

26th June, 2009

# River Ramblings

## Local Community Notices

### **NANGILOC COMMUNITY WEBSITE**

[www.nangiloc.vic.au](http://www.nangiloc.vic.au) website launch is going to be a community event.

Wednesday 29th July 2009 at the School. Preview from 3.30- 4.30pm and official launch at 7pm.

More details coming soon.

### **NANGILOC LANDCARE**

Landcare AGM, Thursday 16th July, at the Mudhut, 7pm. All welcome

Guest speaker; our Regional Landcare Co-ordinator.

## Public Notices

### **Red Cliffs Community Resource Centre (Occasional Child Care Services)**

Sessions on Tuesday, Wednesday and Friday mornings from 9am until 12noon. Cost is \$3 per hour or \$2.50 per hour if you have two or more children in care per session. Care is available for 0 to 5 year olds. Run by qualified experienced staff. We have inside and outside areas, our inside area is newly renovated. There are lots of activities, art, craft, free play and outside play. Group times with stories, songs and games. For more information contract the centre on 50243455 or call in and visit and pick up an information booklet and enrolment form.

### **WANTED TO BUY**

Laying hens (approx. 4 to 6) Please phone 50291434.

### **FOR SALE**

**Le Reve essential oils.** Now available in Sunraysia. To order ph 50291880 or 0427291880.

**Hydraslide** in ex. Condition. \$150ono. Phone 50291434.

**Idog to suit Ipod** - pink. In ex con., hardly used. \$25ono Ph 50291434.

**A & J Classic Coffee Supplies** has coffee for sale through our school. This coffee is suitable for plungers, cappuccino machines etc. We now have available 70g packs for \$3—sample.

**Ground DC Originale \$8.00/250g**  
**Ground Decaffeinated \$9.00/250g**  
**Beans DC Originale \$26.00/kg**  
**Beans Club \$26.00/kg Normally \$28.00**

**“Yummy” Drinking Chocolate** now available for **\$22.00/3kg box**  
**Phone 50291483 for orders.**

### **NANGILOC & DISTRICT FOOTBALL CLUB NEWS**

#### **BACK TO FRONT DRAW**

Tickets are now available for our Back to Front Draw. This will be held on Friday, 31<sup>st</sup> July at the Nangiloc Hall. Tickets are \$50 which includes beer, wine, soft drinks & \$2 spirit cans during the draw. Light supper provided. A bus will be running from Mildura at \$10 / person. A local bus service can be available if sufficient numbers. Phone Vanessa on the above number.

### Inside this issue:

Local Community	I
Public Notices	I

**SUNRISE—WEDNESDAY JULY 1ST—5.30AM START FRANK SOS SHED**

Invite your friends along. All grade 4-6 pupils will have a formal part in the program, and I am sure that others in attendance will also be shown on TV. All children and parents, community members are most welcome to come.



The 'No Bull' workshop has been deferred to Tuesday 28th July same place and time.

Please register with me your interest in attending by 24th July, so I can pass numbers on to the workshop facilitator, Marita Sleep.

The "No Bull Support" workshop (3 hours) is designed for the non-farming members of the community but is applicable to all. It provides support for people who are experiencing extreme stress or crisis situations and/or the early stages of mental health problems. The workshop also aims to provide positive strategies for dealing with one's own stresses.

Support strategies and self care might include:

- No Bullshit Theory;
- Dealing with hopelessness and despair;
- Being supportive when you don't know how, etc;
- Asking difficult questions;
- Being supportive in the context of hopelessness and despair;
- Sustaining and caring for yourself;
- When, how and who to refer to for extra support. -

**Tuesday 23<sup>rd</sup> June 6-9pm** at Nangiloc/Colignan and District Primary School

## **NANGILOC & DISTRICT KINDERGARTEN**

### **MELBOURNE SHOPPING TRIP**

**DATE:**

**DEPARTING – FRIDAY, 16TH OCTOBER.  
RETURNING – SUNDAY 18TH OCTOBER.**

**COST:**

**\$230 PER TICKET**

**(DEPOSIT OF \$80, PAYABLE WITHIN ONE MONTH OF INITIAL BOOKING)**

**INCLUDES:**

**COACH TRAVEL, QUALITY ACCOMMODATION, SELECTED MEALS, EXCEPTIONAL SHOPPING OPPORTUNITIES & DISCOUNTS, FUN RAFFLES & GAMES & GREAT PRIZES.**

**FOR FURTHER DETAILS AND TICKET PURCHASES**

**PHONE: NINA: 0400 955 737**

**Seats are selling fast, reserve yours now to avoid**

Nangiloc and District Kindergarten

## Ladies Shopping Night

Yes ladies, it's on again, and this year it's bigger and better.

Loads of fantastic stalls, including:

Suke (the handbag specialists), Tupperware, Lorraine Lea Linen, Le Rev, The Body Shop, All About Me Undergear, Tea Break, Candle Lite, Chocoholics Anonymous, Postie Fashions, Dorannes Shoes and Accessories, Cardnell's Country Collections, Rojant from Red Cliffs, Lido Hair and many more!

Friday, the 14th of August, at the Nangiloc Town Hall.

\$10 admission

Supper, raffles, wine tasting and loads of terrific shopping!

For tickets contact: Nina 0400 955 737, Kristi 0428 291 765 or  
Melissa 0400 946 866.

Its school holidays,  
How about horse riding.  
Great introductory classes for learners,  
Novice and intermediate riders also catered for.

## AMAROO PARK EQUESTRIAN CENTRE

Horse riding for all ages.

Ride our quiet educated horses and ponies.

All gear supplied....we even have boots and helmets to fit most heads and feet.

9am – 12noon and 1.30pm – 4.30pm  
Monday to Saturday

