

## Welcome to our first Monthly Newsletter

The most important word in our name, North Ringwood Community House (NRCHI) is "Community". We are a place where you can come and learn new skills, share information and knowledge, exercise or just have a chat with others in our community

To support our community NRCHI has decided to produce this short newsletter each month. It will tell you what is happening in the House so you can see what may be of interest to you. It will also be a way that our community can keep in touch.

Now we know that many of us already get lots of emails so we have decided to keep the Newsletter to a maximum of 4 pages, with photographs so it is easy and quick to read.

## Annual General Meeting held on 15<sup>th</sup> March 2023

As an incorporated not for profit we are required to elect our Board of Governance at our AGM. These are all volunteers who give their time freely so a big thank you to all Board members, especially Nancy, Pat and Julie who have taken on the roles of Chair, Secretary and Treasurer.



At the AGM we gave a special thank you to Julie who has been our Chair for many years. Julie has stepped down as Chair but taken on the role as Treasurer.

We also said good bye to two of our long term Board members, Eileen Hurley and Yeo Jin Song. Thank you so much for your support over many years and good luck for your next exciting endeavours. *By the way, we are always looking for more Board members. If you have some time, or know someone who does and would like to join, please speak to our CEO, Helen.*

And while saying thank you we also gave a huge thank you to our Chief Executive Officer, Helen, and her amazing staff. Throughout COVID, and now as we face new challenges and opportunities, they have done, and are doing, an amazing job.

As a result of this work NRCHI had 1092 sessions and over 500 people enjoy activities each week during 2022.

### 2023/4 Board

Chair: Nancy Apted  
Secretary: Pat Casey  
Treasurer: Julie Reid  
Other Board members  
Pat King  
John Lambert



At our AGM we were fortunate to have two guest speakers.

### Thang En Hen

Pastor Thang was a student at NRCHI and completed a Certificate III course in Individual Support. He emphasised the importance of supporting the elderly in our community and thanked NRCHI trainers for the support he and his wife were given as they undertook the course. He now puts in practice his learning and supports the Burmese Community through his spiritual leadership.



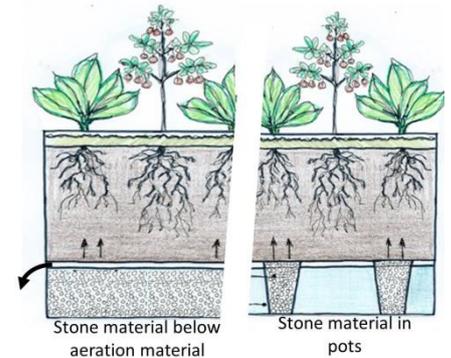
### Fiona Williams - Raised Gardens

Fiona is passionate about gardens. However, at her home the soil is very thin and after trying various ideas found that a raised, wicking bed garden was ideal. A wicking bed, raised garden can be any water proof container, or a container lined with a waterproof material. It is then partially filled with gravel or similar material, a membrane placed on top and then filled with soil.



It is a great way to grow plants, including vegetables even in tight spaces. They are also easy to manage. This has given those who attended ideas to try at home.

It has also raised the idea of offering some courses on gardening. So if you are interested, or have an idea for a course please let us know. Maybe you would even like to run a course.



### Bush Nomads

One of our long term facilitators, Shirley Deane, has been facilitating Bush Nomads for 31 years. Thanks Shirley, you are amazing. Bush Nomads is a great way for local people to meet and enjoy a walk, build friendships and exercise, what could be better!

The walks are on a Monday from 9:15 to around 3:30 and are 8 to 10 km long. Discover bush parks and walking locations. Only a moderate level of fitness is required and bring your own lunch. There is also car pooling and shared transport costs. If you have some time on a Monday and enjoy friendship and exercise why not come along? To find out about the next walk give our Office a call 9876 3421 (or email [admin@nrch.org.au](mailto:admin@nrch.org.au)).



### Learn the Ukulele

Do you have a ukulele (or know where you can borrow one)? Have you wanted to play an instrument but haven't had the time? Well, here is a chance to learn a fun instrument, one that is easy to learn.

This is an instrument that you can enjoy playing by yourself, or play it with friends and family, maybe with a sing along.

Why not come along and have some fun, you could be a natural.

The next 9 week course starts on Wed 26<sup>th</sup> April (9.30am-10.30am) and cost \$85.50, or Concession \$80.50.



## Exercise together in Pilates

There are lots of activities you can do at NRCHI. These include drawing, crafts, learning and of course, exercise. Exercise is important for all of us, whether we are sitting too long in front of a computer or reading a book. It doesn't matter your age or gender, exercise is good. Walking with the Bush Nomads is really good, but sometimes our bodies need a bit of stretching as well. At NRCHI there is dance fitness, seated yoga, yoga, strength training, Zumba and Pilates.

Pilates is great for all ages and genders to build strength, endurance and flexibility. Why not round up a couple of friends and come and try a class!



## Meet Councillor Suzy Stojanovic

Local Councils play an important role in our community and it is important they know what we need and want. It is equally important they know what we like and are thankful for. We are therefore please to advise that Councillor Suzy Stojanovic (Member for McAlpin Ward) will be at NRCHI again on Wednesday 5<sup>th</sup> April from 10am – 12pm to listen to what you have to say. So please come and introduce yourself. Better still text her (0429 916 094) and she will make a 15 time slot for you.



Suzy lives in Maroondah and is passionate about creating a vibrant and inclusive community. Environmental sustainability, gender equity and the prevention of family violence are all important topics to Suzy. It is her first term on Council so come and have a chat. If you can't attend on 5<sup>th</sup> April, Suzy can be contacted on 0429 916 094 or [suzanne.stojanovic@maroondah.vic.gov.au](mailto:suzanne.stojanovic@maroondah.vic.gov.au).

## \$250 Power Saving Bonus

Power bills are going up so it is great that the Government has again introduced a \$250 power saving bonus. Some of you may not be confident to submit your own application. If you would like some assistance, bring in your latest electricity bill, photo identification and your account details and our wonderful staff will assist you.



## Child safety fitting and restraints check



**IS YOUR CHILD TRAVELLING SAFELY?**

**FREE CHILD CAR RESTRAINT FITTINGS & SAFETY CHECKS**



We all agree that child safety in a car is of critical importance. And these days there are wonderful safety seats and restraints available. But it is important they are fitted and used correctly. So, if you have a new seat that needs to be fitted or just want your restraints checked, you can have this done at NRCHI every fortnight (on a Tuesday). Bookings can be made at <https://safeseatssafekids.com.au/venues-mec/>

## What's on at KARRALYKA

For those who like the theatre Karralyka has released its 2023 Theatre Season Brochure. To view what's on and to download the brochure go to [www.karralyka.com.au](http://www.karralyka.com.au).

# 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](http://www.nrch.org.au) or contact the office on 9876 3421 or [admin@nrch.org.au](mailto:admin@nrch.org.au).



## Arts and crafts

- Drawing with Owen
- Drawing and Painting
- Leadlighting
- Ukulele
- Handmade cards
- Twinkle Jars, Porcelain Doll and Figurine painting
- Mosaics
- Abstract Art



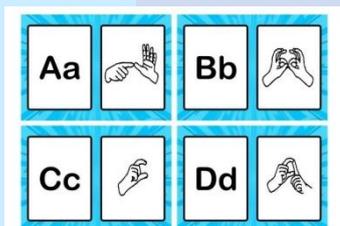
## Social

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



## Mind and learning

- Auslan
- Greek for travel
- Italian for beginners
- Italian advanced
- Spanish for beginners
- Spanish intermediate



## Exercise

- F.I.T. (Fun Interval Training)
- Meditation (Yoga Nidra)
- Bush Nomads
- BollyX Dance Fitness
- Seated Yoga
- Yoga
- Strong People Stay Young
- Qi Gong (founded on Tai Chi)
- Tai Chi (all levels)
- Pilates
- Zumba
- Zumba Gold (with a lower intensity)



## Accredited Training

- Basic Computer skills for beginners
- Beyond basic computer skills
- Word and Excel
- Google Docs and Sheets
- Advanced Excel
- BYO Device
- Professional Creative Writing

