

Published and printed by King Valley Learning Exchange Inc. (A0025713K) May 2016

WHITFIELD PRIMARY SCHOOL MAJOR FUNDRAISER



MUSIC FUN FOR ALL. SUPPORT ACTS: B.L.RUMBELOW & SUZ CHRISTISON. FAMILY FRIEND-LY TIME 5:30 – 9:30PM

SAL KIMBER IS ONE OF AUSTRALIA'S MOST EXCITING EMERGING SINGER-SONGWRITERS, NAMED BY ROLLING STONE MAGAZINE AS 'AUSTRALIANA ALT-COUNTRY AT ITS FINEST'

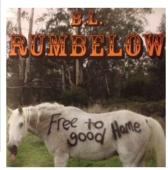
TICKETS \$20 / \$60 FAMILY / \$10CHILD www.trybooking.com/LDNV or AT THE DOOR. INFO: CONTACT SUZ 0428298052

DRINKS & BBQ DINNER FOR SALE = MAJOR FUNDRAISER FOR









Whitfield

CLOSING DATE FOR NEXT ISSUE

25th of the month.

Please lodge all articles before this

Contributions to this newsletter are most welcome & may be anonymous, your name and contact details would be helpful although these need not be published.

Sponsorship Rates (GST inclusive)

Single Col. (6x 8.5 cm) \$16.50 Double Col. (12 x 8.5 cm)

\$27.50

Feature (half page) \$38.50 Feature (full page) \$55.00 Classifieds \$5.50

Community Notices Free Bonus insertion with six months prepaid advertisements

Submit contributions preferably by email - kvle@people.net.au Or leave articles at the Lodge. If unattended slide article

under door. 2533 Wangaratta/Whitfield Rd Moyhu, 3732

Tel/Fax: 5727 9548

Circulation: 1,300 copies per month delivered free to households in Moyhu, Myrrhee, Meadow Creek, Greta, Greta West, King Valley, Edi, Milawa Edi Upper, Whitfield, Oxley, Cheshunt, Whitlands, Carboor,

The Grapevine is a non-profit project of the

King Valley Learning Exchange. Inc. A0025713K

Disclaimer

The Editor and the KVLE accept no responsibility for the accuracy of statements contained in this newsletter. The views and opinions expressed in this newsletter are not necessarily those of the Editor or King Valley Learning Exchange.



King Valley - Wangaratta Community Bus Service TIMETABLE

Monday, Wednesday, Friday (Ex. Pub. Hols.)

Inward

Cheshunt - Departs 9.50am Whitfield - Departs 10.00am King Valley -Departs 10.07am

Edi -Departs 10.15am

Moyhu -Departs 10.30am Wangaratta—Arrives 11.00am

Outward

Wangaratta—Departs 3.00pm Departs 3.30pm Movhu -Departs 3.45pm Edi -King Valley -Departs 3.52pm Cheshunt - Arrives 4.10pm

Coach Stop

- Opposite General Store
- Valley View Drive Whitfield
- Corner Wang/Whitfield Road Honey's Lane
- Corner Wang / Whitfield Road & Edi/Cheshunt Road.
- General Store
- Murphy / Reid Street

To make a booking call:

5722 1843

wangratta@dysongroup.com.au

Church Times

Anglican

Greta— 1st/3rd Sunday 9am Moyhu— 1st Sunday 10.30am Milawa— 2nd Sunday 9.00am— Last Sunday 9am

Followed by morning tea. Whitfield—1st Wednesday 1pm—3rd Sunday 11am

Catholic

Whitfield—1st Sunday 10.30am Moyhu— All other Sundays 10am Uniting

Greta— 11am 2nd & 4th Sundays Whitfield- 10.15am 1st & 2nd

Sundays

Local Rainfall from Local Sources

Location YTD (mm)

Moyhu

Redcamp

Myrrhee 72mm 321mm

65mm

Whitfield 29.50mm 165.25mm

182mm

Whitlands 208.4mm 52.2mm

Tai Chi for Health



Regular Class 11am til 12 noon Cost \$5.00 Ph 5723 2000 King Valley Learning Exchange Masonic Lodge

gatewayhealth

2533 Wangaratta/ Whitfield Road Moyhu Phone 57279548

FIREWOOD FOR SALE

Good quality dry wood. Call Des 0429417548

Wangaratta, Moyhu, Whitfield and



SUPPORT THE LIONS BIGGEST BARBEQUE AT THE

MOYHU FARMERS MARKET Saturday 21st May 2016

Coffee, Breakfast, Plants, Fruit & Vegetables, Preserves, Bread, community stall, Men's Shed, and lots more.



Since 1996, Lions Australia has shown outstanding commitment contributing over \$5 million to childhood cancer research. This effort has resulted in, amongst other things, safer and more effective blood stem cell

We Believe

every child deserves a chance at a healthy life



transplantation for leukaemia patients following chemotherapy which can lead to shorter hospitalisation and more rapid recovery. Lions have done a lot but the job is not over because we believe every child has the right to a healthy life. .



Lions Eyesight



Lions Eye Health Program (LEHP) is a community based program that aims to prevent vision loss and blindness by promoting early detection and timely treatment of eye diseases.

The program encourages people to visit an eye care professional. The program was launched in Australia in 2000 and since that time more than 60% of all Lions Clubs in Australia have undertaken some type of LEHP promotion

Wondering what to do with your used eyeglass frames?

Don't throw them away.

Donating eyeglass frames is an easy way to help people who can't function normally because they can't see well.

Glasses can be left at the Moyhu Lions van at the monthly Farmers Market, The Old Bank and the King Valley Learning Exchange.



Green Thumbs Garden Group

On Wednesday April 13th we went to Lindy and Matt Roberts beautiful alpine garden at Upper Rose River. The magnificient 1927's homestead is surrounded by a park of deciduous trees of varying ages. Some are known to be 40 years old, and some are much older. Recent plantings include Portugese Laurels, espaliered fruit trees and a productive vegetable garden. Garden ornaments included wire pears and a serviceable and decorative garden seat made solely from discarded horse shoes.

Thank you, Matt and Lindy for a lovely morning.
On Thursday June 9th we go to Kath Whites at 357
Oxley—Greta West Road. Turn left off Wang—
Whitfield Rd onto Alexanders land and left again onto
Oxley Greta West Road.

We meet a 10am and everyone is welcome.



KING VALLEY COMMUNITY MEN'S SHED

Meet every Tuesday at
2533 Wangaratta Whitfield
Road Moyhu
Next to Moyhu Masonic
Lodge & King Valley
Learning Exchange
9am—4pm
Come along and share
skills, ideas or
just a cuppa & chat.

ALL WELCOME
Enquiries—King Valley
Learning Exchange
57279548
Email kyle@people.net.au



Do you need the services of a Justice of the Peace? The local J.P. in our area are: Neil Sheppard 5729 8311 Whitfield Rd, Whitfield

KING VALLEY ART SHOW PRESS RELEASE 2016

The King Valley Art Show is on again on the Queen's Birthday weekend, 11-13 June 2016. This will be the 19th show and the record amount of prize money on offer (\$15,750) and the reputation of the Art Show will ensure that artists from near and far are willing to display their work. It is anticipated that more than 300 entries will once again vie for space at the King Valley Cucina 4515 Wangaratta-Whitfield Rd King Valley.

The Gala Opening, always a highlight of the King Valley social calendar, will be on Friday 10 June from 7.30pm. It is always a well-patronised event and early bookings are encouraged, as numbers will be limited. The judge's decisions will be announced while you sip a glass of local wine and nibble delicious canapés provided by the parents of Whitfield Primary School.

This year's judge is Dianne Mangan, a well-known local who has had significant experience as an artist and arts administrator. Dianne has had a leaning towards abstract work in her own practice, but also has a keen observational sense that has developed during a lifetime surrounded by artistic endeayour.

Dal Zotto Wines are once again generously sponsoring the Grand Winner prize of \$3,000. Other sponsors include Hargraves Secured Investments, King River Estate, Eminence Wines, Chrismont, Boonderoo Farm, Casa Luna Gourmet Accommodation, Pizzini Wines, Ovens and King Builders, Domaine Chandon, RBA Financial Group, Brown Brothers, King Valley Tourism Association, Wangaratta Art Gallery, and Dyson Group.

The Friends of the Art Show continue to grow in number and this year will contribute to several non-acquisitive awards. These awards are very attractive to artists and help ensure that the tradition of a wide-ranging and engaging show is maintained.

The Art Show will be open throughout the weekend from 10am – 5pm; cost of entry is \$3 (children free). For more information and bookings visit www.kingvalleyartshow.com.au

Entries for the show will be accepted until 23 May – details and an entry form are available at the website or by phoning 5766 2345.

WANTED News and articles of Interest

Submit contributions preferably by email - kvle@people.net.au

Or leave articles at the Lodge - If unattended slide article under door.

2533 Wangaratta/Whitfield Rd., Moyhu, 3732



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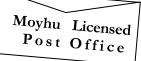
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Selection of greeting cards Small selection of stationery (copy paper, fax rolls, envelopes)



QUEEN'S BIRTHDAY WEEKEND 11 - 13 JUNE 2016

View over 300 artworks by local, intra and interstate artists, crafted in a diverse range of mediums and styles

> exhibition open: 10am - 5pm adults \$3

gala opening: Friday 10 June, 7.30pm tickets \$28 (all inclusive)

Join our judge Dianne Mangan when she announces the winners. Savour premium King Valley wines and delicious canapés.

KING VALLEY CUCINA 4515 Wangaratta-Whitfield Rd **BOOKINGS:**

www.kingvalleyartshow.com





HARGRAVES

Boonderoo Farm





Dyson G R O U P OF COMPANIES





Chrismont









Rha

image: Kate GORMAN, Evening at Black Range (detail), 2015, 101 x 101cm, acrylic on Belgian linen

FRIENDS OF THE KING VALLEY ART SHOW

- La Cantina Wines
 King Valley Walnuts
 Darling Estate Wines
 Red Feet Wines
 Mark & Jenny Judd
 Tony & Jill Judd
 Marg Swan
 Sally Judd
 Julie Ritchie
 Mountain View Hotel

- Julie Ritchie
 Mountain View Hotel
 Warby Street Veterinary Hospital
 Gentle Annie Caravan Park
 Wendy Wilson & Mick McInerney
 Seed & Bloom Flower Store
 King River Brewing
 Whitfield Garage
 Whitfield General Store
 Whitry Cafe

- Whitty Cafe

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BASIC COMPUTER CLASSES





*FREE TO CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITY MEMBERS



3 THE CLOSE

WANGARATTA 3677 (OFF OVENS STREET)

Phone: (03) 5721 2090

Email: ben@nema.org.au

North East Multicultural Association (NEMA) - will be offering *Free Basic Computer Classes to Culturally and Linguistically Diverse Community Members.

Topics covered will include: basic computer use, creating letters, photo management and internet and email use

NEMA is looking to recommence sessions in 2016

Bookings are essential — Please contact Ben Flanigan on (03) 5721 2090 to reserve a place or for more information

*A gold coin donation for each session would be appreciated to go towards morning tea and printing costs

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Are you interested in learning how to cook foods from other countries

Each month Pangerang Community House & North East Multicultural Association are hosting cooking classes that will be led by our communities multicultural members. You will be shown how to prepare, cook & try traditional foods.

Dates for term 2—2016

Thursday 26th May—Italian

Time: 6.00pm

Cost: \$8.00 per person

Thursday 23rd June—French

Time: 6.00pm Cost: \$8.00



We care about your rights DAIS provides individual advocacy and Disability Advocacy and information to people with disability, their Information Service Inc. carers and families in the King Valley.

> DAIS aims to protect and uphold the rights of people with a disability. THIS IS A FREE SERVICE

DAIS representatives are available to visit on request. Phone DAIS to make an appointment 02 6056 2420 or 1300 886 388.



COME ALONG TO

Our "Slice themed" Morning Tea

AND RAISE MONEY FOR CANCER RESEARCH

Pangerang Community House, N.E.M.A & Anglicare invite you to join us for our "Slice Themed" Morning Tea

Bring along your favourite slice to share and for those willing to "bake" their own there will be the opportunity to enter a special "taste off" and win some special prizes.



Wednesday 25th May 2016 When:

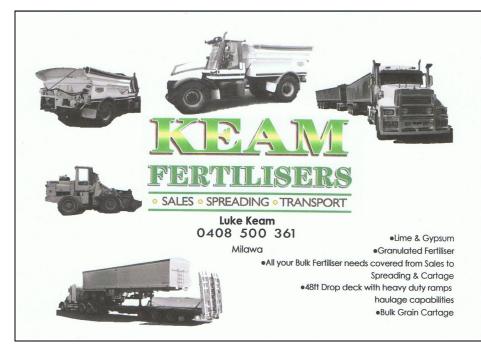
Where: Anglicare - Armstrong House, Ovens Street Wangaratta

Time: 10.00 am - 11.30 am

Donation: Gold Coin

RSVP by Tuesday 23rdth May

Tea and coffee provided.





A free programme providing basic computer training. Wednesday Mornings For bookings or for more information contact

King Valley Learning Exchange on 57279548

Once a month an experienced tutor in researching your family tree will attend to give assistance to those wishing to explore their Family Tree.

Contact the Learning Exchange for dates and times and to book in.



Wangaratta 45-47 Mackay Street Wangaratta 3677

E: in fo@gateway community health.org. au

P: 03 5723 2000 P: 03 5722 2313

Wodonga

155 High Street Wodonga, 3690

E: info@gatewaycommunityhealth.org.au P: (02) 6022 8888 Freecall: 1800 657 573

F: (02) 6024 5792

We offer a range of health services including:

- Aged Care Assessment Service
- Podiatry
- Counselling services
- Alcohol & Drug Support
- Women's Health
- Centrelink Access Point
- Community Nursing

MEDICAL PRACTICE

Male and Female GP's Bulkbilling

Monday - Friday Located in Wangaratta & Wodonga

By appointment

Wangaratta: 5723 2000

On days of declared Extreme conditions, staff that provide home visiting services to districts may need to contact you to make alternative arrangements.
On these days you will determine your care needs. If you have planned to leave your home early on extreme heat days please let your service provider know.
Not all services are offered at both Wangaratta and Wodonga Centres.

Please call us to find our more or visit

www.gatewayhealth.org.au

Women's Sexual Health Clinics – For information please phone -5723 2000.

Gateway Health District Nursing - phone 5723 2000

Delivers a range of clinical nursing services to residents of the King Valley who are frail aged, carers or disabled. These services include Domiciliary or home based nursing and Nursing Clinic in Whitfield. DN also provides home and clinic based nursing services to people eligible under the Post Acute Care, Hospital in the Home, Palliative Care, Department of Veteran Affairs, TAC & Workcover.

Podiatry Service - phone 5723 2000 for appointment Concession card holders may be eligible for reduced rates.

Tai Chi is on Tuesday mornings at Moyhu. Phone 5723 2000 for further details.

Active Rural Communities (ARC) Phone 5723 2000

The ARC program provides social time and activities for older people, younger people with a disability, and their carers. Catching up with old friends and making new friends helps them to continue to enjoy living at home and in the community.

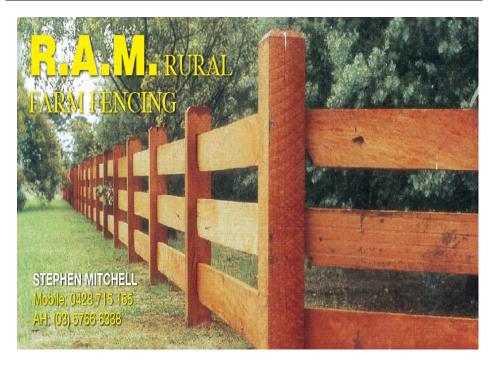
Strength for All Don't Fall gentle exercise program is also available on Tuesday, Wednesday and Thursday for all community members as part of the ARC program at Moyhu.

Volunteering – For more information on volunteering opportunities call:
Gateway Health on 57 23 2000.

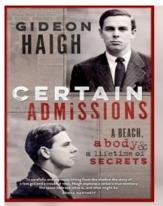
MOYHU ARC

Thursdays: Bus leaves Moyhu 9am

For Wangaratta for seniors who want to do shopping. The bus returns to Moyhu at 3.30pm







Meet

Gideon Haigh

author, journalist, editor & cricket commentator

Gideon Haigh has written more than thirty books, with many on the subject of cricket and writes about the sport for *The Australian* and *The Times*.

Gideon's latest book, Certain

Admissions, is Australian true crime
at its best.

Wangaratta Library

Wednesday 18th May 6:30pm

Bookings essential: 5721 2366 or at Wangaratta Library



2016 FOLK ART/ DECORATIVE PAINTING

Classes

Monday 9.30am & Thursday 9.30am Take time out and enjoy painting with Nola Jones at "GUMDALE COTTAGE" Moyhu. 57279295

Cost is \$15 per session.

Come and pick up a paintbrush and be amazed at what you can do. For the first six weeks, Nola will supply the paints, but brushes will need to be purchased.

Classes will be ongoing for interested students.

This course aims to give a variety of styles of painting and to provide basic skills

e.g. back-ground; preparation; design; colour mixing; brushstrokes; finishing etc. and <u>"CONFIDENCE".</u> Feel free to ring and enquire about classes.

Haigh



BOOK SWAP

Sun. 15th May:

Bookswap

(+ some plants for sale)

9am - 1pm

The King Valley Community Memorial Hall Whitfield (old RSL)

Swap, borrow, browse or just chat. Ph. Ange 5729 8344



TRASH & TREASURE

WHITFIELD HALL ON Sunday, 12th June 2016

FROM 9am—1pm

Stall Cost = \$5.00 (Set up from 8am)

Stall holders must provide their own tables and chairs.

You can book by phoning Pam 0407 853 043 or Ange 5729 8344 Or just turn up!

<u>DONATIONS</u> of items for the "Hall-stall" can be collected by Contacting Ange - all proceeds from this stall are for the Hall upkeep and maintenance.



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On 57297579

Volunteer Skillsbank



Volunteering can change your world and someone else's, if you want to make a difference contact us.

- Get involved!
- Meet new people!
- Have fun!
- Do something important!

Find out more by contacting the Volunteer Skillsbank today!



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Greta Valley Landcare Group - May News

We have funding to protect scattered paddock trees in our catchment through fencing and providing native tube stock to establish understorey shrubs. We are looking to identify 50 large paddock trees through this first round of funding and also protect approx. 60 young trees. Paddock trees will be selected based on their health and their proximity to blocks of nearby native vegetation. Please contact Sally Day if you are interested in being a part of this fantastic initiative.

Farm Chemical Users (full/refresher) & 1080 bait training Courses. Did you know your Farm Chemical Users course requires a refresher after 5 years? You will also need this training if you wish to acquire an ACUP (Agricultural Chemical User Permit) for use of restricted supply or restricted use chemicals. Our Group has funding to provide this training at a heavily subsided cost through GOTAFE. Training will be run over two days for the full course, or one day for the refresher. Training held locally in Moyhu on two Sundays during July (date to be advised). Each participant will be required to pay just \$50 towards course cost (usual fee is \$200-\$300 depending on course type), lunch included. Please ring Sally ASAP to register for this course, as we are limited to a maximum of 25 participants.

For all bird watching enthusiasts! The Swamps, Rivers and Ranges Project are funding the setup of 10 long-term bird monitoring sites across the Greta Valley. The sites will be initially set up by Chris Tzaros, who is an accomplished wildlife ecologist and bird photographer. We are looking for interested community members to help with the monitoring program. There will also be a short discussion about the impacts of Indian Myna birds and demonstration of new our Myna traps. Planned meeting at the Moyhu Memorial Hall on Friday the 17th of June at 7.30pm, supper provided. Contact Stephen Routledge at rout@netc.net.au for more information.

Don't forget that now is the time to control your Blackberries and undertake Rabbit control, including baiting or fumigation. Following some rain, it will also be a suitable time to rip any warrens on your property.

Our next meeting will be held on Wednesday the 1st of June from 7.30pm at the Greta South primary school. Visitors to our meetings are warmly welcomed. Come along to hear about some of our latest projects and planned events.

For more information contact Mary Anderson (Secretary) on 0438 537 462 or greta.valley@landcarevic.net.au or Sally Day (Project Administration Officer) on 0437 136 162 or sally.day@landcarevic.net.au



HAVE YOU BEEN AFFECTED BY CRIME COMMITTED IN VICTORIA?



The Victims Assistance Program (VAP) at Gateway Health can assist you, your family and anyone else who has experienced or witnessed a violent crime.

VAP can support you with:

- > information and practical assistance with criminal justice tasks (both reported and unreported crime)
- > your day to day needs
- > communicating with Police
- > getting ready and attendance at court
- > referral to other services solicitors, medical, counselling
- > applying for financial assistance to the Victims of Crime Assistance Tribunal (VOCAT)

Eligibility criteria applies

Victims Assistance Program is a free service

For support across the Hume Region call Victims of Crime Helpline 1800 819 817 www.victimsofcrime.vic.gov.au







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MOYHU BOWLS CLUB NEWS



Card Results



Thursday 14th January — Winners—Lorna Martinelli & Neil Magee Competition Ross Smith

Thursday 21st January—Winners Dot Baker & Ross Smith,

Competition—Helen McDonald & Dot Baker

Thursday 28th January- Winners, Lorna Martinelli, Gordon Porter,

Competition—Fed Baker & Betty Bennett

Friday 4th February— Winners Elaine Smith & Tige Bussell,

Competition—Angie Delaine & June Larkin

Friday 11th February— Winners Dot Baker & Chris Scholl,

Competition—Jim Watkins

Friday 18th February— Winners Helen McDonald & Lyn Northey,

Competition—Betty Bennett

Series Winners, Dawn Dent & Tige Bussell

Our weekend pennant finished their year just out of the four. Our mid-week pennant had a mixed season until the last wee, we were in forth placewith one game to go and we went down to a very experienced team in Club Mulwala who finished in second place. We hope to do well again next season. Was a good effort to finish just out of the four. Our euchre card games are starting every Tuesday @ 12 o'clock. If anyone would like to come along you will be most welcomed. For more information phone: Max Baker 5727 9376 or Christine Magee 5722 2312.

\$10 Gift Voucher Greta Valley Pottery

Use this voucher as a \$10 note to buy anything we have in stock. Limit of one per customer.

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MAKE A DIFFERENCE IN THE LIFE OF A CHILD

Every day, foster carers with Upper Murray Family Care make an incredible difference by providing safe and caring homes to children who are unable to live with their own families. Foster carers come from all walks of life, backgrounds, ages and experiences. Foster carers can be single, married or partnered, they may own their own home or rent, they work in or way from their homes, some have children some don't.

HOWEVER!

With over 60 children in care in our region on any one night, we are always looking for more carers! The children aged from birth to 18 years cannot live with their families for all sorts of reasons. Some stay in care for only a few nights, others a few weeks and some can live with loving carers for months or years. Carers can specify the type of care and age range that would fit best with their lifestyle and commitments. Some of our carers provide respite care on one weekend a month, while others prefer to deal with emergency or short term placements. The choice is yours.

Foster Care does have challenges and isn't always easy, but training and 24 hour support are available. Carers also receive a non taxed reimbursement to cover the additional costs of caring for a child. Our carers tell us that the good times far outweigh the tough, and their lives are enriched as they help a child move toward reaching their potential.

If you would like to find out more about becoming a foster carer with Upper Murray Family Care, feel free to contact Jeanine on 02 6055 8042 or jaughey@umfc.com.au or see our website www.umfc.com.au



CHILDRENS SERVICES

WHITFIELDCOMMUNITY
CHILD CARE CENTRE

Main Rd Whitfield Vic 3733 ph: 0427 298 387

Professional staff; High Quality Program, Positive & involved parent group; Happy Smiling Kids!

Ring now to find out more about our fantastic service.

Under 3 and Over 3 positions.

Thursdays 9:00am -3:45pm CCB & CCR approved. Enquiries please call Bookings Officer Petra Seebacher 0401 450234 King Valley Playgroup
Wednesdays 10am—12noon
Please join us for fun,
activity, friendship &
conversation.
Alternating one week:
Coffee, Kids and Play
At Gracebrook Vineyard
And the other week:
Music, creative activities,
shared morning tea at the
Whitfield Community Health
Centre.
Enguiries:

whitfieldcommunitychildcare@gmail.com

Moyhu & District
Pre-School
Occasional Care Program
Friday 9am — 2pm
Places available for under 3
and over 3 year olds

- experienced, qualified carers
- safe, nurturing environment
- structured programs to enhance skills & social development
- quality Pre-School facilities

play - fun - learn

To book or for more information call Moyhu Pre-School (03) 5727 9346 or Dianne 03 5727 9574

Bookings Essential



Volunteers Needed... Community Arranged Ride Program (C.A.R)

Helping others with getting places!

The aim of this program is to provide transport to community members who are located in areas with limited or no taxi service and with limited or no access to community or public transport; including the areas of the King Valley, Whitfield, Whitlands, Edi, Cheshunt and surrounds.

Transport is provided by local community volunteers, using their own vehicles. Volunteers are reimbursed the per kilometer rate for the use of their vehicle in providing this service. This rate is calculated to cover the cost of insurance, registration, maintenance, fuel and general wear and tear to the vehicle.

If you would like to be a part of this fabulous new program or you would like more information please contact Bridget on 03 5721 3045 (ext 22) or email amwang@ca-network.org.au

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Autumn Garden Party with Inspiring Speakers

Milawa Primary School Parents & Friends committee are hosting another high quality school fundraiser; A 'Rustic yet refined Autumn Garden Party' Sunday May 15th 2pm—4.30pm at Milawa Mustards, Local leaders Janelle Boynton and Julie Tyler will speak and guests will enjoy an array of food and live music by Billie Taylor.

In line with the schools health and wellbeing focus attendees will be treated to hearing from two speakers; Janelle Boynton of Feathertop Wines and Julie Tyler of Women's Health Goulburn Murray. Both speaker will share their story and provide insights and tips on community engagement and managing a healthy work life balance.

The event will be held at the historic **Milawa Mustards**, **1597 Snow Road Milawa**. Guests will be entertained by Billie Taylor, a former Milawa Primary School student and will enjoy seasonal gourmet platters, rustic desserts, coffee, tea and cakes. There will be a fundraising raffle with **Lindenwarrah at Milawa accommodation**, a handmade lampshade & cushions and gift hamper up for grabs.

Speaker Profiles:

Janelle Boynton

Janelle is a woman with many talents, hands on owner of their family business; Boynton's Feathertop Wines, she is also a highly regarded architect, dedicated community leader and mother of two young children. She was instrumental in the rebranding of the winery FEATHERTOP label after the 2003 bushfires achieving a \$300,000 turnaround from loss to profit making venture. Janelle will tell some of her story and provide practical tips and ideal how she maintains a healthy work life balance.

Julie Tyler

A resident of North East Victoria for the past 24 years with her husband of 32 years. She has three grown up daughters and has always been involved in the local community. She has worked for many years as a Health Promotion Officer at Woman's Health Goulburn Murray where she specialises in community engagement, facilitation and project management. Julie is passionate about creating connections between people and helping individuals and groups to realize their potential.

People often struggle to manage a healthy work life balance; juggling kids, work and community commitments. This is a great opportunity to hear and relate to two strong community leaders in a relaxed and friendly setting. Just taking one thing from speakers like this can make all the difference to your life!

Tickets cost \$35 per person, for bookings please go to https://trybooking.com/LKLK and for more information please contact Milawa Primary School on 03 5727 3243 or email Milawa.ps@edumail.vic.gov.au. For media enquiries please contact Elizabeth on 0417334205 or Elizabeth@wineengineroom.com.au



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KING VALLEY



For

LEARNING EXCHANGE Inc. A0025713K

2533 Wangaratta Whitfield Road

Moyhu 3732

all enquiries & Registration

Tel/Fax 5727 9548

Email: kvle@people.net.au





.earn

PILATES IN MOYHU

Pilates Mat classes for beginners

Thursdays 5.30pm at King Valley Learning Exchange Thursday 19th May – 23rd June 2016

Introductory 6 week program \$90

Accredited Exercise Physiologist and Pilates Practitioner (APMA), Shelly Harper has been teaching Pilates for over 15 years. The Pilates Mat classes for beginners at Moyhu teaches you the fundamentals of Pilates before progressing to more advanced exercises.

By committing to the six week program you are giving yourself the best opportunity to develop a deeper understanding of your body and how it moves.

Prior registration required. Mats supplied or BYO.

Understand the principles of Pilates, explore your mobility, strengthen your core

Stand tall, move freely, be strong

To book your place in this program contact Shelly on 0401 084 022 shellyharper797@yahoo.com.au











APPLY FIRST AID (WORKPLACE LEVEL 2)

This course teaches the fundamental principles, knowledge and skills to enable the first aider to provide emergency care for injuries and illnesses, in the home or the workplace.

There are no prerequisites for this course.

This is part of the HLT07 National Training Package. It is particularly useful for those who want the qualification for the workplace or as part of another training package or certificate.





CPR Update Friday 27th May 2016 9am—1pm

C.P.R.

This Cardiopulmonary Resuscitation (CPR) refresher course is designed to update the knowledge and skills necessary to maintain breathing and circulation in an adult, child or infant following cardiac arrest

<u>Develop the skills to make a real</u> <u>difference in someone's life.</u>

This nationally recognised CPR program will teach you the current techniques and methods which are required for those holding a First Aid Qualification.

The knowledge you develop in this course

The knowledge you develop in this course can be applied across a range of industries including health, education, business and tourism sectors.