

Winter has arrived

It's June already and winter has officially arrived and so have cold days and nights. But it is Melbourne and there is always the chance that there will be an occasional sunny day. So remember to always wear or take appropriate clothes when you go out. That means that if it starts off warm in the morning, still take an umbrella.

A good way to keep warm is to keep active. Even on cold days the Bush Nomads walk (9.15am - 3.30pm Mondays) gets you out and about. Or coming to one of the many activities in the Community House will keep you warm while you are also having fun.



Porcelain Dolls and Figurines (Monday's 1pm - 3pm)



A great way to enjoy creating a lasting treasure and to learn a new skill (and stay warm) is hand painting of beautiful ornaments, figurines, brooches and dolls.

In this course Annette Sims shows you the art of hand painting in modern and/or traditional designs. Then, at the end of the course you will have some beautiful items you can be proud of. You could also use them for gifts for your family and friends. Is someone having a special birthday soon? If so you can start painting your special gift for their special birthday.

It's nice to know a little about your teacher so we did a quick interview with Annette:



How long have you been teaching hand painting of porcelain dolls?

I have been teaching at NRCHI for more than 30 years.

How did the class first start up?

Porcelain Dolls has always been a passion of mine. Once my youngest child went to kinder I enrolled to do my teaching certificate. Then I received a phone call from the NRCHI

Coordinator at the time and the rest is history.

What do you most enjoy about the class?

In our classes we combine our love for painting dolls or ornaments with our thoughts on all the current affairs of the past week. It's amazing how many problems of the world a small group of women can solve.

Why do you think the class has lasted so long with so many returning participants?

Friendships have built from all of us coming together every week, and these extend beyond just our classes. We also welcome new people to join us and share our enjoyment.



FAB Group and Australia's Biggest Morning Tea

The FAB group is a friendly social morning for women over 50. It is all about fun and friendship and new members are always made welcome. So when the opportunity came to have fun and support cancer research, the FAB group jumped at the chance and held a Biggest Morning Tea, inviting the men from the Ringwood Men's Shed. As a result they had a fun morning and raised \$304 for the Cancer Council.



Thanks to the FAB Group (you are FABulous) and to the Men's Shed.

The FAB Group meets on Thursdays (10.00am - 12.00pm).

The Men's Shed (behind the Community House) is open on Mon & Wed: 9.00 am-3.00 pm and Thur: 9.00 am- 12.30 pm. For information call Barry on 0407 818250 or email president@ringwoodmensshed.org.au.



Pilates

Most of us could do with a bit more flexibility. We tend to move in certain ways, but sometimes not in others. This means we should do exercises that focus on building flexibility and strength. This is where Pilates is great.



Pilates moves may look simple, but take precision and control. They aren't aerobic and are not the kind of exercise that works up a sweat but you'll feel your muscles gaining flexibility and strength. Pilates is also good for young and old as you only do as much as you feel comfortable doing. It is also good for women and men (and couples).

If you have a busy life, sitting at a computer in an office, tending the garden at home, looking after children, mowing the lawn or cleaning the house, Pilates will benefit your whole body. Even if you're a tradie and work outside, Pilates is a great way to flex your body.

The NRCHI is offering Pilates courses during the day, evening and on Saturdays. The new evening and Saturday classes are to allow people busy during the weekdays to also come and benefit from Pilates.

- Monday (6.10pm -7.10pm)
- Wednesdays (9.15am-10.15am and 10.30am-11.30am)
- Thursday (6.30pm-7.30pm)
- Saturday (9.15am-10.15am)

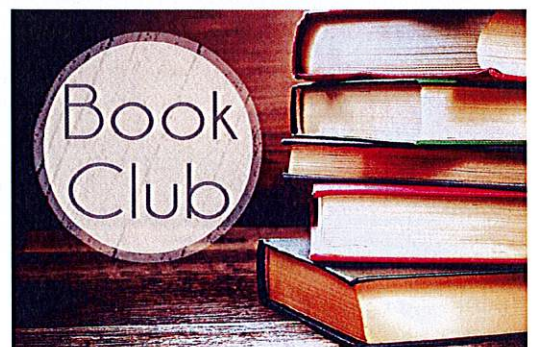


By the way, have you noticed Pilates is usually spelt with a capital "P". This is as Pilates was developed in the early 20th century by German physical trainer Joseph Pilates. Pilates called his method "Contrology".

Book Club

What's better than sitting down and reading a book? The answer is, after reading a book, sitting down with others who have just read the same book.

NRCHI Newsletter June 2023



There may be bits you did or didn't enjoy and want to talk about them. There may be parts you would like to have explained to you or details that you noticed that you can explain to others who may have missed them.

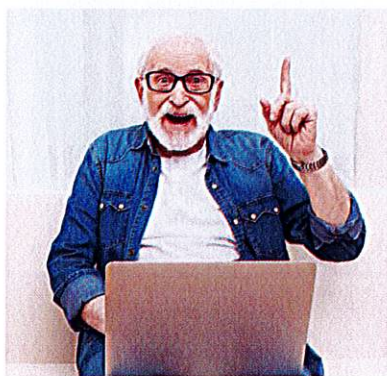


What a great way to turn off from all the other things going on around you, and just have some enjoyable time with fellow book lovers.

Book Club meets on the third Monday of the month (1.30pm-2.30pm) and the first Sunday of the month (2pm-3pm)

Computers – Free course

Computers are more and more part of daily life. With them we can connect our television to the internet so we can watch the streaming channels, pay our bills on line, have a conversation with friends interstate or overseas and even write a book (or a Newsletter). How about a photo book of your last holiday?



There are many things you can do with a computer, but sometimes you need a bit of advice and support. NRCHI is therefore offering a free computer course where an expert will answer any questions you have.

The course will commence on Tuesday 25th July and go for 8 weeks but you can attend as many (or as few) sessions as you like. Bookings can be done via our website, phone (9876 3421) or in person at our office. NRCHI also offers a range of more advanced computer courses. Check our website for details.

Child Protection

The NRCHI is committed to providing a child safe environment where children's safety is supported and children feel respected, valued and encouraged to reach their full potential. The Board has therefore reviewed and updated its Child Safety policies in line with the new Government Standards.

NRCHI believes that every child and young person accessing our facility has the right to feel safe and supported. We embrace diversity and inclusion regardless of children's gender, gender identity, race, religious beliefs, age, disability, sexual orientation, family or social background and recognise that children have equal rights to participate in a safe, supportive environment and be protected from abuse.



We firmly commit to the cultural safety of Aboriginal and Torres Strait Islander children and children from culturally and/or linguistically diverse backgrounds. We also provide a safe environment for children with a disability, as well as other vulnerable groups of children.

Importantly our Policies require all staff, volunteers, contractors and visitors to respond quickly to and report any incidents, disclosures, concerns or suspicions to our CEO, Helen.

Copies of our Child Protection Policy, Child Safety and Wellbeing Policy and Statement of Commitment to Child Safety are available at NRCHI reception and on our website.

Support Animal Aid, Coldstream

As it is getting colder, we are all putting on our warm clothes and snuggling into our warm beds at night. Dogs, cats and other animals that have been rescued or surrendered at Animal Aid in Coldstream are also feeling the cold while they wait for adoption. So NRCHI has set up a drop off point for old blankets and towels.



- they must be clean as staff at Animal Aid don't want to handle someone's dirty material
- they cannot take pillows or doonas (can you imagine the mess if a dog got stuck into a doona).



If you have any clean blankets or towels or pet food, please drop them off at the NRCHI Office. We are also collecting pet food to support Coldstream Animal Aid.

COVID Reminder

These days we don't want to hear any more about Covid. But Covid is still in the community so we must remember to still be cautious. This means if you are not feeling well, for the safety and wellbeing of others, please stay home. Even if it's not Covid, no one wants to catch a cold, flu or anything else.

So that we can all stay safe NRCHI provides hand sanitizer and cleaning equipment in every room and we ask people to clean any equipment after use. Also regularly sanitise your hands. You are also welcome to wear a mask and there is a small supply of masks in the office should you forget to bring one.

**PLEASE WIPE DOWN
THE EQUIPMENT
AFTER USE**



We can all play a part to ensure everyone is safe and healthy.



Maroondah Council News

NRCHI is located in the Maroondah Council and to help people stay informed n what is happening in Maroondah we have copies of the latest Maroondah news in our reception area. Come and read or take a copy. Alternatively you can read them on-line. www.maroondah.vic.gov.au/About-Council/News/Current-Maroondah-news



If you live in Manningham and don't receive its newsletter, you can read its on: www.manningham.vic.gov.au/about-council/news/view-manningham-matters

FOGO (Food Organics Garden Organics)

If you live in **Maroondah** you should have received your FOGO kit and be placing all food waste in the green bin (or your own compost bins). This bin will be collected fortnightly, on the alternate week to your recycling bin. If you live in **Manningham** your FOGO collection starts on 3 July and from that date your green bin will be collected weekly, and the red (land fill bin) fortnightly.



FOGO is a great way to reduce land fill and to support recycling of food waste. But remember, FOGO is for food and organic garden waste only. It is not for the packaging that food comes in. Most packaging contains plastics, so take the food out and dispose of the packaging into the land fill bin. And if you are not sure what to put in each bin, or you haven't received your FOGO kit contact your Council.