

Summer's coming

We are currently experiencing typical Melbourne Spring weather, sunny and warm, then cloudy and rain. But summer and Christmas is on the way. So it is time to start planning.



Firstly, maybe you need a bit more fitness so how about joining one of the NRCHI fitness classes. And for a bit more social contact how about one of the social groups or combine both and join the Bush Nomads.

And you definitely need to make some unique Christmas gifts, maybe some twinkle baubles (Sat 4 Nov) Christmas earrings (Sat 11 Nov & Sat 9 Dec), Christmas cookies (Sat 18 Nov) or a Christmas floral wreath (Sat 25 Nov).



Or would you like to join a class to draw or paint some pictures to hang on a wall, or make a leadlight item to give as a present.

Whatever you fancy there is likely to be a course at the NRCHI so have a look at our courses on our website www.nrch.org.au.

Maroondah Festival - 12th November

The Maroondah Festival is a great event with lots of interesting activities and food venues. There are also many organisations, including Community Houses, with booths highlighting what they do in the Maroondah area. So if you, friends or relatives want to find out about Neighbourhood houses remember to drop in and say hello.



The Festival opens at 10:00am and continues to 4:00pm and will be held at Town Park, Croydon (behind the Arndale shops and Croydon Civic Centre).

Congratulations to our Cert III Individual Support class

Our Cert III students have finished their studies. Well done students, best wishes for your budding careers as carers.



NRCHI Strategic Plan

The NRCHI is registered under the Associations Incorporation Act and every four years reviews its Strategic Plan. As a result a new Strategic Plan for the period 2024 – 2027 was adopted at the most recent Board meeting. The Plan retains the Vision of being “An engaging, supportive and responsive Community House” and has a number of Strategic Goals with target dates.



The updated Strategic Plan can be read or downloaded from the NRCHI Website www.nrchi.org

Christmas at NRCHI

Christmas is still several weeks off, but our diaries can soon fill up. So the Board has decided to hold a Christmas afternoon tea on Thursday 30th November from 2-4pm. Invitations will be sent out shortly, but mark it in your diary now. Then come and enjoy a relaxing, enjoyable and social afternoon tea (tea, coffee cakes etc) with other members of our community as well as our terrific staff.



Wanted Board members with financial and/or educational experience

The NRCHI has a terrific Board of Governance made up of volunteers, supported by Helen and her staff. So we would really like to encourage two new volunteers to take on the role as Treasurer and to provide advice on educational matters.



Both would be strongly supported by the Board and the workloads of the positions would not be large.



Volunteering on the NRCHI Board is a great way to support the Community and to work with wonderful people. If you are interested in finding out more please email our Chair Nancy at chair@nrchi.org.au and one of the Board members will contact you.



Drawing and Painting class.

Those who are followers of NRCHI on Facebook would have already seen the images from a Drawing and Painting class, but for those not on Facebook they are worth seeing. These classes are run by Owen and students are encouraged to work at their own pace and use the media they prefer. So if you are considering Drawing or Watercolours, contact the office for details (or look on line for classes next year).

Great job Owen and students!



Community House Garden

For some time the NRCHI has been planning to make the enclosed outside space into a more enjoyable garden. This would include plants (in raised beds), paths and possibly more tables and chairs. We would also like open space and items that could be enjoyed by children, including children with a disability.



As a result we put a submission in to the Bendigo Community Bank in Ringwood East for some funding and we are pleased to announce that we have been granted \$2,500. Thanks Bendigo Bank, we can now plan, design and create our new space.



Do you have ideas as to a good design, remembering that any planting must be done above ground (other than ground covers)? Maybe you can make



planter boxes or would like to participate in creating and maintaining our new friendly space. If so, please contact our office.

Donation of a large TV – thank you EERN

The community room with our library, tea and coffee making facilities, sofas, chairs and tables is a great place to relax. We are also planning to make it a place where people can enjoy some television, maybe a children's show while Mum or Dad are doing a class, a movie with friends or even a football match. NRCHI was therefore excited to be provided with a large TV from Eastern Emergency Relief Network (EERN).

EERN is a charity that picks up donated household items and passes them through over 100 welfare agencies to people in need. These include kitchen utensils crockery, sofas, table, chairs, beds, washing machines and TVs.



If you have any household items in good condition you want to get rid of (and live in the Whitehorse or one of the surrounding Council areas), why not donate them to EERN. Just contact them and tell them what you have. They may ask for a picture and if suitable, they will organise for the EERN truck to come and pick them up.

Contact EERN by emailing warehouse@easternemergency.org.au with a list of items to donate and your suburb. Or phone 9874 8433 between 9:00am to 12:30pm weekdays

Maroondah News

The Maroondah City Council produces electronic news (eNews) each month. For example:

- Nature News
- Karrylyka Youth News
- Arts in Maroondah

NRCHI Newsletter October 2023



If you live in the Maroondah Council area, or even in a nearby area it is good to subscribe to keep informed of events. To see what is on offer and to subscribe (free of any cost) to one or more of the publications go to: www.mailchimp/maroondah/22rck0hk4c or just go to the Council website and search for news.

As an example of what's on in the next few weeks there is:

- a workshop on storage methods to reduce food waste (Thursday 16 Nov 6pm – 7:30pm) at the Maroondah Federation Estate



This workshop advises on getting food storage right so that it extends the life of food. This means less waste and saves money. The workshop will cover tips on using fridge and freezers wisely, to prolong the life of food, pantry storage to minimise waste and explains the difference between “use-by” and “best before” dates It also discusses what to do with commonly leftover ingredients. To find out more go to the Maroondah City Council site and search for “Smart Storage to Reduce Food Waste Workshop”

- The Great Southern Bioblitz (Friday, 24 November - Monday, 27 November 2023)

This is a project where community members use an app on their phones (iNaturalist) to register plants and aims to provide input to prepare an image of the planet earth.

The project invites people to explore, discover and learn about the rich biodiversity in Maroondah. Participants head outside their own backyard, street, local park or creek to seek out and record the range of wild plants, animals and fungi they can find during the four days of the Bioblitz.



To participate people are asked to download the iNaturalist app.

During the Bioblitz Maroondah City Council will be running several “Nature discovery” activities. To find out more go to the Maroondah City Council site and search for Bioblitz

Be road happy

You have heard of Road Rage, but what is Road Happy? This is when you do something to make other drivers smile. And it's a lot better than Road Rage.

Road Happy is easy to do, just let someone move in front of you when they indicate to do so. Or when going slow in heavy traffic, let someone come out of a side street. And remember to wave thank you when someone lets you in.



Better still, if you have a rear windscreen wiper, add a picture of a dog and colour the wiper to match the dog's tail. Then when it's raining and people are in a hurry to get to their destination, they can smile and relax as they watch your dog's wagging tail. You can buy images to stick inside your window or paint one yourself. Maybe get a large photo and stick it inside. You can even use an image of a cat.





Current courses

Each week NRCHI offers many and varied courses. For information on the courses, dates, times and fees go to the www.nrch.org.au and **download the course guide** or contact the office on **9876 3421** or admin@nrch.org.au.



Arts and crafts

- Xmas Polymer Clay Earrings
- Drawing with Owen
- Drawing and Painting
- Watercolours for beginners
- Leadlighting
- Ukulele
- Xmas Twinkle Jars and baubles
- Xmas wreaths
- Porcelain Doll and Figurine painting



Social

- Book Club
- Coffee & Craft
- Fab Group
- Coffee and craft

Mind and learning

- Genealogy
- Italian for beginners
- Italian intermediate
- Italian advanced
- Spanish for beginners
- Spanish intermediate



Exercise

- Bush Nomads
- Seated Yoga
- Yoga
- Strong People Stay Young
- Qi Gong (founded on Tai Chi)
- Tai Chi (all levels)
- Pilates
- Zumba Gold (with a lower intensity)



Pre- Accredited Training

- Intro to domestic aged care
- Auslan (Beginners and Level 1)
- Basic Computer skills for beginners
- Beyond basic computer skills
- Word and Excel
- Advanced Excel
- Professional Creative Writing

