

Our first Newsletter for 2025

Only a short time ago it was Christmas and we were waiting for the new year. Now it is already the end of February. On behalf of everyone at the North Ringwood Community House we hope you all have had a great start to the year. And we have some terrific courses and activities for you to enjoy, so remember to look at our website to see what is on offer. Alternatively drop into the Community House and have a chat to our fantastic staff.

And remember to tell you friends, family or colleagues about the courses and activities. They may like to join is as well.



While many of us have started the year well, we recognise that some in our community may be having difficulties. So when talking to friends, especially if they seem a bit different to usual, keep in mind RUOK – are you okay. And even if they say they are OK, note how they answer, you may have to ask them again. Maybe they just want someone to talk to. They may even enjoy joining an activity or course at the Community House.

Annual General Meeting

The North Ringwood Community House is a registered not for profit organisation. This means it has an annual general meeting (AGM) where members are given details of our activities, financial position etc. You are therefore invited to the NRCH Annual General Meeting to be held on Wednesday 12 March at 10:00am.

Attending a course at the Community Houses does not make you a member but to become a member is simple, just fill out the membership application form at the Office. And there is no cost to becoming a member. Even if you are not a member you would be welcome to attend the AGM and hear how the Community House is going and meet our Board members. But only members can vote.



To make the AGM even better we have a special guest speaker, Bronwyn, who will be giving a demonstration and talk about Mindfulness and Meditation. Bronwyn runs a class on Mindfulness and Meditation and is a wonderful presenter. So come along and enjoy the AGM and Bronwyn's presentation. Better still, bring a friend as well and enjoy some morning tea with your Board. (Please

let the office know if you are coming so we can organise morning tea (email admin@nrch.org.au or phone 9876 3421)

Welcome to our new receptionist, Maria

Many of you would have noticed Corinna greeting people as they enter and answering the phone at the same time. She has done an amazing job, but we desperately needed to provide some extra resources. The Board is therefore really pleased to welcome our new receptionist, Maria.

Maria will be working three mornings a week, Tue, Wed & Thu. So, remember to say hello to her as you enter. And as she learns her role, please be patient even if she doesn't immediately have the answer to your question.



Workshops

The Community House offers a wide range of activities including exercise classes, craft classes (such as painting and leadlighting) and social activities. We also offer a range of special workshops and in March these are:

Mix Media Workshop - Create stunning pieces of art, using a variety of media

- Workshop 1 - 10am to 2 pm, Sat 8 March - Garden of Funky Flowers (\$120)
- Workshop 2 – 10am to 2 pm, Sat 22 March – Mixed media Owl (\$120)



Preserving Workshop

Learn the art and science of making delicious preserves out of seasonal produce. Take home a jar of a pickle and a sauce. Tasting and recipes of other preserves will also be available. – 10am to 12pm, Saturday 15 March (\$75 including all materials).

Easter Cookie Workshop

Decorate pre-made biscuits with fondant icing, stamp out your design and embellish with food safe paint, sparkles and other edible bling – 1pm – 4pm, Sat 29 March (\$50 including all materials). Class is suitable for all ages so bring the children or grandchildren.



Paper Flower Workshop

Learn how to make paper flowers and butterflies to create a beautiful framed piece. Choose from pretty papers and colours to compliment your design 1pm – 4pm, Sat 29 March (\$50 including all materials).



To book to attend a Workshop

Go to the Community House website – www.nrchi.org.au and click on **programs**, then click on **Art & Craft**; contact the Office by phone (9876 3421) or speak to Corinna or Maria.

Save the date for our 50th Anniversary

The Community House was officially established in 1975. That means that on Sunday 16 November this year we will be holding an event to celebrate our 50th Anniversary. So, mark the date in your calendar now.

At that event we plan to have displays of our current courses and activities as well as food and drink. We also want to have displays and stories showcasing our history. So, if you have any interesting information, stories, documents or pictures please let us know. We may not be able to display everything, but it would be great to be able to showcase our history.



Garden area

Our garden area is nearly complete. It has four large wicking garden beds, built by the Men's Shed, planted with a variety of plants. And even in this hot weather they seem to be doing okay.



There are also three tables with seating and two wooden benches. So, you can now enjoy a relaxing chat with a friend from a class you have just done or take a book from the library and relax. There is nothing better than relaxing with a good book.

There are still a couple of jobs to do including fencing the rabbit area with the big hole (but still letting the rabbits get in and out) and spreading soft mulch over the area.

Friends of Parkwood

The North Ringwood Community House is located in the Parkwood Reserve along with the Maroondah Toy Library, Ringwood Men's Shed, Ringwood U3A and (Monday to Thursday mornings) the Slow Lane Coffee Cart. There is also the wonderful dog park.



These grounds are managed by the Maroondah City Council, and they do a great job mowing the lawns etc. But a new group (Friends of Parkwood) has

been established to enhance the beauty and biodiversity of the area. This group also aims to ensure that the local community is aware of the activities provided by the organisations operating in the Reserve.

One of the Groups first activities will be to hold some volunteer working days to help improve the Reserve. These will commence at 9:30 and continue until 11:30.

- Sat 8 March – litter collection and spreading mulch
- Sat 3 May – planting
- Sat 14 June – infill planting and weeding
- Sat 9 August – infill planting



If you enjoy the Parkwood Reserve and/or want to connect with your local community mark these dates in your calendar now and enjoy a cuppa while helping to improve the Reserve.

For more information contact the Friends of Parkwood Co-ordinator Suzy Stojanovic (0411 324 200)

Parkwood Community Hub - Community BBQ - Saturday, March 29

The Parkwood Community Hub are running a community BBQ. This will be a great opportunity to meet others in your community and enjoy a sausage as well.



To be held in the new Community House garden area and there will be sausages cooked on the new Community House BBQ.

Come with a friend/ neighbour and meet others in your community. You can also talk to people from the Community House, U3A, Toy Library and Men's Shed. You might find a new activity to join.

The Community BBQ will be from 11:00am to 2:00pm at the new garden at the Community House.

Slow Lane Coffee

Attending a course at the Community House is great. But sometimes you may feel like a coffee, either before or after. And other times you may just be walking through the Parkwood Reserve, going to the dog park or one of the other venues and get that urge. And what better place to get a coffee than at Jo's Slow Lane VW Kombi Coffee cart. Slow Lane is open Mondays to Thursdays, 9:00 to 12:00 (as long as it's not raining) and is located on the west of the Community House building.



Today was a difficult day

The following is a lovely note attributed to A.A. Milne about caring for you friends and family and is a reminder to be with them at times when they are experiencing difficulties.

"Today was a difficult day" said Pooh.

"Do you want to talk about it?" asked Piglet.

"No." said Pooh after a bit. "No I don't think I do."

"That's okay," said Piglet and he came and sat beside his friend.

"What are you doing?" asked Pooh

"Nothing really," said Piglet. "Only I know what difficult days are like. I quite often don't feel like talking much about it on my difficult days either."

"But goodness," continued Piglet. "Difficult days are so much easier when you know you got someone there for you. And I will always be here for you Pooh."

And as Pooh sat there, working through in his head his difficult day, while the solid, reliable Piglet sat next to him quietly swinging his legs....he thought that his best friend had never been more right."

