

## Staying connected during COVID-19

December 9, 2020: Issue 4/6

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# HEALTHY AGEING



*P4 – Euroa Community  
Cinema reopens!*

## Nagambie Community Quilt on display

*A beautiful quilt created by the Nagambie community during the COVID-19 lockdowns is on display at the new Nagambie Lakes Community House.*

*The Nagambie Community Quilt was an initiative of the community house at the start of the pandemic and state lockdown to help keep the community connected, while staying apart.*

*“Through an open invitation to all schools, sports clubs and individuals in town, the Nagambie Lakes Community House wanted to help create a beautiful memento which celebrated our town; its friendships, volunteers, families, and groups,” coordinator Anna Close said.*

*“We wanted to show that if we couldn’t be together for the time being, we could feel connected by participating in something together.”*

*Anna said the response was “overwhelming”, with 42 unique squares made for the quilt by residents of all ages.*

*“The CFA, GoNagambie, both primary schools, kinder and various churches are just a few of those who decided to join,” she said.*



*“The squares have now been crafted together and finally quilted to make up an amazing window into a historical period of the Nagambie township.”*

*Nagambie Lakes Community House members Wendy Cook and Anne Turville spent a combined 400 hours on crafting the quilt, which also required the skills of a professional quilter.*

*Anna said while the Covid-19 pandemic would be remembered for challenges of isolation and distance to loved ones, it had also “highlighted how much we care for one another, how generously our community supports, encourages and helps those in need”.*

*“We are hoping that the quilt will forever be a reminder that even in times when we might not be able to see each other, we all still belong,” Anna said.*

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## To see the Nagambie Community Quilt:

Visit the new Nagambie Lakes Community House in the former presbytery, now known as the Kearns Centre at 363 High St, Nagambie.

The house is open weekdays from 10am to 3pm.

☎ 0437 347 203 for more information.

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*Nagambie Lakes Community House members Wendy Cook and Anne Turville each volunteered 200 hours to craft the Nagambie Community Quilt after the community embraced the initiative to contribute quilt squares during the pandemic.*



## RE3 RESET REBOOT REVITALISE

**This monthly newsletter is a six-month project delivered as part of the Victorian Government's Working for Victoria scheme.**

The scheme has provided Strathbogie Shire extra people power to support our COVID-19 Recovery Program – RE3 Reset, Reboot and Revitalise – for our community.

**To join the mailing list or view electronically, or to share your newsletter ideas:**

✉ [info@strathbogie.vic.gov.au](mailto:info@strathbogie.vic.gov.au)

☎ 1800 065 993

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## Christmas closure

Strathbogie Shire Council wishes all residents a merry Christmas and happy, safe and healthy 2021.

Our Shire offices will be closed from Christmas Day and reopen on Monday, January 4.



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## Cinema screenings return

### The Euroa Community Cinema is set to reopen!

*Cinema volunteers and Strathbogie Shire Council are excited to offer December screenings after COVID-19 caused a nearly nine-month closure.*

*“I think it is great for the community to have things back to a bit of normality,” long-time volunteer Lorraine Millard said. “The community love the country feel of the cinema.”*

*Volunteer Bill Douglas said the cinema was a “community hub” and looked forward to welcoming people back.*

*COVID-19 safety measures during movie sessions will include social distancing, hand sanitisation, and providing details for contact tracing. The Department of Health and*

*Human Services strongly recommends wearing a face mask at the movies (it is mandatory to carry a face mask when leaving home).*

*Indoor seating capacity is limited due to health guidelines, and patrons must stay in their allocated seat.*

***December movies are discounted to \$5 to celebrate the reopening. To avoid disappointment, book early at 📞 trybook.com or 📞 Strathbogie Shire Council on 1800 065 993.***

### **December movie sessions:**

#### ***Radioactive (M)***

Dec 12, 8pm; Dec 13, 4pm

#### ***How the Grinch Stole Christmas (PG)*** Dec 18, 6.30pm

#### ***Christmas Jars (PG)***

Dec 19, 8pm; Dec 20, 4pm





## Nagambie videos bring cheer

*A month-long series of short videos featuring Nagambie community members is delivering plenty of Christmas joy this month.*

*The videos are an initiative of the Nagambie Community Carols Committee, due to the cancellation of this year's large carols event.*

*The Nagambie Community Advent YouTube Calendar releases a new video daily from December 1 to 25, featuring community groups, organisations, schools and individuals bringing Christmas cheer.*

*Watch the videos (including Nagambie Bowls Club, above) on the Nagambie Lakes Community House YouTube channel, Facebook page and at [nagambielakescommunityhouse.org](https://nagambielakescommunityhouse.org)*

4			2			7		
		6			1			
3	9							
			1		5			8
		1	3			4		
	7		4					
	3						1	
	2		7	6			3	
7		5						2

## Sudoku

(Level - Medium)

To solve the puzzle, all the blank cells must be filled in using numbers from 1 to 9. Each number can only appear once in each row, column and in the nine 3x3 blocks.

Sudoku solution  
- page 11

# Stay Safe in Strathbogie Shire



**Stay 1.5m  
from others**



**Wash your  
hands regularly**



**Stay home if you're  
feeling unwell**

## Zoom calls and gardening on Margaret's agenda

*Like many of us, Longwood resident Margaret Brodie wonders, "Where has this year gone?"*

*In the uncertain year of COVID-19 lockdowns, Margaret filled some of her spare time in the garden, where she admits she is not a natural green thumb.*

*"If it grows in my garden, it can grow anywhere!" Margaret, 76, said.*

*During isolation Margaret and husband Tom, 77, stayed connected to children and grandchildren mostly via telephone calls, and dabbled in family Zoom calls.*

*Margaret's introduction to Zoom also included meetings with other members of the Catholic Women's League.*

*"I am not technologically advanced, so Zoom meetings were a bit frustrating at first when I couldn't work out why other people couldn't see my face; but then I had one of Tom's cousins help me," Margaret said.*



*"In November, we had a statewide virtual afternoon tea."*

*As secretary of the Longwood Red Cross unit, which was unable to hold its fundraising trivia night this year, Margaret is looking forward to next year's activities, and is delighted to be resuming volunteer work at the Euroa Historical Society.*

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## Markets and events

★ **Friday, December 11:**  
**Binney St Twilight Christmas Event**, 4pm – 8pm. *Binney St, Euroa.*  
Late-night shopping, market, music and family entertainment.

**Saturday, December 12:**  
**Violet Town Community Market**, 8.30am to 1pm. *Tulip St, Violet Town.*  
*You will need to sign-in via a QR code. If you require assistance, please enter via the main gate where you can sign in manually at the information tent.*

★ **Saturday, December 12:**  
**Avenel Twilight Christmas Market**, 4.30pm to 8pm.  
*Jubilee Park, Livingstone St, Avenel.*

★ **Friday, December 18:**  
**Nagambie Farmers Twilight Market**, 5pm to 8pm. *Tahbilk Winery, 10 Cottage Ln, Nagambie.*

**Saturday, December 19:**  
**Euroa Village Farmers' Market**, 9am to 1pm. *Rotary Park, Kirkland Ave, Euroa.*

**Saturday, January 2:**  
**Nagambie Lakes Community Market**, 9am to 1pm.  
*High St, Nagambie.*

**Saturday, January 9:**  
**Violet Town Community Market**, 8.30am to 1pm. *Tulip St, Violet Town.*

**Saturday, January 16:**  
**Euroa Village Farmers' Market**, 9am to 1pm.  
*Rotary Park, Kirkland Ave, Euroa.*

*COVID-safe measures are in place at community and farmers' markets within our Shire. Bring your mask and remember social distancing guidelines.*

★ *Twilight event*



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## Men's Shed open

***Violet Town Men's Shed members were understandably "champing at the bit" to get together after Victoria's lockdowns in late-November – and meeting in a new, purpose-built shed was icing on the cake.***

*The light-filled 30m x 10m workshop and tearoom is about five times bigger than the former space at the town's old Scout hall, which the Men's Shed members needed to vacate more than two years ago.*

*"The new shed was 75 per cent finished when we went into the first lockdown in March this year," group president Ian Brown said.*

*"Until COVID restrictions, we would have been working in the new shed in March or April, but we couldn't move in until restrictions lifted."*

*"The shed was a real community project; the anglers club put up the frame, and our own members worked on things like cladding, while tradespeople were also involved."*

*Ian and his peers urged more men – regardless of background, age, or skills – to join the Men's Shed movement.*

*The Violet Town Men's Shed at Shadforth Reserve is open three mornings a week and members, currently aged 65 to 90, work on a variety of projects and enjoy catching up over a cuppa.*

*The projects range from furniture restoration to building squirrel glider nest boxes, Christmas trees and decorations for local businesses, town seating, props for community events and repurposing dismantled fences into signage.*

*Retired engineer and group member Hank Bakker said the Men's Shed was a "very practical resource where men could use machinery they may not own themselves, and utilise their skills for numerous town projects".*

*"A lot of us love working with timbers but we don't necessarily have the machinery at home," Hank said, encouraging men of any skillset to join or drop-in.*

*"A lot of the work involves very basic skills, and funnily enough, a lot of people like to just come and watch."*

*While the current membership consists mainly of retirees, Ian said males of all ages were welcome to come as often, or as little, as they liked to the COVID-safe working environment.*





**Australian  
Men's Shed  
Association**  
SHOULDER TO SHOULDER

*“There are decades of accumulated skills that can be passed on to males of all ages,” Ian said.*

*“The Men’s Shed is also a place where men can discuss men’s issues in a safe environment and find comradeship, and comfort if they are lonely.”*

## Join a Men’s Shed

### Violet Town

Open Tuesday to Thursday,  
8am to noon.

**Shadforth Reserve, Shiffner St.**

📞 Ian Brown on 0412 772 967.

### Nagambie Lakes

Open Monday, Wednesday and  
Friday, 8am to 1pm.

**33 Filson St, Nagambie.**

📞 David Keall on 0433 435 145.

### Euroa

Open Tuesday, Thursday and  
Friday from 8am to noon.

**Euroa Showgrounds,  
16 Frost St.**



## Signs - Find The Words

This is a theme puzzle with the subject stated below. Find the listed words in the grid. (They may run in any direction but always in a straight line. Some letters are used more than once.)

**Ring each word as you find it and when you have completed the puzzle, there will be 11 letters left over.** They spell out the alternative theme of the puzzle.

barricade  
bicycle  
closed  
danger  
detour  
disabled  
entrance  
exit  
freeway

give way  
hazard  
indicate  
in only  
keep out  
lanes  
low clearance  
mall  
men at work

merge  
north  
open  
path  
pedestrians  
prohibit  
rest area  
right  
roadworks

slippery  
speed limit  
step  
street  
transit lane  
truckstop  
west

L	D	E	T	O	U	R	P	P	D	H	T	A	P	K
T	O	T	D	M	E	R	G	E	A	N	E	P	O	R
R	H	W	A	A	O	E	T	D	N	I	C	Y	T	O
U	Y	L	C	H	C	A	H	E	G	N	N	R	S	W
C	L	A	I	L	C	I	B	S	E	O	A	T	L	T
K	L	B	W	I	E	I	R	T	R	N	R	U	I	A
S	I	O	D	E	C	A	E	R	S	L	T	O	P	N
T	R	N	S	Y	V	E	R	I	A	Y	N	P	P	E
O	I	I	C	E	R	I	T	A	T	B	E	E	E	M
P	E	L	G	T	D	L	G	N	N	I	L	E	R	P
P	E	T	S	H	A	W	E	S	T	C	X	K	Y	O
H	T	R	O	N	T	I	M	I	L	D	E	E	P	S
L	A	N	E	S	R	O	A	D	W	O	R	K	S	U
D	E	L	B	A	S	I	D	Y	A	W	E	E	R	F
R	E	S	T	A	R	E	A	T	H	A	Z	A	R	D

*Crossword  
solution - page 14*

*Find The Words  
solution - page 15*

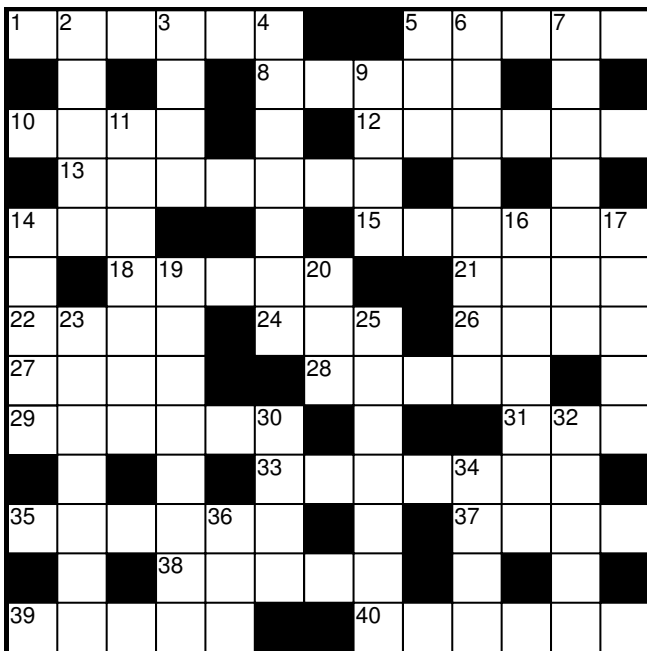
# Crossword

## Across

- 1 Rounded
- 5 Elevate
- 8 Praise highly
- 10 Decorative plant
- 12 Kingdoms
- 13 Restless
- 14 Greek letter
- 15 Japanese garment
- 18 Bodies of water
- 21 Country
- 22 Eastern ruler
- 24 Female deer
- 26 Hindu garment
- 27 Repose
- 28 Antarctic explorer
- 29 Glossy fabric
- 31 Possess
- 33 Person of refined taste
- 35 Not fastened by moorings
- 37 Wildcat
- 38 Comforts
- 39 Give credit to
- 40 Slip by

## Down

- 2 Open to view
- 3 Rounded vases
- 4 Mocked
- 5 Fish eggs
- 6 One prophesying calamities
- 7 Meeting to discuss specific topic
- 9 Migrate



- 11 Practical person
- 23 Wander aimlessly
- 14 Water pitchers
- 25 Obscuration of light
- 16 Eloquent speaking
- 30 Fish traps
- 17 Vegetable
- 32 Pursues one's way
- 19 Blood vessels
- 34 Bone of the forearm
- 20 Distress signal
- 36 Overweight

## Sudoku solution:

4	1	8	2	3	9	7	6	5
2	5	6	8	7	1	3	9	4
3	9	7	6	5	4	2	8	1
6	4	3	1	2	5	9	7	8
5	8	1	3	9	7	4	2	6
9	7	2	4	8	6	1	5	3
8	3	9	5	4	2	6	1	7
1	2	4	7	6	8	5	3	9
7	6	5	9	1	3	8	4	2

# CREATING AN EMAIL ACCOUNT USING GMAIL

SIMPLE STEP BY STEP GUIDE



**GMAIL** is a **FREE** email service developed by **GOOGLE**. By creating an email account you can connect on video calls with family and friends, access different online services, receive bills to your email (if you prefer) and more.

## TO CREATE AN ACCOUNT:

To create a **GMAIL** account, you need to sign up for a **GOOGLE** account. This account will give you access to the Google Suite. **STEPS TO CREATE AN EMAIL ACCOUNT:**

**1** Go to [www.gmail.com](http://www.gmail.com)

**2** Click Create account

A screenshot of the Google Account creation page. The page features the Google logo at the top left, followed by the heading "Create your Google Account" and the subtext "to continue to Gmail". Below this are input fields for "First name" and "Last name", a "Username" field with "@gmail.com" as a placeholder, and "Password" and "Confirm" fields. A small icon of a shield with a person silhouette is on the right, with a laptop below it showing various Google services. At the bottom, there is a "Sign in instead" link and a blue "Next" button.

Google

Create your Google Account  
to continue to Gmail

First name

Last name

Username  @gmail.com

You can use letters, numbers & periods

Password  Confirm

Use 8 or more characters with a mix of letters, numbers & symbols

One account. All of Google working for you.

[Sign in instead](#) [Next](#)

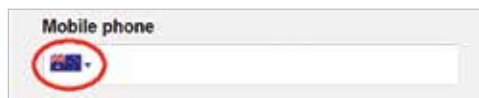
# CHOOSE A USERNAME:

Choose a **USERNAME** for your account. The username you choose will be the name that others see.

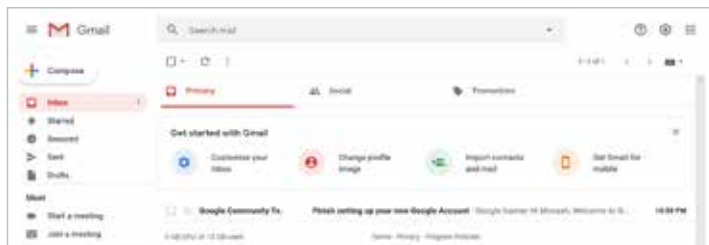
When choosing a username it may not always be available. You may have to change a letter, number or character to find one that is available for you.



- 1 Enter a **PASSWORD**. Type the password again to confirm it is accurate. Choose a strong password to keep your account protected. It is recommended that you use alternate characters and a combination of uppercase and lowercase letters.
- 2 Enter the month, day, and year of your birthday in the specified fields.
- 3 Choose a gender option. You must make a choice here. You can choose the "Rather not say" option if you do not want to be identified by your gender.
- 4 Provide your mobile phone number. If your country is not accurate, select the flag in the left corner of this field to choose the correct country.



- 5 Select the **NEXT STEP** button. Google provides its Terms of Service. You **MUST** agree to the terms to continue creating your account.
- 6 After reviewing, select the **I AGREE** button. You will see the Verify Account page.
- 7 Then lastly your **GMAIL ACCOUNT** should open to look like this:



There are many other email providers. **GMAIL** is just one of them. If you need further support setting up an email account please contact your nearest City of Monash Library.

## Strathbogie Store a hub for friendship

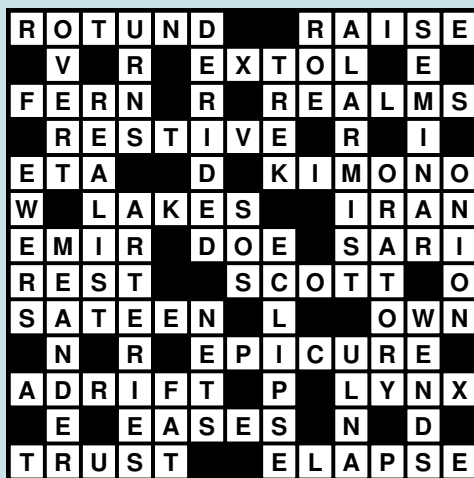


Strathbogie residents understand the importance of staying socially connected, while also supporting local business.

*Locals catch-up most days over a cuppa at Strathbogie Store, which is also a popular stop for cyclists, motorcyclists, and daytrippers to Polly McQuinns.*

During the early days of the pandemic, the regulars briefly checked in with each other while ordering takeaway coffees, and naturally welcomed the opportunity to relax on the store's verandah when table service resumed.

### Crossword solution:



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## Festival last chance

*If you missed the virtual 2020 Seniors Festival this year – you have one last chance to watch the entertaining video broadcasts online.*

*Due to COVID restrictions, this year's festival was delivered in an online format and the entertainment will remain online until December 31.*

*Don't miss your chance to watch all the video broadcasts this year, including four episodes of the Story of the 2020 Festival Reimagined. These episodes provide a behind the scenes look at how and why the videos and radio programs were produced.*

 [www.seniorsonline.vic.gov.au/festivalsandawards](http://www.seniorsonline.vic.gov.au/festivalsandawards)

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## Community Connector

Meet Strathbogie Shire Community Connector Bill Boyer.

*Bill is an initial point of contact for residents needing practical, emotional or social support in the context of COVID-19.*

*If you are feeling isolated or need advice about services*

 1800 065 993.



## Quick Quiz

1. Julia Elizabeth Wells is better known by what name?
2. In January 2012, which photographic company filed for Chapter 11 bankruptcy protection?
3. Who was the first Australian to appear in an FA Cup Final?
4. What is the singular form of the Italian food, Biscotti?
5. Israel has a coastline on which sea?
6. Which two rugby league players were featured in the 2012 Aussie Legends stamp series?
7. How many stars are on the flag of Somalia?
8. Which artist used the pseudonym, R.Mutt?
9. True or false – Famous singer, Madonna, was born in Italy?
10. How old was Henry VIII when he became the King of England?

Answers – page 16

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**Find the Words solution**  
*They help out*

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## Resources and support services

### Department of Health and Human Services Victoria

[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)  
*For the latest information and advice on restrictions from the Victorian Government.*

### Victoria's 24-hour coronavirus hotline

1800 675 398 (free call). Press 0 when you call if you need an interpreter. Open 24 hours, seven days. 000 in a medical emergency.

*If you suspect you may have coronavirus (COVID-19) call the dedicated hotline.*

### Older Persons COVID-19 Support Line

1800 171 866 (free call). Monday to Friday (excluding public holidays), 8.30am to 6pm.

*Australian Government free mental health support line for senior Australians, their families and carers throughout COVID-19. This support line offers support to older people who are feeling lonely or distressed, troubled or confused, or need to talk to someone about their concerns caring for an older person during COVID-19.*

### Coronavirus Mental Wellbeing Support Service

1800 512 348. Open 24 hours, seven days.

[coronavirus.beyondblue.org.au](http://coronavirus.beyondblue.org.au)  
*Information about managing stress and support options, operated by Beyond Blue Support Service.*

### Lifeline

13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)  
*24-hour crisis support and suicide prevention services.*

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## Free face masks

*Vulnerable members of our community can access free face masks (disposable and reusable) provided by the Department of Health and Human Services.*

*If you, or a person you know has poor immunity, is frail or living with a disability, phone Strathbogie Shire Council on 1800 065 993 to request your masks and arrange collection.*

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## Quick Quiz answers

1. Julie Andrews
2. Kodak
3. Joe Marston
4. Biscotto
5. Mediterranean Sea
6. Johnny Raper, Billy Slater
7. One
8. Marcel Duchamp
9. False (USA)
10. 17