



# Newsletter

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## Would you like to join the NRCH Board?

Behind every great organisation is a wonderful team. This includes paid staff, trainers, organisers, volunteers and a management committee (Board). And NRCH is particularly lucky to have a fantastic team. But our Board needs someone to join with financial and/or education experience.

The NRCH Board is a friendly team who work closely with our staff to ensure that everyone coming to our Community House has a great experience and that we remain financial and in compliance with all the relevant rules. It is also a fun group with a meeting just once a month.

If you are interested contact our Chair (Pat) or have a chat to our Chief Executive Officer, Helen.



## Next year is our 50th Anniversary

Did you know that next year NRCH will be celebrating 50 years as part of the North Ringwood Community? To mark the occasion we would like to do something special. Do you have any ideas how we can celebrate this wonderful milestone? Maybe a special function or some new courses. Something that will remind us all of the role the Community House has in our neighbourhood and maybe something that will highlight how everyone in our community can gain information, health, fitness and friendship at NRCH



Celebrating  
our past  
Building  
our future

If you have an idea please send a note to our Chair, or drop a note in to reception.

## Room for hire

The NRCH has a number of different rooms, some large and some small, available for hire. There is also a kitchen and other facilities, just right for that special meeting or event you (or your company) have coming up. Maybe you need our hall space for a large event, or maybe you just need a small office space to meet clients or get some work done.



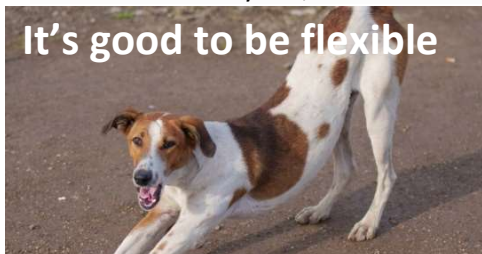
Whatever facilities you need, give the NRCH office a call, we may have just the right space. And we charge very moderate rates.

## Flexibility is good for men too

Flexibility is good for us all. People who have spent a lot of time sitting at a desk, standing in a shop or driving a delivery truck all benefit from exercise to remain flexible. Even those who do heavy physical work such as a builder, need to exercise to keep their body flexible. Walking is a great way to exercise so joining a group of friendly people such as the NRCH Bush Nomads is great. Pilates, Yoga, Tai Chi and other classes specifically aim to flex many muscles. So everyone, both women and men, should all do at least one exercise class per week.



### It's good to be flexible



However, it is mostly women who attend these classes. Why is this?

It may be that men don't think of doing classes at a Community House. Maybe they think it is just for women. So the challenge for all the women who enjoy their NRCHI class is to invite a male partner, friend, or relative to come and try a class. You can also invite a female friend as well and have fun and exercise at the same time!

## Italian language class

When travelling overseas it is good to know a little of the language of the country you visit. It is also great to learn another language as it challenges your brain and even brightens your understanding of your own language. So why not have a go at learning Italian? And then plan a trip to Italy!!



The NRCH Italian classes are easy and fun and did you know that pronouncing, spelling and reading Italian is easy by comparison with English. And attending a class with a supportive group and a knowledgeable teacher make it a lot easier and fun.



Our Italian teacher, Rosalba started teaching at NRCHI in 2018, taking over the Italian classes (Beginners, Intermediate and Advanced groups) as the previous teacher was relocating interstate. Now, due to other commitments, she focusses on just the Intermediate and Advanced groups.

and the reasons they want to learn Italian. Some connections and want to connect with their learning the language of their parents or Others marry into families with an Italian develop an interest in the language of their turn enables them to communicate better with especially those of the older generation.



have family ethnic roots by grandparents. background and spouse, which in new relatives,

Others want to learn the language when there are those who want to maintain an active mind and learning a new language is an excellent way of keeping the brain active.

travelling. Then

- Beginners class - Wednesdays, 6.30pm - 8.30pm.
- Intermediate class - Tuesdays 6.15pm - 8.15pm.
- Advanced class - Mondays 7.00pm - 9.00pm.

## Peri Menopause/Menopause workshop – May 29<sup>th</sup>

Perimenopause is the time around menopause and is a natural process that can cause physical and emotional symptoms. This workshop by Roassana will talk about an energetic medicine and eastern approach using kinesiology techniques to manage menopause.



She will discuss self care and nutritional suggestions to integrate into your daily routine and provide information on the body pressure points to help calm the body. And you will leave the workshop with a care plan to help you take action right away.

*Kinesiology means 'the study of movement' and is used to find what may be causing 'imbalances' in the body and ways to relieve these imbalances.*

The workshop will be on Wednesday 29th May, from 7.00pm - 8.30pm (Cost: \$25)

## Therapeutic Art – June 3rd

An art class infused with life coaching techniques aimed at empowering and strengthening your mindset.



Therapeutic art uses artistic methods to treat and enhance mental health and wellbeing. It is a technique based on the idea that creative expression fosters healing and mental well-being.

The next therapeutic art class will be on Saturday 3 June from 10.00am - 12.30pm. Cost is \$80 and includes materials.

## A Sunday Workshop for Twinkle Jars

Twinkle jars are beautiful items to have in your own home or to give as gifts to special friends.



At the workshop you will make wonderful twinkle jars using paper butterflies. Then, small string lights will add colour and movement to brighten up any part of a home.

This is a one day workshop on Sunday 2<sup>nd</sup> June. Come along and enjoy some fun, learn a new skill. Why not bring a friend and you can both have great fun together? The cost is \$40 including all the materials.





## Porcelain and China Painting – Monday’s at 1pm

Each Monday the NRCH is hosting an enjoyable activity where you can learn to paint and glaze porcelain and china in a very friendly social atmosphere.

The event is held on Monday’s from 1:00pm to 3:00pm and costs just \$2 per session. (plus the cost of materials).

This is a great way to enjoy the start of the week, especially if you have had a busy weekend. And you will learn how to create some wonderful items to take home and enjoy.



## Maroondah City Council *Are You Safe At Home?* webinar

Family violence doesn't always involve physical or sexual abuse. People use a wide range of abusive behaviours to maintain power and control in relationships. The Maroondah Council is therefore hosting a webinar “Unpacking coercive control”. This will be opened by Tania Farha, CEO of Safe and Equal followed by an address from journalist, author and educator Jess Hill. There will also be a Q&A with Jess Hill.

The webinar will cover:

- Understanding coercive control
- How coercive control presents in different environments
- Strategies to ask someone ‘are you safe at home?’ and what to do if they tell you they aren’t.

**Ask. Listen. Believe.**

Unpacking coercive control with Jess Hill.  
Ending family violence is everyone’s business.



**Free**  
Bookings  
essential

**Thursday**  
**9 May**  
7.30pm to 8.30pm  
Online event



This is an important webinar and reminds us all that **Ending family violence is everyone's business.**

Bookings essential: visit [www.maroondah.vic.gov.au/asklistenbelieve](http://www.maroondah.vic.gov.au/asklistenbelieve). For more information contact Annette Degenhardt, Project Officer – Free From Violence, on 9298 4332 or email [annette.degenhardt@maroondah.vic.gov.au](mailto:annette.degenhardt@maroondah.vic.gov.au)

## Do you have any spare long life food?

In today’s world there are many people who are struggling. Maybe they have escaped family violence, have a disability or are unemployed. Maybe they were doing okay, but their mortgage has gone up and they can’t afford to buy a full weeks food for their family. Whatever the reason there are some wonderful organisations that provide assistance and one of these is Uniting in Ringwood.

Ringwood Uniting has a drop in centre where people can call in and be given assistance. And the team at Uniting are passionate about empowering people to live capably and confidently.





To help those in need NRCH has a basket at reception where non-perishable food or other items can be dropped off and passed to Uniting. Maybe when you are next shopping, buy some extra and drop it in the basket for Uniting. Maybe some nice soup as winter is coming.

# Uniting

If you know someone who needs some support suggest they contact Uniting in Ringwood. Phone 8870 4040 or call into the at 291A Maroondah Highway.

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## International Composting Week

Did you know that from Sunday 5 May to Saturday 11 May is International Compost Awareness Week? And did you know we can all help combat climate change in our own gardens by composting?

By composting at home, we can create a valuable organic resource we can use ourselves and help the environment at the same time. Composting your garden will reap benefits including:

- creating a rich fertiliser for your garden
- improving the yield of your home-grown fruit and vegetables
- adding important minerals, nutrients, bacteria, and micro-organisms back into your soil
- increasing the water retention of your soil
- getting you out in the garden, noticing nature more, and
- reduce waste.



If you want to learn more about composting, a workshop is being held at the Central Ringwood Community Centre on Saturday 4 May (10am to 11.30am). It's called Natures Climate Champion! and it's a family event.

As part of International Compost Awareness Week, there will also be an interactive display at Realm in Ringwood from Tuesday 30 April to Monday 13 May. Here you can learn more about the compost systems available, including the best system for your household (including apartment living) and how to compost your pet's poo. Maroondah residents are also being offered up to 60% off the purchase of a range of home composting systems. Systems include: compost bins, worm farms, bokashi bins, pet poo composters and green cone solar composters.

To find out more and to register go to the Maroondah Council website or visit Realm.

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## Tupperware

It has been proven; Tupperware has a mind of its own.

We have all looked in a cupboard with plastic Tupperware or other containers and can find lots of containers and lids, but none of them seem to match!

According to a scientific report on TV, scientists recently placed a 10 piece set of matching Tupperware in a sealed container. When they opened it a month later, the chamber had 24 lids that did not match any of the 6 remaining containers. 😬

