

Department of
Education and
Early Childhood
Development

River Ramblings

26th November,
2010

Local Community Notices

COMMUNITY COOKBOOK

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

It's a Community Cookbook—you may not cook but you may have a Family Favourite you can contribute.

Please forward your recipes with your name to cookbook@nangiloc.vic.au

Otherwise you can mail a hard copy to NCDCA attn Community Cookbook, P.O. Box 236, Nangiloc, 3494.

RIVER RAMBLINGS

Please forward any articles you may wish to be added to the River Ramblings to rohde.lauren.j@edumail.vic.gov.au or they can be faxed to 50291634 or simply dropped off at the Nangiloc/Colignan P.S by Friday morning.

COLIGNAN POOL

Colignan Pool is now open to the public from 4pm until 7pm each night. For further info please phone Bonnie Cox on 50291687.

At A Glance

Community
Christmas
Party

Tae Kwon
Do now in
Red Cliffs

Pool Party

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



Nangiloc / Colignan and District Community Christmas Party



Everyone is invited to a **free** BBQ

Sunday 5th December, from 5pm

Colignan Mud Hut

Please bring a salad or sweet, meat provided

BYO drinks

The Pool will be open and Santa will be visiting the kids.

Are you a member of a community group in the Nangiloc / Colignan area, or are interested in joining?

Have you helped our community this year with a donation of goods or time?

Do you appreciate our community volunteers enough to say thankyou?

Sunday 5th December is International Volunteers Day, so come along and say thanks and be thanked for all your help this year.

This is the Christmas Party for all our combined community groups:

- Nangiloc Colignan and District Community Association
- CERT
- Nangiloc Kindergarten
- Colignan Community Rec Reserve (Mudhut/Pool)
- Community Planning Group
- Nangiloc Hall Committee
- Nangiloc CFA
- Kulkyne Way Landcare Group
- and others



This International Volunteer's Day event is proudly supported by Mildura Rural City Council.



Good Health - Fitness - Self Defence

5022 7351

www.rheetkd.info



Training Centres in:
Red Cliffs GolGol Irymple
Merbein Mildura



Red Cliffs Training Centre Vic—St. Joseph's Primary School, Main Stadium, Fitzroy Ave, Red Cliffs.

Monday

Family Class 6.00pm – 7.30pm

Wednesday

Family Class 6.00pm – 7.30pm

RHEE TAE KWON DO STYLE

In the Rhee Tae Kwon Do school we train the original military self defence style of Tae Kwon Do as it was formalised in 1955, some refer to the original style of TKD as Chang Hon (Kwan name). As you may know Tae Kwon Do was developed by General Choi (Korean Army General) from his Korean martial arts training experience and his Japanese karate training with the backing and support of the ROK (South Korea) and the original Kwan (school) name was the Chang Hon.

My Master - Master Chong Chul Rhee was selected from the Korean military due to his advanced martial arts ability by the late General Choi to teach and assist formalise the newly born martial art style of TKD for the South Korean Army/government. As such Master Chong Chul Rhee and another of the Rhee Tae Kwon Do Australia's school Masters - Master Chong Hyup Rhee (*Master Chong Chul Rhee's younger brother*) <http://www.itfnz.org.nz/ref/documents/masters.htm> <<http://www.itfnz.org.nz/ref/documents/masters.htm>> were 2 of the very first 12 Masters of Tae Kwon Do officially appointed by the then KTA (Korean Tae Kwon Do Association).

Chang Hon TKD (chon-ji hyungs) pre-dates both the ITF and WTF styles and organisations, however the original style we train in RHEE TKD is the basis of the current ITF style (chon-ji hyungs). However the new ITF style has added competition and sinewave movements to their style making it more sports oriented than the traditional style of TKD that our schools trains. Master Rhee believes TKD should stay a powerful, effective self defence Martial Art not a sport so he has not deviated from teaching the military style to his students.

RHEE TAE KWON DO SCHOOL

RHEE TKD is the largest martial arts school in Australasia, we have over 500 training centres spread over Australia & New Zealand. We run our school under strict martial etiquette, we are not affiliated to any organisation as the school is run personally by World Master Chong Chul Rhee - The Father of Australian Tae Kwon Do and most of his personally appointed regional Kwan Jang have been training under him for between 25 to 40 years each.

FUN!!!

Pool Party

for the Youth of our district (ages 10-16yrs)
at the Colignan Pool

January 5th, 2011

Music trailer provided by MRCC.

Loads of games and prizes.

\$2/head for BBQ
(sausages/bread/onions).

Please Note: If not a pool member

it will cost \$2.10 to swim.

Children under 10 are welcome, but
must be accompanied at all
times by an adult

Splash!