

Annual General Meeting A new Committee elected Bring on 2023



*NLCH President Edna James with guest speaker
Acting Sergeant James Rapa from Seymour Police.*

What a year it has been! From Covid regulations to the wettest winter in years, and yet the House has gone from strength to strength. Our 2022 Annual General Meeting on the 21st of September, gave us reason to remember and celebrate all our wonderful accomplishments.

This year's guest speaker was Acting Sergeant James Rapa from Seymour Police. Sergeant Rapa generously shared from his experiences working in our region and also gave all in attendance an opportunity to share their perspective on safety and crime in Nagambie. The rather unison response to this query was a plea for the police force to more frequently patrol our waterways. Members mentioned issues such as speeding Jet-Skis, the theft of swan cygnets and general disorderly behaviour from some summer visitors.

Approximately 25 people attended our AGM, including GNEACC Network coordinator Paul Sladdin, Go Nagambie Executive Officer Sissy Hoskins and both Nagambie Councillors Reg Dickinson and Dave Andrews. A big thank you to everyone who came, and to all our members and friends who during the year volunteer, participate and help turn our House into a Home. We see you!

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

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Our new NLCH 2022/2023 committee:

EDNA JAMES
President



Edna James

CAROL WALLIS
Vice President



Alice Long

CARMEL SIDEBOTTOM
Treasurer



Bernie Higgins

ALICE LONG
Cashier



Robyn Northey

ERICA BOSTOCK
Secretary



Carol Wallis



Erica Bostock

Ordinary Members:

SALLY FYFIELD

BERNIE HIGGINS

WENDY KEENAN

DES MASON

ROBYN NORTHEY



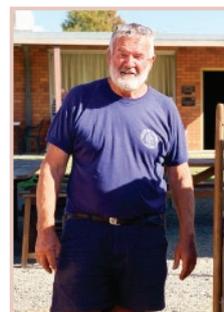
Wendy Keenan



Carmel Sidebottom



Sally Fyfield



Des Mason

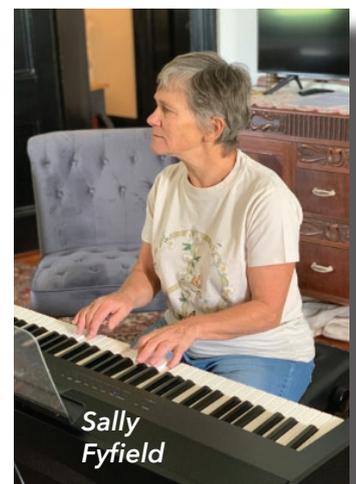
We would also like to say a "BIG" thank you to **Bob Arnold** who is stepping down from the committee and from his role as Vice President.

The House would not have been where it is today had it not been for your hard work!
Thank you!

HONOURING A LIVING LEGEND

At our recent AGM there was a changeover which passed almost unnoticeably. For five years Sally Fyfield has officially served as the NLCH Secretary, but those of us who have seen her in action, know she took on that job with so much more passion, commitment and skill than any of us could ever have imagined. Sally's been at the House almost daily, volunteering with Computer Group, the Larks,

Coordinator Support (!) printing, archiving, sorting and organising. (Not in the least when it comes to moving the NLCH into the digital realm has Sally led the way.) She has researched and sourced our new speaker, our new TV, our new computer and new keyboard. The House would essentially be completely and utterly lost without this lady. And as she would never bang her own drum, please allow us! Thank you Sally!



Sally Fyfield

DRUMMING WORKSHOP

Come along and enjoy this beginners drumming workshop at the Community House. The session is open to everyone in the community and it will be followed by a picnic lunch and refreshments

The event is facilitated by Gambler's Help who will also briefly speak about gambling. There will be time for discussions about all things gambling as well as general mental health and wellbeing.

NCN Health staff will be available to share health and wellbeing information, resources and materials for those wanting it, as well as information specific to those farming and/or working in



**Drumming Workshop
& Picnic Lunch**

11am - 12.30pm
20th of October

**Nagambie Lakes
Community House**
363 High Street, Nagambie

Bookings essential
Lunch & equipment provided
Phone NCN Health on 5862 0560

Logos: NCN Health (Northalia, Cobram, Numurkah), Farm Community Connect, PRIMARY CARE CONNECT, Gambler's Help (800 858 858), NLCH, VICTORIA

the rural industries.

The workshop will take place in the backyard of the Community House so please be sun smart. Booking via

eventbrite.

www.eventbrite.com.au/e/drumming-workshop-picnic-lunch-tickets-413803897597

FIRST AID AT THE HOUSE

Yes! We are doing another First Aid course at the House! Book in now with Anna if you are interested as we only have a couple of spots left!

FIRST AID COURSE

HLTAID011 - Provide First Aid
(Previously known as 'Level 2')

This workshop setup will allow you to do the majority of the course online in your own home at your own pace, and then come to the House for the practical parts. Once you book in with Anna you will receive a link to complete the online part. (Which will take approximately 2 - 3 hours.) The practical

part of the course will then take place at the House and will require an additional two hours.

To book: Please send name, phone number and email address to: coordinatornlch@gmail.com The certificate will be issued by Allens Training Pty Ltd - RTO 90909.

Tuesday 4th of October
1.00pm
\$170 per person

IMMUNISATION AVAILABLE

THIRD WEDNESDAY OF EACH
MONTH. AVAILABLE DATES:

2022

October 19
November 16
December 21

2023

January 18
February 15
March 15
April 19
May 17
June 21
July 19
August 16
September 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



VIC SWIM

water safety since 1976
VICSWIM WORKFORCE
INITIATIVE



arv

BECOME A QUALIFIED
SWIM TEACHER OR SURF LIFE SAVER
FOR FREE!

+ GUARANTEED WORK WITH VICSWIM IN JANUARY 2023

BECOME A FULLY-QUALIFIED SWIM TEACHER OR SURF LIFE SAVER FOR FREE!

+ GUARANTEED WORK WITH VICSWIM IN JANUARY 2023

The VICSWIM Program delivers essential water safety education to children aged 4 – 12.

We need to find 150 swim teachers and surf life savers to deliver the program in January, 2023 – and we want **YOU** to join our crew!

HOW DOES IT WORK?

Once you register your interest, you will be put in touch with a VICSWIM Regional Coordinator who will arrange for you to take part in all the essential training and preparation to become a qualified swim teacher or surf life saver. This will include a Teacher of Swimming and Water Safety or Bronze Medallion accreditation and Senior First Aid or CPR.

Once qualified, you will be able to secure work as a Swim Teacher or Surf Life Saver at a VICSWIM location near you. In October 2022, you will be contacted by the VICSWIM team to finalise the conditions of your employment.

YOU MUST BE:

- ✓ At least 17 years old
- ✓ Able to commit to 20 hrs of training by December
- ✓ Willing to work for VICSWIM in January 2023
Week 1: Jan 3rd – 6th
Week 2: Jan 9th – 13th
Week 3: Jan 16th – 20th

YOU CANNOT:

- ✗ Already be a qualified teacher or surf life saver looking to renew qualifications

KEY CONTACTS – REGIONAL COORDINATORS:

- Metro Melbourne & Bass Coast: Anne Freedman - 0466 281 625
 - Surf Coast: Jillian Cooper - 0408 896 053
 - Greater Ballarat and Bendigo: Deb Gordois - 0407 882 496
 - Alpnra Shire/NE Victoria: Neerah Briston - 0421 848 030
- ARV Office: 9271 3800 or email admin@aquaticsandrecreation.org.au

HOW TO GET INVOLVED:

Register your interest by scanning the QR code or go to www.aquaticsandrecreation.org.au/job/vicswim-workforce-initiat/vs/

water safety since 1976
VICSWIM arv
2020-2024
VICSWIM

SCAN FOR MORE INFO



WRITING AND MANUSCRIPT ADVICE

Don't miss this unique opportunity to get help with your writing!

Do you want to write your life story but don't know how to start? Are you a compulsive scribbler and wish to learn how to turn your creativity into a manuscript? A book? A gift for your family? Or are you considering finding a publisher?

Book a 1-hour session with writer and editor Trudy Oldaker and bring some of your writing to chat about over a cuppa. Tuesdays from 10.00am.

Cost: \$2 to the Community House.
To book: Contact Trudy on 0419 894 122.
November dates: 15th, 22nd, or 29th.



Trudy Oldaker

CLOGGING



Bev Kilpatrick

Looking for expressions of interest

Do you enjoy music? Would you like to keep fit, and have fun at the same time? Then come and join our new beginner classes and learn to clog. Clogging is a little like Irish Dancing - Tap Dancing and Line Dancing all at the same time. This is a fun and easy form of non partner dancing. Sometimes called killbilly tapdancing. No experience necessary, and all ages welcome

STARTING IN OCTOBER

TIME TO BE ANNOUNCED

NAGAMBIE

COST: \$5 PER CLASS, (FIRST CLASS FREE)

Please wear flat, comfortable shoes

For inquiries and bookings, please phone Bev on 0410 063 420 or email bevalk@bigpond.com



A SOIRÉE SERENADING SPRING



Wendy Keenan



Bardy McLeod



Robyn Northey



Marg St. Leon



Lyn Millar



Sally Fyfield

The second musical evening arranged at the House - this time fittingly named a 'Spring Soirée' - attracted a large number of members and locals. All who came were treated to a wide range of talents. Musical instruments included guitars, ukuleles, clarinets and keyboards. Those choosing not to perform instead brought tasty nibbles for all to enjoy after the event.

A big thank you to all who sang, listened and in one way or another contributed. A particularly big thank you to Sally Fyfield who again organised a fabulous evening.



Rusty and Sue singing 'When you walk in the room' and 'Till There was you'.



Dave playing Stardust and Il Silenzio



Sue Thomas



Tim Gleeson

The only performer the evening's photographer did NOT get a photo of was her very own husband and father-in-law. For some reason, she must simply have gotten distracted... ;-)

- | | |
|-----------------------------------|----------------------------------|
| <i>MC ~ Anna</i> | <i>Wendy</i> |
| <i>Dave</i> | <i>Pokare Kare Ana</i> |
| <i>Stardust</i> | <i>Dites Moi</i> |
| <i>Il Silenzio</i> | <i>Trevor and Gays</i> |
| <i>Gays and Sally</i> | <i>All I Have To Do Is Dream</i> |
| <i>Beginners' Clarinet Medley</i> | <i>Rusty & Sue</i> |
| <i>Robyn</i> | <i>When You Walk In The Room</i> |
| <i>Ageing Disgracefully</i> | <i>Till There was you</i> |
| <i>Bará</i> | <i>Rusty</i> |
| <i>He'll Have To Go</i> | <i>Whatever</i> |
| <i>For The Good Times</i> | <i>Jim</i> |
| <i>Marg</i> | <i>I Won't Send Roses</i> |
| <i>Mulga Bill's Bicycle</i> | <i>Goodnight My Angel</i> |
| <i>Sue</i> | <i>Lyn</i> |
| <i>Where've You Been?</i> | <i>We'll Gather Lilacs</i> |
| <i>The Rose</i> | <i>Thank You For The Music</i> |

MENTAL HEALTH FIRST AID TRAINING

This two-day training course will provide you with certified skills to provide mental health first aid to those needing support.

Trainer David Mellington brings many years of experience working in the mental health space with adults and young people in rural communities. The course will run over 2 days - It is mandatory to complete both days:

- **Friday, 21st of October**
9.00am to 4.00pm
- **Saturday, 22nd of October**
9.00am to 4.00pm

Nagambie Lakes Community House, 363 High Street, Nagambie.

For further information, please call the friendly NCN reception team on (03) 5862 0560 or email the Farm Community Connect project coordinator at nicole.wells@ncnhealth.org.au To book in, click on the Eventbrite link on our Facebook page or call 5862 0560.



Mental Health First Aid Training
21st & 22nd of October, 9am - 4pm
Nagambie Lakes Community House
363 High Street, Nagambie
Bookings Essential - Lunch & Materials Provided
For more information, phone NCN Health on 5862 0560

Logos for NCN Health, Mental Health, Farm Community Connect, and NLCM are visible at the bottom of the poster.

LAKESIDE LARKS

By Wendy Mason



The Larks sang at the Nagambie Hostel on Monday the 26th of September. What a lot of fun! We were adorned in our brand new sequenced scarves. Thanks Pat and Anne.

Larks sang songs from around the world and songs about music. Well done to the soloists and to the chorus singers.

Next month we hope to sing at the Hostel again. Horse songs will be our theme while preparing for Melbourne Cup Day.

COME JOIN THE LARKS

Do you enjoy singing or playing an instrument? Come check out Nagambie's best choir!

Practice Thursday
5:30pm - 6:30pm
At the Community House



LAKESIDE LARKS

The beautiful black-and-white photos of the Larks you see here were taken last year by photographer James Bugg. Bugg is an artist who works on long term photography projects.

He initially got in contact with our wonderful choir as he was undertaking a commissioned project in collaboration with PHOTO22 Photography Festival and the Parliament of Victoria.

The aim of the project was to document how regional Victorian communities gather and come together through music and dance groups. The project will be displayed as an outdoor exhibition on the steps of Parliament in Melbourne and our marvellous Larks will be part of it.



WRITING GROUP

By Karyn Thompson

Our September meeting had 8 writers present. We would like to welcome our newest member, Mary and hope that she enjoyed it.

We all shared our homework piece on 'bridge/bridges' and as per usual had many different and inspiring works. We then wrote our short pieces, the first was 'an op shop find' and the second was (seeing it was "this girl can week") we wrote something on that prompt.

It always amazes us the quality of the works that can

be achieved in 10 minutes of writing. Marg managed to write an inspiring poem that stunned us all.

We set the next topic as 'A house that intrigues me' to be presented at our 11th of October meeting. We decided to meet at the Rowing Club for coffee and inspiration at this meeting.

We welcome any new members who wish to have a laugh and enjoy writing in any way.

Please contact myself or Anna if interested, on karynthompson1952@gmail.com or coordinatornlch@gmail.com



COMMUNITY CAFÉ

Come make friends!

The Community Café is a warm and welcoming space open to anyone who wants to make new friends or just come and eat some yummy treats. There's no expectation on you to be anything but who you are. The Café is open to everyone, but especially welcomes those who are carers, suffer from mental health challenges, or perhaps feel a bit lonely in the wake of the global pandemic. At the Community House, everyone belongs!

The café is run by former nurse Erica Bostock and takes place at the Community House, 10.30am every 2nd and 4th Thursday of the month.

COMMUNITY CAFE

10.30AM

363 HIGH STREET
EVERY
2ND AND 4TH
THURSDAY OF
THE MONTH.



COMPUTER SUPPORT



Sally
Fyfield

Are you struggling with your phone, tablet or computer? Or perhaps just want to learn a few new tricks to make better use of your device? Book in a session with the ever amazing technology wiz Sally Fyfield. See dates below. (From 9.30am and onwards.) Cost for members is \$2:00 for the House. Contact Sally via phone on 0408 141 969 or email: srfyfield@bigpond.com

14TH AND 21ST OCTOBER (9.30 - 12.30)

11TH, 18TH AND 25TH OF NOVEMBER (9.30 - 12.30)

BREAST CANCER SUPPORT GROUP

The Nagambie Breast Cancer Support Group will be meeting for afternoon tea on Thursday 3rd of November at the Nagambie Lakes Community House in High Street at 1.00pm. Michelle Parish, Breast Care Nurse from GV Health will be present.

Please bring \$2.00 for NLCH and something to share with a

cuppa and a chat.

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!

For more information please contact me on 0419 389 855.

Di Proud



MATILDAS

New Adventures for our theatre group

The Matildas have ventured out on a couple of wonderful excursions lately. Previously, both events had been cancelled due to Covid, causing the group to have to wait two years to attend. According to those who went however, it was well worth it!



WORLD OF MUSICALS

The World of Musicals concert has travelled across the world and features an ensemble of artists who recreate classic hits from musicals such as the Phantom of the Opera, Les Misérables and Sister Act, to mention a few. Apart from the amazing performances, the group of fourteen Nagambians also enjoyed tea at the Victoria



Hotel, directly across the road from the venue.



QUEEN FOREVER

Another much appreciated show at Riverbanks was Queen Forever. Twenty-four Matilda members carpoiled up to Shepparton together to attend the critically acclaimed performances.



The outing was yet again followed up by a lovely meal at the Victoria Hotel. Matildas' group leader Ilona King said the music was absolutely amazing. The show was packed and before

long people stood up and danced, singing along. By chance, the Matildas group happened to sit next to the singer's family and got to watch him jump up and give his grandmother a kiss. What an endearing moment.



SOUNDS LIKE FUN?

IF YOU ARE INTERESTED IN COMING ALONG TO THE NEXT FUN MATILDAS EVENT, PLEASE DON'T HESITATE TO CONTACT ILONA KING ON ILONAKING2948@GMAIL.COM

Market Visit

A trio of us set off on an early-morning very crowded train, brimming with travellers to the Royal Melbourne Show, Grand Final celebrations and school holiday jaunts to Southern Cross station. An easy tram ride to South Melbourne brought us to the market. First a quick coffee and we were off into the fray. It is a wondrous place, truly a foodies' paradise.

We explored butchers, poultry suppliers, fishmongers, incredibly well stocked delis, bakers, a purveyor of fresh pasta, specialty grocers and mountains of glistening fresh fruit and veg.

There's a French patisserie with a long, long queue, and many international food outlets: Chinese, Turkish, Spanish, Asian, German, etc.

Also, sushi takeaway, confectionery and nut shops, scrumptious gelato or cupcakes, and the famous South Melbourne Market dim sims.

You can buy a shovel, try on bright coloured Ugg boots, choose a fragrant bouquet, browse artisan homewares, buy a 'diamond' necklet, grab a handbag or a potplant or maybe have a haircut or your eyebrows groomed. Buskers entertain.

There's a thriving Food Hall with seriously good coffee, specialty teas and many delicious dine-in or take away food choices.

South Melbourne Market is a stunning mix of food, fashion, and homewares. We will be back!



WALKING GROUP

By Wendy Mason



September month's walking crew!

The Walking Group had a wonderful experience in Gray Town on the 30th of September. Twelve people came along and together explored an area full of spring flowers and history.

The area, previously known as Spring Creek, has undergone several drastic changes in the past two hundred years. The Graytown Cemetery bears witness of a time when tens of thousands of people lived in the area, mining for gold. (Many Chinese miners from around 1860-1870 are buried there).

During World War II, the area was used as a Prisoner of War Camp, primarily housing Italian and German prisoners. Many came from the German auxiliary cruiser Kormoran, mostly known for sinking the Australian light cruiser HMAS Sydney.

Apart from a plethora of stunning flowers, including yam daisies - which was harvested by first peoples and is the native equivalent of the potato - the group also saw a red bellied black snake. (At a safe distance!)

The morning was wrapped up with a delicious morning tea at Chinamann's Bridge Cafe, now under new and local administration.



Remnants from the POW Camp.



Beautiful spring flowers.



Remnants from the mining of Spring Creek.



October Event

Many will remember Paul (Goldie) and Amelia who very successfully ran the Royal Mail Hotel in Nagambie for many years. They've gone, but not very far away to the Railway Hotel at Murchison East which they have bought. They have dubbed the hotel 'The East', even though it's north of Nagambie

Venue: Railway Hotel

Address: Murchison

Hosts: Paul, Amelia, and Mitch

Event: Dinner

Date: Tuesday 11th October

Time: 6.00pm

Menu: There's an excellent range of main course dishes - for details contact nagambiewelcomegroup@gmail.com for a copy of the menu to be sent to you.

Cost: Main course dishes range from \$18.00 (12' Hawaiian pizza) to \$38.00 (porterhouse steak)

Diet restrictions: Please advise when booking if you have special food requirements.

NLCH Fee: \$2.00 per person

Booking: To Jeanette Murray Tel: 5794 2115 or nagambiewelcomegroup@gmail.com by 5pm Friday 7th November. No late bookings please

Transport: Private car. Please advise when booking if you would like a ride.

Parking: In front of the hotel

Disability: Good access to hotel and to toilets.

**JEANETTE MURRAY
NAGAMBIE WELCOME GROUP**



COMMUNITY HOUSE GROUPS TO JOIN

ART GROUP

Meets Saturdays at the Nagambie Primary School. 1.00pm - 4.00pm

All Art forms welcome.

Tea break at 2.30 to share ideas. Contact Wendy Cook: wendycook.au@gmail.com
0412 103 853

BOOMERANG BAGS

Contact: Moya Stewart, 0425 796 297
or boomerangbagsnagambie@gmail.com

BREAST CANCER SUPPORT GROUP

Meets at the Community House. Next gathering, 4th of November, 1.00pm.
Contact Di Proud: 5794 1520

COMMUNITY CAFÉ

Come and make new friends or hang out with old ones! Fortnightly, 2nd and 4th Thursday of the month. 10.30am
Contact Erica Bostock 0400 528 892

COMMUNITY CAROLS

Meets the first Friday of each month at the Community House

COMPUTER SUPPORT

Friday mornings at the Community House.
Contact Sally Fyfield to book in an appointment: 0408 141 969 or
srfyfield@bigpond.com

CRAFT GROUP

Meets Mondays, 10:00am - 12:00pm.
Contact Beryl Dukes: 5794 2829 or
bgdukes@bigpond.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 evenings from 5.30 to 6.30 at the Community House. 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

PATCHWORK AND QUILTING

Meets Thursdays at the Community House. 10:30am - 2:00pm
Contact: Anne Turville, anneturville@gmail.com

SCRABBLE / GAMES GROUP

Meets Monday afternoons 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

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

NEED ASSISTANCE?

- Are you having trouble linking up with Government and Non-Government Agencies?
- Do you need assistance to fill out paperwork (i.e. Centrelink etc)?
- Or perhaps just wanting a chat about some other concerns?

Brian Hill is available to assist you as you need!

You can find Brian at the Nagambie Lakes Community House, Tuesdays from 10:00am - 12:00pm.

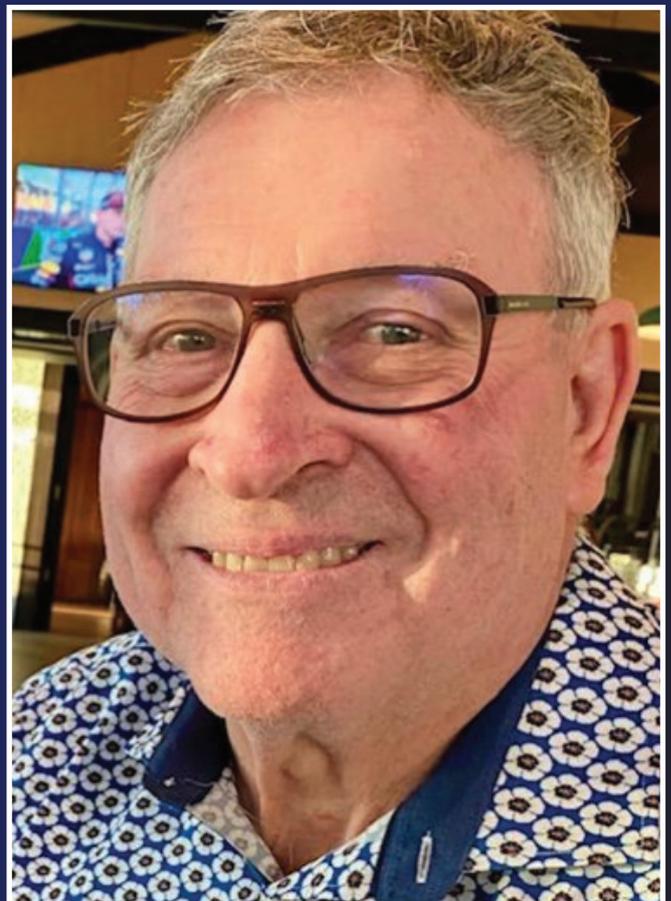
Contact Details:

Brian Hill 0447 636 831, hill32109@gmail.com

Community House 03 5794 1487, coordinatornlch@gmail.com

TUESDAYS
10.00AM - 12.00PM
AT THE
COMMUNITY
HOUSE

BRIAN WAS
RECENTLY EMPLOYED WITH
THE STRAHTBOGIE SHIRE
AS AN OUTREACH WORKER.
EVERYTHING YOU SAY
TO HIM WILL BE STRICTLY
CONFIDENTIAL.



Brian Hill