

**CONTACT Bundoora Community Centre Inc**

Reg. No. A13082 R ABN 870 182 345 25

Bundoora Hall, 20 Noorong Avenue, Bundoora 3083

All Correspondence: PO Box 139, Bundoora Vic 3083

Telephone: (03) 9467 6305

Website: www.contactbundooracomcen.com.au

There has been a lot written and spoken about Contact's 50th anniversary celebration, and the desire to record our amazing history. Why celebrate and record it? Why not just live in the moment?

Without documentation, valuable lessons, stories, and relationships may be lost. Recording history ensures they are accessible to future generations. Maintaining the Centre's history also ensures that its founders and ongoing committee members are honoured, and remembered, creating a legacy of service and leadership.

Contact Community Centre's history is not just a record, it is a bridge between people, generations, and visions. It strengthens community identity, preserves vital stories, and encourages ongoing connection and participation. In doing so, it lays the groundwork for a more cohesive, resilient, and inclusive community. A recorded past provides a foundation for the future.

From humble beginnings to a vibrant supportive hub, members have grown together, laughed together, and supported one another through the good times, and life's challenges

It is now time to **celebrate all that has been achieved**, and we want **YOU** to be part of it!

Whether you have been with us from the early days or are new to Contact, this is a chance to:

- Reconnect with old friends and meet new ones
- Share memories and stories that have shaped our community
- Enjoy refreshments, and special activities
- Reflect on our past and look forward to our future

Let us honour the volunteers, teachers, members, and supporters who have made Contact what it is today and create some new memories along the way.



Save the date: Past members, friends and family will be warmly welcomed. Help us make this a celebration to remember! Drop in any time between 11.30am and 3.30pm on Thursday October 16th, 2025.

The Treasured Babies Program aims to acknowledge and honour the life of newborn babies who have died, regardless of their gestational age, and to support bereaved parents in a practical and tangible way.

Thank you to all Contact members who knitted these beautiful garments and blankets for donation.

Thank you to Colin Brooks and his staff for the printing of this newsletter.

Caring and Sharing

If you need urgent care for a non-life-threatening condition the Urgent Care Clinic is an alternative to a long wait at the hospital emergency department.

Heidelberg Urgent Care offers:

- Doctors and nurses to assess you when you arrive. If you need specialist attention they will transfer you to a nearby emergency department.
- Free high-quality care is provided.
- Care is available for everyone
- Walk ins only
- **They do not do script renewals**

Open 7 days 9.00am – 11.00pm 152 Burgundy Street, Heidelberg, 3084 PH: 90009276

Contact Face Book

The Contact Face Book page is extremely popular, and it is wonderful to see members and teachers sharing their craft work, achievements, and supporting each other. There are 553 members, with many actively contributing, reading, and liking comments. This also helps Contact promote events like soup days, term ticket sales, and upcoming 50th Anniversary celebrations.

As Face Book often includes advertisements, scams, and unrelated information, please be mindful of our rules, particularly the one concerning no self-promotion or business sales. Anyone violating these rules will be removed and banned from the group.

Here's a reminder of the Contact Face Book rules:

1 Be kind and courteous

2 No hate speech or bullying

3 No promotions or spam

4 Respect everyone's privacy

5 Only Contact related is admissible.

For the full details of the above rules, visit the Contact Face Book page – About this group section.

From a 1986 Contact Newsletter:

There is nothing to stop you from building again, when you find that your castles have crashed
There is nothing to stop you from dreaming again, when the dreams you once dreamed are all
smashed.

There is no law to stop you from wearing a smile, though perhaps you are crying inside

There is never a reason for losing a grip on your faith, on your nerve, on your pride.

There is nothing to gain by recounting your woe into every listening ear

For pity and sympathy will not get you far, though it may be quite kind and sincere

Get on with the job of rebuilding your life for it is useless to sigh and complain

The best thing to do is to start out anew, pluck up courage and just try again

How long can you use a plastic container? Today, water bottles and takeaway food containers are often reused. There is not an official estimate from a manufacturer on how long those plastic food containers last. The same goes for how many times they can be used before they should be replaced. A better indicator is to keep an eye on the container's condition. If the container is scratched, or otherwise damaged, it may contain hidden pathogens, and should be thrown out, as it will be hard to get completely clean. Stained and smelly food and water containers should also be thrown out.



This photo does not do this piece of artwork justice. It is magnificent. It was completed by Sue in the Ceramics Class. It was her own idea and design. Well done, Sue.

When you are next at Contact take a wander around the classes and have a look at what is being produced. So many of the classes create beautiful work and it is disappointing that so few get to see them.

Photos are put on the website and Facebook so check them out.

Along with the commencement of Contact, other notable happenings in Australia in 1975 were:

- October 1975 was the first time in Australian history that a Prime Minister with a majority in the House of Representatives was dismissed.
- The end of the Vietnam War.
- The formal establishment of the Australian Honours System with the introduction of the Order of Australia.
- 1975 also saw high inflation due to oil price shocks, which had a lasting impact on Australia's economic growth during the 1970's and 1980's.
- Five Australian journalists who had been reporting on the conflict in Indonesia were killed in the town of Balibo.
- Papua New Guinea achieved independence from Australia
- The Loans affair, involving potential bypass of the Loans Council to raise foreign loans, which led to the resignation of Rex Connor, Minister for Minerals and Energy.
- The number one song of 1975 was 'Love Will Keep Us Together' by Captain & Tennille.
- The top grossing movie in 1975 was 'Jaws'.
- In 1975 the first personal computer, the Altair 8800 was introduced.

A Small Gift, A Big Difference

We know that times are tough. The cost-of-living crisis is affecting many, and at Contact, we do not want to simply acknowledge the struggle, we want to **do something meaningful** to support those who need help right now.

We are collecting donations of **non-perishable food** and **essential personal items**, things like tea, coffee, baked beans, pasta, rice, tinned goods, breakfast cereals, deodorant, and more. These items do not sit on a shelf; they are packed up and **go straight into the hands of people who need them**.

If you are able, please bring what you can next time you are at Contact.



The next Soup Days are Tuesday August 19 and Wednesday August 20.

Please bring your own mug.

Thank you for your support of the soup days.



By the time the morning service was to begin, only one man was in the church.
 The priest said to him,
 "It looks like everyone has slept in. Do you want to go home, or should I preach the sermon?"
 The man replied, "When I go to feed the chickens and only one comes, I still feed it."
 The priest took that as a yes, mounted the pulpit and delivered an hour-long sermon.
 At the end, he asked the man what he thought.
 His answer:
 "When I go to feed the chickens and only one comes, I don't give it the whole bucket!"

Healthy Parmesan Garlic Crumbed Fish (Recipe Tin Eats) **2 Servings**

2 firm white fish fillets, skin off, at room temperature
 2 teaspoons Dijon mustard
 Olive oil spray
 Salt and pepper

Crumb: ½ cup panko breadcrumbs
 1 tablespoon parsley, finely chopped
 2 tablespoons parmesan, grated
 1 clove garlic, minced
 1 tablespoon olive oil
 Salt and pepper



1. Preheat grill to 200C.
2. Combine the crumb ingredients well
3. Season each filled with salt and pepper, then spread the mustard on top of each fillet.
4. Press the crumb mixture onto the mustard on each fillet
5. Spray an ovenproof frypan with olive oil and place on the stove over high heat.
6. Place the fillets in the pan and cook for 1 ½ minutes, then place under the grill (about 15cm from the heat source) for around 5 minutes.
7. The fish is ready when the crumbs are golden brown. Serve immediately.

Dates to remember:

Thursday	August 7	Book Club
Tuesday/Wednesday	August 19/20	Soup Days
Thursday	August 21	Committee Meeting 12.15pm. All welcome.
Tuesday/Wednesday	September 16/17	Soup Days
Thursday	September 18	Committee Meeting 12.15pm. All welcome
Thursday	September 18	Term 3 concludes
Tuesday	October 7	Term 4 commences
Thursday	October 16	50 th Celebration of Contact
Tuesday/Wed/Thurs	October 21, 22, 23	Senior's Week
Tuesday	November 4	Cup Day, No Contact
Tues/Wed/Thurs	November 11, 12, 13	Jewellery for Good sales
Tuesday/Wednesday	November 18/19	Mini Market
Wednesday	December 3	Contact Break-up