# **Bega High News**

# 14 September 2015



Email: bega-h.school@det.nsw.edu.au Web Address: www.bega-h.schools.nsw.edu.au/



Bega High School is committed to providing excellence in education, which prepares all students to contribute responsibly to a changing world by preparing students to be:

Skilled lifelong learners
Balanced in their life
Skilled problem solvers and decision makers
in relation to all aspects of their lives
Responsible and compassionate citizens
Self-confident
Valued group participants

# **Principal's Report**

Another term has passed and again it has been full of quality experiences and learning for students, staff and the community. We have celebrated Education Week, we have admired the many and varied talents of members of the Sapphire Coast Learning Community, we have welcomed past and future students to the school, we have welcomed Board of Studies markers (mostly teachers from across the state) to view and assess performances and projects of Year 12 students, and we have visited various parts of the state, both locally and further afield on excursions to the Bega Cheese Factory, the University of Wollongong, Dunedoo, Canberra, Nowra, Perisher and Berkley to name a few.

Again, the organisation and commitment of teachers and support staff have meant that students are achieving success in many different curricula and extra-curricular pursuits and are meeting the challenge of becoming skilled life-long learners.

It is also the time when we can celebrate the professional career of Julie Colwell and to farewell her from Bega High School. As one of our longstanding staff members, having started at Bega High in 1991, and Music teacher to such stars as Daniel Champagne, Heath Cullen, Jay McMahon, Angie Carrington and Sam Crowden, Julie will be retired by the time we return in Term 4. More recently, Julie has been an enthusiastic member of the SCLC Performing Arts Festival planning team over the last seven years, and she has, of course, had taken numerous classes through to HSC level.

One of Julie's other claims to fame was her outstanding contribution to the planning and organisation of performances by Bega High School in the Big Gig. The professional quality of the MADD Nights is also a testament to Julie's commitment to music and to the school and the community. We wish her well in her retirement and thank Julie for her years of service to the student of the Bega community.

We will also farewell the current group of Year 12 students over the next few days. Most of them will leave the school with many memories of being the youngest, smallest, shortest, cutest students in Year 7 through to developing their confidence, grey matter, maturing bodies and compassion in becoming the oldest, tallest, strongest members of the

student population. Thanks and appreciation must go to parents, carers, and other adults who have supported them through the secondary school years of their learning, as well as to all the teachers, head teachers, deputy principals and support staff who have worked to deliver opportunities for their success at school and into the future. We wish them all the best as they continue with their studying for HSC exams and then move into employment, other training and other learning institutions into the future (or all three).

Year 12 students will attest to the wide range of courses available and extra-curricular activities that students engage in over their time at Bega High School. As part of the public education system our students also have access to various forms of learning that do not always take place in a traditional classroom. Studying some courses by distance education is one such option. The school has a long history of sharing students with Karabar Distance Education Centre and sometimes the Open High School in Sydney. Now, as part of the Rural and Remote Blueprint there is also a new virtual secondary school known as Aurora College. Because this school is part of the selective schools group, places are offered to Year 7 students through the Selective Schools Tests. For students in other years there are various dates for applying to enrol in courses with Aurora College and more information can be found at the website http://www.aurora.nsw.edu.au/.

In 2015 we had one student who was studying three subjects through Aurora and in 2016 we have another who will take up three Year 10 courses where he will mix virtual learning processes with classroom-based learning at Bega High. For example, students will connect with their teachers and classmates through a virtual learning environment, which will include web conferencing software and the Department's virtual classrooms. Where possible, lessons will also be recorded so that students can access lessons at other times.

Student leadership has been another focus for the school during 2015. Expanding the representation of students from Years 7 through to 12 will be a focus of a school-based assessment of student leadership opportunities in Term 4 with a view to developing a new framework for the many forms that leadership and student voice can take in the school and wider community. All students will have the opportunity, early in Term 4, to nominate for a position on the current Student Representative Council and then further work will be done on assessing existing structures and opportunities and planning for 21<sup>st</sup> century leadership.

Next term will be one for reflecting on student learning through final assessments, examinations and determining if students are meeting requirements to achieve Year 10 and Year 11 RoSA qualifications. We will also be looking at the progress being made in our strategic directions and specific programs to support students. Many more activities are planned to engage students in learning, and we look forward to meeting students from our partner primary schools on several occasions as they transition into 2016.



I wish for our students and staff a restful, safe and enjoyable vacation in readiness for the busy months leading up to summer and warmer weather.

Mrs Linda Thurston Relieving Principal

# **Coming Events**

# Tuesday, 15 September:

- Last day of Year 11 Exams
- MultiLit Excursion to Merimbula

## Thursday, 17 September:

- Year 12 Presentation Ceremony in school hall 9:30 am for a 10 am start
- Year 10 & 11 Montague Island overnight Excursion
- Bega Vs Lumen Christi Rugby Day at Lumen Christi College, Pambula (Years 7 – 10)

# Friday, 18 September:

- LAST DAY TERM 4
- Year 7 Montague Island Excursion
- Year 7 Community Action Day Tree planting near new walkway along Bega River

# School Holiday HSC Study Day Thursday, 24 September:

- 9 am 12 noon English
- 1 pm 3 pm Ancient History

## Term 4

## Monday, 5 October:

LABOUR DAY PUBLIC HOLIDAY

## Tuesday, 6 October:

- · Students return to school
- Canberra Show Team training

# Monday, 12 October:

HSC Exams begin and continue until 4 November

# Tell Them from Me Survey (Access problems resolved!)

A number of parents have found difficulty in accessing the Tell Them From Me survey.

The Technical help desk has suggested the following be used:

www.tellthemfromme.com

Username: parent16838

Password: Beg8165 (the B is case sensitive)

This link and access has been tried and has worked. Your assistance in completing the survey would be appreciated, and provide us with important information.

Thanks in anticipation

Phil Banks

**Deputy Principal (Acting)** 

# What happens if . . . your child is sick

Your child should ask their teacher for permission (get a note) to report to the front office. Ask your child not to contact you by mobile phone. The school will notify you that your child is sick and ask you to collect them if possible.

If you have changed any contact details or emergency contact details please contact the school or complete the form attached to the back of this newsletter.

# Bega High School Uniform Shop 20%off Sale

Thursday, 17<sup>th</sup> September Sale Day Opening Hours 8:30 am – 4:00 pm

# All items in the shop, including jumpers

Shop Stock only No exchanges No refunds No rain checks No laybys

For enquiries phone: 0417 028 864

# Bega High Students record Dhurga & Thaua Language for Aboriginal Language Dictionary App

On Thursday 3<sup>rd</sup> September, Bega High School students Keri-Ann Perry and Thomas Francis, joined with Graham Moore, Lino Thomas, Ozzie Stewart, Margaret Taylor, and Gjumara Moore to help record Aboriginal Language at the ABC Radio Studio.

The aim of the recording is to produce an application (app) available for download on smart devices – such as iPads, iPhones, and Android devices. The main function of the app is to create an Aboriginal Dictionary, translating English language and then reiterating the words into Aboriginal language. This app will be an excellent tool for promoting culture and educating individuals on the compelling Indigenous language.

Kirsten Carter Year 12

# St Cecilia Music Scholarships (St Cecilia is Patron Saint of Music)

Scholarships up to \$1,000 available

Are you between 8 and 18 years old? Do you play an instrument in either a classical or non-classical style?

Various scholarships are available in either genre.

For more information and entry forms see Ms Montgomery or go to website: <a href="https://www.st.cecilia.org.au">www.st.cecilia.org.au</a>

Hurry! Entries close Friday, 18 September

# NSW State Representative Snowsports

Congratulations to Jack Dobell (Year 11), Jesse Rudneski (Year 11), Mackenzie Gibbons (Year 9) and Eyrl Boulton (Year 8) for their recent selection and participation in the 2015 NSW State Representative Snowsports team.

All boys were successful in gaining selection for the State competition for their individual scores in the Regional Championships held in July. Wade Wilton was also successful in gaining entry but was unable to compete on the day. Jack, Jesse and Mackenzie competed in the Snowboard Cross event and Eyrl competed in the Alpine Giant Slalom and the Skier Cross event. It was a tough course at Perisher during the last week in August but a good time was had by all. It was the first time for all 4 boys competing at the State level.



Jack Dobell in Snowboard X



**Eryl Boulton in Alpine Giant Slalom** 



Mackenzie Gibbons in Snowboard X



Jesse Rudneski in Snowboard X



The Bega High Snowsports Team – Mackenzie Gibbons, Brad McKay, Cailem Campbell, Jack Dobell, Eyrl Boulton, Dizzi Stern, Kaytlen Walsh, Blacke Dowling, Rhiannon Walker, Wade Wilton, Jesse Rudneski

A special thanks goes to Greg and Kerry McKay, Warwick Wilton, Geoff Boulton, Andrew and Michelle Walsh for their help in supervising and transporting our students to and from Perisher.

T Gibbons Organising teacher

# Bega High School Absentee Hotline: 6492 9010

If your child is going to be absent from school, please telephone with the following information:

Student Name Roll Class Date of Absence Reason for Absence Your Name

All other enquiries: 6492 9000

# **Year 11 Sport Lifestyle and Recreation**

Students recently presented a Tabloid of games to suit mixed abilities. They worked with Mr Green's, Mr Britton's, Mrs Harris' and Mrs Griffin's classes from Special Education and Mr Elliott's Year 7 PDHPE class.

Students prepared modified games such as seated Volleyball, downhill Ten-pin bowling, Bocce, Poly-bat, Ball games and Gorri, Wungoolay an indigenous "spear" throwing game.

All the games were well thought out, presented and adapted when needed. The students who took part enjoyed the morning immensely. Year 11 also valued the experience.

Mrs Morgan PE teacher











# **Year 12 Music Night** – Below is the program. All enjoyed the night. Well done Year 12 and all the accompanying musicians. Julie Colwell, Music teacher

# Bega High School

# ear 12 HSC Music Night





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Georgia Haggar













Sasha Millhouse

Jack Malolakis





Proud to be a part of the Sapphire Coast Learning

Wednesday, 19 August 2015



Riley Finnerty

























The boys up the back — Cylem Power, Aden Lord, Rhys Davies Nothing is too much trouble for them.

The ladies in the office

Ms Montgomery for all her help and assistance

Jack Umback for putting the chairs out, then stacking them up,

then putting them out again - and so it goes on

Our compere Rhys Davies









And especially YOU, the audience, for coming along All the students who participated in the concert.

and helping us all to participate in the

Magic of Music Ms Colwell



5.

Catering: Ms Perry, Ms George and her Cambodia Excursion students.

Big Thanks

Magpie Music for the lights

# Bega High School Year 12 Music Night 2015

# WELCOME

'Maple Leaf' Rag – piano (Aden Lord)
Introduction: Rhys Davies – compere
juggler
sound engineer
lighting
generally a lovely person

# Students named first are performing the piece for their HSC

# ACT 1

				Riley Finnerty
←	Riley Finnerty	Alto saxophone – Sonata 3 <sup>rd</sup> Movement		See
2.	Jack Malolakis	drums - 'Reggae composition'	2.	Joccoaa Lee
69	Raeh Power	vocal/guitar 'Many of Horrors'		
4.	Jessica Shipton	vocal -'A Team' 'Lips of an Angel' accompanied by guitar - Raeh Power	ei ei	Sasha Millhouse
5.	Kelsey Kennedy	vocal – 'Grandma's Hand' accompanied by guitar – Pippi Watt-Meek	4	Georgia Haggar
9.	Pippi Watt-Meek	vocal – '10 days' accompanied by guitar – Sasha Millhouse	ည်	Jaimee Inkster
7.	Sasha Millhouse	guitar – 'Minor Swing' accompanied by guitar – Sasha Millhouse	9.	Pippi Watt-Meek
		guitar – marley Faulkher clarinet – Riley Finnerty bass – Tom Limbrecht-Fox	7.	Joccoaa Lee
ω <u>΄</u>	Georgia Haggar	vocal – 'Brother Where Have You Been' accompanied by guitar – Cylem Power	œ'	Jaimee Inkster
		drums – Devlin Lee vocals – Jazmyn Carter, Annia Fitzer	6	Sasha Millhouse Jack Malolakis
		bass guitar - Chloe Harlow	10.	Tom Limbrecht-Fo
9.	Tom Limbrecht-Fox	bass guitar – 'Pablo's Quest'		

# INTERVAL Refreshments by Cambodia Fundraiser Group on sale

# Background music supplied by Cylem Power, Aden Lord & Raeh Power

# ACT 2

Alto saxophone – Piece 1: 'Winter in the Tropics' Piece 1: 'Schumer Zer Tanze accompanied by piano – Cathy Tyson	vocal – 'Habits' accompanied by guitar – Marley Faulkner bass – Tom Limbrecht-Fox clarinet – Riley Finnerty drums – Jack Malolakis	guitar - 'Chittlin concarne'	vocal – 'Who's Loving You' accompanied by piano - Brenda Montgomery	vocal – 'Hallelujah' accompanied by guitar – Arch Browne	vocal – 'Bound to You' accompanied by vocal – Ella Spurling	vocal – 'Jealous' accompanied by piano – Julie Colwell	vocal – 'I won't let you go' accompanied by guitar – Arch Browne	guitar - 'Little Wing' drums	double bass – 'Quincy Nabu accompanied by guitar – Sasha Millhouse drums – Jack Malolakis
Riley Finnerty	Joccoaa Lee	Sasha Millhouse	Georgia Haggar	Jaimee Inkster	Pippi Watt-Meek	Joccoaa Lee	Jaimee Inkster	Sasha Millhouse Jack Malolakis	Tom Limbrecht-Fox
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accompanied by guitar – Marley Faulkner drums – Jack Malolakis

# **Community Noticeboard**

ADVERTISING

Material relating to students will be advertised at the Principal's discretion and does not necessarily reflect the views of this school. No cost to non-profit making organisations.

## Landcare Adventures

In November The Crossing offers two different Landcare Adventures for older (Year 8/9) and younger (Year 6/7) students. Book before the September holidays to guarantee a place!

A Landcare Adventure for Year 6 & 7 students takes young people from Bermagui to The Crossing by mountain bike and back by canoe. Young people stay for two nights in a train carriage bunkhouse and participate in a day of landcare and sustainability tasks as well as exploring a hidden bush valley into the twilight.

The program starts at 5pm after school on Friday from Bermagui and finishes 1pm on Sunday in Bermagui.

A Wild Landcare Adventure for Year 8 & 9 students takes young people from Quaama over the coastal range to The Crossing and onto the Sea. The bushwalking journey into the wilderness includes, twilight exploring to find a remote overnight tent camp, a night in a train carriage bunkhouse and a canoe journey. All this plus some Landcare challenges along the way.

The program starts at 5pm after school on Friday from Quaama and finishes 1pm on Sunday in Bermagui.

For bookings see <a href="http://thecrossing.thebegavalley.org.au/thecrossing-education/">http://thecrossing.thebegavalley.org.au/thecrossing.thebegavalley.org.au/thecrossing-education/</a>

If you love swimming – read on!
Pambula Community Swimming Club
welcomes new and existing members to the start of the
2015-2016 Club season.

We have facilities as good as anywhere in Australia right here on our doorstep, so come and find out what all the fuss is about.!

All ages are welcome with a weekly program of events offering plenty of race experience and lots of fun for the whole family.

# First Night: Tuesday, 13 October, 5:45 pm at Sapphire Aquatic Centre, Pambula.

A short information session about club night will be held in our clubroom prior to races commencing. A free sausage BBQ will also be provided. Prospective members can swim at the Club for 3 weeks before joining so why not give it a go? See you there!

Enquiries to: pambulaswimclub@hotmail.com.au

# Sapphire Coast Learning Community is forming a Stage Band

Auditions are at Bega High School on Thursday, 17 September.

Students have been informed, so, if they are interested, hopefully they have obtained their information and audition applications now.

If you went to the SCLC concert at Eden or the Music Camp concert at Tathra you will know the wonderful musical potential of many of our students.

This will be a great group!

Ms Montgomery



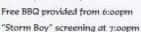
14 September 2015 Bega High School Newsletter

# School Holiday Event

# Please join us for our Family Movie Night!

Date: Thursday 1st October 2015 Venue: Bega High School Hall Timings:

Doors open at 5:00pm Free BBQ provided from 6:00pm





Free bus service will do a pick up on East St at 5:10pm and on High St at 5:20pm, with a drop off after the movie at these same points.



Everyone is welcome! Children must be accompanied by an adult This is a free event & a drug & alcohol free event This is a NSW Government Initiative





If you have any questions about this event please call 64990500.



Shoalcoast Community Legal Centre SOUTH EAST NSW WOMEN'S LEGAL SERVICE

# FREE LEGAL ADVICE

# FOR WOMEN IN SOUTHERN NSW

**EDEN, MERIMBULA & BEGA FACE TO FACE APPOINTMENTS** 16th & 17th SEPTEMBER

16th SEPTEMBER WEDNESDAY MERIMBULA Library Morning

16th SEPTEMBER WEDNESDAY **EDEN Access Centre Afternoon** 

17th SEPTEMBER THURSDAY BEGA Women's Resource Centre 9-2pm

Appointments are necessary - Freecall 1800 229 529 Mobile phones may incur a charge. We can phone you back

**LEGAL ADVICE ACCESS through SKYPE!!** 

TUESDAY 15th SEPTEMBER BEGA - 9.30 to 11.30am TUESDAY 22nd SEPTEMBER BEGA/COOMA - 9.30 to 11.30am

BOOK IN for an appointment ring 1800 229 529 Connect via Skype to sensw.womenslegalservice



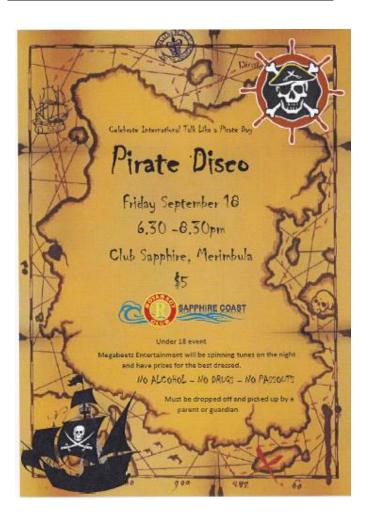
"ReBoot in Bermagui – Saturday 26<sup>th</sup> and Sunday 27<sup>th</sup> September.

Fun Runs, ocean swim, street Zumba, kids fishing classes, SUP, Golf clinics, Barefoot bowls, yoga, Beachside Health Clinic incl reflexology, massage and guided meditation and MORE. Something for everyone – google ReBoot in Bermagui for website and facebook ReBoot program information.

## **REGISTER NOW or email**

reboot@bermaguichamber.org.au "

90% of ReBoot activities are free including the Kids Fun Run.



Applications for UNSW Entry Pathway Program are open Do you know someone who is considering UNSW as the place to study your undergraduate degree? Do you know

someone who is interested in applying for an entry pathway program into university?

Applications for Nura Gili's entry pathway programs are now open. Depending on the degree they wish to apply for will depend on which program they apply for.

## **UNSW Indigenous Preparatory Programs (Pre Programs)**

The Pre Programs are a four week residential program that involved participation in lectures, tutorials, group work, social activities, exams and assessments.

Pre Programs is open to those people who wish to study in the areas of Business, Education, Law, Medicine and Social Work.

**Who Should apply?** All Aboriginal and Torres Strait Islander people who are seeking to qualify for entry into Business, Education, Law, Medicine and Social Work at UNSW.

What does it lead to? Successful completion of a Pre Program may lead to entry into an undergraduate program at UNSW or a pathways (enabling) program.

Cost: The programs are free of charge.

Applications close on Wednesday 30 September 2015.

## **UNSW Indigenous Admission Scheme**

The UNSW Indigenous Admission Scheme provides an alternative pathway for Australian Aboriginal and Torres Strait Islander people into UNSW undergraduate degree programs. If they are interested in studying Business, Law, Education, Medicine or Social Work, please refer to the Pre-Programs information.

Who Should apply? All Aboriginal and Torres Strait Islander people who are seeking to qualify for entry into UNSW undergraduate degree programs except for the area's Business, Education, Law, Medicine and Social Work.

What does it lead to? Successful completion of the Indigenous Admission Scheme may lead to entry into an undergraduate program at UNSW or a pathways (enabling) program.

**Cost:** All applicants will need to apply to Centrelink for travel assistance.

## Applications close on Friday 09 October 2015.

For further information about either of these programs please visit nuragili.unsw.edu.au

or

Contact Leearna Williams, Student Recruitment Officer on 02 9385 8306 or via <a href="mailto:asknuragili@unsw.edu.au">asknuragili@unsw.edu.au</a>

or

Follow our social media networks for up-to-date information about Nura Gili and all our programs

Facebook: facebook.com/nuragili

Twitter: @nuragili

# Eden Junior Open

The Eden Junior Open is on Monday 21st of September.

Commences 9:30am

Junior under 12's Open Juniors under 18 (Boys & Girls) !8 Hole Event - \$20 9 Hole Event - \$10

Entry Fees to be paid on the day of the event Email Entries to: edengardensproshop@gmail.com or Phone Michael on 02 6496 1577 Entries close 17th September BBQ Lunch held afterwards



# Family Details Update Form Bega High School Contact details for parent/carer with whom the student normally lives Name to be used for all correspondence (eg. Mr and Mrs A Black, Ms B Green) Residential address (e.g. 1 High Street, Sydney, NSW, 2000) Is this the residential address of the student enrolled? Correspondence address (If you have a correspondence address that is different to your residential address please write it here e.g. PO Box 51, Sydney, NSW, 2001 Email address for correspondence Should the school need to contact you, please specify, in order of preference, how you would like to be contacted Contact name Phone number (home) Phone number (work or mobile) Contact name Phone number (home) Phone number (work or mobile) Other Parent/Carer contact details for parent/carer not living with this student "If applicable, copies of any relevant family law or other court orders must be provided. Title (e.g. Mr/Ms/Mrs/Dr) Sex (tick box below) Relationship to student (e.g. mother, father) Female Family name Given name Phone number (home) Phone number (work or mobile) Residential address (e.g. 1 High Street, Sydney, NSW, 2000) No Please Specify Does the student sometimes reside at this address? Correspondence address (e.g. PO Box, Sydney, NSW, 2001)

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For family, friends and carers of someone living with a mental illness. Club Bega, Gipps St, Bega. Mary 4474 0900 (numbers are limited).

10.30am-2.30pm: Bermagui Social Club, CWA Ryons, Corums St. Halen 0458 424 66 for cost.

reduce stigma, Guest speakers, music from H300'S, tree sausage stozie, service providers stalts, Wear bright colours.

promote mental health welness and to

10.30am-12.30pm: Art for Weaten WRC 14 Pedan St, Bega. 6492 1367 to book

signs and how to provide support when someone may not be travelling well. Venue: Begs. RSVP Jen. 0447 278 957. 9.30-11.30am: Community Support Skills - FREE course on how to recognise 10-11am: Mind Body Stillness Moditation, Princes Hwy, Coborgo SS Lake/Bermagui Men's Shed John (Pubbo) 6493 4357.

2-Spec Free Teen Drop In Clinic Valley Medical Practice, 61 Carp S 10am-2pm: Wallaga Lake/Bermagu Men's Shed, John (Robbo) 6493 4357

Medical Practice, 61 Carp St. Begs

Assist Workshop "Assisting with Suicide Risk"

SS

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Art Workshop, 14 Peden St. Begs. 6492 1367 to book.

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11am-1.3fgmt: "Walk with Us" Bega River Reserva, Corr Bridge and Auckland St, Bega – to

800

-Zpett: Wallaga

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Ham: Morimbula Carer's

10.30am-12.30pm: LGBTIQ

5-8.30pm: Free Carer

10.30am-2.30pm: Bega Social Club Bega Valley Meals on Wheels Plus Gris for cost: 64924146

Spin: No Lights No Lyara Cost \$5 – Cobargo School of Arts

Ветври Вд.

9am-1pm: Bega Men's Shed 2-5pm: Free Teen Drop In Clinic Valley Medical Practice, 61 Carp St. Bega

1-3pm: Hearing Voices Support Group meets fortnightly at Twyford Hall, Marimbula, Noel 0434 638 013.

2-5pm: Free Teen Drop In Clinic Valley Medical Practice, 61 Carp S

11.30am-1.30pm: Two Saints Carle Toussant Centre, 99 Begs St, Begs. Michelle prior for cost 649 24146.

Princes Highway, Cobargo. Sam-Tpm: Cobargo Laneway Markets

8.30am-12.30pm: Bermagui Markets Held the last Sunday of every month at

tea, car boot sale, competitions for kids.

Try Day, Jack 0407 983 036 9am-2pm: Eden Men's Shed Come and

> of all standards, To register before you run call Rod 0401 529 517. Sam: Bega Park Run, Old Bega Recepourse. FREE 5km event for runners

Medical Practice, 61 Carp St, Bega

Bega Valley Meats on Wheets Plus Gina for cost: 64924146.

Umbarra Cultural Centre. John (Robbo) 6493 4357 10-11am: Mind Body Stillness Meditation, Princes Hwy, Cobargo SS.

10.30am-2.30pm: Candelo Social Club

10am-12.30pm: LGBTIQ Art Workshop 14 Paden St, Bega. Book 64921367 10am-2pm: Wallaga Lake/Bermagui Men's Shed, John (Robbo) 8450 4357

Sam-12pm: Merimbula Men's Shed, Mansa Park, Red Hill Rd. Peter 0429051234.

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10.30am-2.30pm: Bermagui Social Club Helen 0458 424 65 for cost.

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10.30am-12.30pm: Art for Women WRC, 14 Peden St, Bega. 6492 1367 to book.

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Sam-1pm: Bega Men's Shed Eric 0437 724 385.

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SVO

10am-2pm: "The Big Draw" 25
Art in the Mall, Sapphire
Shopping Mall – came and add
your brach to drawings, all ejupment is
supplied. PREE.

Princes Highway, Cobargo Laneway Markets Barm-Tpm: Cobargo

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10am-2pm: Wallaga Lake/Bermagui Men's Shed,

Bega, 6492 1367 to Gold coin donation.

10.30am-2.30pm; Bega Social Club Bega Valley Meets on Wheets Plus

Sper: No Lights No Lycra Gina for cost: 64924146.

Cost \$5 - Cobargo School of Arts.

Sam-Tym: Bega Mer's Shed
Old Bega Hospital Cair 0-637 724-385,
9-3pm: FREE Consumer & Carter Forum
Goulburn Wohler's Club, Southern NSW
Local Health District Mertal Health.
Register by 30 Sept. Judy 0458-84-1982.

10.30am-12.30pm; Art for Women WRC 14 Peden St, Begs, 6492 1367 to book.

limited, Mary at Carera Assist 4474 0900. Bermagui Community Centre. Number is

is always looking for new members and welcomes all who wish to join. Email us begaspan@ymail.com or call Liz Seckedd on 0447 272 883.

11.30am-1.30pm: Two Saints Cafe
Toussaint Centre, 99 Bega St, Bega.
Michelle prior for cost 649 241 46.

Valley Medical Practice, 61 Carp St, Bega. 2-5pm: Free Teen Drop In Clinic the Eden Fisherman's Club. The network

Jack 0407 963 036.

Network (SPAN) meeting

carers of stimeone with a mental illness.

Gold coin donation

Вегтари Rd.

Sam-12pm: Merimbula Men's Shed, Manna Park, Red HII Rd.

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10.30am-12.30pm; LGBTIQ Art Workshop, 14 Peden St.

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9.30am-12.30pm: Carer Assist "Assisting with Suicide Risk" for families, frands and

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1.30-3.30pm: Bega Valley Suicide Prevention Action

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Shed Come and Try Day

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Market, Uniting Church Half, Chandos St. 3rd Saturday of

8.30am-12pm: Eden Produce

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Bach month 6496 2501

1-3pm: Hearing Voices Support Group meets fortrightly at Twyford Half, Merimbala: Noel 0434 888 013.

2-5pm: Free Teen Brop In Clinic Valley Medical Practice, 61 Carp St, Bega.

10-11,30am; Salvation Army Family Stores, Bega and Merinduta - Drop in for a coffee, cake and draft.

11am 3pm: Four Winds Open Day, FREE Launch of 2016 Festival, performances, workshops and kids activities, 6493-3414.

call Rud 0401 529 517.

of all standards. To register before you run Barn: Bega Park Run, Old Bega Racecourse. FREE 5km event for runners

8am-12pm; SCPA Markets; Bega Valley SPAN/Richmond PRA Stall, RichmondPRA 880 – sausage stzde

Banquet of food carved in salt 9th Oct-14th Nov 10am-4pm: BV Regional Art Gallery\*Last Supper\*

10.30am-2.30pm: Bega Social Club Bega Valley Meals on Wheels Plus Gina for cost 64924146.

Bega. 6492 1367 to book. Theme: "Love will find a way

Peter 0429061234

ветади ва. 6pm: No Lights No Lycra

Cost \$5 - Cobargo School of Arts.

To assist you with anotely, mental health, depression issues, Annie 10:38 930 335. Grief Support for Children and Youth affected by Suicido. 9-11 am. Child Sega, 82 Glops St. 2-4pm. Elen Februrose Cult, Indily St. 85YP Sept. 18th – Standby 04:39 665 864.

10.30am-2.30pm: Bega Social Club Bega Valley Meats on Wheels Plus Gins for cost 64924146.

Shed, Manna Park, Red Hill Rd.

CJ

GROW Group at the Workability Building, 156 Newtown Rd, Bega

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Sam-2pm; Eden Men's Shed Come and Try Day 21a Maing St, Eden.

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HEALTH DAY WORLD MENTAL

Sam- Ipm: Bega Mee's Shed
Old Bega Hospital
Eric (9437 Pz4 1956)
Frid (9437 Pz4 1956)
10am-2pm: Wallaga Lakor/Bormagui
Men's Shed, Umbarra Cultural Certire.
Julin (Rebbi) 6493 4357
10-11am: Mind Begly Stillness
Meditlation, Princes Hey, Cobargo St.

.30-3.30pm: Bega Valley

ClubGRANTS

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South East NSW

Bega Valley

Peter 0429061234



# BEGA VALLEY MENTAL HEALTH MONTH:

# OCTOBER MONDAY Value your Mind bega valley shire council MENTALHEALTH.ASN.AU TUESDAY MUMBULLA





Lifeline 13 11 14 Mensline Australia 1300 789 978 1800 656 463 1800 55 1800 Mental Health Information 1800 794 991

WEDNESDAY

THURSDAY 2-5pm: Free Teen Drop In Clinic Bega Valley Medical Practice, 61 Carp St, Begs. 11am: Mental Health Month Launch by our Patron Dr Mike Kelly Bega Valley Regional Art Gallery, Zingel Place, Bega.

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All day; To remind people that anyone can have an odd day, so put on your odd socks to show your support of reducing medal health stigms.









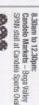
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8-4pm: Cebargo Farm Equinox Annual Open Day — tamiy, fun and thiendship day. Cost \$2. Cnr Bermagui Pid and Avenius St. 4pm: Back to Bermagui Reunion. Cost \$10 - Bermagui Country Club. Shirley 84904463.

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Supporting Mental Health Week 4th-10th orn TV and radio www.abc.net.au/mentalas/ mental as

Goldfields Herltage Day 9.30am-3pm: Montreal

Montreal Madness half hour skills

10.30-11am and 12-12:30pm)

music, laughter and funt 6493 4645

Barn-Tpm: Pambula Village Rotary Market, Pambula Recreation Reserve, Namegol St, Pambula.

7pm: Tithe Folk Circle
at the Titae Pub - come play,
sing, recite a poem act, ergo
and listem to a seaming opportunity of new
and traditional mastic. David 4473 7838. 18

Barn-12.30pm: Merimbula Seaside Market, Ford Park, Ocean Dr, Merimbula Main Beach.

Sam: Sega Park Run, Old Sega Racecourse. FREE Skin event for runners of all standards. To register before you run call flod 0401 \$29.517.

9am-1pm: Cobargo Laneway Markets Princes Highway, Cobargo.

Sega Hospital. Fun day of workshops, demos, 880, music, morning/afternoon Raise the Roof Festival Friends of the historic Old Bega Hospital and EDGEFM are holding the annual Festival at the Old 22

beyondblue

beyondblue Support Services 1300 22 4636

# PRUDAY

SATURDAY

SUND

Morning Tea, Come join us for a chat and cupps at The Waterfront Cafe. Corner Beach and Toussaint Centre, 99 Begs St, Begs Michelle prior for cost 649 24146. 11.30am-1.30pm: Two Saints Café Try Day, Jack 0407 963 036 9am-2pm; Eden Men's Shed Come and Market Street, Merimbula.

Old Bega Racecourse. OLd REE Skin event for names of all standards. To register before you run call Red 0401 529 517.
2015 Mambutla Gala Dinner Barn: Bega Park Run

Bega Preschool Car Boot Sale Bega Showground, Upper St, Bega Eden Whale Festival Daklands Event Centre, Pambula

www.beyondblue.org.au/get support