

River Ramblings

20th August, 2010

At a glance:

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- **Community Cookbook**
- **Positive Body Image forums – 26th August**
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- **Volunteer host families wanted**
- **Big Bush Dance – 21st August**

Send community
news / events to
admin@nangiloc.vic.au

CRAFT AND LAUGH

Monday 6th September 7-9pm
Lauren Rohde's home (ph.
50291434 for directions).

Craft n Laugh are now ready to
receive your recipes for the
Community Cookbook.

COMMUNITY COOKBOOK

The recipe needs to contain at
least **one ingredient produced
locally** in our district, **or**
is a **favourite** recipe, one **you are
known for**.

FAST FOOD and *PRACTICAL FOOD*
for busy people are qualities we
will be looking for but not essential.

It is a Community Cookbook – you
may not cook but you may have a
FAMILY FAVOURITE you can
contribute. Don't forget to include
your NAME when you send in your
recipes. Email to:
cookbook@nangiloc.vic.au

Snail mail can be sent to;
NCDCA attn Community Cookbook
P.O. Box 236
Nangiloc 3494

POSITIVE BODY IMAGE FORUMS

Forums to encourage positive
body image have been organized
by Mildura Rural City Council.

The forums target young people,
parents, teachers and service
providers and will investigate the
impact the media has on young
people's perceptions of self image.

Practical information will be
provided on how to assist young
people to improve their body
image, self esteem and
confidence. Well regarded guest
speaker, Brooke Filipovski from
Women's Forum Australia will
identify beauty myths and sources
of body dissatisfaction and talk
about the influence women's
magazines have on young
people's self esteem

Free, bookings essential: MRCC
Youth Services on 5018 8289

Where: Benetook Room,
Alfred Deakin Centre

When: Thursday 26 August 4pm
for teachers and service providers
and 7pm for young people and
parents.

Julie's Hair & Nails

For all your Hairdressing needs
Gel Nails & Toes now available
Also available Le'Reve
Pure Essential Oils & Perfumes
Phone. 50291880 or 0427291880



Changes to River Ramblings

For a trial period, River Ramblings is now compiled
by website volunteers. Please, if you have anything
you would like to put in River Ramblings, send it to
admin@nangiloc.vic.au

Items sent to the school will be forwarded on where
possible. You can send items in at any time during
the week but the newsletter will be compiled
Thursday evening, so items sent on Friday will be
held over until the following week. If you have any
questions, please call Fiona 5029 1404 or Maaiké
5029 1523.

Have you ever considered introducing your children to an older international sibling?

WEP (World Education Program) is looking for Volunteer Host Families for International Secondary Students arriving in February 2011.

Expose your child early to another culture, cuisine and language. Many of our exchange students have younger siblings at home and enjoy being the older sister or brother. They seek the kindness and warmth of an Australian family who will share their culture and knowledge of our country.

Our Big Brothers and Sisters from Italy, Brazil, France, and Japan are keen to start corresponding with a family they can call their own and learn about the place they will soon call home.

Find out more about becoming a WEP Host Family, please contact:

Nikki Medwell

Inbound Programs Administrator
World Education Program Australia

Toll Free: 1300 884 733

Ph: (03) 9568 4733

Fax: (03) 9598 4233

Email: wep@wep.org.au



Red Cliffs Community Resource Centre

BIG BUSH DANCE



With

Shayne Parle

R-Max

Peter Denahy

To be held at Trevor & Judy Cowers Farm, Carwarp
(turn west into Castles Crossing near 56km sign)

AUGUST 21ST

BYO Chair and Drinks

BBQ Tea & Breakfast available for purchase

Overnight camping facilities available so bring your swag or van and stay over night.

LOTS OF PRIZES
MONSTER RAFFLE
AUCTION

Tickets—\$10 single, \$25 family, \$5 children.