



Jinga

a school and community newsletter

No. 7 June 2nd 2023



The Jinga

The Jinga is a community newsletter produced by Cann River P-12 College, for the school and the wider community to enjoy.

You can keep up to date with what has happened and what's on the horizon.

Jinga is published fortnightly on a Friday, throughout school terms. If you have any community information you would like published in the Jinga, please contact us at the school:

Email: sarah.nation@education.vic.gov.au

Telephone: (03) 5158 6245 **Facsimile** (03) 5158 6361

**Cut off dates for Jinga,
will be every fortnight on**

Wednesday

**31st May
14th June
19th July
2nd August**

Front Cover:

AFL clinic

It is free of charge to include any upcoming community events or news stories so please feel free to email anything of interest.

Advertising Rates for commercial businesses are as follows:

Full Page advertisement \$11.00

1/2 page advertisement \$5.50

1/4 page advertisement \$2.75

When submitting your advertisement, please let us know the duration.

Thank you.

Bank details for direct deposit

BSB: 313 140 A/C: 120 621 36

From the Principal's desk

Acting Principal's report

Vaping Information Session

Last Wednesday Tehseen Zafar from Gippsland Lakes Complete Health, visited us to help build our understanding of the risks of vaping to our community. During the afternoon he ran two sessions; the first was a lesson on the hazards of vaping to our year 5 and 6 students, and the second was a vaping information session for staff and parents. I'd like to thank the parents who were able to attend. If you were unable to attend the session and are interested please let us know and we can forward some information to you.

Mobile Library

East Gippsland Shire Council has expanded it's mobile library services, and as a result they will now be visiting us every Wednesday from 12 - 12.30. The bus will be parked outside the front gate and will be available for all community members. Please read the attached flyer for details about the full range of services they offer.

Years 9/10 Work Experience

Next week (5th – 9th June) our years 9 and 10 students will be off site at local businesses completing work experience. Work experience is a really valuable opportunity as it helps our students to gain some insight into industries that they may be interested in. This will help to guide their decisions about which subjects they may want to select for VCE.

Gippsland Regional Cross Country competition - Secondary Schools

Congratulations to Jacque Renaut who was selected to race in the Gippsland regional cross country competition on Thursday in Drouin. Jacque showed resilience and perseverance in completing the three kilometre course against a very strong field.

Kind regards,

Nick Woodward



Acting Principal

Mobile Services



What can you do at this mobile service centre?

- Borrow books, CD's, DVD's, audio books and more
- Pick up a Council newsletter and subscribe
- Lodge a report or request
- Pay an account / make electronic payments
- Make enquiries, collect and lodge application forms
- Register your dogs and cats
- Access and complete surveys
- Learn about and provide feedback on projects in your community
- Use a computer with free internet access
- Have a chat and much more



5153 9500



eastgippsland.vic.gov.au



EastGippyShire



PO Box 1618, Bairnsdale 3875



My pants come from France, they
have a little tounge. My socks
are from Macao and I don't like
alpakers. I'm keen for jeans cause
they're not really mean. Oh how the
my pants. School pants are made
or blue, so where are my pants?
I need pants and I feel so small. My
panties are made to feel what I
don't care what they
don't care or
than all. MY
TANKS
LEGGINGS

By Aida

PAINTS!
TANK
PAINTS!

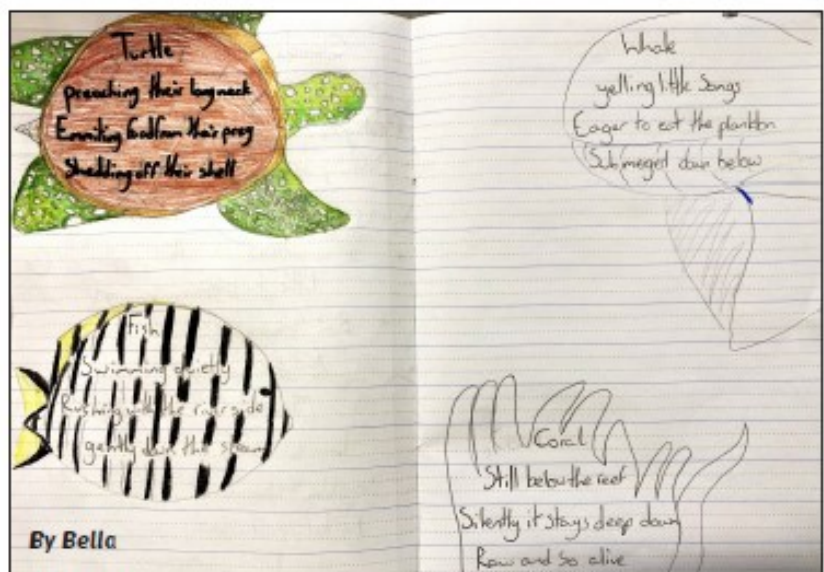
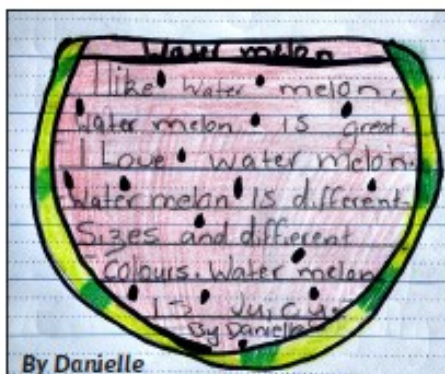
I love
 my sister
 she is the best
 I ever had a really funny like
 we watch the stars at
 night. I really
 really, really like
 to play with the
 same things with
 my sister.

By Jay Jay

Slimy
Earth
Ancient
Water
Every where
Edible
Different

Panda
prehistoric
tungle

By Jay Jay



Clouds
Fluffyballs in the sky
Clouds are floating in ways
Soft and fluffy clouds

By Blake

Rare
Unique
Buried
youth

By Tori

Spider Webs
Delicate and Soft.
Very Stringy and
Spiders sleeping sound

By Blake

Rabbit
Adorable pet
Cuddly soft fur all over
Cute warm fluffy tails.

By Ruby

T-shirts have
different brands. T-shirts have different
sizes. T-shirts have different shapes. T-shirts
have different colours.
Some t-shirts are thick
some are skinny. Some
t-shirts have pictures.
Some have nothing
on them at all. Some

By Samson

Trees
Branches reaching up.
Green leaves waving in the
breeze.
Root grow underneath.

By Ruby

26 different types of
cupcakes, strawberry apple
chocolate, vanilla, banana, etc.
butterscotch, gummy, star,
birthday, rainbow, iced,
savory, muffins, but,
blueberry, ice cream
cakes, heart, love
and 100's, 100's
raspberry, berry
smoothies, etc.

By Penny

Absolutely
love snakes because
I was born of the snake.
as the snake.
as nets. I
snakes reptiles
to have think you
your and only
snake because they
are rattlesnakes
mild doctious

By Nik

Super
Amazing
Marvellous
Silly
Obedient
Nosey

By Samson

Alphabet Poem
A is for ant
B is for bat
C is for cassowary
D is for dog
E is for elephant
F is for frog
G is for goat
H is for horse
I is for iguana
J is for jaguar
K is for kangaroo
L is for lama
M is for monkey
N is for narwhale
O is for owl
P is for pig
Q is for queen bee
R is for rabbit
S is for snake
T is for tiger
U is for umbrella bird
V is for viper
W is for wolf
X is for x-ray tetra
Y is for yabby
Z is for zebra

By Heidi

Jungle Scares
 Unique landscapes
 Multiple Lives
 Amazing sites
 Not so nice enemies
 Just a game - "Don't cry, Don't cry, Don't cry"
 Irresistible friends
 Jade and Ruby

By Tori

Mum
 funny, beautiful
 cooking, cleaning, washing
 She is very kind
 Mother

By Tahlia

Ocean
 Beautiful, shiny
 surfing, swimming, fishing
 The waves are huge
 Sea

By Tahlia

Jewel
 Amazing
 Delicate
 Enchanting

By Tori

Energetic
 Lovely
 Lonely
 Interesting
 Obvious
 Talent
 Terrific


By Elliott

ALL Serious
 Important
 Daring
 All about nature
 Aida



By Zoe

Terrific
 Amazing
 helpful
 lovely
 Intelligent
 Animal lover



By Zoe

Year 5-6 humanities

WE INTERVIEWED A MIGRANT TO LEARN ABOUT OUR DIVERSE COMMUNITY

ZOHARA

Interviewed by Blake

Zohara is kind hearted. She was born in 1949 in Israel and loves pianos and reading books. Before she came here, she lived in Kenya in Africa because her husband wanted to travel the world. Zohara was so good at piano that she was invited to move to Australia to teach it. She misses the Hebrew language.

- Blake



KAREN

Interviewed by Danielle and Nik

Karen is 39, and moved from NZ to Australia because of our beautiful beaches. She moved with her brother and missed the rest of her family and friends and the native wildlife and clear rivers. She is kind and has two kids.

- Danielle



DILSHANI

Interviewed by Chryssie

Dilshani is 35, from Sri Lanka. She left with her husband when she was 28 because she wanted to explore different countries. Dilshani works at Monash Hospital. She misses her family and friends and tries to visit them each year.

-Chryssie





STELLA

Interviewed by Tahlia and Aida

Stella is from the Phillipines. Her favourite food is fried bananas. In her childhood she loved seeing people harvesting the rice fields and watching water buffalo. She came because her husband got work as an engineer.

-Tahlia

JANICE

Interviewed by Bella, Jay Jay and Remy

Janice was born in 1959 in Scotland. She came on a plane when she was 26. Janice immigrated because she wanted to marry her girlfriend and wasn't allowed in Scotland. She is friendly and works at university. Her traditional foods include haggis, salmon and porridge.

- Bella



EMIR

Interviewed by Samson and Zoe

Emir is 38. He is from Bosnia and came here because of the war at home. He lived near a river that separated Bosnia and another country. He chose Australia because of the weather and kangaroos. He loves borëk. Bosnia has bears, foxes, deer and rabbits.

-Samson

JOËL

Interviewed by Tori and Ruby

I met Joël. He is from Vanuatu. He loves sport, especially Volleyball. He used to swim in the ocean. He left for studying. His parents had to work in the garden and he could only get certain things at the shops. He likes Australia because he can be himself here.

- Tori



Year 3-6 kitchen-garden

THANKS TO A GENEROUS GRANT FROM THE STEPHANIE ALEXANDER FOUNDATION, WE ARE CONNECTING THE GARDEN WITH THE KITCHEN AND COOKING UP A STORM!



Broccoli Salad

Season: Autumn/Winter

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, chives, garlic, tomato

Equipment:

metric measuring scales and spoons
large pot
2 clean tea towels
chopping board
cook's knife
small knife
fine grater
colander
bowls – 1 large, 1 small
serving platters

Ingredients:

2 large broccoli heads, cut into florets
½ tsp salt
3 large tomatoes, halved, de-seeded and finely sliced
1 small handful of chives, finely chopped
30 g parmesan, finely grated

For the dressing:

½ garlic clove, peeled and finely grated
3 tsp Dijon mustard
6 tbsp extra-virgin olive oil
1½ tbsp white wine vinegar
sea salt, to taste
freshly ground black pepper, to taste

What to do:

1. Fill the large pot with salted water and bring it to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Blanch the broccoli florets in the boiling water for 1 minute.
4. Drain the broccoli, then spread it over a clean tea towel to steam-dry.
5. Once completely dry, transfer the broccoli to the large bowl.
6. Add the tomatoes and chives to the bowl.
7. Combine the dressing ingredients in the small bowl.
8. Season with salt, pepper and parmesan to taste.
9. Pour the dressing over the salad and toss to coat, just before serving on platters.



Mushroom, Potato & Kale Frittata

Season: Winter

Serves: 30 tastes in the classroom or 12 at home

Fresh from the garden: eggs, kale, mushrooms, onions, potatoes

Note: The method for this recipe halves the mixture and cooks the frittata in two pans to save time.

EQUIPMENT:

metric measuring cups and spoons
tea towel
chopping board
cook's knife
medium saucepan
colander
large bowl
whisk
2 medium-sized heavy-based frying pans
spatula
serving plates

INGREDIENTS:

3 medium potatoes, cut into 1 cm cubes
10 eggs
½ cup milk
¼ tsp salt
¼ tsp black pepper
6 tbsp olive oil
1 onion, chopped
6-10 mushrooms, roughly chopped
6 large kale leaves, roughly torn into small pieces.

WHAT TO DO:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Preheat the grill to high.
3. Put the cubed potatoes in the medium-sized saucepan of water and bring to a boil.
4. Cook the potatoes for 10-15 minutes or until slightly soft. Drain, rinse with cold water and set aside.
5. Break eggs into the large bowl. Add milk, salt and pepper and whisk briefly until combined.
6. Heat the two frying pans over a medium heat.
7. Add 1 tbsp of olive oil to each pan. Divide the onion between both pans and lightly sauté until translucent, about 4 minutes.
8. Add 2 tablespoons of oil to each frying pan and divide the mushrooms between each pan. Fry for about 5 minutes until they start to release some liquid.
9. Divide the potatoes and the kale between each pan. Fry for a further 3-5 minutes until kale is wilted.
10. Pour half the egg mixture into one pan and the rest into the other pan. Cook gently, untouched, until each frittata begins to pull away from the sides of the pan.
11. Place each frittata under the grill and cook until the top puffs up a little and turns lightly brown.
12. Remove and set aside to cool slightly before sliding them out onto serving plates. Cut into wedges



Basic Pasta Dough

Serves: 30 tastes in the classroom or 4 serves at home

Fresh from the garden: eggs

his dough can be used to make many different types of pasta, such as fettuccine, linguine, lasagne, ravioli and spaghetti.

EQUIPMENT:

metric measuring scales and spoons
mixing bowls – 1 large, 1 small
plastic wrap
clean tea towels
cook's knife
rolling pin
chopping board
pasta machine (optional)
pastry brush

INGREDIENTS:

400 g plain flour, plus extra for dusting
2 tsp salt
4 × 70 g eggs

WHAT TO DO:

To make and rest the dough:

1. Combine the flour and the salt in the large bowl and then create a well in the middle of the flour.
2. Crack the eggs into the small bowl and then pour them into the well in the centre of the flour.
3. Use your hands to incorporate the eggs into the flour until the dough clings together and feels springy.
4. Tip the dough onto a clean, dry workbench. Knead the dough for a few minutes. Wrap it in plastic wrap and let it rest for up to an hour at room temperature.

To roll out the dough by hand:

1. Unwrap the dough and cut it into six pieces. Keep one piece out and fold the others back into the plastic wrap to stay moist.
2. Dust the workbench with flour. Roll the dough with your rolling pin. Add flour if it gets sticky, and keep rolling until your sheet of pasta is thin (about 3 mm thick).
3. Cut the pasta into noodles with shape cutters or a kitchen knife.
4. Repeat with the rest of the dough. If you need to pile up layers, keep a clean tea towel between the layers to prevent them from sticking.



Through cooking classes, we get to experience pleasurable food education, along with lots of important skills such as sharing, collaborative work, safety, hygiene, maths and knife skills.

The students wanted to share these recipes with their families, so we thought we could share them here and that way you can experiment with them at home.

As always, thanks for your support, Opal

Vietnamese Rice Paper Rolls

Season: Winter

Makes: Approximately 30 small rolls

Fresh from the garden: bean sprouts, carrots, coriander, cucumber, eggs, garlic, lettuce, lime basil/Vietnamese mint

Being able to make rice paper rolls is a good skill to have – it might take a bit of practice at first you'll quickly get the hang of folding the rice paper over the ingredients so it's firm but doesn't. Dipping sauces are also really easy to make – just remember to try to balance the flavour so it's too salty, not too sweet.

Equipment:

medium saucepan
metric measuring scales, cups and spoons
clean tea towel
chopping board
knives – 1 cook's, 1 small
salad spinner
citrus juicer
colander
mixing bowls – 2 medium, 1 large and shallow
mixing spoon
whisk
wok
spatula
large platter to serve
small serving bowl

Ingredients:

120 g vermicelli noodles
3 tsp soy sauce
2 tsp fish sauce
1 tsp palm sugar
250 g firm tofu, sliced 5 mm thick and 50 mm long
4 eggs
2 tbsp sunflower oil
30 small rice papers
2 large or 4 small cucumbers, sliced as per tofu
1 large or 2 small carrots, sliced as per tofu
1 cup Thai basil/Vietnamese mint leaves
1 cup coriander leaves
1 handful of bean sprouts
1 iceberg or cos lettuce, washed and spun
For the dipping sauce:
1 garlic clove, peeled and finely chopped
juice of a lime
1 tbsp fish sauce
2 tbsp caster sugar
tiny drop of chilli sauce

What to do:

1. Put a saucepan of water on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cook the vermicelli by adding it to the boiling water for 1–2 minutes, then drain and allow to cool.
4. Mix together 2 teaspoons of soy sauce, 1 teaspoon of fish sauce and 1 teaspoon of palm sugar in a medium bowl. Marinate the tofu in this mixture.
5. Whisk the eggs the other medium bowl with a splash of soy sauce and fish sauce.
6. Heat the wok and add the oil. Pour the egg mix into the hot wok and cook on a high heat until the mix is cooked right through and looks like a big omelette.
7. Remove from the wok, place on the chopping board and slice into long slivers.
8. Half fill the large, shallow bowl with warm water.
9. Dip a rice paper wrapper into the water and remove after 15 seconds. Place the wet rice paper wrapper flat onto a clean workbench or chopping board.
10. Place a small amount of vermicelli noodles, then a small amount of each ingredient onto the bottom third of the rice paper.
11. Roll over once, tuck the loose ends into the roll and then roll up.
12. Spread crunchy cos or iceberg lettuce leaves in a layer on the serving platter.
13. Stack the rice paper rolls onto your platter of lettuce to serve.
14. For the dipping sauce, mix all the dipping sauce ingredients together in a small serving bowl. Serve alongside the rice paper rolls.

All recipes thanks to the Stephanie Alexander Foundation

Year 3-6 tree planting

WE PLANTED SHE-OAKES FOR THE GLOSSY-BLACK COCKATOO WITH LANDCARE AND BIRDLIFE



Secondary Divisional X- Country

On Monday the 22nd May, we travelled to Lakes Entrance, to compete in the Secondary Divisional X – country. Jacque Renaut and Kaiden Schmetzer competed in the 13 year old 3km race. Both the boys did a fantastic job competed well and ran hard.

Congratulations to Jacque who qualified for the Regional X-Country in Drouin on Thursday 1st June. Good luck mate.



Cann Valley Emergency Management Agency Network

The Cann Valley Emergency Management Agency Network was established in 2022, bringing together agencies that are responsible for responding to emergencies and community preparedness. This group continues to meet quarterly and consists of the local agencies and organisations including Victoria Police, CFA, SES, East Gippsland Shire Council, Department of Energy, Environment and Climate Action (DEECA), East Gippsland Water, Southern Rural Water, Parks Victoria, Cann River P-12, Red Cross, Cann Valley Bush Nursing Centre. Other agencies participate around specific projects.

So what is preparedness?

A set of actions that people or agencies take as precautionary measures in the face of potential disasters. This can include knowledge, capabilities, skills and actions to anticipate, respond to and recover from the likely event or hazard.

Everyone has a role to play in preparing themselves and their families for emergencies and potential life disruptions.

The group has been working on assessing the infrastructure around the district including Water Security at various facilities including a tour of the Cann River P-12 Neighbourhood Safer Place and their sprinkler systems and Cann River Water Treatment Plant. The group has developed signage that can be used during emergencies and recently members attended a preparedness session with people in Club Terrace.



Update from the Emergency Management Agencies

FFMVic News: Jennie Smith- DEECA

Reducing bushfire reduction works that include – (Roding and Track works)

Combienbar Trail - Gravel re-sheeting and culvert replacement is progressing well and near completion.

Coast Range – 14kms of gravel re-sheeting completed

Jones Creek Road – patch gravelling and culvert replacement completed

Stony Peak – mulching works commenced on Strategic Fuel Break

Cemetery Track – patch gravelling and culvert replacements near completion

Crew from Cann River Work Centre updating training requirements with skills development for Falling operations

Objectives achieved with recent Station Street Planned Burn in April of 44 hectares for Asset Protection Zone

Cann River SES report: Andrew Filmer

Cann River SES has responded to 7 requests for assistance over May consisting of 6 calls for trees on roads and 1 road accident.

Building on the training we have been doing over the last couple of months, 6 members recently completed a chainsaw and pole-saw course.

This month's training was on our domestic rescue kit which involved extricating entrapped dummy fingers from rings, fencing wire, hard plastic, ring pulls, drink containers and plug holes.

East Gippsland Shire Council: Blanche Evans

The Emergency Management team at EGSC are currently working with facilitators to run community led Emergency Relief Centre training for community members. The training will ensure key community leaders understand and demonstrate how to approach and interact with emergency affected community members. They will gain an understanding of relief support agencies and their roles and be able to effectively plan for and operate an Emergency Relief Centre should Council be unable to provide the necessary resourcing.

Country Fire Authority: Jodie Burt

Home Heating Safety

You need to be careful with all types of home heating and it's important to be aware of the risks involved with using fixed and portable heating appliances. Heaters can include:

- fixed electrical appliances • fixed gas powered appliances • an open fire • wood heater/slow combustion heaters
- portable heaters including electrical, gas and kerosene.

Fires caused by heating increase during winter months

Heating Safety tips

- ensure heaters are installed, maintained and operated according to manufacturer's instructions
- turn off all heating devices before leaving home or going to sleep
- drying clothes and other items must be kept at least one metre away from all heating
- children must be supervised near all types of heating. Maintain a safe distance between children and heating
- Portable heating appliances choose models with automatic safety switches that turn off the heater if tipped over
- keep portable electric heaters away from wet areas to avoid the possibility of electric shock.

Open fire safety tips

- always use a fire screen in front of an open fire
- extinguish open fires before leaving home or going to sleep
- ensure ashes are cold before discarding
- chimneys and flues should be cleaned annually
- keep wood and other combustibles at least one metre away from fire
- children must be supervised near open fires. Maintain a safe distance between children and heating
- only burn dry, clean wood
- brick chimneys and gas heaters should be checked before winter to prevent fires and carbon monoxide poisoning.
- Carbon monoxide (CO) is an odourless, colourless gas that can be produced by faulty gas heaters, it can be fatal.

Visit esv.vic.gov.au

Community Based Bushfire Management Program: Safer Together: Suzy Claringbould

This program works across the Cann and Buchan Valleys with both agencies and communities to prepare for emergencies.

Supporting the networks to understand the water security infrastructure across the district.

Working in partnership with the Cann Valley Bush Nursing Centre, Council and the Working Group for Children with disabilities, to develop a training program that will support agency staff in having the conversation with people they support to develop their own individual emergency action plans.

WANTED

Our students are in need of empty plastic containers
with lids, for cookery class.

If you have any you no longer need
Please could we have them at the school.



For example
Ice cream containers
Margarine containers
Take away containers etc



Thank you

Term 2 - 2023
APR 28th - MAY 12th



WEEKLY SCHEDULE
Cann River | Bemm River
| Orbest

For bookings contact:

Kelly Szczygielski
Senior Sports Coordinator
0435 482 232

Sabine Amos
Arts Coordinator
0402 658 010

Alanna Bryan
Sports Coordinator
0422 664 776

Jennie Rush
Sports Coordinator
0468 839 554

Sara Stres
Sports Coordinator
0423 725 544

Lisa Broome
Arts Coordinator &
Community Connector
0401568 503

Regular
programs

Upcoming

MON	TUES	WED	THURS	FRI
	<p>Bemm River Chair Yoga 10:00-10:45pm Bemm River Neighbourhood House</p> <p>Bemm River Chat & Create 11:00-12:30pm Bemm River Neighbourhood House</p> <p>Orbest NAIDOC Songwriting Workshop 3:30 - 5:00pm Orbest Tennis Clubroom</p> <p>Cann River Kids Yoga (ages 10-15) 4:00-4:45pm Cann River The Hall</p> <p>Cann River Yoga (ages 15+) 5:00-6:00pm Cann River The Hall</p>	<p>Cann River Chair Yoga 10:30-11:30am Cann River Bush Nurse Centre</p> <p>Cann River Kids Music (Prep-Gr 4) 3:20-4:20pm Cann River P-12</p> <p>Cann River Strength Fitness Cann River Community Hall 4:45-5:30pm</p>	<p>Cann River Community Music 12:30-1:30pm Cann River Community Centre</p> <p>Cann River Cann Create 1:30-3:00pm Cann River Community Centre</p> <p>Cann River Kids Cricket 3:20 - 4:20 Cann River P-12 College Oval</p> <p>Cann River Jam Session (Gr5-up) 3:20-4:20pm Cann River P-12 College</p>	
	<p>Orbest After School Activities 3:30 - 5:00pm Orbest Youth Club</p>			

CANN RIVER

JAM SESSION

DRUMS | GUITARS | KEYBOARDS | SINGING | & MORE

GRADE 5 AND UP



Thursdays
3:20-4:20pm

CANN RIVER P-12 COLLEGE
MUSIC / ART ROOM



For enquiries contact Lisa on 0401 568 503



54 reasons



OR

CRICKET KIDS

CANN RIVER

THURSDAYS
3:20PM-4:20PM

Cann River P-12
School Oval

For enquiries contact Kelly on 0435 482 232

YOGA

WITH NADINE

CANN
RIVER



TUESDAY

(MAT YOGA)

5:00PM - 6:00PM

THE HALL
CANN RIVER

WEDNESDAY

(GENTLE | CHAIR YOGA)

10:30AM - 11:30AM

BUSH NURSE CENTRE
CANN RIVER



For enquiries contact Kelly on 0435 482 232

ULTIMATE FRISBEE TOURNAMENT

23 JUNE 2023

Time: 4pm - 5pm
Location: Mallacoota Oval

FOR AGES 12-25

FREE MINI
PIZZA MAKING
FROM 5PM



For enquires,
call Sara
on 0423 725 544





reclink
australia

CANN KIDS MUSIC

WITH LISA

MONDAYS
3:20PM - 4:30PM
CANN RIVER P-12 COLLEGE

UKULELE PLAY ALONG SESSION
DRUM & PERCUSSION CIRCLE & MORE

FOR ENQUIRIES CONTACT LISA ON 0401 568 503



reclink
australia

CANN COMMUNITY MUSIC

-DRUMMING/PERCUSSION
-UKULELE SING ALONG
& MORE

THURSDAYS
2:15PM - 3:15PM
CANN RIVER COMMUNITY CENTRE
ALL ABILITIES WELCOME
NO MUSICAL EXPERIENCE NECESSARY
BOOKING ESSENTIAL CONTACT LISA ON 0401 568 503

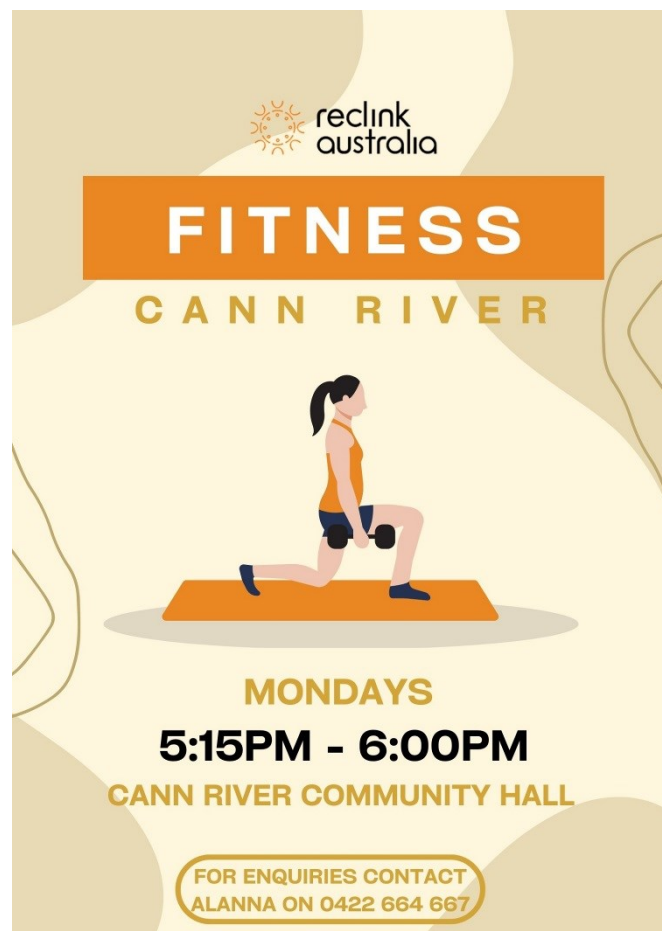


reclink
australia

CANN CREATE

THURSDAYS
12:30 - 2:00PM
CANN RIVER
COMMUNITY CENTRE

To book or for more information
contact Sabine on 0402 658 010



reclink
australia

FITNESS

CANN RIVER

MONDAYS
5:15PM - 6:00PM
CANN RIVER COMMUNITY HALL

FOR ENQUIRIES CONTACT
ALANNA ON 0422 664 667



Cann River Community Centre

5158 6465 admin@cannrivercommunitycentre.org



Lantern Making Workshop
with artist
Tracey Johnston
Tuesday 6th June

Centrelink & Medicare Agency



We provide support to connect and solve your Centrelink & Medicare queries on Wednes-

Services Australia equipment self service is available every day 10.00 to 4.00pm

- WiFi Internet
- Fax machine
- Phone
- Printer & Scanner
- Forms
- Computer



Gold Coin Community Lunch - All welcome **Wednesdays** 12pm to 1.00pm

Youth Group all welcome 12-25yrs **Fridays** 4.00pm to 8.00pm



CALLING FOR EXPRESSIONS OF INTERESTS

IF YOU WOULD LIKE TO HAVE A STALL OR PARTICIPATE IN A CAR BOOT SALE, FOR THE WINTER FESTIVAL, on JULY 1st

Please give us a call or send a message



Craft by local artists & Bargain Opportunity Shop open Weekdays 10.00 to 4.30pm

Thursdays

Reclink Cann Community Music 12.30pm to 1.30pm

Reclink Cann Create Art Classes 1.30pm to 3.00pm

reclink
australia

HAIRDRESSING SERVICES
At Cann River Community Centre
By Emma Taylor

Call 0405 066 918
Book an appointment for Tuesday

**WATCH THIS SPACE FOR
OUR NEXT FIREWOOD
RAFFLE**
TICKETS
\$2.00 EACH
OR 3 FOR \$5.00



Rhonda

0408 124 112
Make the time to
book now -5th June
from 10am

FREE EVENT

LANTERN MAKING WORKSHOP

TUESDAY 6TH JUNE



CANN RIVER NEIGHBOURHOOD HOUSE
10AM - 2PM

COME AND MAKE A LANTERN
TO LIGHT UP CANN RIVER!

For information and bookings contact Tracey Johnson
on 0418221078 or mail@traceyjohnson.com.au

**PART OF THE
EAST GIPPSLAND WINTER FESTIVAL**
9 JUNE TO 9 JULY

Eggs & F



This project is jointly funded by the Victorian Government
and Commonwealth Government under the Commonwealth-
State Disaster Recovery Funding Arrangements



STORIES OF COMMUNITY AND COUNTRY

East Gippsland Fire to Flourish is inviting you
to explore how together we can build a
stronger community and future

**CANN RIVER COMMUNITY HALL
GRAND OPENING 17 JUNE 1PM
COMMUNITY LUNCH, LIVE MUSIC FROM
FROCK N' TROLL & CHANGO TREE**

Meet the team and share your story with
an interactive timeline about the
communities and country of Far East
Gippsland

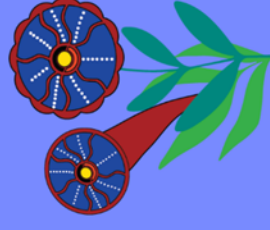
**FREE and open daily June 17 to
June 22**



FROCK N' TROLL



CHANGO TREE



June 2023 Cann Valley Bush Nursing Centre Newsletter

<p><u>Orbost GP</u> <u>Dr Anis</u></p> <p>14th June 28th June Phone 5158 6210 to book an appointment</p>	<p><u>Orbost Dental</u></p> <p>6th July Phone 5154 6625 to book appointment</p>	<p><u>Maternal & Child Nurse</u></p> <p>15th June Phone 5154 6666 to book appointment</p>	<p><u>The Cave</u> TBC</p>
			<p><u>PAG</u></p> <p>1st June-Biggest Morning Tea 15th June-Out of Centre activity</p>
<p><u>Physio</u></p> <p>Maddie Rosen 2nd June 30th June Phone 5158 6210 to book an appointment</p>	<p><u>Physio</u></p> <p>Carla Zijlstra 16th June Phone 5158 6210 to book an appointment</p>	<p><u>Podiatrist</u></p> <p>Nerida Manning 16th June Phone 5158 6210 to book an appointment</p>	<p><u>Pathology</u></p> <p>Tuesday and Thursday 9:00am– 11:00am</p>
			<p><u>Consumer Advisory Group</u></p> <p>9th June 3:30pm</p>
<p><u>Bus to Bairnsdale</u></p> <p>13th June 27th June Phone 5158 6210 to book</p>	<p><u>Bemm River Nursing Clinic</u></p> <p>28th June</p> 	<p><u>Are you details correct and membership up to date?</u></p> <p>Please see reception to renew your member and update your details.</p>	<p><u>Counsellors</u></p> <p>Peter Quinn (RFDS)- 14th&28th June Phone 1300 363 322 to book an appointment</p> <p>Duncan Oliver (ORH) 5154 6623 to book an appointment</p>
<p>CVBNC will be closed Monday 12th June</p> <p>In the case of an emergency phone 000</p>	<p>Verbal aggression has become more prevalent towards our staff. This behaviour will NOT be tolerated and you will be asked to exit the building. We kindly ask you to treat our staff with respect. We will endeavour to assist you as expediently as we can.</p>	<p><u>Important phone numbers:</u></p> <p>CVBNC Nurse on call-5158 6274 Covid-19 Hotline-1800 675 398 Head-To-Help-1800 595 212 Mental Health Wellbeing RFDS- 03 8412 0480</p> 	



Massage Therapy
Remedial / Sports / Relaxation
Winter special - Hot Rocks
Contact Jodie 0438 096 808

Cann River Hall Hire Fees as of January 2023

Hire fees per hour:

- Hire of Main Hall only – \$10 per hour
- Hire of the hall and kitchen \$15 hour

Hire fees **PER DAY** (includes setup time & pick up time):

- Private Hire of Hall and Kitchen - \$100 (bond required of \$100)
- Community group or not for profit - \$100 (no bond required)

Key pickup & drop-off: Normally, hirers, are asked to pick up the key from the Cann River P/12 College (51586245).

If you cannot arrange this, let us know, and we can organise for the key to be left elsewhere, or one of our committee members to meet you at the hall.

We ask that the hall hirers keep the hall clean and tidy. If the committee has to employ a cleaner, there may be a surcharge on future bookings.

Selection Civil Bobcat and Tipper Hire

- Minor earthworks
- Block clearing and clean ups
- Site preparation
- Driveways

All enquires, contact Mick Connley

0409 586 380

selectioncivil@outlook.com



Petals Gardening Maintenance

Is your garden getting out of control ?

Cant keep up with the weeding ?

Call Bron on 0428 789 965

No mowing or whipper snipping, just
good old weeding and beautifying !!



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Call **Larz Van der sant** for friendly, local and punctual service.

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
5 Playgroup at community centre Reclink activities - see advert	6 Reclink activities - see advert	7 Lunch at community centre Doctor at Bush nurse.	8 Reclink activities - see advert	9 Youth group at community centre
12 Kings Birthday Public Holiday	13 Reclink activities - see advert Bush nurse bus to Bainsdale	14 Lunch at community Centre. Doctor at Bush nurse Counsellor at Bush nurse	15 Last day of Reclink activities for the term - see advert Maternal and child nurse at bush nurse PAG at Bush nurse	16 Jinga Podiatrist & Physio at Bush nurse Youth group at community centre