

Inverloch Community House Newsletter



Hi Volunteers and Friends,

You may remember we recently ran a survey to see what it was our House users would like us to provide, given COVID-19 restrictions were not seemingly going to be lifted anytime soon.

We had plenty of feedback from you and an overwhelming 70% said you wanted an email newsletter to keep you in touch with our happenings.

We keep our Facebook and website updated with events and activities, but understand many of you do not use Facebook or check the website regularly. So here is a precis of our recent activity and we hope you find it useful.

We will try to make this newsletter a regular thing until we get back to 'business as usual' and can produce our regular program of face to face activities.

Kind regards,

Lisa, Jill and the Committee of Management

Our e-book club is here! We have partnered with the Inverloch branch of the West Gippsland Libraries to get one going.

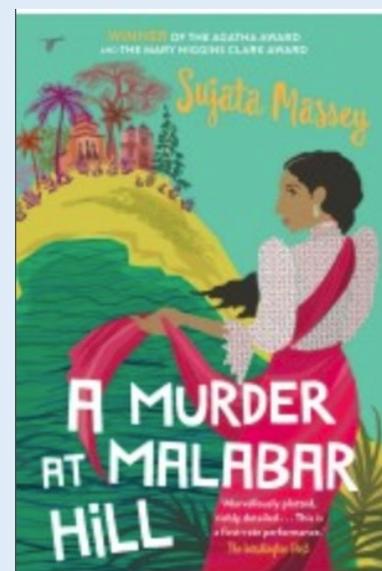
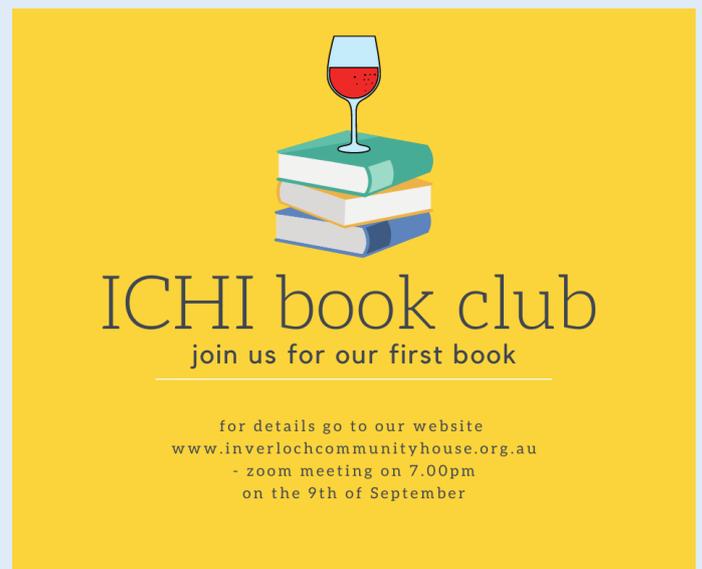
Of course, given current circumstances it is an online version of a book club, but who knows what this could become when all this is over.

In the meantime, we will just make the most of what resources are available to us.

To participate you will need a library card and a pin, to enable access to the Libraries RB digital portal. If you don't have a library membership and pin, you can sort it out online ([here](#)), or phone the lovely people at the Library on 5674 1169. The book we will kick this off with is A Murder at Malabar Hill, by Sujata Massey. (you don't have to use a library copy if you own it or want to buy a copy on another platform – we only want to make access to the book easy and free for anyone who wants to join in) The link to borrow the book is [here](#) (Don't forget if you have any problems or queries just give the Library a call).

Let's meet at 7.00pm on the 9th of September. Make yourself and your device comfortable and pour yourself a glass or cup of something delicious. Cake is optional. Zoom instructions are on our website [here](#). If you have trouble, let us know and we will get one of our tech gurus to ring you and talk you through it.

If you want to take part, then welcome! Email Jill [here](#) to enrol and get the zoom meeting login link.





We would like to share with you a poem written by one of our Bass Coast Writers. Gayle Marien is the leader of this group and has shared her work on the theme of 'Is it Over?'

Typically, Gayle says "I have combined that with my efforts to make face masks and produced a poem. The poem is a pantoum which is made up of quatrains that are four line stanzas or verses. The second and fourth lines of each stanza become the first and third lines of the next and the final line in the poem is the same as the first.

ODE TO A MASK MAKER

I can do this myself, and I shall you will see
I've downloaded the pattern from Dan
I'll make some face masks for hubby and me
I've read the instructions and started to plan

I've downloaded the pattern from Dan
Three squares of fabric, that's all I need
I've read the instructions and started to plan
Got some bits of elastic and a sewing machine

[Keep reading](#)

We have been invited by Leongatha Community House to join in their online Tai Chi and Yoga classes.

Call Maddie (Leongatha Community House Coordinator) on 5662 3962 if you would like to join in or email lch@dcsi.net.au



Join Tania online for Tai Chi Zoom sessions on Thursday.

Join Ange online for Yoga Zoom sessions on Wednesday at 12.00pm.



Cook Well, Eat Well, brought to you by @VicHealth and @NutritionAustralia is here to help you create healthy, affordable meals at home. Browse the free recipes developed by nutrition experts, using pantry staples to create meals the whole family will enjoy.

www.cookwelleatwell.org.au



Social Media; some of us use it to follow the lives of interesting people from all over the world, from celebrities to athletes, the crazy and the crazy talented. Whilst we sit back and watch these people's everyday lives unfold, we miss seeing the stories behind the people that surround us. [#SnapshotRuralVic](#) wants to experience your story, whether it be through photos, videos, poetry or even a song if you so desire! We want to focus the spotlight on you, so we can share in the highs and lows of rural life and hopefully feel a little less isolated and more connected to your community.

Why #SnapshotRuralVic?

This campaign is an exciting step in a new direction for the National Centre for Farmer Health as we turn to social media to connect farmers, creators, thinkers and makers from all over the state. While we might be distanced socially, we want to repair these connections using the universal platform of social media. From photos to memes, Tik Tok's and haiku's, we want you to embrace your creativity and in the hopes of making another person laugh, cry or cringe in solidarity. Your imagination will be rewarded with a weekly prize, with the winner chosen by your peers.



Inverloch Camera Club

For all levels of photographers, from experienced professionals to others just beginning their journey. Come and talk photography, share your photos and learn new ideas and skills. Each month a photo challenge is assigned; participation in the challenge is optional and is encouraged. At the moment club activities are mainly done through a closed FB group, but if a presenter is available a zoom session is possible. Contact us the Club organiser Kerri by email [here](#), or phone her on 0401 616 519.





look good **feel better**

FACING CANCER WITH CONFIDENCE

Virtual Workshop

Join us for a free virtual, interactive Look Good Feel Better workshop, helping you face cancer with confidence.

Two options are available:

Skin care and make-up (1 hour), addressing common side-effects like dryness and sun sensitivity; correcting and concealing redness, sallowness, pigmentation and dark circles; and techniques for drawing on eyebrows and eyelashes.

Wigs and headwear (1 hour) offering advice on wig selection, wig care, scarf styling and alternative headwear options.

You will need:

- A reliable internet connection
- A webcam (if your computer or tablet doesn't have a built-in camera)
- Speakers and a microphone (or a tablet or telephone with a speaker)
- A well-lit room
- Your Home-Delivered Confidence Kit or some basic items - we will provide a list prior to the workshop. (Or you're welcome to just observe!)

A link for accessing the workshop will be provided upon registration.

To register, visit lgfb.org.au/workshop



www.lgfb.org.au



Win a Fitbit!

Over 55's Getting Out and Active

We know that many of you are still getting out and about for exercise so who better to ask than the community of Inverloch for some feedback.

Win a Fitbit!

Are you aged 55 years or over? Do you live in Bass Coast or South Gippsland? We need your feedback to understand how people in our community are using the local natural environment for physical activity.

By completing the survey below, you will go into the draw to win one of two Fitbits, winners will be announced at the end of September 2020.

Survey link [here](#)

Get to know your House Volunteers. This time we asked our Committee of Management Chair person, Andrea Evans-McCall some questions, so we can all get to know her a little better...

What is your name and what do you do when away from the House?

Andrea Evans-McCall, in my paid work role I am the National Disability Coordination Officer for Gippsland.



Why did you volunteer? What are you passionate about?

I volunteer at the House in the Hub because I want to be involved in my community and I am a big believer in giving back to the community.

Who are your heroes right now?

Jacinda Ardern- what an amazing and compassionate leader- we can all learn something from her.

What is something you've read, watched, or listened to lately that you'd recommend?

Mrs. Wilson miniseries based on true events. It can be watched on ABC iView.

Well that's all for this time. You can follow us on Facebook, or check out the website for updates. We keep the website current, and add content weekly.

Although we are working from home you can still contact Lisa on 0490 814 531 or email her using this [link](#). We are working on other activities that we can offer online until we are able to open again for face to face meetings. We hope you all stay well and safe.

Cheers, Jill