 347 203.



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



Thank you Nagambie CFA for coming and visiting our Playgroup in December!



Group leader Ana Williams

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**

TUESDAY EVENING CRAFT GROUP

After some time off we are ready to meet again this week. About us: We meet at the House from 7.00pm - 9.00pm on the 1st, 3rd and 5th Tuesday nights of every month.

We bring along our own craft projects to work on and enjoy some creative time while having a chat. We have had paint by numbers, macrame, beading, a wide variety of Christmas craft, Cricut machine decorating of shirts and other items, sewing and the list goes on.

We would love to see some new faces and of course welcome back previous attendees. Any questions, please don't hesitate to reach out! (heidideane@hotmail.com)

Heidi Deane,
Group leader



SCRABBLE GROUP



Happy New Year

The group will resume as usual at 1 o'clock at the community house in Young Street on Monday 5th February. It will be great to be all together again.

I have had some enquiries from potential new players to join the group, we look forward to welcoming them along.

Have you played a few games with family and friends over the break to keep your skill levels up? Being word conscious, I have occasionally seen a word that I think would be great, particularly if it's all consonants, then promptly forgot it - doesn't bode well for me in 2024!

Scrabble Trivia

Scrabble was originally called "Lexico" and later named "Criss Cross Words" before gaining its permanent moniker. It was first called Scrabble by James Brunot, a friend of inventor Butts, who played the games with him.

GARDEN GROUP

As you would guess, the garden did not have a Christmas-New Year break, so our intrepid crew have been meeting there still, apart from Christmas Day of course. Our watering system has been on the blink for some time now and is unreliable so we've had a roster system for members who can spare the time to go there and water our precious plants in pots as well as those garden beds not being done by the automated system.

At this time of year Fruit fly can be a big problem so I would strongly advise any members growing tomatoes to harvest them as they turn pink and not to wait to "vine ripen" which is a bit of a myth anyway, as they will ripen quickly in a warm place in the house; I use my pantry for this reason, placing each tomato in egg carton slots and "voila" within two days they are ripe and ready to eat or process into passata, sauce, soup, bottled, frozen or whatever you use your tomatoes for? I can never have too many and usually have enough to last me for the year.



Monday 29th, our group will visit Mike Thomas Garden to see what he has done with his new house block on Vicker's Road. We aim to visit different gardens in 2024 for new ideas and inspiration.

New Members would be made most welcome if growing food, fruit or flowers is your passion. Please contact Robyn on 0458 147333 for further information.

BREAST CANCER SUPPORT

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

This group provides a safe space of support for anyone who currently has or have had breast cancer. Welcome!

**Kind regards,
Di Proud**



WRITING GROUP

Hi everyone, hope this greeting finds you all well and inspired in the new year!

Our last meeting in December only had four members but was nonetheless fun. We read our homework topic on "Christmas" which once again was inspiring and created many discussions.

We then did a 10 minute exercise on "The worst meal you have ever had". When shared the laughter was great. We then went to Zephyrz for our Christmas breakup.

Our next meeting will be **February 13th at 10.00am**. The writing topic is to ***write a short story on any topic using the same word 12 times.***

Looking forward to seeing you soon!

Karyn Thompson



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 as she is a lovely, caring, down-to-earth, no fuss-kind person.

Henceforth, the group will be meeting on the first Wednesday of the month, starting on the **7th of February, 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



WALKING GROUP

As many of you already know, Wendy Mason has resigned as leader of the Walking Group. However, she is still very invested in the successful continuation of this popular group. To discuss different ways of moving forward. Wendy is arranging a meeting.

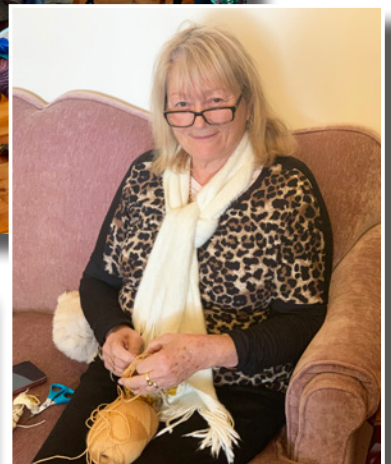
If you have ever participated in a Walking Group activity and would like to see it continue, please do attend this meeting.

Friday 9th February at 10.00am



MONDAY MORNING CRAFT

Do you enjoy crafting, chatting, laughing? Bring your own craft project along and get ready for a good time! Monday mornings at the House are crafting mornings. Contact: Denise Smith, jdsrm12@hotmail.com for more information!



**CRAFT GROUP
10.00AM
AT THE COMMUNITY HOUSE**

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

Everyone is welcome, but particularly carers, those who feel lonely or struggle with mental health challenges. Meets at the House the first Wednesday of the month at 1.30pm. Contact, Carole Perry ChattyCafe.carole@gmail.com.

COMMUNITY CAROLS

Meets the first Friday of each month at the Community House. Contact Ruth Close: ruth174@yahoo.com

COMPUTER SUPPORT

Contact Bevlea Ross on bevlea@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 musicals 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

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

Margins. I honestly can't remember if I've ever written about this before, but as it's been on my mind all summer, I thought I'd share my thoughts with you.

Now, those of you who know me, know I can be a pretty fast-paced-kind-of-gal. I like getting things done. I like being productive. I like ticking things off my list(s) and seeing results. I also like people, in fact I would easily state I **love** people. Hence, if there is ever anything I can do to help those around me, I'm often more than happy to volunteer and raise my hand.

To be honest, I don't think any of this is particularly unique to me. I see so many people around me who daily move mountains for others. Whether they are parents, grandparents, friends or just genuinely good people, there's this bubbly spring river of busyness which just kind of drags us along. At least that's what it often feels like for me.

And somewhere there, in the 'river of busyness', you sometime start feeling the pull. It's not that you don't know how to swim. It's not that you don't *love* swimming and the feeling of cool, fresh water around you, but after a while, you just start getting tired...

At first, it's pretty subtle. You're still having fun, at least for the most part, and so what life is a bit hectic? Isn't it the same for everyone? But then as the calendar starts filling up, weekends get planned for months in advance, evenings are full of chores, meetings, appointments and laundry, (all that bloody laundry!), something shifts. The waves and the stream and all that rushing force of water that once felt exhilarating, now appears to be more like a current, pulling you under.

So now what do you do?

Well, I think one answer could be **margins**. **"What kind of margins?"** you might ask. Margins of nothingness. Margins where

you leave space for the void. The empty. The open. Basically time in your calendar or week when you have no obligations to meet or chores to do. Margins where you can lay in a hammock and read, and be gloriously unproductive. Margins where you don't have to be somewhere or do something or make something happen. Margins without screens or means of reaching you. Margins of silence, contemplation, existence, presence and a very simple appreciation of beauty. Margins where you allow yourself to be bored, even.

My summer was a long, wide margin. I did absolutely nothing. (At least as much 'nothing' as a wife and mother of three can possibly allow herself.) I didn't go on any long trips. I didn't attend big events. I didn't plan, organise or fix anything at all really. To be honest, I barely kept on top of the weeds in my veggie boxes.

Instead, I read. I swam. I rested. I soaked up improductivity and made plans for how I can keep having margins in my life. Not only because I believe margins are somewhat of a lifeboat in the river of busyness, but because I think we **'exist'**, before we **'do'**. Our worth is tied, not to what we produce, but to the simple fact that **we are**. And I think it's good if we can create an every-day-life where we remind ourselves of this: You are loved for **you**. Not for what you can contribute with or achieve. Not for your productivity or helpfulness, but because you are unique and worthy. Or in the words of C.S. Lewis: **"There are no ordinary people, you've never talked to a mere mortal."**

**At your service,
Anna Close**

