



CONTACT Bundoora Community Centre Inc

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Bundoora Community Centre – 50th Anniversary Celebration

Thursday 16th October 2025, 11:00am – 3:30pm.
Bundoora Hall

Join us as we celebrate **50 wonderful years** of friendship, learning and community spirit!

Enjoy a day filled with:

- **Historical displays** highlighting the story of *Contact*
- **Exhibits** of items created in past and present classes
 - **Interviews** with past and current members
 - **Class demonstrations** throughout the day
 - **A few surprises** revealed on the day
 - **Complimentary tea and coffee**

If you would like to be more involved or help on the day, please speak to a committee member or one of our friendly desk volunteers.

Let us all come together to honour our past and celebrate our future.

To all who have kindly offered to loan items for display at the 50th celebration please:

- Clearly name all items
- Hand them to a front desk volunteer and ensure your details are recorded.
- Bring the items to Contact from the first week of term four (October 7th) up until the conclusion of classes on October 15th.

Thank you for your support. We hope you enjoy seeing your contribution to Contact's history on display.

To anyone looking for the Ceramics class mentioned in the last newsletter, you can stop now. The impressive piece of work highlighted was from the Mosaics class. Apologies to all.

While leading a tour of kindergarten students through a hospital, a conversation between one little girl and an x-ray technician was overheard.

"Have you ever broken a bone?" he asked.

"Yes," the girl replied.

"Did it hurt?"

"No."

"Really? Which bone did you break?"

"My sister's arm."

Seniors Week, Come and Try Sessions

Want to try something new, or improve on skills you already have? Come along to Contacts '**Come and Try**' craft and wellbeing sessions during Seniors Week. These sessions are free of charge, all requirements are supplied, and you will take home your completed project.

Yoga with Nalini	Tuesday October 21 st 9.30am – 11.30am
Paper Tole demonstration	Tuesday October 21 st 9.45am – 11.45am
Yoga for Seniors	Wednesday October 22 nd 12.30pm – 1.30pm
Jewellery Group (make your own earrings)	Wednesday October 22 nd 9.45am – 11.45am
Beginner Cake Decorating with Irene	Wednesday October 22 nd 9.45am – 11.45am
No Brush Art	Thursday October 23 rd 9.45am – 11.45am
Tai Chi	Thursday October 23 rd 9.45am – 11.15am

Bookings for all classes are essential.

If you have friends, neighbours, family, or an acquaintance who you think may be interested (current members also welcome) please ask them to give Contact a call, email, or direct them to the website:

<https://contactbundooracomcen.com.au/>

Don't want to participate in a class? Come along and see all the classes on offer. No need to book to look. Refreshments provided.

Do you remember life before the computer?

Back when...

- * Memory was something that you lost with age.
- * An application was for employment.
- * A program was a TV show.
- * A cursor used profanity.
- * A keyboard was a piano.
- * A web was a spider's home.
- * A virus was the flu.
- * A CD was a bank account.
- * A hard drive was a long trip on the road.
- * A mouse pad was where a mouse lived.

Do you remember?

Scammers are clever and can con anyone. They often know a lot about you, building a sense of trust. If you receive a call from any business that you are not expecting ask the name, look up a phone number and call back. Do not press redial. Some things to consider:

Has this phone call come out of the blue?

Scam phone calls are often unexpected, or they'll be from a company you don't normally deal with. A scammer might call you and claim there's a problem with your account or a service you use. Or you might see an ad on a website saying you've got a virus, or offering an exclusive investment opportunity, and to call them to sort it out.

Is the caller asking for access to your computer, or personal info?

They may tell you to install software, let them have remote access to your computer, or ask you to share the login details for your accounts so they can 'fix' the problem.

Caring and Sharing

Does it seem urgent?

Scam callers will often make the fake problem seem extremely important and risky to ignore. They often use scare tactics to make you panic and prevent you from questioning them.

Keep all important numbers stored in your phone. If you don't recognise a caller don't answer. If it is a legitimate call they will leave a message.



MINI MARKET

Tuesday and Wednesday, November 18th & 19th

The Mini Market provides members and non-members with an opportunity to sell items made throughout the year, and for buyers to purchase unique gifts. Great opportunity to buy Christmas gifts.

- All items submitted for sale must have the items clearly labelled with the seller's name and selling price. A supervisor on the day will allocate an area to display the items. 10% commission is deducted from all member sales. Non-member commission is 20%. Funds from sales are returned to the member upon collection of unsold items at the end of market day (Wednesday).
- Items to be dropped off at 9.30am Tuesday and collected at 1.00pm Wednesday.
- The mini market sells **new or un-used** handmade craft items. If the supervisor feels the items are unsuitable, they have the right to remove them from the display.
- Although Contact will supervise all items, no responsibility is taken for any loss or theft.
- The market is open to all members and people in the wider community.

Start the conversation R U OK? Day event

Join us as we come together to support mental health and wellbeing in our community.

**Thursday 11 September,
10.30am - 12.00pm**

**Level 4, 1 Flintoff St
Greensborough**

This R U OK? Day, we're proud to host a special event to raise awareness about the importance of checking in with those around us. A simple question "Are you OK?" can make a powerful difference.

Guest speaker: Leon Sinnott, Beyond Blue

What to expect:

- Inspiring talk from Beyond Blue
- Open conversation and Q&A
- Resources and support information
- Lunch provided

Whether you're looking to learn more, support a friend, or simply be part of a caring community, we'd love to see you there.



Bookings essential. To reserve a seat please contact Banyule Customer Service on 9490 4222. When making your booking, kindly advise us of any dietary requirements.

**Ask
R U OK?
ANY DAY**

ruok.org.au



From the Archives:

Back in the late 1970s, Contact hosted the seminar above that, in many ways captured the change of thinking at the time. Unfortunately no records survive to tell us what was discussed, or how many people attended. What we do know is that, if held today such a gathering would likely take a different form, designed as a preventative measure, framed with optimism and carrying a simple but powerful message. For example, *"Lead by example be kind, so we teach our children to be kind."*

Caring and Sharing

The Second Hand Goods stall has been postponed until 2026 due to a very busy end to 2025 and not enough items to warrant holding it.

Enjoy the beginning of spring, hopefully there will be lots of sunny days ahead.

Butterscotch Shortbread Slice (Taste.com)

- 1 cup plain flour
- 1/2 cup icing sugar
- 100g cold butter, chopped
- 1 egg yolk
- 100g Cadbury Caramilk chocolate
- 1/2 tsp vegetable oil



Butterscotch sauce

- 125g unsalted butter
- 1 cup firmly packed brown sugar
- 4 tbsp thickened cream
- 1/2 tsp sea salt flakes

1. Grease a 27cm x 17cm slice pan and line the base and sides with baking paper.
2. Place flour, icing sugar and butter in a food processor and process until mixture resembles breadcrumbs. Add egg yolk and process until the dough starts to clump together. Place in prepared pan and press to the edge. Refrigerate for 30 minutes.
3. Preheat oven to 190C/170C fan forced. Line pastry base with baking paper. Fill with pastry weights or uncooked rice. Blind-bake for 20 minutes or until base starts to turn golden. Remove paper and weights. Bake for a further 5 minutes or until the base is cooked.
4. To make butterscotch sauce, melt butter in a saucepan over a medium-high heat. Add sugar, cream, and salt and stir until combined. Bring to the boil, reduce heat slightly and cook for 4 to 5 minutes or until the sugar has melted and the sauce has thickened. Pour over pastry and refrigerate for 1 to 2 hours or until set.
5. Melt chocolate in a heatproof bowl over a saucepan of simmering water (don't let the bowl touch the water). Add oil and stir until smooth. Remove from heat and set aside to cool. Pour over slice and spread to the edges. Refrigerate until set. Cut into fingers to serve.

Dates to remember:

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	50th Celebration of Contact
Tuesday/Wed/Thurs	October 21, 22, 23	Senior's Week, Come & Try Sessions
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

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