



**Tuesday, 17 May 2011**

Gundagai High School  
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Principal: Jennifer Miggins

## **Term Dates**

**Term 2** ☞ 27<sup>th</sup> April – 1<sup>st</sup> July.

**Term 3** ☞ 18<sup>th</sup> July – 23<sup>rd</sup> Sept.

**Term 4** ☞ 10<sup>th</sup> Oct – 16<sup>th</sup> Dec.

## **DATES FROM THE CALENDAR:**

### **Term 2**

#### **Week 4**

**Tuesday 17<sup>th</sup> May**  
P & C Meeting @ 7pm

#### **Week 5**

✓ **Tuesday 24<sup>th</sup> May**  
UNSW Computer Skills Test  
**Friday 27<sup>th</sup> May**  
Cross Country at  
Murrumburrah

## **Important Dates Coming Up**

✓ **6<sup>th</sup> – 7<sup>th</sup> June**  
Year 9/10 Exams

✓ **21<sup>st</sup> June**  
P&C Meeting @ 7pm

## **PRINCIPAL'S MESSAGE**

### **Congratulations to James Petty named the "2011 RFS Cadet of the Year"**

James was presented with his award on Thursday 12<sup>th</sup> May in a special ceremony at NSW Parliament House by the Minister for Police and Emergency Services Hon. Michael Gallacher MLC. He was able to have his proud parents share this experience with him at Parliament House.

The Minister highlighted that James completed the RFS Cadet Program "with an exceptional degree of energy and commitment, showing a great deal of initiative and passion for the RFS's work".

Katrina Hodgkinson MP, the Minister for Primary Industries and Small Business and Member for Burrinjuck congratulated "James on being the 2011 RFS Cadet of the Year" and was "sure that his example will inspire other young people to join the RFS Cadets and make a positive and valuable contribution to their local community.

Gundagai High School again wishes to thank the Volunteers who have supported our students in the RFS Cadet Program and the associated activities in which the students have been involved. Students have had valuable opportunities because of the time and efforts of the Tumblong RFS Volunteer Captain Brian Lewin, who facilitates the program with volunteers Peter Clout, Karen Lewin, Ian Petty and Dale Chadwick.

### **P&C Fund Raising Activities Girl's Night Out**

This was a fabulous night, an outstanding effort by the organising committee. A great time was had by all those girls who attended in their very creative and glamorous outfits.

### **Cross Country Carnival**

This will take place – with fine weather – on Wednesday 18<sup>th</sup> May.

### **NSW Schools Animal Care and Ethics Committee School Visits Program**

The Gundagai High School visit occurred on Wednesday 11<sup>th</sup> May. The School and its staff, in particular Dale Chadwick, Joe Hourn, Gretchen Walsh were commended on their efforts in making sure that the school follows the policy and procedures under the legislation governing animals in schools.

**Riverina Highlands Learning Community**, of which Gundagai High School is part have organised a Gifted and Talented – Literacy Day for GAT students in Stage 3 and 4 on Wednesday 25<sup>th</sup> May, in Tumut.

Currently, the Riverina Highlands Learning Community (Gundagai HS, Tumbarumba HS, Tumut HS and Batlow CS), run a shared curriculum in the senior school to enrich and extend the curriculum offered. The course delivery is via Video Conferencing and a Moodle site which is used for class interaction, accessing assessment schedules, course work, assessment tasks and many other aspects of each course. Students also have a workshop opportunity where all the students from each of the four high schools in the RHLC get together to complete other set tasks. In 2011 we have students studying Biology, Senior Science and Information Technology, VET.

### Welcome Home to William Degotardi

William returned last week from his NSW Premier's ANZAC Scholarship Trip to Vietnam. We look forward to his presentation of this exciting experience.

### School Captains Visit to Government House

Gundagai High School Captains represented the school on Friday, 13th May in Sydney. To learn more about this valuable experience please see their report towards the end of the newsletter.

### NAPLAN

Congratulations to Year 7 and 9 students who completed NAPLAN tests last week. Your behaviour is to be commended during this lengthy testing time. Your efforts and achievements in these tests will be reported back to you and your parents later in the year.

We value the support of our local community and its support of our students and the teaching and learning at Gundagai High School.

Jennifer Miggins  
Principal

## DEPUTY PRINCIPAL'S MESSAGE

### Thanks Phil

I'd like to take the opportunity to thank Mr Mann for the tremendous amount of work he did for me over the last three weeks while I was away on leave.

### Clothing

With the cooler weather now upon us, now is a good time to remind parents and students about making sure all school clothing is named. It is impossible to return clothing to students which have no names attached.

### Education Tax Refund

The end of the financial year is looming and it's time to get all your eligible school expense receipts together to claim the Education Tax Refund (ETR).

The Federal Government initiative provides up to 50 per cent back on a range of children's education expenses, such as computers, educational software, textbooks and stationery. For the 2010–11 tax year refunds may be as much as \$397 for every child at primary school, and up to \$794 for every child at secondary school. For more information, and to claim online, go to: [www.educationtaxrefund.gov.au/](http://www.educationtaxrefund.gov.au/)

## BOS shop online

All products for Years 7-10 are now available at the Board of Studies NSW Shop Online. Discover what your high school child needs in Years 7 to 10 and how you can help at home. Visit the BOS Shop Online:

<https://bosho.boardofstudies.nsw.edu.au/links/shoponline.html>

Simon Bridgeman  
Deputy Principal

## FRONT OFFICE NEWS

### Family Details Update Reminder

This information was sent home last week and needed to be carefully checked and updated, paying special attention to **phone number changes**.

**Medicare numbers** are also required as these are now important for when students are going on work placement/work experience as well as excursions.

Please sign and return to the front office whether or not you have made any alterations by **Friday 20<sup>th</sup> May**. Thank you.



### Stewart House

A reminder that envelopes for Stewart House need to be returned by Friday 20<sup>th</sup> May.

Barbara Ballard  
School Administration Manager

## DER INFORMATION

I would like to take this opportunity to remind both the student and parents of our year 9, 10 & 11 classes that the items listed below are available for order at the front office. Depending on numbers order will be placed with Lenovo on average once a fortnight.

| Red 2009 DER Laptop                          |                                  |        |             |         |
|--|----------------------------------|--------|-------------|---------|
| Type   | Description                      | Vendor | Part Number | Price   |
| AC Adaptor                                   | 40W AC Adaptor + Power Cord      | Lenovo | 41R4453     | \$25.00 |
| Battery                                      | 2.8Ah 6 cell Lithium-Ion         | Lenovo | 57Y6346     | \$66.00 |
| Lunch Box                                    | Plastic "Lunch Box" case         | Lenovo | 57Y3489     | \$11.00 |
| Blue 2010 DER Laptop & Green 2011 DER Laptop |                                  |        |             |         |
| Type   | Description                      | Vendor | Part Number | Price   |
| AC Adaptor                                   | Replacement 65W AC Adaptor       | Lenovo | 40Y7708     | \$25.00 |
| Battery                                      | 6 Cell Lithium-Ion 2.8Ah Battery | Lenovo | 57Y4559     | \$66.00 |
| Plastic Case                                 | Replacement Plastic Case         | Lenovo | 78Y5110     | \$11.00 |

## RIVERINA BAND TRAVELS TO HAWAII

Over the past 8 years, I've attended regional camps, tours, state camps, music lessons, workshops. To top off my musical career to date, I was selected last year in August to participate in a band from Riverina region, New England region and Western region in Hawaii. I was selected for saxophone.



This band formed in the last week of the summer holidays in Dubbo and became known as the West of the Divide Wind Ensemble. This band would not have been brought together if it was not for the Di-namic trio: Di Hall (tour coordinator and regional arts coordinator for New England ), Di Reichelt (regional arts coordinator for Western) and Di Alexander (regional arts coordinator for Riverina).

In Dubbo, the students bonded, got to know each other and from the start of the week from being complete strangers, became friends and a fantastic sounding band!

When we left Dubbo, we would not be together as a band until the day before we flew out of Australia. With this in our minds, the task given was vital; practice our music!

Two months of practice flew by and then I was off for 8 days out of the country. On Saturday, 19<sup>th</sup>, the band met in Sydney to practice for 3 hours, then a Sunday practice for 3 hours before we left for the airport.



A 10 hour flight was ahead for us, and no one could sleep. Everyone was excited. First step out of the airport, we were greeted by Hawaiian people with Leis to put around our necks, another experience everyone was looking forward to.

The week was filled with sightseeing, beaches (Waikiki the main one) views of volcanoes and much, much more. The music we experienced was unbelievable. We were in Hawaii for a competition, the Pacific Basin Music Festival, against other bands from Australia and America. The stakes were high. We came away with a silver award which was a very good effort for a band that only practiced together for a week.

Hawaii was one of the best experiences of my musical, social and sightseeing life. I've definitely caught the travelling bug! I now look forward to a West of the Divide reunion at the Principal's conference in Tamworth in June. From my efforts in Hawaii, I've been lucky enough to have been selected in the NSW State Wind Ensemble. This band will play in the Opera House in August.

Written by Jo Argæet



## SCHOOL CAPTAIN'S VISIT GOVERNMENT HOUSE

Last Friday, 13<sup>th</sup> May, School Captains Tarron Makeham and myself accompanied by Mr Chadwick attended the Senior Leadership Day and were given the great honour of meeting her Excellency Governor Marie Bashir.

The leadership program started at Parliament House where we were taken to the theatre and given the opportunity to talk to some of our regions local members. They discussed how they found themselves working in politics and the way in which they achieved such a career.

We then had morning tea in the Stranger's Lounge where we met school captains from around our area and some as far as Coffs Harbour. We were then taken to the Chambers of the Upper and Lower Houses and informed of the way in which formal occasions were undertaken at the house. It was there that we were given a great insight into the passion politicians have for their job, and the high respect they hold for their fellow politicians. They told us the importance of continuing our leadership duties throughout our lives as the satisfaction of helping others is so rewarding.



Tarron and Rebecca in the chairs of the opposition in the Upper House.



Rebecca Carthew and Tarron Makeham with the Governor of NSW Professor Marie Bashir AC, CVO

After our tour of the Chambers, we had lunch before walking to Government House to be given a guided tour of the grounds. We were shown the historic significance of the house and how the refurbishing of the house has incorporated a lot of the old history of parliament.

We were then taken into an entertaining room where we were spoken to by Governor Marie Bashir about her life and successful career in politics. Governor Marie Bashir is an incredible woman with so much passion for her work and improving Australia. Her patriotism was so evident in the way she spoke of the great things Australia

has achieved, and how she has faith in Australia's future with the young society of our country.

We would like to thank Mr Chadwick for taking us on such a long Journey at such painful hours, as we had to be at Wagga airport by 5.30am, we really appreciate all your organisation and involvement that went into the trip. We would also like to thank the school for the wonderful opportunity of attending the Leadership Day and meeting the Governor. Having an insight into how Parliament works, and the processes in which are undertaken are sure to be of great value to us in the future.

Thankyou

Rebecca Carthew

## JAMES PETTY ANNOUNCED NSW RURAL FIRE SERVICE CADET OF THE YEAR 2010

Gundagai High School RFS Cadet James Petty was announced as NSW RFS Cadet of the year by the Minister for Police and Emergency Services, the Hon Michael Gallacher MLC in a special ceremony at NSW Parliament House on Thursday 12th May.

In presenting the award the Minister said “James completed the Secondary Schools Cadet Program, as a Year 8 student, with an exceptional degree of energy and commitment, showing a great deal of initiative and passion for the RFS’s work throughout the course.

James was also part of the Riverina Highlands Zone Team in the RFS State Championships, placing third overall in the Fire Ground Procedures event”.

James completed the Secondary Schools Cadet Program at Gundagai High, as a Year 8 student. James also is involved in his community in other ways and was involved in assisting the SES with flood notices and sandbagging along with the other cadets during the recent floods in Gundagai. He also participated in the ‘Tremendous Trek’ to raise funds for the Gundagai Branch of Canassist and assisted on the entry gate for the Gundagai Giddyup.

After presenting the award to James, the Minister escorted James to the floor of the Upper House of Parliament where it was announced formally to the other Members of Parliament. These members then acknowledge James’ achievement by a bow of the head to him followed by cheers of ‘Hear, Hear’.

The RFS Cadet Program started at Gundagai High in 2010 largely thanks to the tireless work of Tumblong RFS Volunteer Captain Brian Lewin, who facilitates the program with assistance from Volunteers, Peter Clout, Karen Lewin and Dale Chadwick whom is also a Teacher with Gundagai High.

Inspector Peter Jones, Community Safety Officer for the Riverina Highlands Zone said ‘Without the support of our Volunteers and the Schools like Gundagai High this program would not have been possible. James is a worthy recipient and it was clear to all of the instructors that James was the standout cadet and deserving of recognition’.

James’ parents Lynda and Ian were also present at the ceremony along with his siblings and are all extremely proud of him. Local Member Katrina Hodgkinson MP was also on hand to offer James her congratulations.

Gundagai High School also received a trophy recognising James’ achievement and the efforts of the Cadet Coordinating Team of Brian Lewin, Peter Clout, Karen Lewin and Dale Chadwick.

The RFS Cadet Program aims to inspire young people to take up volunteering, develop leadership qualities, self-discipline, initiative and teamwork. These qualities allow the cadets to gain skills for life and develop a sense of community.

So far over 50 students from Gundagai High have participated in the program and it continues to grow.



James Petty receiving his RFS Cadet of The Year (2010) Award from Minister for Police and Emergency Services Hon. Michael Gallacher MLC at Parliament House in Sydney.

## CAREERS NEWS

### Tertiary Awareness Day CSU – Tuesday 24 June 2011

Years 10, 11 and 12  
Joyes Hall  
Pine Gully Road  
CSU Wagga Wagga Campus

I am writing to you on behalf of the Riverina Careers Adviser's Association and Charles Sturt University, inviting your school to the **Wagga Wagga Tertiary Awareness Day** to be held on **Tuesday 21 June 2011**. This event is for your students and their parents or guardians and we ask you to promote it as strongly as possible to all parties.

On display and available for all your information needs are the University's, and many Private Providers offering ideas and suggestions on what they have to offer you in choosing a Career Path. A full list is attached to this mail out. I am expecting a few more late registrations.

Cost is \$2 per student.

Tax Invoices and Receipts are issued on the day.

Senior Student Conference CSU Thursday 2<sup>nd</sup> June, 9.30- 2.30

For students in 10, 11 and 12 who are considering a career in teaching?

\*\*\*\*\*



ABN 28 440 603 701

- SHEDS
- HANDRAILS
- TRAY BODIES
- CANOPIES
- TOOL BOXES
- CATTLE YARDS
- PATIOS AND DECKS
- CARPORTS
- GATES
- FENCES
- TRAILERS
- MACHINERY REPAIRS AND MAINTENANCE
- MOBILE WELDING
- STAINLESS STEEL AND ALUMINIUM WELDING

FOR ALL YOUR GENERAL WELDING  
PHONE JUSTIN SMITH

**0438 411 146**



# Media Release

**Katrina Hodgkinson MP**

Minister for Primary Industries and Minister for Small Business  
Member for Burriinjuck

**THE NATIONALS**  
*for Regional NSW*

*Media Release – 12 May 2011*

## Katrina congratulates Gundagai's RFS Cadet of the Year

The Nationals Member for Burriinjuck, Katrina Hodgkinson, was on hand in the NSW Parliament to congratulate Gundagai High School student James Petty on being awarded the 2010 Rural Fire Service (RFS) Cadet of the Year Award.

"James received this award from the Minister for Emergency Services, Mike Gallacher, who was very forthright in his praise for James's achievements," Katrina Hodgkinson said.

"The RFS Cadet Program was established to inspire young people to take up volunteering and also to learn the basics of rural fire fighting including team building and safety training.

"It is very appropriate that James received his award during National Volunteer Week."

Katrina Hodgkinson said that the RFS Cadet Program, which was launched six years ago, has proven to be a great success in encouraging young people to develop an interest in the Rural Fire Service and its traditions.

"Living in regional NSW, and having been a member of the Rural Fire Service myself, I know how important it is that we encourage young people to become interested and involved in these activities," Katrina Hodgkinson said.

"During her address to the ceremony Katrina Hodgkinson highlighted James' marvellous achievements and said she hoped more schools could offer the RFS Cadet program that helped to enhance wonderful values in our senior students.

"More than 3,000 cadets have graduated from the RFS cadet program, with some going on to join their local brigades as volunteer fire fighters.

"I congratulate James on being the 2010 RFS Cadet of the Year and I am sure that his example will inspire other young people to join the RFS Cadets and make a positive and valuable contribution to their local community," Katrina Hodgkinson said.

(ends)

Media Contact: Katrina Hodgkinson 6226 3311, 0404 474 657 or [burriinjuck@parliament.nsw.gov.au](mailto:burriinjuck@parliament.nsw.gov.au)

Attached photographs: Katrina Hodgkinson, Member for Burriinjuck and James Petty from Gundagai, the 2010 RFS Cadet of the Year in Parliament House after the awards ceremony.





# Mirraboooka News

Gundagai Neighbourhood Centre  
"Phone: 02 69440290  
Fax: 02 69442216  
E-mail: gundagai.centre@westnet.com.au

Gundagai Library  
Phone: 69440270  
Fax: 69441011  
Email: library@gundagai.nsw.gov.au

**TERM 2  
2011**

**Neighbourhood Centres Week 9th—13th May  
National Volunteers Week 9th—15th May**

## **Gundagai Small Business & Support Services**

Are invited to attend an update on;

- *What follows the Exceptional Circumstance program for Small Business and Rural Communities*
  - *Recovery Support Programs*
- Friday 20th May—7.00 am to 9.00 am  
Mirrabooka, 245 Sheridan Street**

*Breakfast courtesy of NSW DPI rural support program  
Bookings essential 69440290 by 17th May*

## **An Invitation is extended to all community services, groups and individuals**

to attend a 1 hour meeting at Mirrabooka  
on Friday 20th May at 9.00 am  
to determine the interest in reforming a

### **Gundagai Interagency Group**

If you would like to be part of this new network please  
come along or contact Mirrabooka with your apology  
and contact details

## **GUNDAGAI YOUTH COUNCIL**

*Youth Space—This new facility has been well received by our youth and each weekday during the Easter holidays it was well utilized. Now school is back in action we are hoping to have the Space open Monday and Friday from 3.30—5.30 pm*

*For this to happen we need volunteers, especially for Mondays. All volunteers must undergo a police check and preferably be over 25 yrs of age*

*In the holidays we also held a Drama workshop with Damien and Fiona from CDAS Kids travelling over from Cootamundra to teach our youth dancing, vocal and acting skills. They hope to get back in the July holidays if we have enough people interested*

*For more information on Youth Space or Drama contact Cindy or Peggy*

## **Would you like to be a volunteer at Mirrabooka**

The Neighbourhood Centre is a non-government, non-profit organization that provides a range of services to all age groups in our community. We are always in need of assistance to provide these services to the aged and disabled, children and youth and their families and all residents of the Gundagai community. We also work in conjunction with local groups, services and schools to bring a range of programs and activities to improve the lives of many people. We receive funding from various funding bodies with the majority of our funding obtained from NSW Human Services and the Commonwealth Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA)

To provide all these services the Neighbourhood Centre is governed by a volunteer management committee that meets monthly to ensure all services are delivered responsibly, and are accountable. Due to two of our committee having to resign due to relocation and work commitments we are seeking new members to fill these vacancies immediately. We are also always looking for other volunteers who have some spare time to assist us with delivering any of our services through driving, home visiting, reading or assisting with groups. All our volunteers must undergo a criminal check. If you have skills in craft, administration, computers, music, arts etc then please call in to Mirrabooka or contact staff on 69440290 or email: gundagai.centre@westnet.com.au

**Tax Help Volunteers**—Each year the Centre endeavours to provide the Free Tax Help Service to the residents of Gundagai who are on a low income. If you are interested in undergoing this training and providing this service from Mirrabooka please contact us

**Tai Chi for Arthritis**—A training weekend is coming up in August for any one who is interested in becoming a Tai Chi leader. Contact Peggy for more information

## **Library News**

National Simultaneous Story time on Wednesday 25 May at 11am we are reading "Feathers for Phoebe" by Rod Clement

Gundagai District History Group meet the last Friday of each month at 10.00am for morning tea – All Welcome.

Every Thursday at 10.00am Story time/ Music fun followed by morning tea. Themes for this term include Chooky Chooky, Fairytales, Owls and Transport.

Anzac Exhibition will continue during May and includes a Local War collection owned by Barry Luff.

## **In this Issue**

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## **Homework Help**

Have you done your homework?

Do you find it difficult to get started?

Maybe we can help?

Qualified and experienced teachers are now offering this free service at Mirrabooka on

Tuesday afternoons  
from 4-5 pm

Any student from year 6 to year 12 and TAFE students are welcome to come along.

Bookings appreciated on  
69440290

## **Save the Date**

**Saturday 23rd July  
BINGO**

Gundagai District Services Club  
All profits will go towards the Community Bus replacement fund.

Any donations or items for trading table will be greatly appreciated. Contact Mirrabooka if you would like to help.

## **Women's Breakfast Club**

**7.30—9.00 am**

For Women of all ages

Join us on the First Friday of each month for a relaxing breakfast.

A great place for new residents to meet other members of the community and a venue to promote services ideas and upcoming events.

## **Next Breakfast 3rd June**

Gundagai High School

Hanley Street

7.30 am - Cost \$5

Guest speaker

Jennifer Miggins

Gundagai High Principal

Bookings on 69440290

by Wednesday 1st March.

## **1st July**

Breakfast at Mirrabooka

Guest Speaker

To be advised

# Home & Community Care Services

## Bus Service

The Local Bus Service is available Tuesday, Thursdays and Fridays  
9 am - 1 pm & 2 - 4 pm

The first Monday of each month will be a special trip. Clients for Monday trips need to check when booking what time they need to be at Mirrabooka. If you don't drive Andrew or a volunteer can pick you up from your home.

All Monday bus trips must be booked and paid for by the Thursday prior to your trip. If insufficient numbers the trip will be cancelled. If you need to attend a medical appointment and the bus is cancelled we will organize a community car for you.

**May**  
16<sup>th</sup> Tumut \$15

\*Indigo Trip has been cancelled

One day Special trip is being organized  
For Monday 30th May, contact Mirrabooka for more information

**June**  
6th Canberra Belconnan \$30  
13th Wagga Wagga \$20  
20th Tumut \$15

**July**  
4<sup>th</sup> Bowning/Yass \$30  
11th Wagga Wagga \$20  
18th Tumut \$15

## **Carers NSW is here to help.**

### *The Carer Line*

The Carers NSW Carer Line provides access and information, emotional support and referral to a range of services for carers and the people they care for.

Carers can access the Carer Line;  
Monday to Friday, 9am—5pm

**1800 242 636**

\*freecall except from mobiles

## **Gundagai Men's Shed**

The Men's Shed is now operating on Wednesday and Saturday mornings at 224 Punch Street (Phil Simpson's Honey Shed).

New members are always welcome. For more information contact Ted Bell on 0439445825

## Mirrabooka Social Group

Group members this term are busy making lots of great items to sell on the trading table at the Community Bus fundraiser on Saturday 23rd July. The Group meets from 9.30 am to 1 pm every Wednesday for some fun and laughter. Free Transport to and from the Group is available if you don't drive and morning tea and lunch are provided at a cost of \$10.

We are also planning another trip to Wagga Civic Theatre on 15th June and invite other seniors to join us.

If you would like to be part of this social group and need more information contact Peggy on 69440290 on Wednesday, Thursday or Fridays.

## Best of Broadway Bus Trip

**Wednesday 15th June**

**Cost \$30.00 includes morning tea, show and bus**

**Lunch not included in cost**

**Bus leaves Mirrabooka at 9 am**

With music selected from shows such as Cabaret, 42nd Street, Chorus Line, Fiddler on the Roof, Man of LaMancha, Mame, and many more, this program brings some of the best tap dancing routines from Broadway and many of the most enchanting, favourite songs from musical theatre.

## Community Car Transport

This service is reliant on our volunteers for clients to attend medical appointments. If booking the car for your medical appointment please give at least 24hrs notice or more. Bookings can be made to the office on 69440290. Local transport for medical appointments when the bus is not running we encourage clients to use the taxi service.

**Costings for the car are:**

**Tumut \$18.00 Cootamundra \$25.00 Wagga \$30.00**

**Canberra/Albury \$60.00 Sydney \$90.00 (if volunteer available)**

**Food Services** Do you find it difficult to shop for or prepare your meals? Maybe you should try our frozen My Chef Meals.

You can have them delivered by a volunteer each weekday or order in bulk fortnightly and reheat at your convenience. We have a large variety of soups, snacks, mains and desserts to choose from.

**Community Restaurant**—is held at 12 noon on the First Sunday of each Month  
5th June—School of Dance at the Uniting Church Hall

3rd July—Hospital auxiliary at Uralba

If you would like to attend the restaurant or get more information on the community car or food services contact Kristy on 69440290

Home Modifications that can be provided include:

Bathroom/toilet modifications, (e.g. replacement of bath with hobless shower, grab rails, relocation of wash-basin or toilet).

Kitchen modifications, (e.g. lowering of work-tops, replacement of ovens, wheel in space for wheelchairs under sinks).

Access modifications (e.g. ramps, hand-rails, widening of doorways, construction of easy step pathways).

Electrical modifications (e.g. re-siting of switches, power points changing to rocker switches).

For further information on any queries in relation to home modifications and services please contact our HMMS Coordinator Andrew Miller on 69440290.

**Smoke Alarms** Have you had your smoke alarm checked for the winter months ahead. We are now entering the season with the highest risk of house fires. If you would like someone to check your smoke alarm contact us on 69440290 and leave your contact details.

## **Centrelink Agency**

**Your local Centrelink Agent is located at  
Mirrabooka**

**245 Sheridan Street, Gundagai**

**Hours; 9am to 5pm**

Your Local Agent can

- Respond to general questions on payments and services
- Help you complete forms
- Show you a quick and easy way to do your business with Centrelink through self serve
- Refer you to other centrelink services eg social workers

At the Centrelink Agency you can also

- Use the telephone to ring prospective employers, speak to Centrelink or to use the self service options
- Fax and photocopy documents
- Pick up and lodge Centrelink forms
- Use the internet for Centrelink Self Service and other purposes including searching for a job

**Please note; Centrelink Agents are not able to make payments or decisions about your payments**

## **The Good Governance Program**

Are you on a board or a committee?

Gundagai Neighbourhood Centre Committee has organised free information sessions on the following topics and invites you to attend the topics of your choice.

These are held on Thursday evenings at Mirrabooka from 6.30—8.30 pm

12th May—Policies

9th June—Strategic Planning & Risk Management

If you are interested contact Peggy on 69440290

## **Sketching Classes**

with Robyn Myszalski

At Mirrabooka

Tuesday 7th, 14th & 21st June

12.00 noon to 3.00 pm

Cost \$45 for 3 sessions

Here is your chance to learn from a skilled art teacher. This short course with Robyn is sure to be both fun and informative.

You will need to bring;

- Black sketch pad
- White sketch pad
- 3B and 6B pencil
- Pastel pencils
- Rubber
- Sharpener

Bookings with payment essential by 1st June at Mirrabooka

## **GUITAR LESSONS FOR BEGINNERS**

Joanne Argat is offering lessons once a fortnight on a Wednesday afternoon at Mirrabooka for Primary aged children. Cost is \$5 per lesson. Students in classes 3&4 attend from 4-4.30 pm and Students in classes 5&6 attend from 4.30—5pm. Participants must provide their own guitar for the lessons. Bookings essential on 69440290

## **FREE Legal Advice**

The smart way to get legal advice

We aim to relieve any fear in relation to the costs associated with seeking legal advice, We have a large group of experienced lawyers who will give you initial advice on the phone or in person for free.

- Don't pay costly fees for initial legal advice
- Find out your legal rights
- Arrange phone or face to face consultation within 24 hours
- Don't deny and be subject to "out of time" limitations for you claim

Interpreters

The service can provide language interpreters if required.

Freecall 1800 794 884

[www.legaladvice.org.au](http://www.legaladvice.org.au)

## **MARK your Calendar Gundagai Family Well Being Day Sunday 19th June**

- Health Pitt Stop for Men and Women
  - Easy Exercise and relaxation tips
  - Mental health information
  - Financial counsellor service
- And much more!

Watch the Independent for more information

## **IDEAS**

**Disability Info Line  
1800 029 904**

IDEAS works to support people with disability and people with age related disability, their families, carers, and other supporters to self advocate, enabling them to make informed decisions about matters of importance to them in their daily life.

IDEAS do this by providing a range of free information services and products. Using our specialist expertise, we source information and then filter, interpret and disseminate it on request, through a variety of methods for the benefit of our service users

You can call IDEAS friendly and knowledgeable Information Officers who will listen to your enquiry, help you find the information resources you need, and treat your call confidentially



# MIRRABOOKA

## Term 2

### Workshops & Guest Speakers

Bookings for the following sessions would be appreciated on 69440290

#### Fed Up with Children's Behaviour Friday 10th June

Presented by Kim Pollack & Sheeree Morris  
Session will include;

DVD session from Sue Dengate that will explore the effects preservatives and colours on children. Information will be given on safe food options with advice available from local Dietician Sheeree Morris  
Don't miss this if you think your child's behaviour could have something to do with the food they eat

#### "Power play"

#### Friday 1st July

Presented by Kim Pollack

Kim will share loads of great information on how children play and the importance of play. This is a fun hands on session for parents and children

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### HOME-START

#### "New Initiative"

Home-Start is now able to offer families a custom designed **Healthy Living Program**

Together with the family the Family Worker will design a program based on healthy living principals, focusing on identified areas of need

The program may include;

- Menu Planning & Food Preparation
- Fun exercise for the whole family
- Relaxation techniques including infant massage
- Individual/group parenting courses
- Communication skills
- Social Outings
- Supported Referral to other services as appropriate

Contact the Home-Start Family Worker Sherise Jory on; 69476033 or 0427 466 844

### Bravehearts

This education program was developed to help empower children to speak out about ANY unsafe situation. This could include bullying in the playground to domestic violence to the serious issue of sexual assault. Centacare Rural Support Worker Chris Ryan Chapple has been collaborating with sponsors and services to bring this program to Gundagai children this term. More information will be sent out soon through the schools and children's services who will be involved in the program  
The Centacare Rural Support Service

- Promote Healthy Family Relationships
- Promote the well being of individuals , groups and communities
- Respond to individuals and families in crisis
- Help families adapt to economic and social change
- Build strong and well skilled communities
- Encourage people to participate actively in their local community development

Chris Ryan—Chappell can be contacted on 69233888

# CHILDRENS SERVICES & GROUPS

**Paint & Play** is held at Mirrabooka , South Gundagai School , Nangus School and Coolac Hall. Families are able to attend activities at all of these venues or just the one closest to them.

Please bring morning tea and a hat for your child for outdoor play for all these groups. A gold coin donation is appreciated for morning tea

**Tea and Toys** is available from 10.00 am to 12.00 at Mirrabooka on the Fridays that Paint & Play is not held there. Call in for 5 minutes before or after you visit the Clinic or stay for the 2 hours have a cuppa and meet up with other parents on a regular basis

**Story Time or Music Fun** are held in the Library every Thursday, Cindy always entertains the children (and the adults) with her enthusiastic readings followed by a craft activity and Karen brings music and fun into your children's lives with Music Fun

**Gundagai Playgroup** is held every Tuesday at 10.00 am. Parents, Grandparents , Aunties, Uncles, Carers or Guardians are all welcome to bring their children to the group. This popular community based group is coordinated by the mums who attend each week. Children are provided with a huge range of activities and new members are always welcome. Contact Leanne McDonnell on 69442969 or Jodie Crossley on 69441325 for information

**Jugiong Playgroup** is held 10.00 am Fridays at the Jugiong School. New families are always welcome. Contact Lisa Elphick on 0439699905

| Thursdays   | Fridays  |
|---|--|
| 12th May<br><b>Library Story time 10.15 am</b><br>"Chooky Chooky"<br><b>Gundagai Children's Services Group Meeting 4.00 pm</b><br><b>Mirrabooka</b> | 13th May<br><b>Child and Family Health Clinic</b><br><b>Tea and Toys 10.00 am</b><br><br><i>Coolac Hall Paint &amp; Play 10.00 am</i>  |
| 19th May<br><b>Music Fun 10.15 am</b><br><br><b>Nangus School Paint &amp; Play 9.30 am</b>  | 20th May<br><b>Child and Family Health Clinic</b><br><br><i>Mirrabooka Paint &amp; Play 10.00 am</i>   |
| 26th May<br>Library Story time 10.15 am<br>"Fairytale"  | 27th May<br><b>Child and Family Health Clinic</b><br><b>Tea and Toys 10.00 am</b><br><i>South School Paint &amp; Play—9.30 am</i>  |
| 2nd June<br><b>Music Fun 10.15 am</b>   | 3rd June<br><b>Child and Family Health Clinic</b><br><i>Mirrabooka Paint &amp; Play 10.00 am</i>   |
| 9th June<br>Library Story time 10.15 am<br>"Owls"   | 10th June<br><b>Child and Family Health Clinic</b><br><b>10.00 am Fed Up with Children's Behaviour Information session</b><br><br><i>Coolac Hall Paint &amp; Play 10.00 am</i> |
| 16th June<br>Music Fun 10.15 am<br><b>Nangus School Paint &amp; Play 9.30 am</b>  | 17th June<br><b>Child and Family Health Clinic</b><br><br><i>Mirrabooka Paint &amp; Play 10.00 am</i>  |
| 23rd June<br><b>Library Story time 10.15 am</b><br>"Transport"  | 24th June<br><b>Child and Family Health Clinic</b><br><b>Tea and Toys 10.00 am</b><br><i>South School Paint &amp; Play —9.30 am</i>  |
| 30th June<br><b>Music Fun 10.15 am</b>  | 1st July<br><b>Child and Family Health Clinic</b><br><i>Mirrabooka Paint &amp; Play 10.00 am</i><br><b>"Power play" information Session</b>                                    |
| <i>Go confidently in the direction of</i>   | <i>your dreams, Live the life you imagined!</i>  |