



Jinga

a school and community newsletter

No. 10 August 4th 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:

Mallacoota athletics

From the Principal's desk

Athletics Carnival

On Tuesday the 25th July we combined with Mallacoota P-12 to hold our annual Athletics Carnival. It was fantastic to see the level of participation across the whole school. I'd like to thank Mallacoota P-12 for hosting, Tammy Grubestic for preparing our students for the day, all the staff who played a role in running the day, the parents who came down to support us, and finally all the students who gave everything their best shot.

Representatives at Regional Athletics

Following the school athletics we have had a number of students who have made it to the next level. Yesterday four students from our 3-6 class travelled to Bairnsdale to compete against other schools from our region. Congratulations to Danielle Gardner, Chryssie Maragos, Elliot Pardew and Nik Maragos for taking up this opportunity. The secondary regional athletics will be held next week.

Compass

Our school compass account is in the process of being set up. Staff have started learning to use the program. In the coming weeks information will be sent home with your child to support you in setting up your parent account. There is a phone app that you can install; some of the features will include the ability to easily let school know when your child will be absent and to approve school excursions from your phone. As with any change, it will take us a while to get used to it, so if you have any questions or concerns, please don't hesitate to come in for a chat.

Staffing changes

This term we have had a few staffing changes that have helped us to continue to deliver our teaching and learning program. Alyx Burgess who has been with us as an emergency teacher throughout the first half of the year has taken on a few classes for the remainder of the year. Greg Burke has also joined us for term three and will be teaching a few humanities classes across the school, amongst others. Thank you to Alyx and Greg for coming on board to support our school.

From week six of this term Opal Sternbaum will be taking a year of leave. Opal has been instrumental in reinvigorating our kitchen garden program and has been proactive in sharing her ideas and skills with the staff across all the subjects she has been teaching, which I'd like to thank her for. Good luck Opal, for the year ahead.

Kind regards,

Nick Woodward



Acting Principal

Prep / 1 / 2

We watched whale watching on the tv
and it was fantastic.

We are going soon.

HUNTER 2.8.23

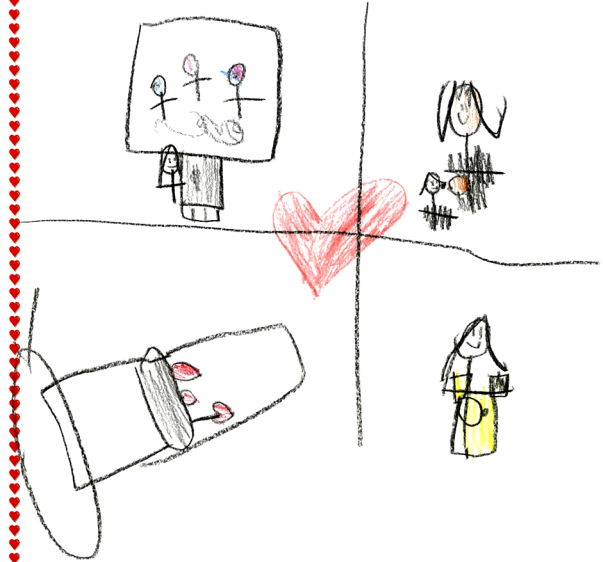


My sister is having a baby and I kissed
Emily's baby.

I played on the claw machine.

We got toys and rings and bracelets.

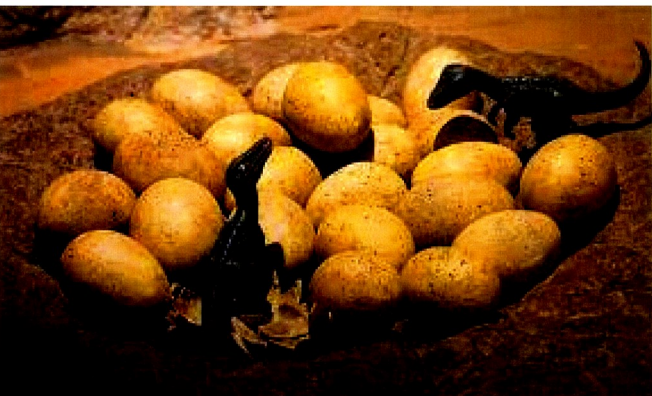
By Charlie .31.7.23



On top of the palm tree a
dinosaur came out of it is egg.

The dinosaur ate James and
Hunter and Charlie because he
was hungry and funny.

By Wyatt 31.7.23



Demo Ace is the best.

Demo Ace has big wheels and Demo Ace
is very strong.

Grandma gave him to me.

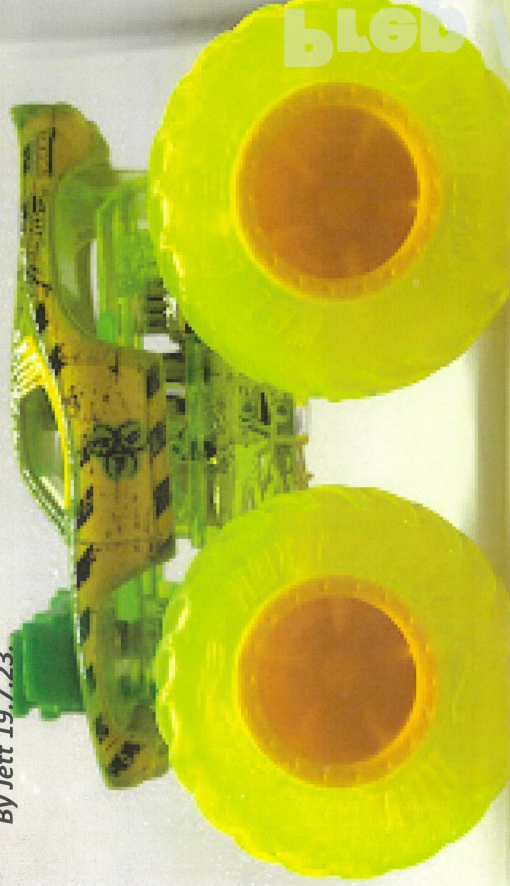
21.7.23 By James



Prep / 1 / 2

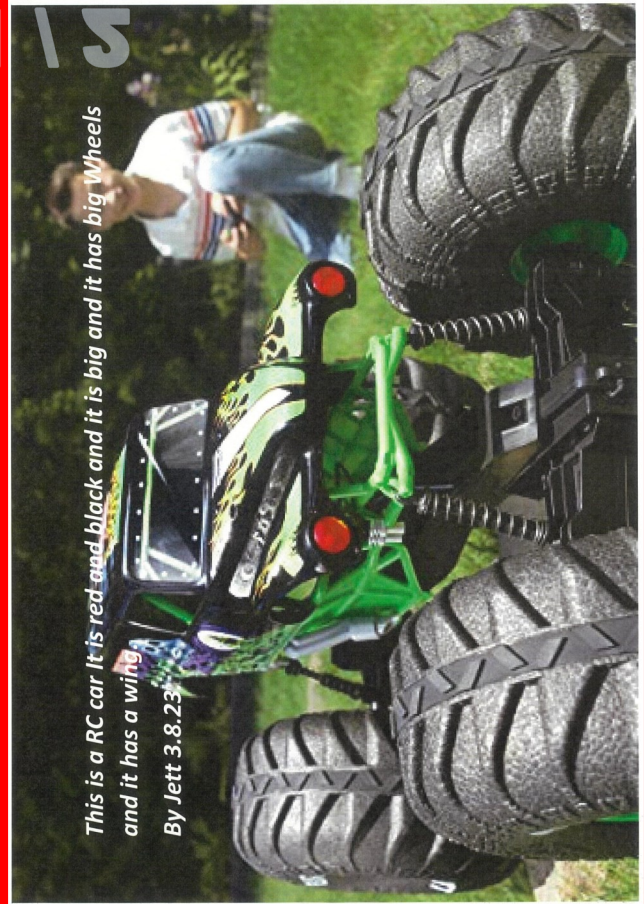
Toxic roger dodger is yellow and green and he has a blower and he is toxic and he can do back flips.

By Jett 19.7.23.



This is a RC car It is red and black and it is big and it has big Wheels and it has a wing.

By Jett 3.8.23



The megalodon is strong.

Trien 24.7.23



Tomorrow we are going to the athletics carnival in Mallacoota.

It will be terrific and I am excited. I will be running and jumping and throwing.

By Hunter 24.7.23



Prep / 1 / 2



Yesterday we went to the athletics in Mallacoota.

Shot put was the best. By Trien Khang 26.7.23



Yesterday we went to the Athletics Carnival in Mallacoota. It was the best because I got to race and I liked the Tug of War and the high jump. I did my best and I had lots of fun. 26.7.23
By James



Yesterday we went to the athletics carnival in Mallacoota. I made friends and that is Sam and Hudson and Harvey. I did my best. I think I did a wicked job and so did Sam and I liked shot put the most. By Hunter 26.7.23

Prep / 1 / 2

blob / 1 / 5



KITCHEN GARDEN

We have been busy in the kitchen this term. Last week we made weetbix slices and honey joys with Mrs Stephenson and this week it was homemade pasta with broccoli sauce and a zingy salad of sugar snap and snow peas. For dessert, we had a yummy pear-crumble.

The meal took us a good hour to make and was gone in a flash, with all plates left empty!

See the recipes on the next page if you want to try out some dishes that are easy, kid friendly and healthy too!

Looking forward to next week's cooking session,
Miss Opal



RECIPES

From the Stephanie Alexander
Kitchen Garden Foundation



Basic Pasta Dough

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

Fresh from the garden: eggs

This 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.

Broccoli, Chilli & Lemon Sauce

Season: Winter/Spring

Makes: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, broccoli, chilli, garlic, lemon

This is a lovely, tasty sauce for pasta that uses loads of fresh green broccoli straight from the garden. The key to this dish is to not overcook the broccoli.

Equipment:

metric measuring scales and spoons
clean tea towel
chopping board
cook's knife
citrus juicer
zester
grater/fine grater
vegetable peeler
saucepan with steamer and lid
frying pan
food processor
mixing bowl
mixing spoon
serving platters
small serving bowl

Ingredients:

1 kg broccoli
4 garlic cloves, peeled and finely chopped
1 long red chilli, de-seeded and finely chopped
4 tbsp olive oil
1 handful of basil leaves
salt and pepper, to taste
1 quantity **Basic Pasta** of your choice
zest and juice of a lemon
50 g parmesan, grated

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Separate the broccoli heads from the stems. Chop the broccoli heads roughly into florets. Peel the stems and chop finely.
3. Steam the broccoli for 5 minutes, until soft but still bright green. Save a cup of the steaming liquid from the pot.
4. Pan fry the garlic and chilli in olive oil and toss in the steamed broccoli.
5. Add the broccoli, garlic, chilli, olive oil, basil leaves and reserved steaming liquid to the food processor. Pulse until puréed, but not so smooth that it is watery – leave some chunks in for texture.
6. Pour the sauce into the mixing bowl, add salt and pepper to taste.
7. Make the pasta using the **Basic Pasta** recipe of your choice.
8. Stir the sauce through the warm pasta, adding lemon juice and zest and any pasta water if needed. Transfer to serving platters.
9. Serve the grated parmesan alongside the pasta in the small serving bowl.



1 of 1

Snow Pea, Snap Pea & Feta Salad

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: garlic, lemon, mint, snow peas, sugar snap peas

Crisp green peas add a colourful and textural flourish to this classic combination of mint and feta.

Equipment:

metric measuring scales, jug, cups and spoons
medium saucepan
clean tea towel
chopping board
cook's knife
colander
mortar and pestle
whisk
large mixing bowl
mixing spoon
serving platter

Ingredients:

1 large handful (about 1 cup) of sugar snap peas, topped and tailed and strings removed
1 large handful (about 1 cup) of snow peas, topped and tailed and strings removed
1 L water
1 handful of mint, finely chopped
salt and pepper, to taste
100 g feta
For the dressing:
1 garlic clove, peeled
1 tsp salt
2 tbsp lemon juice
1 tsp honey
¼ cup extra-virgin olive oil



What to do:

1. Bring water to boil in the saucepan.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Blanch the peas for 30 seconds. Drain and leave in the colander to cool.
4. To make the dressing, mash the garlic and salt with the mortar and pestle, add lemon juice and honey and whisk in olive oil.
5. Place cooled pea pods and mint in the mixing bowl and mix through carefully.
6. Add three-quarters of the dressing to the salad and toss.
7. Season to taste.
8. Place salad on the serving platter, crumble feta over the top and drizzle over the remaining dressing.



Pear Crumble

Season: Autumn/Winter

Serves: 30 tastes in the classroom or 10 at home

Fresh from the garden: lemons, pears

This is an easy sweet dish that is great in winter. Once you understand how to make a crumble you can do this with any fruit that happens to be in season, and experiment with flavours – perhaps adding nutmeg or star anise – and textures.

Equipment:

metric measuring scales, jug, cups and spoon
clean tea towel
chopping board
cook's knife
vegetable peeler
citrus juicer
large saucepan with lid
medium bowl
colander
large baking dish
wooden spoon
2 medium mixing bowls

Ingredients:

500 ml water
juice of a lemon
150 g caster sugar
12 pears, peeled and chopped
For the topping:
¼ cup brown sugar
1 tsp baking powder
1 tsp ground ginger or cinnamon
½ cup plain flour
2 cups rolled oats
100 g unsalted butter



What to do:

1. Preheat the oven to 220°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the water, lemon juice and caster sugar in the saucepan. Bring to a simmer.
4. Drop the pears into the syrup.
5. Put the lid on the saucepan. Turn the heat down to low, and simmer for 7–10 minutes, until tender.
6. Drain the poaching juice off into a bowl (you can use this for future dishes, just store, label and freeze it). Place the fruit in the bottom of the baking dish.
7. To make the topping, mix the sugar, baking powder and ground ginger or cinnamon together in a bowl.
8. In another bowl, add the flour and oats. Crumble the butter into the mix and use your fingers to squeeze the ingredients together and form pea-sized pieces.
9. Toss the flour mixture in with the sugar mixture.
10. Spread the topping over the fruit.
11. Bake for 30 minutes or until topping is golden brown and bubbling at the edges.

Cann Kids Crush it at Coota Carnival

Jacque Renaut, sports reporter for Jinga.

On Tuesday 25th of July, the Cann River kids took their competitiveness to Mallacoota for the Cann-Coota athletics day.

The day started with the introduction and the Welcome to Country.

“I was really nervous for the day ahead” said Macey Lynn, aged 14 from Cann River.

The events kicked off with the 100m sprints.

“I was very confident for my first race” said Levi Wolstencroft aged 14.

From there, the day went smoothly with no controversy.

“I was looking forward to javelin and I think I competed best in it” said Kaiden Schmetzer, aged 13.

Other events for the day included shotput, discus, 200m and high jump.

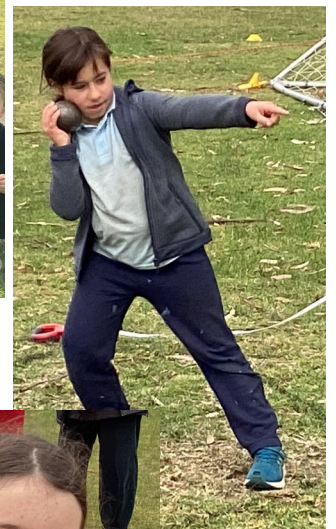
“When I jumped in high jump I landed on the bar and my butt hurt for the rest of the day” Claire Pardew, a year 8 student from Cann River.

At the end of the day, the two principals came together to farewell everyone.

“Thank you everyone for coming, it was great to see the two communities coming together.”

As the closing ceremony wrapped up, Brown from Cann River and Bastion from Mallacoota celebrated winning for their respective houses.

Mallacoota Athletics



Australian Government Mobile Service Centre

Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Thursday, 17 August 2023

9:30 am to 4:00 pm

Next to the Community Centre, Princes Highway

CANN RIVER

For more information, go to servicesaustralia.gov.au/mobileoffice



Australian Government Mobile Service Centres

If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

Water Security across the Cann Valley District

The Cann Valley Emergency Management Agency Network met on the 24th May 2023 at the Cann River Water Treatment Plant to discuss water security across the district. Representatives from all the key agencies attended including East Gippsland Water, East Gippsland Catchment Management Authority, CFA, SES, Ambulance, DEECA, Victoria Police, East Gippsland Shire Council, and the Cann Valley Representative Group and CBBM.



Key Facts about Water across Cann Valley

- The Cann River catchment (1167 km²) is formed at the meeting of two streams- the East and West branches of the Cann at Weeragua.
- The catchment for the river comprises of forested upland areas on the Victorian and New South Wales Border.
- The Water Treatment plant can run at 10 litres per second to produce potable drinking water for those with township water supply.
- A spear pump draws water from below the sand surface of the Cann River to produce potable water.
- The township uses on average 100 kilo litres per day of potable water.
- There are back up plans in place to ensure that the treatment plant can operate during emergencies and continued to operate throughout the 2019/2020 Black Summer Bushfires.
- Whilst the river is currently flowing from what has been a wet three years, drying conditions will see the flow rate slow.
- Potable water is precious and can be scarce in times of drought and low rainfall.

What can you as a local resident do to help secure water?

- Use water wisely as part of your daily living.
- If you are looking to protect your home with sprinklers and other infrastructure, collect your own firefighting water in a separate tank system in the event the mains system is not available during emergencies.
- Make a plan on what you will do in an emergency situation and if you are leaving the township as part of your Bushfire Emergency Plan turn off your water at the mains to protect the township water supply.

Cont...

GET BUSHFIRE RESILIENT WEBINAR SERIES-

A series of webinars are running between August through to October on a range of topics around fire and emergency preparedness.... These offer a great opportunity to hear first hand from the experts in their fields.



Please go to <https://bushfireresilience.org.au/> to register for these webinars

Pets and bushfires – what do we know?

Get practical, best practice information about preparing, managing and caring for your pets before, during and after a fire.

7.30-9.00pm AEST Wed 9 August

- Mel Taylor, Macquarie University
- Steve Glassey, University of Portsmouth
- Rachel Westcott, South Australian Veterinary Emergency Management Inc

Grass fire and bushfire behavior

7.30-9.00pm AEST Wed 13 September

- Kevin Tolhurst AM, University of Melbourne
- Justin Leonard, CSIRO

Getting ready for an El Niño summer

7.30-9.00pm AEST Wed 16 August

- Craig Lapsley, Innovation Pro Pty Ltd
- Parvathi Subramaniam, The University of Sydney
- Danielle Clode, Flinders University

Safety actions for the fire season

7:30-9:00pm AEDT Wed 4 October

- Craig Lapsley, Innovation Pro Pty Ltd
- Jamie Mackenzie, Red Flag - Real Time Leadership Solutions
- Steve Pascoe, Resident, Strathewen Victoria

Reducing risks for people and houses

7.30-9.00pm AEST Thu 31 August

- Justin Leonard, CSIRO

2023 Webinar Series

An El Niño summer is coming

Recent rainfall has supercharged fuel loads. Dry conditions will increase fire risks next summer, especially grass fires.

- ✓ Watch the webinars with family and friends and discuss the information and your plans.
- ✓ Learn how grass fires and bushfires behave and what your family can do to reduce your risks.
- ✓ Learn from eminent subject experts.
- ✓ Ask questions before the webinar or during the webinar.
- ✓ Register to become a subscriber and we'll send you links to the video recordings so you can watch in your own time.

For more information, please contact Suzy Claringbould, Community Based Bushfire Management/Safer Together
0447040531



FREE Counselling and Support

For residents of far
East Gippsland

Free and confidential counselling for individuals and families in bushfire recovering communities.

Are you:

- Feeling stressed, worried, anxious, overwhelmed or exhausted?
- Having trouble sleeping?
- Experiencing distress or bad memories that impact on your daily activities?
- Feeling a sense of panic, loss or anger?
- Experiencing relationship difficulties?
- Withdrawing from your usual activities?
- Feeling sad, numb or detached?

If you are experiencing these or other challenges, our counsellors are here to support you.

Services are available via video and telephone appointments, with face-to-face sessions being offered at some of our locations across East Gippsland. We encourage you to contact us for more information or to make an appointment.

Phone: 03 8412 0480
Email: bushfiresupport@rav.org.au
Visit: www.rav.org.au/BushfireSupport

The program is jointly funded by the Victorian and Australian governments under the Commonwealth-State Disaster Recovery Funding Arrangements.

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

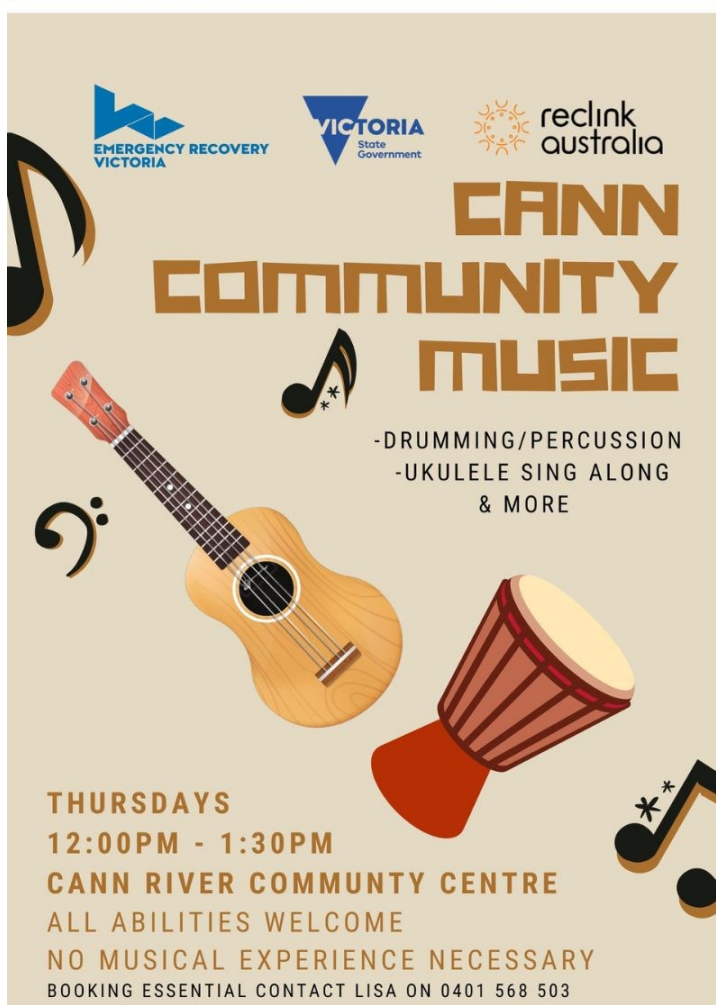
GRADE 5 AND UP

 **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



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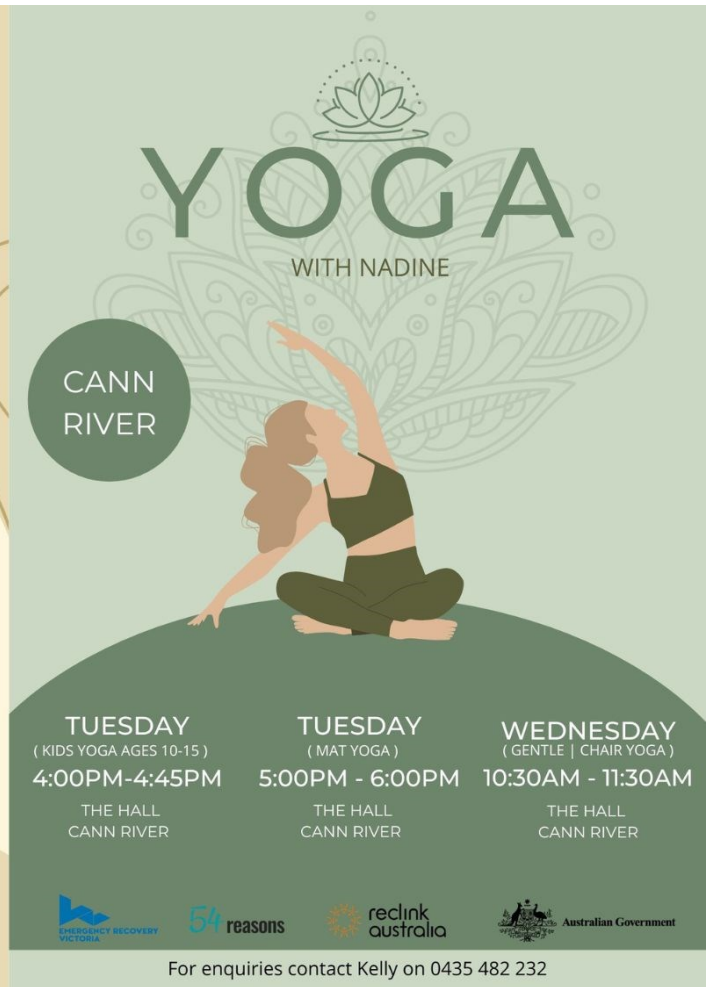
FITNESS

CANN RIVER

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

FOR ENQUIRIES CONTACT MARIA ON 0468 581 055

 Australian Government



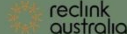



YOGA

WITH NADINE

CANN RIVER

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

Free eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parents and carers.

Term 3 topics:

- **eSafety 101: How eSafety can help you (30 min)**
For parents and carers of young people in primary and secondary school.
- **Online boundaries and consent (30 min)**
For parents and carers of young people in primary school.
- **Getting the most out of gaming (45 min)**
For parents and carers of young people in primary and early secondary school.
- **Online relationships and consent: Sending nudes and sexting (30 min)**
For parents and carers of young people in secondary school.
- **Getting started with social media: TikTok, YouTube, Instagram (30min)**
For parents and carers of young people in primary and secondary school.

For more information and to register now: eSafety.gov.au/parents/webinars



 eSafety Commissioner

eSafety.gov.au

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





Cann River Community Centre

5158 6465 admin@cannrivercommunitycentre.org

We would like to advise of a change in our operating hours

New Closing Time 3.30pm



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 3.30pm

- 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 3.30pm



Craft by local artists & Bargain Opportunity Shop open Weekdays 10.00 to 3.30pm

Thursdays

Reclink Cann Community Music 12.30pm to 1.30pm

Reclink Cann Create Art Classes 1.30pm to 3.00pm

reclink
australia

Hairdressing
With Emma Taylor Dijkman
0405 066 918
Walk-in or Phone to Book
Tuesday 10am
Cann River Community Centre

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

Rhonda
Hairdressing
0408 124 112
Make the time to
book for the 4th

We Acknowledge the traditional Owners of Country and pay our respects to elders past, present and emerging.

August 2023 Cann Valley Bush Nursing Centre Newsletter

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| <p><u>Orbost GP</u> <u>Dr Anis</u></p> <p>9th August 23rd August Phone 5158 6210 to book an appointment</p> | <p><u>Orbost Dental</u></p> <p>3rd August Phone 5154 6625 to book appointment</p> | <p><u>Maternal & Child Nurse</u></p> <p>17th August Phone 5154 6666 to book appointment</p> | <p><u>The Cave</u></p> <p>10th August 24th August</p> |
| | | | <p><u>PAG</u></p> <p>3rd August-In Centre activity 17th August-Out of Centre activity</p> |
| <p><u>Physio</u></p> <p>Maddie Rosen 25th August Phone 5158 6210 to book an appointment</p> | <p><u>Physio</u></p> <p>Carla Zijlstra 18th August Phone 5158 6210 to book an appointment</p> | <p><u>Podiatrist</u></p> <p>Nerida Manning 8th September 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>11th August</p> |
| <p><u>Bus to Bairnsdale</u></p> <p>8th August 22nd August Phone 5158 6210 to book</p> | <p><u>Bemm River Nursing Clinic</u></p> <p>30th August</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>Robyn Smith (RFDS) Sasha Wood (RFDS) Phone 1300 363 322 to book an appointment</p> <p>Duncan Oliver (ORH) 1st August 5154 6623 to book an appointment</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



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August 2023

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--|---|---|---|
| 7 Playgroup at CRCC | 8 Yoga at the hall CVBNC bus to Bairnsdale | 9 Fitness at the hall Yoga at the hall Lunch at CRCC Dr at CVBNC Reclink activities, see advert | 10 The Cave at CVBNC Reclink activities, see advert | 11 Youth group at CRCC |
| 14 Playgroup at CRCC | 15 Yoga at the hall | 16 Secondary district athletics at Bairnsdale Fitness at the hall Yoga at the hall Lunch at CRCC Reclink activities, see advert | 17 Reclink activities see advert Maternal & child nurse at CVBNC PAG at CVBNC Mobile service centre at CRCC | 18 JINGA Youth group at CRCC Physio at CVBNC |