

May 2024

Newsletter

35-39 Tortice Drive, Ringwood North VIC 3134
(03) 9876 3421; admin@nrch.org.au; www.nrch.org.au;
www.facebook.com/NorthRingwoodCHI/



Winter

May has been a busy month and by the time you receive this Newsletter it will be June and the start of winter. But May has also been a time when we have been able to enjoy some lovely, sunny autumn days. Now with winter starting, it is time to decide what courses or social activities you want to do. Exercise classes are a good way to stay warm and craft courses are also great as the Community House has nice heaters. The social activities are also good, either in warm rooms such as the Fab Group or outside walks such as with the Bush Nomads.

To stay warm and active over the winter months you don't have to stand on your head in the snow. There is sure to be an activity at the North Ringwood Community House.



By the way, even if you have a warm home, do you sometimes leave your car outside overnight and find the windscreen covered in ice?



Remember, if your window is iced up, don't use hot water, it can cause the glass to crack. Often just tap water will do, although this can freeze again if the glass is really cold. If it freezes as you wash the ice off, use a cloth or chamois to dry the window or a plastic scraper (or credit card) to scrape the loose ice off. Then turn the heater and demister up high and don't start driving until you have clear visibility.

Free Winter Warmer – Monday June 20th

As well as your car window frosting up, you can also get a bit chilly and need some warming up. And what better way to warm up than a lovely hot bowl of soup and crusty bread at lunchtime at the Community House?

To join us contact the office before 18th June.



Share lunch with us and enjoy a hearty bowl of soup and crusty roll!

June 20th 12.30pm, Room 1

35-39 Tortice Drive, Ringwood North

Bush Nomads

Staying warm in winter can mean being inside with the heater on. But it can also mean wearing the appropriate clothing and getting out into the wonderful countryside around Melbourne and walking.

The Bush Nomads meet every Monday at 9:15am in the Community House and drive to the start of an 8 – 10km walk through beautiful bush parks and walking locations, some you may never have been to before. The Nomads are a friendly group of people with a moderate level of fitness and are led by an experienced group leader. Walks are a great social outing with a stop for a bring your own lunch.



If you are interested in staying warm, keeping fit and enjoying time with a great group of people, then come and give the Bush Nomads a try. The cost is only \$2/session plus a contribution for transport costs. If you would like to come on a walk it is best to register beforehand at the NRCH Office or arrive early to register.

Safer Driver

As we get older we change in sometimes minor and gradual ways. It is therefore a good idea to occasionally review how we are going, including are we developing bad habits when driving. We also may need to be reminded of the current road laws or differences in vehicles and other driving habits.

The NRCH is very pleased to be able to offer a free Safer Driver session. This will be a one hour session covering issues including:

- How age related changes affect driving
- Tips to optimise driver safety
- Medical including eye sight conditions and checks
- Planning for future – making decisions

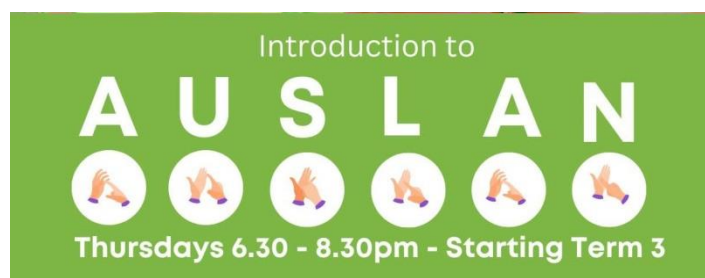
Even if you think your driving is okay, it is worth coming to confirm that you are up to date with current driving requirements. And maybe bring a friend or relative who you think may benefit from attending.

The session will be at the NRCH, 35-39 Tortice Drive Ringwood Nth on Monday June 17th from 1pm to 2pm and includes a question and answer session and afternoon tea. To book call the NRCH office on 9876 3421.



Introduction to Auslan

Learning something new is good for everyone. It helps people feel better about themselves and builds confidence. Learning another language is particularly rewarding as it also broadens a persons understanding of their own language. So why not come and join the Introduction to Auslan course?





Auslan is the language of the Australian deaf community and is a visual-spatial language where hands, eye-gaze, facial expressions and arm, head and body postures are all used to convey messages. Its grammar and vocabulary is quite different from English so the Introduction to Auslan Course will start with the very basics and build on your vocabulary and confidence each week.

It will be run in a friendly, relaxed environment where you can enjoy learning with other like minded people.



New Classes are starting in mid July.
Contact us to book:
9876 3421
admin@nrch.org.au
www.nrch.org.au

Seeking your ideas

The North Ringwood Community House offers a wide range of activities including art, language, fitness, computer courses and social. But we are always looking for new ideas to support our community.

Do you have a burning desire to learn something new, create something different or a new fitness goal to conquer? Would you like more or different social activities, seminars or guest speakers?

If you have an idea, we would love to hear from you.

Give us a call, or drop us an email with your great idea. Better still, pop in and see us, we love to see your happy faces and have a chat.

NORTH RINGWOOD COMMUNITY HOUSE

SEEKING YOUR IDEAS!

What would you like to see happening at YOUR local Community House?

courses & activities

workshops & speakers

Tell us your ideas on 9876 3421 or at admin@nrch.org.au

Maroondah Nature News



Some of you may already receive the Maroondah Council Nature News. But for those who don't there are some interesting events coming soon- including the **Maroondah Eco Gathering** on 6 July. This will be a chance to connect with like-minded locals and some great guest speakers including Hannah Moloney, host of ABC TV's Gardening Australia. There will also be group activities and a Q&A session. To register go to the Council website (www.maroondah.vic.gov.au) and search for Maroondah Eco Gathering 2024.

Natures Haven Project is also featured. This project supports Maroondah residents to make their gardens more wildlife friendly by creating habitat for native animals.

As part of this program, Council Officers will visit your garden and discuss ways you can provide more food, shelter and water for wildlife. To find out more and book a visit go to the Council website and search for Nature Haven Project.

To subscribe to Nature News (and other Newsletters) go to the Council website and search for email newsletters.



FOGO (Food Organic Garden Organic)

We have all had our FOGO bin for several months now, but are you confident how to use it? The Maroondah and Manningham Councils both have information on their websites. But there are some very basic rules you need to follow. Firstly you can only put food or plant materials in the FOGO bin. That means you cannot put in anything else, including bags or food wrappers, (other than the Council supplied green liners), string, labels, sticky tape. Even packaging marked compostable or biodegradable can't be put in the FOGO bin.



Other items not able to be placed in the FOGO bin include nappies, sanitary items, animal waste, kitty litter, any fabrics, hard seafood shells (eg oyster shells), coffee pods, rocks and soil, building materials, wipes (including those labelled as biodegradable or compostable), plastic or metals. The reason these can't be included is to ensure that the material in the FOGO bin can be processed into useable compost, including on farms. Any impurity will impact on its usability.

This means that if you run out of your Council provided compostable liners, contact your Council and request more. Alternatively put your food in without a bag or wrap it in newspaper

The Frugal Foodie: Thrifty Tactics for Reducing Waste and Saving Money

The Maroondah Council is hosting a workshop to help people reduce food waste and save money. At the workshop information will be provided on practical strategies to make the most of the food people already have, effectively reducing waste and stretching their budget.

The workshop will show how to transform leftovers and scraps into delicious meals, and explore the possibilities of regrowing vegetables from kitchen scraps. Additionally, there will be demonstrations on cultivating quick and nutritious sprouts and bean shoots on your kitchen bench.

Key Topics Covered:

- Maximising budgets by minimising food waste
- Effective meal planning to reduce waste
- Creative ways to use commonly leftover ingredients
- Understanding food expiration dates and when they can be disregarded
- Innovative tips and recipe ideas for repurposing scraps into meals



Participants will also have the opportunity to set up their own sprouting jar during the workshop, allowing them to continue growing sprouts or bean shoots at home.

The event is to be held on Thursday 13 June, 6.30pm to 8pm at Realm Building (Level 2), Ringwood.

To register go to www.maroondah.vic.gov.au and search for the Frugal Foodie (note places are limited)

Some people believe that mobile phones have only been around for a few years. But this is a rare picture of one of the first mobile phones.

