

Spring is coming

Spring is nearly here and if you look really hard you can see buds beginning on trees. As spring approaches, it is time to get out into the garden, do some more exercise and start planning for warmer days and nights



This means, that if you are not already doing an exercise class at the Community House, you should join one soon. There are many great classes, some active and energetic and others more focussed on movement and wellbeing. For example, Tai Chi. Tai Chi is an ancient Chinese practice focussing on movement, breathing and meditation.



The instructor, Lilei Enright, has been teaching at the Community House since mid-2023. She is an amazing teacher who enjoys the class as it provides both physical & mental benefits to everyone. It also builds friendship while keeping people active and healthy. Tai Chi classes are on Wednesdays: 12:20pm - 1:20pm and 1:30pm - 2:30pm.



As well as Tai Chi there is a wide range of other classes including Zumba Gold, Pilates, Yoga, Seated Dance, Strength & Balance, Jungle Body Get Low and Strong People Stay Young. There is also the Bush Nomads Walking Group that go for walks on a Monday. For more information go to the website www.nrch.org.au or pick up a program at the Office.

Essential Oils

It's nice to keep active on cold days and nights, but it is also a lovely to enjoy the calming effects of essential oils. They can relax you and even transport you to lush gardens, warm nights and special moments.



Starting on 30 August the Community House is offering a three-week course on Saturday mornings to create your own special blend of oils using quality materials from trusted suppliers such as do Terra. These will be hands on classes demonstrating the properties, uses and safe applications of essential oils. And you will take your own quality blend home each week.

Why not come with one of your parents, children or grandchildren and make some lovely memories as well as some beautiful blends of essential oils. It runs from 10am – 11.30am and costs \$195 for 3 weeks.

Do you need some help using your computer or phone?

Today we all need on-line skills. Whether paying a bill, accessing your bank account or sending a message to friends, we all use on-line services more each day. And maybe your computer or phone has been updated, or you want to contact a government agency. Even travelling today, you may need to access a website to obtain a visitor visa.



To help people the Community House is offering free assistance. No question is too small, you just need to bring your device (phone, laptop, etc.) and you will be shown how to do what you want to do.

The Digital Help Drop-In is on every second Monday from 12:30 to 1:30. To make a booking, contact the Office 9876 3421.

Monday Playgroup

Would you and your young children enjoy some time to relax together? Each Monday in Term 4, from 10:30 to 12:00, the Community House is hosting a playgroup.



This is a community-led group where children can play, explore and make friends while parents and carers can connect over a cuppa. There will be a changing selection of toys each week thanks to the Maroondah Toy Library, perfect for babies, toddlers and pre-schoolers.



There is no need to book, and it costs \$2 per family. So come along with the kids and enjoy a fun relaxing time. If you are not already a member of the Toy Library you may also like to find out more about it.

Cheese Making

Would you like to try cheese making? This hands on, beginner-friendly workshop is where you'll learn to craft four versatile and delicious cheeses from scratch.



- HALLOUMI – a wonderful cheese for frying
- MOZZARELLA – great for pizza and pasta dishes
- PANEER (lemon cheese) – used in Indian curries as a substitute for meat
- RICOTTA – used for a toast topper or for cooking

Guided by an experienced cheesemaker, you'll explore the simple science behind milk transformation (all recipes, except halloumi, can be adapted to lactose free milk). And cheese tasting is included. This course will be on Thursday 11 September (12:30 - 2:00) and costs \$50.

Thought for the day

Do songbirds get cross at hummingbirds for not knowing the words?



Community Value Report

Each year Neighbourhood Houses Victoria surveys Community Houses to identify their value to the local community.



The 2024 report for the North Ringwood Community House has recently been released and shows that we have provided outstanding value to our community.

It shows that in 2024 our income was \$503,110 and while the value returned to the community was \$4,100,323. This was as a result of increased social connection, volunteer contributions, services provided and adult community education. That is a return of \$8.15 in value for every \$1 of income received.

For a very small team the North Ringwood Community House has done an amazing job.



Thanks to our amazing staff and volunteers. And thanks for all those who attend for helping make the Community House not only great value, but also a great opportunity for people across our community to connect, stay fit and learn.



For a small team the Community House achieves a lot for our community.

Room and Hall Hire in Ringwood North

The Community House has many different rooms and a hall that are offered for hire. These offer functionality and comfort, creating a welcoming atmosphere for many activities and occasions. There are also flexible seating arrangements, and you can customise the space to suit your needs.



This is great space for corporate meetings and training sessions. They can also be used for birthday parties, craft workshops and community events. And there is also easy access and ample parking.

To find out more go to the NRCH website (www.nrch.org.au) and click on "venue hire".



The latest Maroondah News was released on 15 August and like each edition, has some interesting information for Maroondah residents.

To see the latest information just type “Maroondah News” into your computer. You can then go to the “Current Maroondah News” or better still, the “Maroondah New Print Edition”. The Maroondah News includes:

- new heritage protections for Maroondah’s post-war buildings
- list of recipients of this year’s Community Grants
- Councils’ response to the State Government proposal to have a separate glass recycling bin



The print edition has some of the same information but also includes articles on activities and community events such as extended lighting at the Town Park athletics track in Croydon to allow for walking on Thursdays (5.30pm to 8.30pm)

On the Print Edition site, you can also subscribe to the Newsletter and then receive it on your computer or phone when it comes out.

Early Spring

Right across Australia it is winter and it will soon be spring. But the weather varies considerably from north to south and even from the coast to central Australia. So winter, spring, summer and autumn mean different things depending on where you are in Australia. It is therefore interesting to know that Australian Aboriginals have different seasons depending on the time of the year and their location.

In the South East of Victoria, the Bunurong people have seven seasons. In early Spring (August) the period is known as Wyeeboo Pareip. This is the time when the silver wattle begins to flower, the sun paints the sky red and orange (woorap) and brings its warmth to call the orchid (guling) into flower. At this time birds are busy building and guarding their nests and male koalas will soon start their night song, looking for love and affection (quinkee Monomeeth). Food is also in abundance including grubs, mushrooms and meat. And it is a time when families sit together around an open fire making plans for spring (meniyau).



If you would like to find out more about indigenous seasons there is a terrific book, Kulin Tales by Sonia Marie, illustrated by Judy Prosser. Sonia is a Bunurong woman who describes how indigenous people understood each season. The book is well worth reading to understand more about the environment we all live in. Just type her name and book title online to find a copy.