



Jinga

a school and community
newsletter

No. 9 July 21st 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

19th July

2nd August

16th August

30th August

13th September

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

Front Cover:

Artwork by year 9/10 students

From the Principal's desk

Acting Principal's report

Welcome back to school for term 3. It has been really pleasing to see our students return from their holidays and get straight back into their learning. In the coming weeks we have a number of extra-curricular activities planned, including a session with Wheeltalk (a company that specialises in wheelchair sport). Visits from the Gippsland Mobile Tech Library, and book week activities for our primary aged students. Don't forget that Reclink will be back again this term as well.

Athletics Carnival

Over the past few weeks during their sports lessons, our students have been preparing for the annual athletics carnival to be held at Mallacoota P-12 next Tuesday the 25th July. Thanks to Tammy and the staff who have helped to prepare our students. Good luck to everyone next Tuesday!

Compass

In late August we will be rolling out Compass, which is a student management system that is used by many schools around the state. This program will help to streamline many of our administrative processes and will help with communication between school and home. Watch this space, as we will share more information in the coming months.

Reading support

In order to cater to our diverse range of students we are seeking volunteers who are willing to help with reading support. No extra skills are required, just a willingness to listen. Please let us know at the office if this is something that you would be interested in.

L2P Mentor Training invitation

The TAC L2P program is designed to help Learner drivers to have enough logged driving hours to go for their P-Plates. For this to work we are in need of licensed drivers to act as Mentors. If you think this is something that you may be interested in, please sign up on the form in the front office. Please read the flyer included in this edition for more details.

Kind regards,

Nick Woodward



Acting Principal

Upcoming changes to NAPLAN reporting

Ahead of NAPLAN results for students being released from Monday 17 July 2023, I'm writing to inform you of some changes to this year's reporting. These are changes being introduced nationally by the Australian Curriculum Assessment and Reporting Authority (ACARA).

NAPLAN will continue to measure student achievement in numeracy, reading, writing, spelling, and grammar and punctuation but the results will now be presented in 4 proficiency levels:

These are:

exceeding

strong

developing

needs additional support.

This change will give schools, parents and carers, clearer information that details student achievement against new proficiency levels.

Students' NAPLAN reports will continue to show how they are tracking against their peers, and provide an indication of their skill levels against national averages, and where we would expect them to be in order to get the most out of schooling. This provides valuable information to teachers about how we can continue to support your child.

Each set of NAPLAN results is an important milestone, but it's also important that students know that one result does not define them – these results are about making sure every student gets the support they need so they can continue to get the best from their learning.

When we provide you with your results, you will also receive information about what the new proficiency levels mean.

As ever, you're welcome to speak to me, or your child's teacher with any questions about these changes.

Kind regards,

Nick Woodward



Acting Principal

I am going to Melbourne in August.

Every week I've got to go to Melbourne for my foot.

I will get a cast.

By Charlie 12.7.23.



I have a Squishmallow.

It is little and I have a

Big one too.

I like them because they are cute and they are butterflies.

By Charlie .17.7.23.

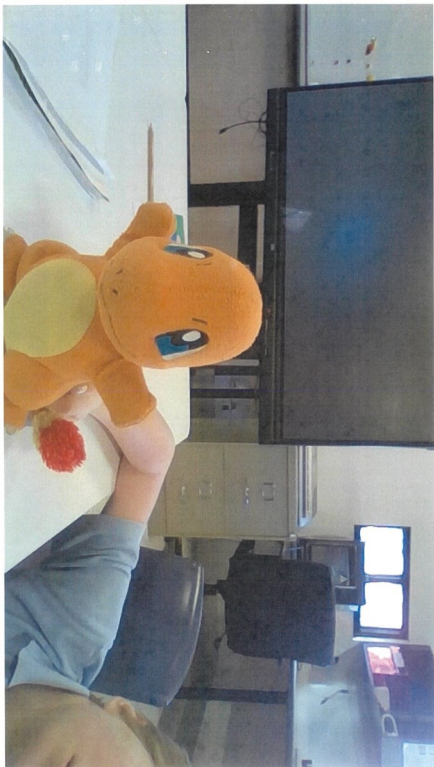


I got minecraft iron golems. I got away from the iron golems. It is good. I am the best. Wyatt 17.7.23



Demo derby is the best. He can smash through rocks. It is cool. He is the best. Wyatt 11.7.23





Charmander is the best and Charmander can do a back flip and Charmander can do a front flip and Charmander can fly high. 17.7.23 By James

My tiger shark is the best and it can eat meat and he can eat everything.

It can do a back flip and it can do a front flip.

By James 10.7.23



This is a Mega-Wrex.
Trien 14.7.23



14.7.23

A castle is big.

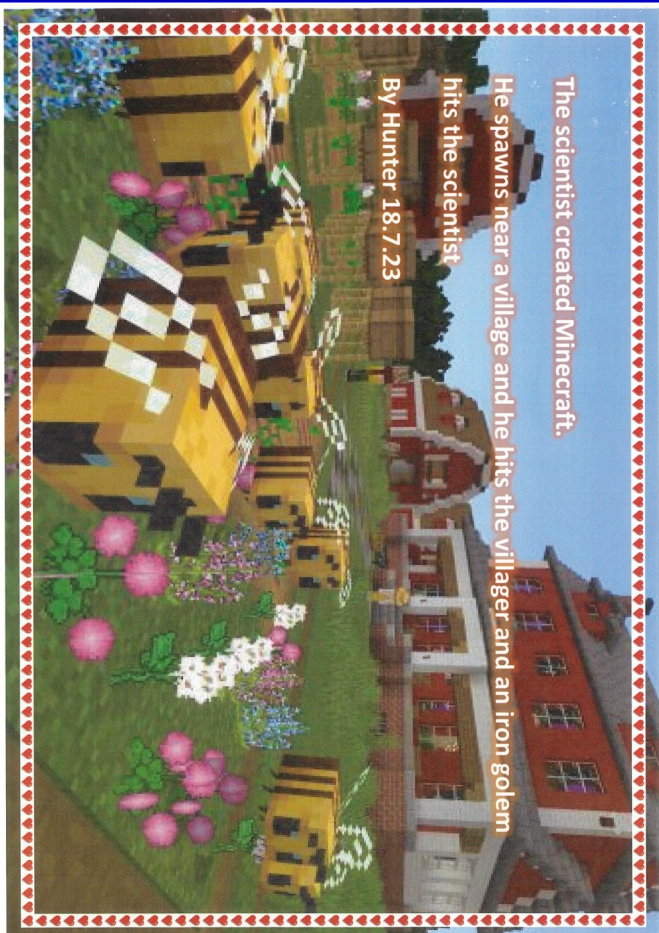
Trien 11.7.23

A castle is Big.



Prep / 1 / 2

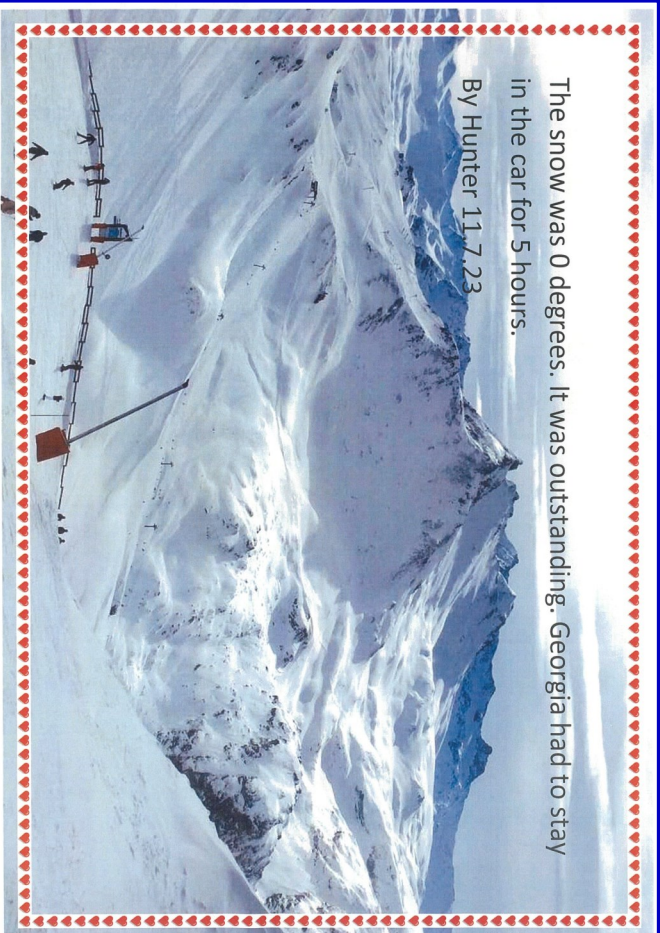
Prep / 1 / 3



The scientist created Minecraft.

He spawns near a village and he hits the villager and an iron golem hits the scientist

By Hunter 18.7.23



The snow was 0 degrees. It was outstanding. Georgia had to stay in the car for 5 hours.

By Hunter 11.7.23



I got a monster truck. It is black and it is a shark and it needs a screw. It is big, too.

By Jett 12.7.23.



I got a RC car. It is orange and black and it is big and it is off-road and it has suspension and it has a bull bar. It has a roller cage. By Jett 10.7.23.

3-6 holidays

Pokemon Violet

By E.C.



On the second week of the holidays I went to Squirrels with mum and it was so fun. We were there on Monday and Tuesday then on Wednesday we went to Borsdale to get my new glasses but we went to other shops too. We went to E.B. games, The Book Orchard, the old shop Aldes, Woolies, Toy world and Kmart. At E.B. games I got a new switch game called Pokemon Violet in there. I got clueDo. On Thursday and Friday we were back at mums work and, like the past week, after two hours it was finally time to play my Switch. I obviously played my new game!

How to play: First Pick a character, Upgrade your character (e.g. you want to follow instructions that are shown on the screen, Pick out of the three starter pokemons a grass type cat a her type crocodile and a water type Duck. At a certain part of the game you will find a Pokemon on the beach near your house where you can feed it the Sandwich your mum gave you at the start. After a while you will reach your new school and at some point you will be called to the Professors office to talk to his friend, the original owner of the Pokemon you found on the beach. The Pokemon's owner wants you to continue to look after the Pokemon. At the end of the year there is a treasure hunt and the first time you get to ride the Pokemon you found on the Beach. Your goal is to win Gym Badges, catch lots of Pokemon, your Pokemon will evolve you will Direct (thank you! Darn... I had so much fun!

The Holiday



I had a sleepover at Grandads house and I met a friend named Chloe. We had so much fun and we played outside. And Wyatt and Jett were playing at my house. The other day I went to the winter festival. I went to the park, I love playing at the park. Then I had my Mummies Mum was at my house too. I had fun and she showed me a trick and you need a leaf or a piece of grass and it makes a weird sound. I was given two watches. One is a butterfly and the sides move and my other

watch and also gems move. When you shake it and the watch move around. And I was sad because Nanny was leaving tomorrow. I went fishing with my friend and my Grandad, Nanny, Wyatt and Jett and Chloe. When it was time to go Nanny was untangling Jett's fishing rod and Jett caught a Nanny fish.

The END

My Holidays

fled



Me and Set went to Samson's house
and had a lot of fun. Seth and
Samson were it for two rounds each. Then
I was it. I told Samson I screamed like a little
girl getting hollies. Then Seth kept
on going in the bushes. After a while I
finally got him

On The Holidays

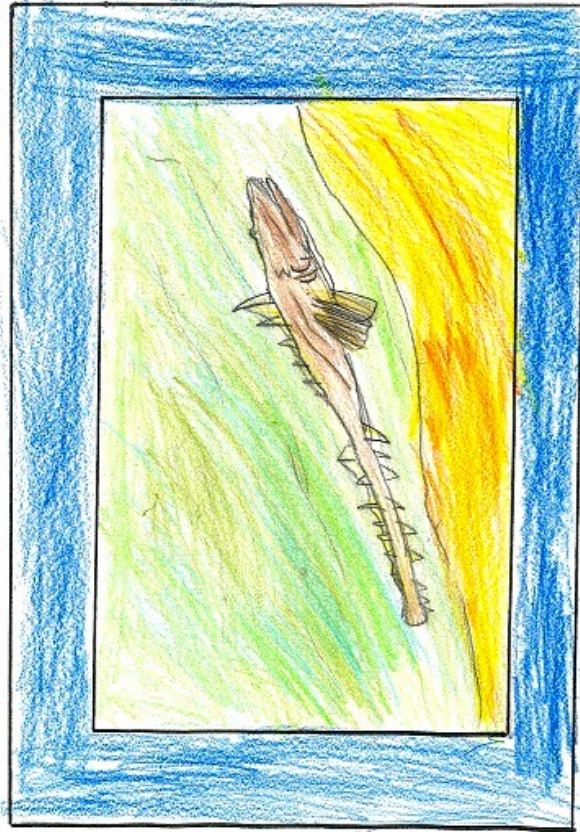


On the holidays we went to Melbourne.
When we arrived we watched TV. I liked watching
Forea Horizon 4. Chryssie liked watching Maria Elizabeth
and Zoe liked watching Paper Dolls. The next day we
went to Ghadstone and I got a Nintendo switch game called Minecraft.
Then for speed Hot Pursuit Remastered. The next time we went to
Ghadstone and I got another Nintendo switch game called Mario Kart 8.
and also got the Nintendo switch steering wheel. When we got
back from Ghadstone we saw the Super Mario Bros Movie. Then we came
back to Cannon River and played on the Nintendo and played Mario Kart 8.
8 Deluxe and I used the steering wheel and almost came second.
I enjoyed my holidays a lot. THE END

By Nikiforos

read more remarkable things at Nik.Edu.au/Recounts

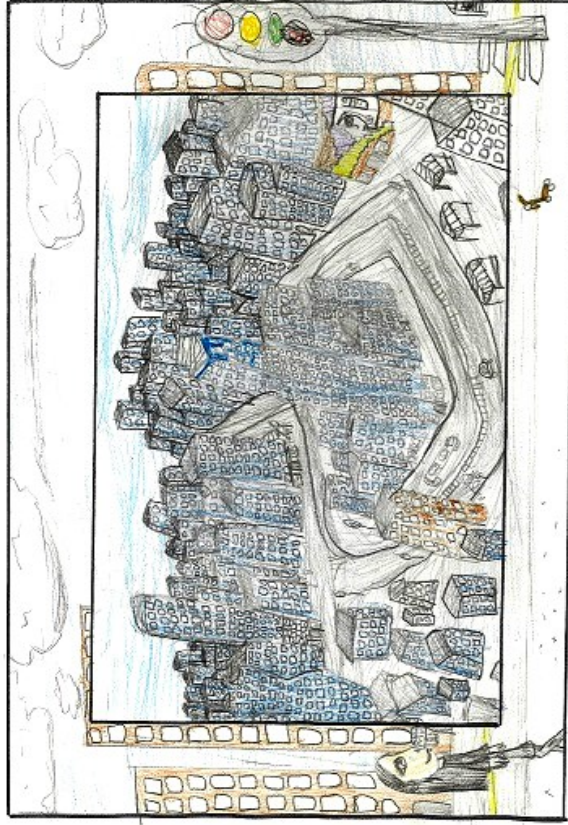
My Holidays



Most of the first week of my holidays I would either be playing with Ben and Matt, throwing stuff into a fire pit, or driving my dad's ute on Sunday. Dad and I went fishing at Sippy Point and I caught a 6.5 ton flat head which is the biggest flat head ever caught. Then I went to my nan's and grandpa's house and did lots of tractor driving. I came home on the week end and drove my dad's ute up country back to the helipad and back.

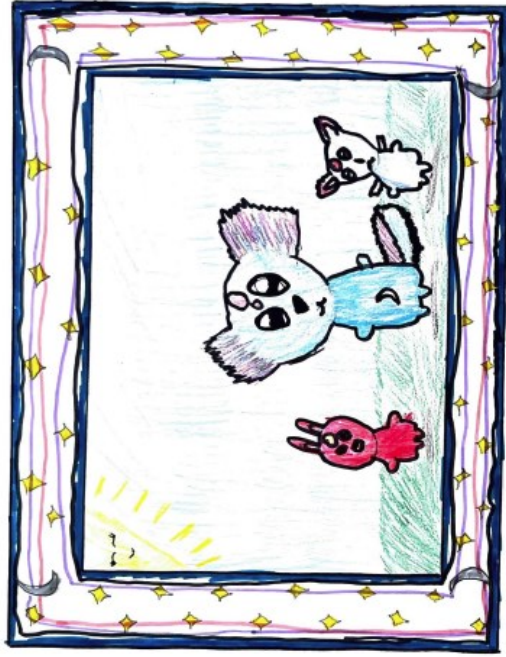
By Samson

Melbourne



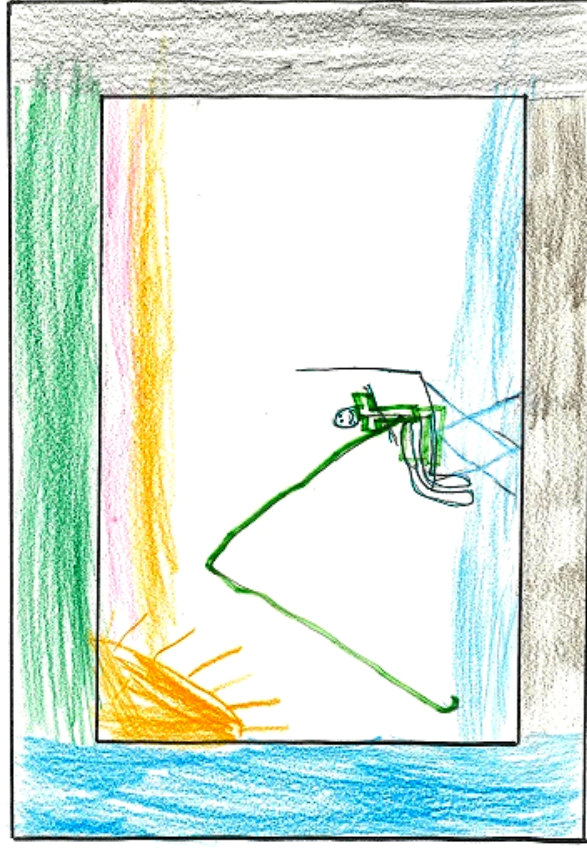
On the holidays I went to Melbourne. The skyscrapers were HUGE! Seriously when we were there I almost screamed - Zoe, Chrissy and Nik! I DO NOT KNOW WHAT YOU DID WHEN YOU FIRST CAME HERE. YOU MUST HAVE BEEN LIKE - 'Suburbs I used to live in Melbourne. Why is this town so tiny?' Ok, I know that's not what you said but I, Aida, Traci, Venny - Cranshaw, have experienced your feeling (relate to), but why? Why did we go to Melbourne? Well it was a surprise at first but I went Ice-Skating! I was good, Mum was terrible. Kenny was ok and Sophie & Emily & Corina was a pro! Although Melbourne was kinda dirty & I love Melbourne.

My Holiday



On School Holiday I went to Melbourne At Melbourne I went to Chadstone and went to Target and I got a Mario mixtape. Then I went to EB Games and I got a Pokémon bag. The next day at night I watched The Mario movie. The next morning I went home. When I got home I got to play Nintendo and after that I went to bed. In the morning I went to the farm and did some art.

On The holidays

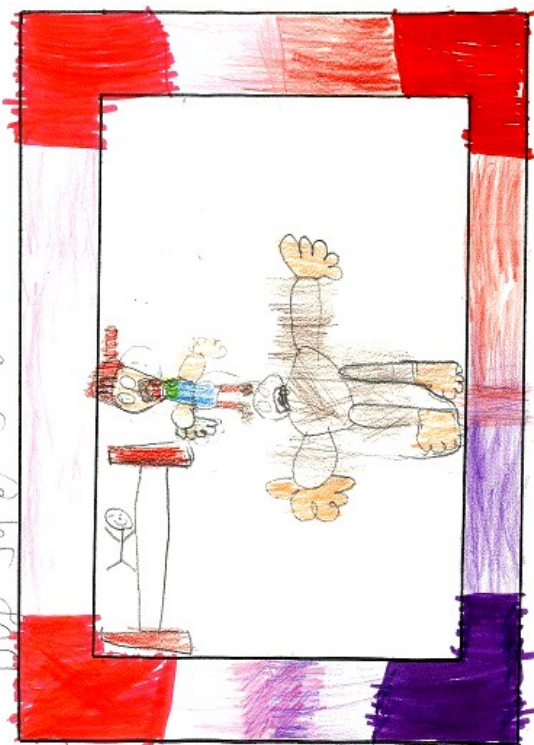


I went to Mueller and stayed a night. I woke up early to go fishing and I had my line out for an hour and then I got a Biko. Then we went home and I got on the motor and delivered it to my mum.

By Elliott

Offline holidays

Feb 24 1962



(Oh the holidays I got to sleep in and sleep in ALL day. It was so fun being both in the hot + how sleeping. I watched the new Super Mario Bros movie. I went to movies place for a sleep over. I + sister + No No + was all.

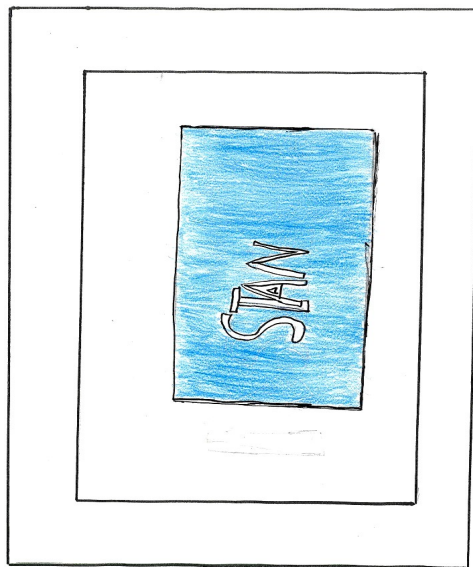
My School Holidays!



Over the holidays, I went to my mum's house. The main thing we did was watching T.V. or painting. But the best thing we did was watching the new "superman: bros" movie on the XBOX. My older brother, Will, bought it for us to watch together, but my mum didn't really enjoy it until Donkey Kong appeared. (Donkey Kong is her favourite.)

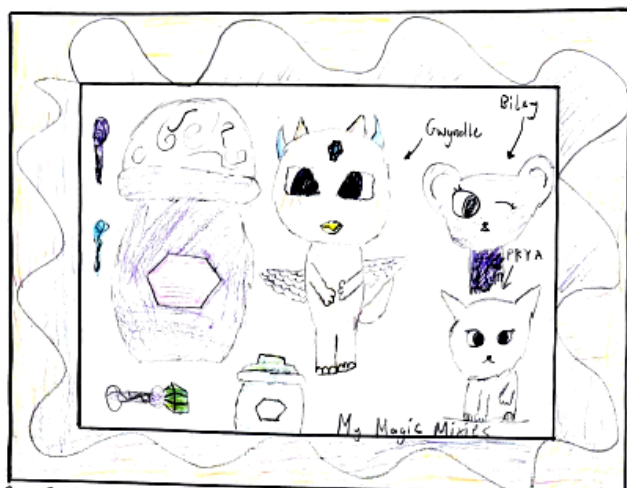
Still the best thing I did was sleep in AND stay up. I felt like every day I woke up at a time from 11-2 AM. Overall I had a good break.

My Holidays



On the School Holidays Bella, Levi and I went to Cambodia. Levi and Bella went to their mums and I went to my Best-Friends house. Kira, Kira, Kira wanted to go to the Park so we asked her mum to see if we could go to the Park. Her mum said yes so we waved there. We spent 1 hour ish and played on the swings. We got tired and went back to her house. We had ~~masses~~ of fun and then watched a movie. I stayed there at my Best-Friends house. I had an awesome time.

MY AMAZING HOLIDAYS



On Friday the 30th of June we left to go to Dandenong to see family. We went to Chadstone that was the first thing we did. At Chadstone they had exhibitions of balloon animals. There were two of them. There was one about sea creatures and one about dinosaurs. The dinosaurs were massive. After that, my Auntie got me earrings for my birthday. (Before we went to Dandenong we got a haircut). Then I got a cat plushie. It came with a name. The name was Dandelion but I changed it to Delfini (from the Harry Potter book). The second time we went to Chadstone we got lunch for lunch then we went to Target. I got a mini Magic Mixie when I saw a mini Magic Mixie. I mean 3 mini Magic Mixies because I got a big pot and a small pot. The big pot came with two small Magic Mixies and the small pot came with one small Magic Mixie. Nix got Minecraft with Mario messup (which means you can play as Mario characters). And he also got Need for speed but pursuit remastered. Zoe got an axolotl big Magic Mixie which she named Cotton Candy. Zoe also got a small Magic Mixie. Zoe got a fluffy bunny as well she was going to call it cotton candy the second but I told her the name Fairy Floss and she thought it was a good name so she named it Fairy Floss. We also watched the Super Mario Bros movie. When we went to our other grandma's house for a sleepover, our cousins were there. We played Fortnite in real life and we played victory royal 100 times. My cousin Nix one time then we played Battle Royal which you have friends. In the middle of the night I sleepwalked my aunt told me her sister (my auntie) once sleepwalked and her parents found her outside and my uncle from my dad's side used to sleepwalk down the stairs my grandma told me that. I enjoyed my holidays. That's

My Holiday

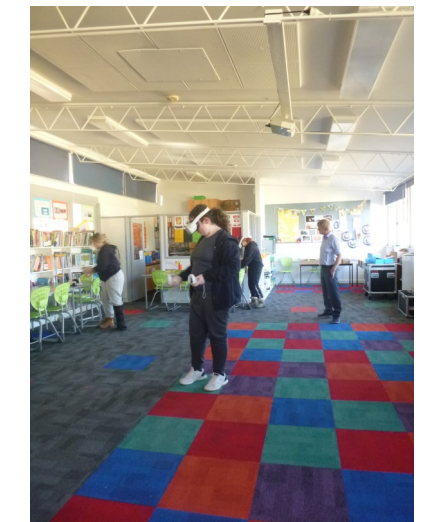
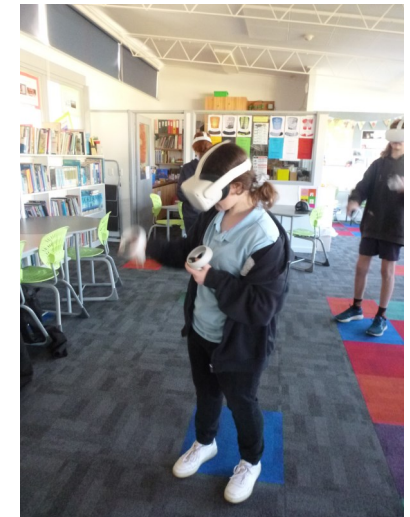
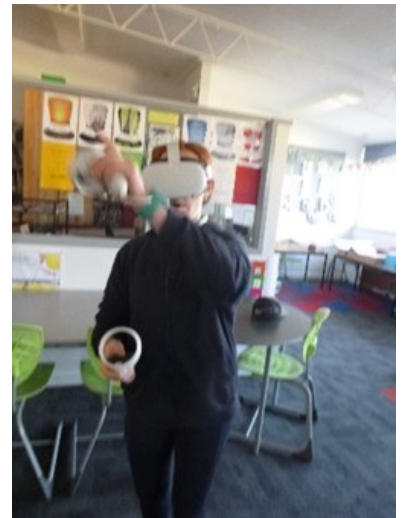
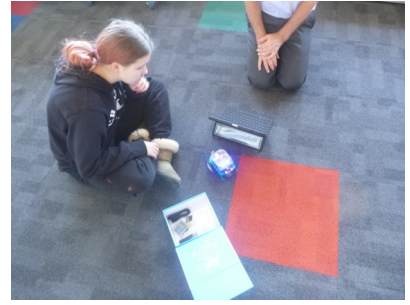


On the 23rd of June we had a school break up. On Saturday our friends came up and they stayed for a week. The next Saturday it was the winter festival. All day we had shops open and we got \$15 from this lady. I did not remember her name. We got to spend it a bit of different shops. Then at 4.30 pm we went to the pub for dinner and we also got a led light ball. When we got home my dad brought a guitar and for three days I have been playing a song call candy. On the weekend my Nan and Grandad came to see us all. But my grandad had to go to the hospital with my uncle but he is ok. I wish I can go to the winter festival again. I had lots of fun.

By Danielle

Gippsland Tech Visit.

On Tuesday July 18th, Gippsland Technical School visited Cann River P-12 College.
Students in years 7-10 participated in Industry Tech Taster.
Thanks to Warren and Michelle for demonstrating this activity.





MENTORS NEEDED

Help Learner Drivers Get Behind the Wheel

We are looking for Volunteers with driving experience, to help young Learner Driver's gain on the road experience through our L2P program.

All it takes is one hour a week!

L2P is a program which provides access to Mentor drivers for young Learner Drivers who are facing significant barriers to gaining on road experience.

Such barriers might include no access to a vehicle or a supervising driver.

Insured vehicles are provided by the program as well supervisor driver training.

Our next TAC L2P Volunteer Mentor Training will be held on

Friday 4th August, 2023

9.30am – 4.00pm

Cann Valley Bush Nursing Centre

27 Monaro Highway, Cann River

Lunch will be provided

For more information or to register your interest for this role

Please contact Cheryl Siely on 0419 605 533

or email sielyc@missionaustralia.com.au



JOIN OUR TEAM! RECLINK ARTS COORDINATOR/ COMMUNITY CONNECTOR FAR EAST GIPPSLAND

Reclink Australia is a national not for profit committed to engaging marginalised members of our community through sport, art and fun.

Reclink is working alongside key services and agencies in the East Gippsland region to improve the lives of people experiencing the impacts from the 2019/2020 Summer Bushfires and COVID.

The Arts Coordinator & Community Connector will be responsible for establishing and delivering new programs in far east Gippsland

The successful applicant will create opportunities for art, community connection, and assisting sports coordinators as required.

**For a copy of the job description:
callista.cooper@reclink.org or call 0481 961 900**



CANN KIDS MUSIC

WITH LISA

WEDNESDAYS
PREP-GRADE 4
3:20PM - 4:20PM
CANN RIVER P-12 COLLEGE

UKULELE PLAY ALONG SESSION
 DRUM & PERCUSSION CIRCLE & MORE

reclink australia 54 reasons

FOR ENQUIRIES CONTACT LISA ON 0401 568 503



CANN RIVER JAM SESSION

DRUMS | GUITARS | KEYBOARDS | SINGING | & MORE

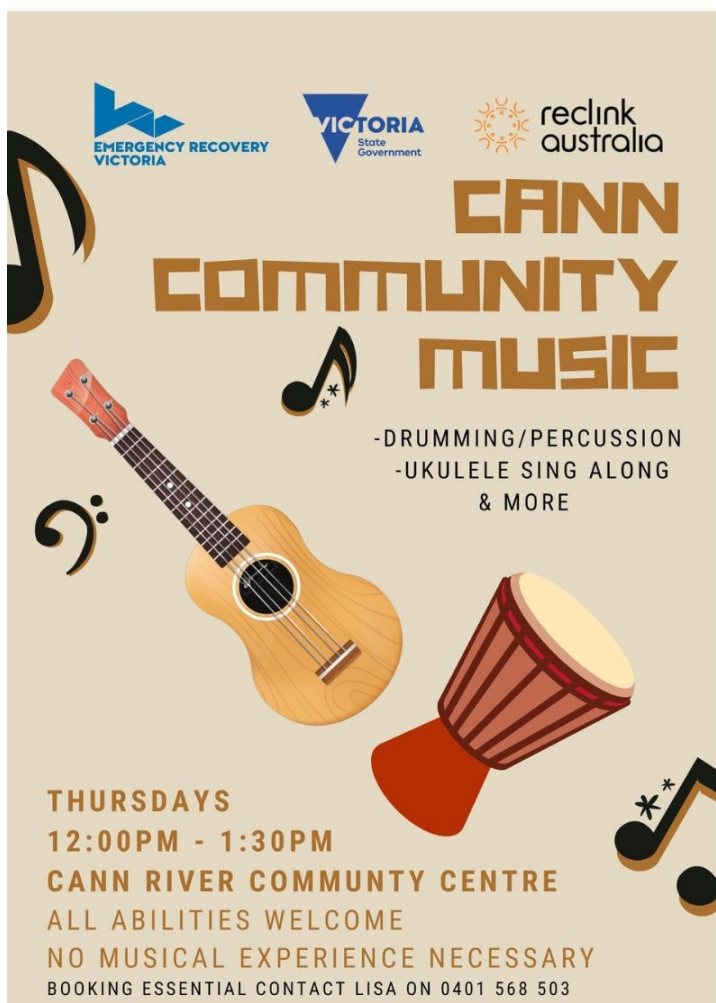
GRADE 5 AND UP

 **Thursdays**
3:20-4:20pm

CANN RIVER P-12 COLLEGE
MUSIC / ART ROOM

EMERGENCY RECOVERY VICTORIA reclink australia VICTORIA State Government

For enquiries contact Lisa on 0401 568 503



CANN COMMUNITY MUSIC

-DRUMMING/PERCUSSION
 -UKULELE SING ALONG
 & MORE

THURSDAYS
12:00PM - 1:30PM
CANN RIVER COMMUNITY CENTRE
 ALL ABILITIES WELCOME
 NO MUSICAL EXPERIENCE NECESSARY
 BOOKING ESSENTIAL CONTACT LISA ON 0401 568 503

EMERGENCY RECOVERY VICTORIA VICTORIA State Government reclink australia



Starting 19th July

INTRODUCTION TO PHOTOGRAPHY

Wednesdays
1:00pm- 2:30pm
Cann River Community Centre

Learn some easy tips and tricks to improve your photographic skills.
 All you need is a smart phone or a camera.
 Laptop is handy, but not essential.

Bookings essential; Please contact
 Lisa on 0401 568 503

EMERGENCY RECOVERY VICTORIA reclink australia



reclink
australia

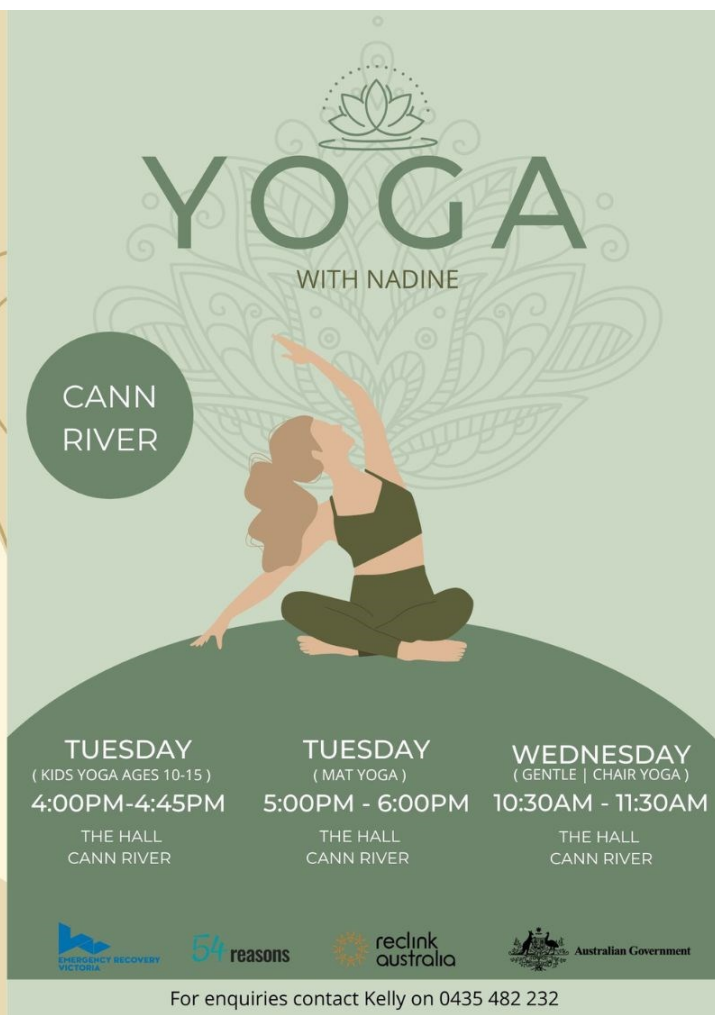
FITNESS

CANN RIVER

WEDNESDAYS
5:00PM - 5:45PM
CANN RIVER COMMUNITY HALL

FOR ENQUIRIES CONTACT MARIA ON 0468 581 055

 Australian Government







YOGA

WITH NADINE

CANN RIVER

TUESDAY (KIDS YOGA AGES 10-15)	TUESDAY (MAT YOGA)	WEDNESDAY (GENTLE CHAIR YOGA)
4:00PM-4:45PM	5:00PM - 6:00PM	10:30AM - 11:30AM
THE HALL CANN RIVER	THE HALL CANN RIVER	THE HALL CANN RIVER

    Australian Government

For enquiries contact Kelly on 0435 482 232

Reclink is looking forward to Term 3 as we have many exciting programs on offer for the entire community. Whether you feel like getting creative, or making some noise, exerting some energy or slowing down Reclink invites you to come on down and try one or all of our programs.

See you around!

From Kelly, Lisa, Sara,
Maria & Alanna



COMING SOON

Afterschool physical activity for the **Secondary Students** Starting in a couple of weeks. Watch this space!

Term 3 - 2023

JUL 10th - SEPT 15th



WEEKLY SCHEDULE

Cann River | Bemm River
| Orbost

For bookings contact:

Kelly Szczygielski

Senior Sports Coordinator
0435 482 232

Maria Edwards

Sports Coordinator
0468 581 055

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
0401568503

Regular
programs

Upcoming

MON

TUES

WED

THURS

FRI

**Bemm River
Chair Yoga**
10:00-11:00pm
Bemm River
Neighbourhood
House

**Bemm River
Chat & Create**
11:00am-12:30pm
Bemm River
Neighbourhood
House

**Orbost
After School
Program**
3:30 - 4:30pm
Orbost
Youth Club/Tennis
Courts

**Cann River
Kids Yoga**
(ages 10-15)
4:00-4:45pm
Cann River Hall

**Cann River
Yoga**
(ages 15+)
5:00-6:00pm
Cann River Hall

**Cann River
Chair Yoga**
10:00-11:00am
Cann River
Community Hall

**Cann River
Cann Art or
Music**
10:00-2:30pm
Cann River
Community Centre

**Cann River
Kids Music**
(Prep-Gr 4)
3:20-4:20pm
Cann River
P-12 College

**Cann River
Strength
Fitness**
5:00-5:45pm
Cann River Hall

**Cann River
Community
Music**
12:00-1:30pm
Cann River
Community Centre

**Cann River
Jam Session**
(Gr5-up)
3:20-4:20pm
Cann River
P-12 College

**Cann River
School Activity**
Time TBA
Cann River
P-12-College

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





Tuning in to Teens

Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions

Do you want to:

- Learn how to better understand and manage your teen's emotions, such as anger, anxiety and sadness?
- improve your communication with your teen?
- Teach your teen to deal with conflict
- Help your teen learn to manage their emotions?

Dates: Fridays 21st July - 25th August

Time: 10.00am - 12.00pm

Cost: FREE

Venue: ONLINE via ZOOM

Supporting the development of your teen's emotional intelligence will help them:

- Have greater success with making and keeping friends.
- Be more able to calm down when angry or upset.
- Have better communication at school.
- Better manage challenges and change.



Register: via the QR code or contact
Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555

PARENTZONE

MEDIA RELEASE

Contact: Paula Strong M: 0499 625422



28 June 2023

Do you want to represent broader customer views?

East Gippsland Water has a vacancy available to join their Customer Advisory Committee and are looking for eligible customers to apply through an Expression of Interest.

Do you think you have what it takes? Are you an East Gippsland Water customer who believes you can provide invaluable feedback and fairly represent broader customer views?

If yes, then East Gippsland Water wants to hear from you!

Executive Manager Customer, Community and Communications, David Radford, said that strengthening engagement with East Gippsland Water customers on important matters around the delivery of our drinking water and water recycling services is extremely important.

“The Customer Advisory Committee is essentially an advisory group to our Board. To highlight the committee’s importance, it had an instrumental role to play in developing and assessing the community engagement process for our 2023-2028 Price Submission to the Essential Services Commission.

“The current committee has also overseen development of a new water efficiency program to commence on 1 July and takes a strong interest in community matters relating to East Gippsland Water’s civic stewardship responsibilities.”

This is a volunteer position available with reasonable travel costs covered.

For more information and to apply, visit egwater.vic.gov.au, email egw@egwater.vic.gov.au or call 1800 671 841.

The image shows East Gippsland Water's Customer Advisory Committee members (L-R) John Miller, Noel Weston (Chairperson), Sue Gaffney, Tricia Healey (now Board member) and Sharon Thorpe

Absent: Current committee members Jill Millbourn and Darren Randall.



MEDIA RELEASE

Contact: Paula Strong M: 0499 625422



30 June 2023

East Gippsland Water seeks customer feedback

East Gippsland Water is undertaking its first ever customer communications survey to help guide how the organisation and customers would like to interact in the future.

The survey is seeking feedback on a variety of communications methods such as the website, SMS messaging, billing and newsletters.

Executive Manager Customer, Community and Communications, David Radford, said providing continuous improvement opportunities for East Gippsland Water customers is extremely important.

"We would really value customer input on how and when they would like to do business with us, receive communications from us and what types of information they would like to receive.

"We have a very wide demographic that we need to cater for and taking part in this survey is a great opportunity for our customers to have input and assist us in designing our methods of communication.

"One recent example of us listening to customer sentiment is the expansion of our face-to-face customer service opportunities through our Customer Connect program."

The online survey should only take up to five minutes to complete. Scan the QR Code or visit [East Gippsland Water's website](#) to take part or alternatively, call the Customer, Community and Communications Team on 1800 671 841 for assistance.

Survey closing date is Thursday, 31 August 2023.

Ends



GIRLS CULTURAL FIRE CAMP

Supported by Fire and Emergency Services



GIPPSLAND 2- DAY CAMP

TAFE Gippsland - Forestec Aug 1-2

(non-residential multi-day camp)

What you'll gain

Community
Resilience

Leadership
Skills

Teamwork

Career Pathways



What you'll do

Live fire &
extinguishers

Cultural
Knowledge

First Aid

Road Rescue



REGISTER
NOW



Principal Partner

www.girlsonfire.com.au

info@girlsonfire.com.au

Cann River Community Centre



Training to becoming a L2P Driving Mentor contact Cheryl 0419 605 533

- Cann River training 4th August
- Full training program to ensure you're prepared to mentor and supervise a learner driver
- Learners participating in the program also have access to free driving lessons with a professional instructor to build their skills before getting on the road with a volunteer mentor.

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 - Closed on Wednesday 21st June

All welcome on any other **Wednesdays** 12pm to 1.00pm

Play Group 0-4's - By Orbost Regional Health team **Mondays** 10.00 to 12.00pm



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

Printing/Copying, Free Wi-Fi and Computer use Weekdays 10.00 to 4.30pm



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
On a break till the 4th July

warm up this
WINTER
Did you know that the
\$250 Power Saving Bonus
can be spent on anything,
not just on electricity bills.


Energy Efficient
Good Shepherd
VICTORIA

Rhonda

0408 124 112
Make the time to
book for the 31st

July 2023 Cann Valley Bush Nursing Centre Newsletter

<u>Orbost GP</u> <u>Dr Anis</u> 26th July Phone 5158 6210 to book an appointment	<u>Orbost</u> <u>Dental</u> 6th July Phone 5154 6625 to book appointment	<u>Maternal &</u> <u>Child Nurse</u> 20th July Phone 5154 6666 to book appointment	<u>The Cave</u> 13th July 27th July <u>PAG</u> 6th July -In Centre activity 20th July -Out of Centre activity
<u>Physio</u> Maddie Rosen 28th July Phone 5158 6210 to book an appointment	<u>Physio</u> Carla Zijlstra 21st July Phone 5158 6210 to book an appointment	<u>Podiatrist</u> Nerida Manning 28th July Phone 5158 6210 to book an appointment	<u>Pathology</u> Tuesday and Thursday 9:00am– 11:00am <u>Consumer Advisory</u> <u>Group</u> 11th August
<u>Bus to</u> <u>Bairnsdale</u> 11th July 25th July Phone 5158 6210 to book	<u>Bemm River</u> <u>Nursing</u> <u>Clinic</u> 26th July 	<u>Are you details</u> <u>correct and</u> <u>membership up</u> <u>to date?</u> Please see reception to renew your member and update your details.	<u>Counsellors</u> Peter Quinn (RFDS)- 12th July & 26th July Phone 1300 363 322 to book an appointment Duncan Oliver (ORH) 5154 6623 to book an appointment
	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.	<u>Important phone numbers:</u> 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	



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 !!



LV Electrical and Air conditioning

For all your electrical and air conditioning installation needs.

Servicing Orbest to Mallacoota.

Domestic and commercial experience.

REC:28752

0438 521 928

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

July / August 2023

CVBNC = Cann Valley Bush Nursing Centre
CRCC = Cann River Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
24 Playgroup at CRCC	25 Cann River/Mallacoota athletics carnival at Mallacoota CVBNC bus to Bairnsdale Yoga at the hall	26 Dr at CVBNC Counsellor at CVBNC Fitness at the hall Yoga at the hall Lunch at CRCC	27 PAG at CVBNC Reclink activities see advert	28 Physio at CVBNC Podiatrist at CVBNC Youth group at CRCC
31 Playgroup at CRCC	1 Yoga at the hall	2 Yoga at the hall Lunch at CRCC Reclink activities - see advert	3 Primary district athletics at Bairnsdale Reclink activities - see advert	4 Youth group at CRCC