

## Winter has come

We hope you are all not too cold and can cuddle up to a nice book. Alternatively why not come and join one of the NRCHI activities such as the Monday Bush Nomads walking group or a Pilates or yoga class. Then again a social group or one of our craft groups may be what you need on these winter days. Whatever you do, on behalf of all of us at NRCHI we hope you are well.

### 2023/4 Board

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

## Leadlighting

During winter, wouldn't you love to make something unique and beautiful? Something you can proudly display at home or even pass it on as a special gift?



Leadlighting cuts plain or coloured glass into shape, then joins those shapes with lead to form a picture.

Designing the image you want to produce, selecting the colours and then cutting the glass takes care and concentration. But it is also extremely satisfying as you see the image come together.



Maybe your first leadlight could be a suncatcher, a shape you can hang in front of a window to catch the light, or you can hang it on a Christmas Tree. Maybe you would prefer to start with a mirror with coloured glass features or a coloured glass jewel box. Once you have learnt how to leadlight, you can progress to larger and more complex items. How about a new window to catch the morning (or evening) sun or even the image of your dog.



The NRCHI Leadlighting course tutor is Noel Ashby.



Noel has been teaching at NRCHI for around 11 years now. Prior to that he was himself a student. Then, when his teacher decided to retire he was asked whether he would take over. He says he nervously accepted the challenge.

When asked what he most enjoys about the class he answered: *"It is wonderful to see a new student learn a new skill and to create a small work of art. It is great how all the other students offer their help too. There is a lot of sharing that takes place, whether it is a piece of glass or use of a certain tool. The camaraderie is certainly contagious."*

He also added that he uses a very light-hearted approach in the class and he makes it fun and always offers assistance. As a result, long lasting friendships have grown from these classes.

## What is the difference between Leadlighting and Stained Glass?

Put simply leadlighting is joining pieces of cut glass with H shape length of lead (called lead came). This glass could be clear or coloured (stained).



Stained glass refers to glass that is coloured and then referred to "stain" the glass. Also, as is common in old church stained glass, an image can be painted on the glass, then fired to make the image a permanent part of the glass.

So by convention, leadlighting and stained glass can be the same, but we often think of stained glass as being the complex large windows such as in churches.

## Computers

Computers are an important part of everyday life. But we need current information on their use so that we have the skills to use them confidently. Computers can also be used to do a range of interesting activities, maybe even writing your own book and having it published or maybe just learning how best to use your current phone, Ipad or tablet.



With so many scams around we also need to be aware of the risks. Recognising this, NRCHI is offering the following courses:

- **Online Applications**

This course will help you develop a better understanding of online applications like MyGov, Working With Children and Police checks, NDIS forms, online payments and internet security. It will be from 9:00am to 2:00pm on Thursday 17 Aug and cost \$10.

- **Word & Excel**

An intermediate class to develop skills in file management, text manipulation, formatting images, calculations, charts and more. Commencing Monday 17 July, 12.30pm - 3.00pm for 8 weeks. (\$60)

- **Advanced Excel**

Build on your existing knowledge and look into advanced features of Excel. Commencing Wednesday 19 July, 9.30am - 12.30pm for 8 weeks. (\$60)

- **Google Docs and Sheets**

Explore Google Docs™ and Google Sheets™ for the workplace. Commencing Friday 21 July, 9.30am - 12.00pm for 8 weeks. (\$60)

- **B.Y.O Device**

Bring in your phone, tablets, Ipad or laptop and learn its secrets. Commencing Friday 21 July, 9.30am - 12.00pm for 8 weeks. (\$60)



- **Professional Creative Writing**

Learn writing and editing skills to create a folio of work, together with insights on the best way to submit work for publication. *(Not really a computer course, but you would probably write your work on a computer).* Commencing Wednesday 19 July, 9.30am - 12.00pm for 8 weeks. (\$60)



## Life Skills Workshops

As we negotiate our lives, we all on occasions come up against issues that we are not really sure how to cope with or how to respond to.

NRCHI is therefore holding three workshops to help people respond to some of life's challenges. These are to be held on Thursdays from 6:30pm to 7:30pm and cost \$2 per session. Please contact the Office if you are interested in attending.

1. **Science of Stress** Thursday 27 July
2. **Responding to Emotions** Thursday 17th August
3. **Practicing Everyday Gratitude** Thursday 31st September

## Animal Aid

For many people a pet is an important member of their family. But sometimes pets are not treated well or the owner may no longer be able to look after them. As a result some animals end up in places such as Animal Aid in Coldstream.

NRCHI now has a place where you can donate to Animal Aid. As a result blankets, pet food and even some dog toys were donated and have now been delivered to Animal Aid.



These donations were really gratefully received but more are needed. So if you have some nice warm blankets you no longer need or some pet food, please drop them off at NRCHI reception. (note, Animal Aid cannot take doonas or pillows - dogs pull them apart and make a real mess). They also can't take anything with a zip or other metal parts.

**Thanks Fur Everything** from the animals being looked after at Animal Aid



## Maroondah News

Each month the Maroondah Council produces "Maroondah News".

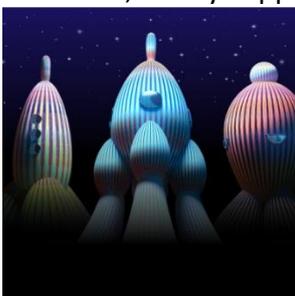
(click on the following to take you to the link:

[www.news@maroondah.vic.gov.au](http://www.news@maroondah.vic.gov.au)). If you live in the City of Maroondah, it has some interesting information about what is happening locally.

For example, the current edition has an article on Maroondah's long-serving community employees who have worked for 20 and 30 years in a range of services, from school crossing supervisors, youth workers, librarians, maternal and child health nurses and customer service to parks maintenance officers, family support workers, town planners and engineers. Each has played an important role in the Maroondah community.



There is also information on a display at Eastland "It's Not Rocket Science". This commences on Thursday 27 July and will continue to Sunday 20 August and celebrates art and science in an installation series by world renowned artists.





At Realm in Ringwood Town Square there is a unique exhibition of photographs titled “Neighbourhood Tales”, an exhibition produced in Maroondah and surrounding suburbs between 2020 and 2022 by Selina Ou, in collaboration with her two sons. This is a compelling series of images that is both intensely personal and universally relatable. This runs from Saturday 15 July to Sunday 17 September.

## Maroondah Nature News

The Maroondah Council publishes a monthly on-line edition of Nature News. This is a great source of information on the natural environment in Maroondah. For example, in the July edition it has a photo album of flora and fauna spotted in Maroondah, information on revitalising of Jumping Creek in Warranwood, National Tree Day and coming events. To subscribe to Nature News go to the Council website ([www.maroondah.vic.gov.au/Development/Natural-Environment/Nature-News-eNewsletter](http://www.maroondah.vic.gov.au/Development/Natural-Environment/Nature-News-eNewsletter)). You can also see previous editions on that site.



## Find Maroondah

Find Maroondah is a free online newspaper that focusses on Maroondah. The paper states that “We want to provide a place where Not-For-Profits, schools, sporting groups and other like organisations can share their news”.



It has many interesting articles including World Grandparents Day, Long Covid, why small businesses should have Cyber insurance and lots of information about Clubs and businesses in Maroondah.

On page 28 it highlights the Not for Profit of the Month. And this month it is North Ringwood Community House. (*Editors comment: As the editor of the NRCHI Newsletter I know that we can all make mistakes. So you will notice that*

*the editors of Find Maroondah called us the North Ringwood Community Church. We are not a church, we are non-secular and welcome everyone, regardless of their faith, gender, age, nationality, etc. But as I said we can all make a mistake.*) [www.findmaroondah.com.au](http://www.findmaroondah.com.au)

## KARRALYKA

One of the great things about living near Ringwood North is that we are near Karralyka.

This is a terrific venue that has a wide range of activities. This includes children’s shows (Karrakids), live theatre, morning music and touring artists. For information go to their website ([www.karralyka.com.au](http://www.karralyka.com.au)) check out their programs.



You can also subscribe and receive program updates.



# 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

- Polymer Clay Earrings
- 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



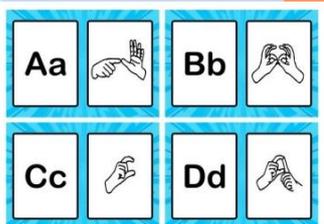
## Exercise

- 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)



## Mind and learning

- Italian for beginners
- Italian advanced
- Spanish for beginners
- Spanish intermediate
- Cooking with Sebastian
- Life skill workshops
  - Science of stress
  - Responding to emotions
  - Practicing everyday gratitude



## Pre- Accredited Training

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

