

Myrtleford Matters

Your Local Community Newsletter

Edition 86 Published and printed by the Myrtleford Neighbourhood Centre Inc: AOO47698F February 2018

ROUNDAABOUT SHOVEL READY

Construction of Myrtleford's new Standish Street roundabout is set to commence Monday 29th January with the aim of completion by Thursday 29 March Just in time for Easter.

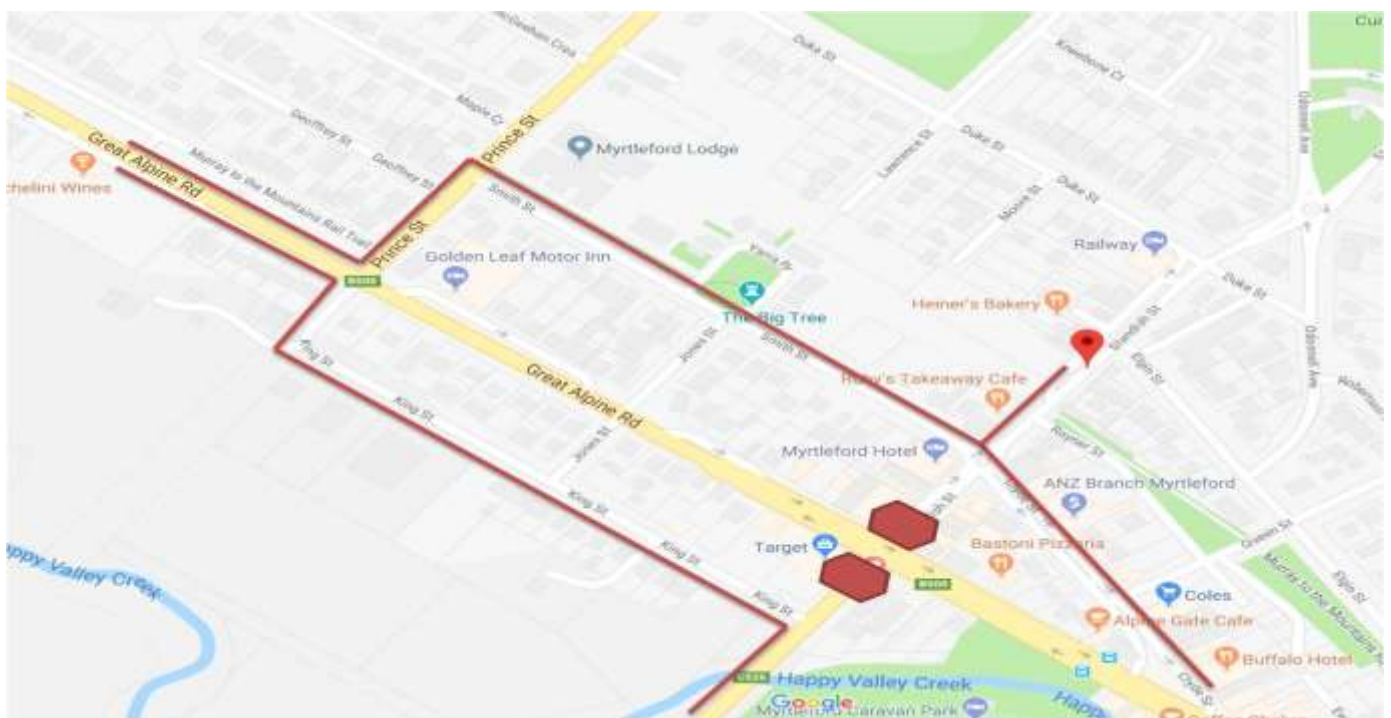
Once complete, the roundabout will improve safety and traffic flow for Myrtleford.

The below traffic detours will be in place during this time:

- ♦ **STANDISH STREET** — CLOSED at the Great Alpine Road, except during the Labour Day long weekend (9—12 March).
- ♦ **BUFFALO RIVER ROAD** — detoured via Prince & King Streets or via Lewis Avenue.
- ♦ **TOWN CENTRE TRAFFIC** — detoured via Prince & Smith Streets or via Clyde Street.
- ♦ **GREAT ALPINE ROAD** will remain OPEN to through traffic.

If you have any questions about the detours, contact Alpine Shire Council on 5755 0555

For more information on Myrtleford's Alpine Better Places project, visit
<http://www.alpineshire.vic.gov.au/Page/Page.aspx>



CLOSING DATE FOR
NEXT ISSUE

25th of the month.

Please lodge all articles before this date.

Myrtleford Matters!

Community Newsletter
is a non-profit project of

Myrtleford Neighbourhood
Centre

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although these need not be
published.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. (12x8.5 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 -

themnc@people.net.au

or dropping off at the
Myrtleford Neighbourhood
Centre

**156 Myrtle Street
Myrtleford 3737**
Telephone:
03 5752 2775

The Myrtleford Matters is a

Disclaimer

The Editor and the Myrtleford
Neighbourhood Centre Inc. 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 Myrtleford
Neighbourhood Centre.

Rainfall

January 2018



Local Rainfall From TAFCO Weather Monitoring System

Location	No. Rain days	January (mm)	YTD 2018 (mm)
Beechworth	11	53.6 mm	53.6 mm
Coral Bank	11	63.8 mm	63.8 mm
King Valley	9	64.2 mm	64.2 mm
Myrtleford	11	75.4 mm	75.4 mm
Porepunkah	9	51.4 mm	51.4 mm
Rosewhite	11	66.6 mm	66.6 mm
Whorouly	11	40.4 mm	40.4 mm

Www.tafco.com.au

Get your FREE copy of Myrtleford Matters from the following locations:

Arderns Caravan Park
Book Shop
Bright Senior Citizens
Buffalo Farm Equipment
Chemist King
Coles
Dahlsens
Delizie Cafe
Everton Shop
Foodworks
Goodman's Hairdressing
Happy Valley Hotel
Heiners Bakery
Jessie James Café
Myrtleford Bakehouse
Myrtleford Chemist
Myrtleford Holiday Park
Myrtleford Library
Myrtleford Newsagency
Myrtleford Real Estate
Nevin Lennie & Gross
Gateway Health
Paul & Scollard
Ray White Real Estate
Rubys Takeaway
Tafco
Twin Valley Café
Visitor Information Centre

Myrtleford Masonic Lodge No. 222

183 Buffalo River Road
Myrtleford

**Meets 4th Thursday
each month at 7:30pm**
Enquiries Phone 03 5751 1490

WANTED

NEWS AND ARTICLES OF
INTEREST

Submit contributions preferably
by email - themnc@people.net.au
Or leave articles at the
Myrtleford Neighbourhood Centre

Church Service Times

Uniting Church—Myrtleford

Ph: 03 5752 2051

Cnr Myrtle & Albert Streets.
Sundays 9:30am

St Paul's Anglican Church— Myrtleford

Clyde Street.

Sundays, 9:15am
Wednesdays 11:00am

St Mary's Catholic Church— Myrtleford

Ph: 03 5752 1005

27 Lawrence Street.
Saturdays 6:00pm

1st, 3rd & 5th Sundays 8:30am
2nd & 4th Sundays 10:30am.

St. Andrews Presbyterian Church

Myrtleford

78 Standish Street
(next to Myrtleford Times Office)
WORSHIP
EVERY SUNDAY
5pm
ALL WELCOME

St. Patrick's Catholic Church - Whorouly

Last Sunday of each month—5pm

St. John's Anglican Church—Whorouly

Sundays—8 am

Minister: Pastor Brett Cummins

Ph: 5721 6444

Elder: Mr. Max Cooper
Ph: 5751 1446

Assistance in Myrtleford

Combined Churches Assistance
Project at Uniting Church Cnr .
Myrtle Street and Albert Street
Tuesdays from 3pm till 4pm
All other times:
Phone: Vinnies 0400 058 304



Mobile: 0424 253 590



PRICELIST

	<u>BASIC DETAIL</u>	<u>FULL INTERNAL DETAIL</u>	<u>FULL DETAIL</u>
SMALL SIZED CARS	\$60.00	\$ 80.00	\$140.00
MEDIUM SIZED CARS	\$60.00	\$ 90.00	\$150.00
SINGLE CAB UTE	\$60.00	\$ 90.00	\$150.00
DUAL CAB UTE	\$70.00	\$100.00	\$170.00
4 X 4 WAGONS	\$80.00	\$100.00	\$180.00
SMALL BUSES	\$60.00	\$100.00	\$160.00
SMALL CARAVAN	\$60.00	\$ 80.00	\$140.00
MEDIUM CARAVAN	\$60.00	\$ 90.00	\$150.00
LARGE CARAVAN	\$80.00	\$100.00	\$180.00
SMALL HORSE FLOAT	-	-	\$ 85.00
MEDIUM HORSE FLOAT	-	-	\$100.00
LARGE HORSE FLOAT	-	-	\$120.00
GOOSENECK HORSE FLOAT	-	-	\$180.00

COMMUNITY NOTICES

MARKETS

Myrtleford Flea Market
2nd Saturday of the month
8.30am – noon.
Old school Museum,
Elgin Street, Myrtleford
Sept—May
Myrtleford Central Market
Every Saturday
9am to 1.00pm
Entrance 142 Myrtle St.
Opposite Jessie James Cafe

EMPAC BOOKINGS
Education Myrtleford Performing
Arts Centre
If anyone would like to book
EMPAC in Prince St, bookings can
be made by contacting:
(03) 5752 1596

Myrtleford Film Society
4th Thursday of the month
(except Dec)
Doors Open 7.15pm
Start at 7.30pm
At EMPAC
(Education Myrtleford
Performing Arts Centre)
Marian College School,
Prince Street.

Myrtleford Ukulele Group
Myrtleford Ukulele group meet every
Tuesday at the Ovens & King
Community Health Centre,
Smith Street.
Beginners start 7pm
Intermediates start
7.30pm
We welcome anyone who
would like to play the ukulele.



Returned and Services
League of Australia

Myrtleford sub Branch Inc.
Smith St, Myrtleford.
Ph: 03 5752 1732
Are you aware that the RSL is open
every Friday, 4pm - 7pm?
We welcome Service Members,
Affiliates and interested members
of the Public.
Non members must sign the visitors
book.
Come join us for nibbles,
comradeship and chats

LIFESTYLE

Myrtleford - Bright Camera Club
3rd Monday of the month at 12pm.
Bring your own lunch, cuppa supplied.
Everyone welcome, from beginners to
more experienced photographers.
We can all learn together.
271 Mummery Rd, Myrtleford
C/- PO Box 402 Ph: 03 57562080

Myrtleford Art Group
Tuesdays 12noon to 4pm at the
O & K Centre, Smith Street.
Details 03 5752 2540

Mah-jong
Beginners welcome. Fridays 2:00pm
at the Myrtleford Library

Tai Chi
Thursdays 10.30 - 11.30
at the O & K Centre, Smith St

BINGO!
TUESDAYS
BUFFALO HOTEL

NEW VENUE!

EYES DOWN 1:00 TO 3:00PM
WEEKLY RAFFLE & PRIZES
BUFFALO HOTEL 49 CLYDE STREET MYRTLEFORD
FUNDRAISER FOR MYRTLEFORD P12 COLLEGE PARENTS CLUB

*Myrtleford Craft Group
inc.*

Meets at RSL Hall

*Every Wednesday
9am to 12 Noon*



*Visitors
Welcome*

CHILDRENS ACTIVITIES

Myrtleford Playgroup
Every Tuesday morning at 9.30am to
11.30am (excluding school & public
holidays) at the Senior Citizens 13
Smith Street.
We cater for 0-5 year olds with lots of
toys, activities & a wonderful outdoor
play area. First 2 visits are free.
Contact: 0432 964 864
myrtlefordplaygroup@hotmail.com

Myrtleford Toy Library
Senior Citizens Centre, Smith St
10.00am-11.30am
2nd & 4th Saturday of the month
Every Tuesday
The toy library needs new members!
Come & check out our toys during one
of our sessions, save space, save money,
meet new people!

SPORT

Myrtleford Squash Club Inc.
The courts are located within the
Stadium Complex at the Showgrounds.
Competition nights are on Tuesdays, with
social hits being available most days and
nights during the week.
myrtlefordsquash@westnet.com.au
or ring 03 57511753.

Myrtleford & District Volleyball
Competitions on a Wednesday night
starting in early May at the Indoor Sports
Stadium.

Contact Elisha on 03 5751 1187.

Myrtleford Lifeball - U3A Lifeball
A ball game for all ages and levels of
fitness

Fridays 11AM - 12PM
Myrtleford Indoor Sports Stadium
Contact Jan 03 5750 1202 or
Janet: 03 5753 5302
Come and join in the fun!

Myrtleford Golf Club Inc
Yackandandah Road Myrtleford

Old and New Members welcome
Ladies Golf
Tuesday and Thursday
Mens Golf
Wednesday and Saturday

Contact Secretary Gill Piggott
Phone 0400 566 935 or
e-mail gildavep1@gmail.com

THE MYRTLEFORD TOY LIBRARY

Our location at the Myrtleford Senior Citizens is in a space that opens to a playground.

This area is completely fenced and the large play area includes a slide, swings, climbing equipment, sandpit, bike path and cubby.

It's an ideal location for a toy library as it provides a child friendly play area, toilets and a designated room for all our toys!

Why not pop in and take a look?

Full Membership
Per year \$36.00
Grandparent/Casual
Per year \$15.00

OPEN 2nd & 4th Saturday
Of each month 10am-11.30am
Senior Citizens Hall
Smith Street



get coloured at the

ALPINE COLOUR Fun Run

Sunday 18 March 2018
8.30 registration for a 9.30am start
Alpine Park, Wandiligong

Enter online at www.alpinecolour.com.au
Adults \$10
Children \$5 (5-18)
Under 5's Free
<http://www.alpinecolour.com.au>
4130153055

Come for the run,
stay for the fun,
Live Music
Food Vendors
Jumping Castle
Face Painting
Selfie Wall

For more information email
ydo@alpineshire.vic.gov.au
or call 0419 915 319

VICTORIAN YOUTH WEEK

freemove VICTORIA

BRIGHT SENIOR
CITIZENS CLUB
ON THE LAST FRIDAY OF
EACH MONTH WE TAKE A
BUS TRIP TO COROWA RSL



NEXT TRIP - FRIDAY
February 23rd

BUS FARE \$25 - INCLUDES 2 COURSE
LUNCH AT CLUB BUS LEAVES BRIGHT
SENIORS CAR PARK AT 9AM PICK UP AT
POREPUNKAH AND MYRTLEFORD

LEAVES COROWA AT 2.45PM FOR
RETURN TRIP (BUS HAS A DROP-DOWN
FLOOR, NO STEPS TO CLIMB)
PLEASE COME AND JOIN US, WE NEED THE
NUMBERS

TO BOOK, PLEASE CONTACT—
JUNE MARTIN – 03 5755 1602 OR
CATH TUCKER – 03 5750 1247



ASSESSMENT
TUITION
IMPROVEMENT

New in the Wangaratta region,
Raise the Bar Literacy Pty Ltd
can improve reading and writing skills for
all ages.

**Subject specific tuition
may also be arranged
Contact*

Deborah De Vries

Grad Dip Ed, Post Grad Cert (Anct. Hist), BAppSc
(Geol), VIT.

Shop 6, The Strand, 21-23 Reid Street,
Wangaratta 3677
Mobile: 0427 988 688



VOLUNTEER OPPORTUNITY

An exciting opportunity exists to join a motivated and committed team of volunteers. The Alpine L2P Mentoring Program help young people in the community aged 16-20 years gain the 120 hours of supervised driving required to sit for their drivers licence.

To be successful in this role you would need to demonstrate a good attitude to safer driver training, hold a full licence, have a good driving history and able to commit to a minimum of 1-2 hours per week.

If you are interested in coaching a young person to become a safer driver, call 0418 736 665 or email
l2p@alpineshire.vic.gov.au

Proudly Sponsored by:



Myrtleford
Laughter Club

Myrtleford Neighbourhood Centre
Great Alpine Rd.
Saturdays. 1.00 pm

- People of all fitness levels & ability welcome .
- Laughter is a powerful complimentary medicine, working on mind body & spirit simultaneously.
- Laughter is a stress buster
- Laughter is aerobic exercise
- Laughter is a natural pain killer
- Laughter can help reduce depression & anxiety
- Laughter makes you feel great



Opening Hours



High Country
Library
Network

Monday	10.00am—5.00pm
Tuesday	1.00pm— 6.00pm
Wednesday	10.00pm—5.00pm
Thursday	10.00am—5.00pm
Friday	10.00am—5.00pm
Saturday	9.00am— 12.00pm
Sunday	CLOSED



- Book Chat— First Tuesday of the month at 3.30pm. Nearly all the places are taken for this session but if you are interested in becoming part of a book club call in and talk to the staff about options. HCLC book clubs are reasonably priced with a great selection of books.
- Rhyme Time—Wednesday from 10.00am. Nursery Rhymes and action songs for babies 0-2yrs and their parents. Literacy, laughter and love for your baby.
- Pre School Story Time—For 3-5 year olds. Thursday at 11am-12noon. Songs, stories and super activities.
- Lego Club— Last Wednesday of every month at 3.30pm. Suitable for children aged 6+. Use your imagination to create a *great* Lego display.
- Friends of the Library— Second Monday of the month.
- Mah-jong—Fridays 2pm—4pm
- Chit Chat Group—Thursday 1pm to 3pm
- Knitting Club— Weekly on Mondays at 1.30pm—This is for novices and practiced knitters to enjoy some knitting company and share some skills if need arises.
- Bus Link—Third Friday of the month 10am-11.30am
- Justice of the Peace Signing Centre—operates at the Myrtleford Library every Tuesday afternoon from 1pm until 3pm. This is a free community service has rostered JP's available to witness certified true copies, affidavits, statutory declarations and power of attorney documents. No need to book, just turn up. This is a free service supported by the Department of Justice and the Royal Victorian Association of Honorary Justices.

If you are heading to Wangaratta and need a place to relax., then come in and visit the Travellers Aid Access Service. This free service provides a friendly space to have a cuppa, heat your lunch and they can even provide personal care and meal assistance. There is also wheelchair and scooter recharge and hire facilities, as well as an accessible toilet. Travellers Aid is located at King George V Memorial Gardens, corner of Templeton and Ovens Street, Wangaratta.
(Opposite the new Target Centre)

Bobcat, Excavator, Kanga,
Trencher, Roller, Post Hole Borer,
Stump Grinder.
Large Rocks & Concrete Blocks

NOW AVAILABLE ALL WEEK
30 Years in business

Phone: Tony 0428 690 831
Home: 5752 2001

Kerry Foley

Myrtleford
TUESDAY & THURSDAY

Wangaratta
WEDNESDAY & FRIDAY

By Appointment Only
Health Fund Rebates
0456 862 738

SATURDAY 24th FEBRUARY



The Myrtleford Farmers Market is held on the fourth Saturday of each month from 8am-12.30pm at **the Piazza, in the heart of Myrtleford in Victoria's High Country.**



SUMMER VEGETABLES



Ticket sales at the door.

Entry: \$20 Adults

\$30 for 2 day ticket

\$50 Family Ticket

(2 adults 3 kids up to 15 years)

Children under 15 years FREE

(must be accompanied by parent)

THE ORGANISERS RESERVE
THE RIGHT TO REFUSE ENTRY TO
ANY PERSON

Location :

Myrtleford Tobacco Complex,
235 Yackandandah Road,
Myrtleford

Further information go to
website—wilddeer.net.au

Featuring over 250 sites,
with more than 500
exhibitors!

This includes: Hunting, guiding,
taxidermy, Guns, Knives, Fishing
gear, Swags, Archery, Camping,
4WD accessories, GPS,
Communication, Optics, Ammo,
Quad Bikes,

Flex Out Physiotherapy

- Sports Injuries
- Back & Neck Pain
- Work Injuries
- Post-operative Rehabilitation
- Joint & Muscle Pain
- Home Visits

- Private • Workcover • TAC
- Medicare • DVA

For all appointments phone
(02) 6023 2831

Gateway Health, 32 Smith Street, Myrtleford

www.flexoutphysio.com.au



New local business based at Myrtleford

Jeff Wirken: 0477 084 041

Special

Book Now

**Gutter & Flue Cleaning
= 20% Off Flue Price**

- Domestic & Commercial
- Fully Insured & Working at Heights Certified
- Friendly Professional Service

"Thank you to the Myrtleford community
for making us feel welcome". Jeff & Kylie.

Quentin White & Co Tanks and Plumbing



Australian made Pioneer Water Tanks

Zincalume & Colorbond Steel

6,800 - 367,000 Litres

Australian Made BPA free Liner

Supply, delivery and installation included

No service or maintenance required

20 year conditional warranty

'Discover the Difference'
with

PIONEER WATER TANKS

0407 90 36 37

www.qwtanks.com.au



Family Information and Support Sessions

Myrtleford March 2018

Introduction to Dementia and Services

This session will provide an introduction to dementia, causes, symptoms and typical changes that may occur. Also discussed are services available to support the person and the family, including further information sessions.

Content:

- How the brain works and how dementia affects the brain as well as the types of dementia, and the symptoms and changes in a person
- The value of early assessment and how to initiate the diagnostic process if needed
- What services may be needed at various stages and where to get help
- Some basic strategies to enable family members to respond to these changes in a person
- What other support is available from Dementia Australia

Suitable for: Family and friends of a person who may have a diagnosis of dementia and for the person who has a diagnosis.

Session date and time:

Monday 5 March
10:00am - 12:00pm

Venue: Gateway Health
(Community Health Centre)
32 Smith Street,
Myrtleford 3737

Cost: Full Pension \$10, Part Pension \$15, No Pension \$30, Care Package Level 3 & 4 \$50 (full cost recovery)

Catering: Light morning tea provided

Bookings essential,
as places are limited:

<https://goo.gl/DCKa1i>
Or call Lisa Reed
1300 526 576

This program is supported partially by funding from the Commonwealth and Victorian Governments.

dementia.org.au | National Dementia Helpline 1800 150 550



MYRTLEFORD'S WHOLE TOWN GARAGE SALE

10th March 2018

REGISTRATIONS ARE NOW
BEING COLLECTED.

Closing date for registrations
1st March 2018

Registration forms can be collected
from Visitor Information Centre.

Complete and return to Julie Newlands with
your \$25 at Mountain View Children's Centre

Cnr Prince & Duke Street, Myrtleford
Or P.O. Box 591, Myrtleford

General Information about the event:
Lists/maps locating each registered garage sale
will be handed out from 8am on the day outside
Visitor Information Centre for a gold coin
donation. All registered garage sales will be
marked with balloons.

Contact: Julie Newlands 5752 2697 or
0417 469 599 after 6pm



Myrtleford Golf Club Inc. — Yackandandah Road, Myrtleford.
T2Green Family Fun Run/Walk Distance 7.0

Date 12th March 2018

Time: 8.00 am for 8.30 start

Entry Fee: \$20 Family, \$10 Individual, \$5 Under 16.

Entries & payment to Gill Piggott, gildavep1@gmail.com
or P.O. Box 331, Myrtleford. 3737, also to be collected from
Myrtleford Schools and on the day.

Sponsored by

Ovens Valley
Physio & Pilates
Drummond Golf Albury
Alpine Shell Service Station
Sportsfirst Myrtleford
North East Water
Paynter & Associates Accountants

Fruit & Water available on the day
BBQ to follow

Prizes for

U 12 3.5 km Girls & Boys Winners & Runners Up

U 16 7.0 km Girls & Boys Winners & Runners Up

Ladies Winner 7.0 km & Runner Up

Men's Winner 7.0 km & Runner Up

Qualified First Aid s Officer will be in attendance.

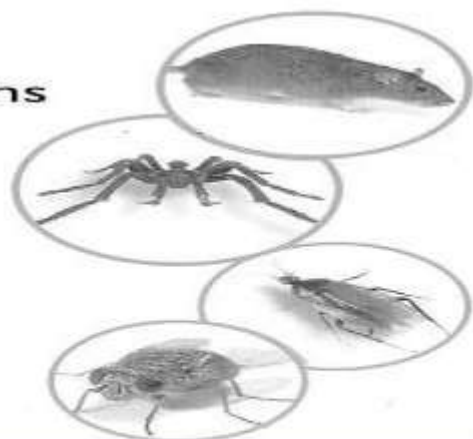
If the predicted temperature for 8.00 am Monday is 30 degrees or above, as
advised by the Bureau of Meteorology by 6 p.m. Sunday night, the event
will be cancelled with full refund. This will be announced on our website
www.myrtlefordgolf.com.au, Myrtleford Golf Club Facebook page, 3NE/
the Edge FM and ABC Radio.

Meet Jack, our termite detection dog who is 30% more effective (98%) at detecting activity than all other methods of termite detection.

Employing
Termite
Detection
Dogs

**CALL
TODAY**

- Termite Inspections
- Pre-purchase Timber Inspections
- Termite Baiting
- Termite Chemical Treatments
- Spiders, Flies, Bees, Wasps, Ants, and anything else that flies or crawls!



Phone Andrew on mobile: 0427 914 909

THE MYRTLEFORD FESTIVAL
MARCH LONG WEEKEND
8th to 12th March
For more information



WOMEN'S WELLNESS NETWORK

Celebrate
International Women's Day
Local Guest Speakers

BREAKFAST 7am to 8.30am
THURSDAY 8th MARCH
Alpine Gate Cafe
Bookings phone: 5752 1375

MYRTLEFORD & DISTRICT
HISTORICAL SOCIETY INC.

MONTHLY FLEA MARKET

SATURDAY 10th February
8.30 am till NOON

Held At

"OLD SCHOOL MUSEUM"
29 Elgin Street, Myrtleford

Stall Site \$10.00
Bookings:
Eric 5727 1417



SALVOCARE
NORTHERN VICTORIA

HOMELESS OR ABOUT TO
BECOME HOMELESS ?

Living in inappropriate
accommodation ?

And experiencing

Social and or geographical isolation?
Dependence on alcohol and or other
substances?

Health problems, mental illness, a
physical or intellectual disability, aged
frailty

IF SO YOU MAY BE ELIGIBLE
FOR SUPPORT, PLEASE
CONTACT

INGRID 0439 366 839

Outreach Connections—providing Case
Management Services to the homeless and those at
risk of homelessness.

**Every man needs a shed!
Now there is one you can all
share.**

The Myrtleford Men's Shed

Located behind the Doug Lloyd
cottage, Alpine Health
161 Standish Street, Myrtleford,
The Men's Shed is open on
Tuesdays and Thursdays
from 9am to 3pm.

Saturdays
9am to 12pm

For further membership contact
either the current President,

Fred Neal on 0428 521 304
or the current Secretary,

45-46 Mackay Street
Wangaratta, 3677
Ph: 03 5723 2000

www.gatewayhealth.org.au
www.facebook.com/gh



MYRTLEFORD OFFICE
32 Smith Street, Myrtleford, 3737
Ph: 03 5731 3500

OPEN TIMES:
MONDAY TO THURSDAY
9am to 12pm & 1pm to 5pm
FRIDAY
9am to 1pm

We offer a range of health services including:

- Aged Care Assessment Service
- Counselling services
- Alcohol & Drug support
- Support for people with a disability
- Community Nurse
- Victims Assistance Counselling & Support
- Allied Health: Podiatry, Speech pathology, Dietitian, Occupational therapy, Continence

MYRTLEFORD SERVICES

- Centrelink Access Point – clients have use of the phone, fax, copier and computer for Centrelink services.
- Alcohol, tobacco and other drug Counselling and General Counselling – by appointment
- Health Checks – by appointment
- Women's Health Clinic – by appointment
- Podiatry – by appointment on Monday and Tuesday
- Tai Chi Class – Thursday 10.30 to 11.30. Cost \$5.00 Age 65 +
- WASP – Weights and Strength Program – Tuesday, Wednesday and Friday 9.30-10.30. Cost \$5.00 Age 65 +

Phone the Myrtleford Office to make an appointment on (03)5731 3500

On days of declared Catastrophic (Code Red) conditions,

our centre's at Myrtleford will close.

Any home visiting services will be cancelled.

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.

HAPPY VALLEY EXERCISE GROUP
Meet at Happy Valley Hall

FRIDAYS
8.30am to 9.30am



Followed by a 'cuppa'

Everyone Welcome
No age requirements



Alpine@Home Activity Group

The Alpine@Home Activity Group provides a comprehensive range of services to support people who are frail, older or have a disability. Our target group is for people who are HACC eligible.

How do I know if I am eligible?

Ring the numbers below for further information.

Activity Schedule

At The Senior Citizens Building

Mondays – Italian Specific 10 am – 2 pm

Thursday - Centre based Activities (varied)

Wednesday – Lunch Club (fortnightly) 12 pm - 2 pm

Friday – Outings 9 am - 3 pm

Fridays – Communita 10 am - 12 noon



Alpine @ Home
Phone 03 5751 9326 or
HACC Hotline 5755 0142



ALPINE PET PALS

Alpine @ Home



Is an in-home volunteering visiting program for pet owners requiring assistance caring for their pet or for people without a pet who would enjoy a home visit by a volunteer and their dog. We are currently looking for volunteers for this program. You will be offered ongoing training and peer support.

If interested please contact:
Kerry Chapman
Assessment Officer
Alpine @ Home
03 5755 0142

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is an annual holiday celebrated on February 14. It originated as a Western Christian liturgical feast day honoring one or more early saints named Valentinus, and is recognized as a significant cultural and commercial celebration in many regions around the world, although it is not a public holiday in any country.

Several martyrdom stories associated with the various Valentines that were connected to February 14 were added to later martyrologies, including a popular hagiographical account of Saint Valentine of Rome which indicated he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, Saint Valentine healed the daughter of his jailer, Asterius, and before his execution, he wrote her a letter signed "Your Valentine" as a farewell.

The day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). In Europe, Saint Valentine's Keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart", as well as to children, in order to ward off epilepsy (called Saint Valentine's Malady). Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards. Saint Valentine's Day is an official feast day in the Anglican Communion and the Lutheran Church. Many parts of the Eastern Orthodox Church also celebrate Saint Valentine's Day, albeit on July 6 and July 30, the former date in honor of Romanthe presbyter Saint Valentine, and the latter date in honor of Hieromartyr Valentine, the Bishop of Interamna(modern Terni).





1st Myrtleford Scout Group







Myrtleford Scout Group is seeking more Joey Scouts (aged 5-7) to add to the mob. We are looking for adventurous boys and girls to come and join us.

Joey Scouts is a gentle introduction to a world of challenges aimed at helping children to learn more about the world around them, but in a fun way. The three goals of Joey Scouts are to; Have Fun, Make Friends and to Help Other People. If your child likes games, the outdoors and craft activities this might just be their thing

Meetings are run each Monday from 4.30 – 5.30pm.

Contact: Bernadette 0438-403-068

The first 3 nights are free so why not come and try!





Riding for the Disabled

Association of Australia Limited

Developing ability and enriching lives



IKEA & DFO STORES - MELBOURNE BUS TRIP

Fundraiser for Riding for Disabled

Saturday 17th March 2018
 Departing Myrtleford 6.30 am
 Return approximately 7.30/8.00 pm
 \$55 pp
 Maximum of 50 So book early
 Payment by 1st March 2018
 Ph 0438 830 248 (Carol) to reserve your seat
 (or for more information)

KICKSTART

YOUR

MARKETING PLAN

How to turn 2018 into your best year yet

For business owners who are stuck in a rut, not sure how to break through to the next level of customers and sales

In this workshop, you will discover:

- ✓ Where to find your customers and how to talk to them
- ✓ How to get your message across – both online and offline
- ✓ The number one reason customers don't come back
- ✓ How to set up a marketing plan
- ✓ ... and more



When

Thursday 1 March – 6pm to 8 pm

Where

Myrtleford Neighbourhood Centre
156 Myrtle Street

\$37 pp



Includes the following BONUS:

- Marketing checklist for start-up businesses
- 20 Marketing Principles Checklist
- Free 20 minute consult to discuss your marketing strategy

HOW TO ATTRACT NEW CUSTOMERS

and **KEEP** them coming back for more

How to build a customer platform that keeps on generating business

Did you know it is seven times easier to sell to somebody who's already bought from you?

In this workshop, you will learn:

- ✓ How to attract new customers – and keep them
- ✓ Where to find your ideal customers – willing to pay
- ✓ How to get their attention, keep their interest and convert into the sale
- ✓ How to capture enquiries, nurture leads and offer follow-ups to increase the life-time value of your customer



When

Thursday 8th March – 6pm to 8 pm

Where

Myrtleford Neighbourhood Centre

\$37 pp



Participants will get the following FREE bonuses:

- ✓ Ideal client profile checklist
- ✓ Interest generation checklist (concept to sale)

Grant Writing Workshop



Ninja Guide to Grant Writing

When

Thursday 22nd March – 6pm to 8 pm

Where

Myrtleford Neighbourhood Centre — 156 Myrtle Street

A fun way to learn about grant writing:

- How it works and where to look for grant opportunities
- How to approach grant writing as a campaign - do your reconnaissance, pick your fight, get into the head of the funder to negotiate on their terms, plan and mobilise your troops and generals
- A systematic approach to covering all the bases—so you don't overlook ANYTHING important
- How to write applications that get funded

Pat Grosse has worked on both sides of the funding fence in two countries. She has successfully applied for millions of dollars of funding for clients and runs a grant writing mentoring program for those aspiring to make big differences in their communities across Australia.



As a BONUS for coming along, participants will leave with a bonus Grant Writing Checklist and a guide to where to find grants in Australia.

\$47 pp



CUSTOMER SERVICE

ARCS Training Applied Reception Customer Service Training

**Would you like a job in customer service or reception but need training or experience ?
WE CAN HELP!**

ARCS teaches real-life work skills in an on-the-job customer service workplace combined with classroom-based learning. We get you work ready.

ARCS is taught successfully in several locations. More than 60% of ARCS graduates have successfully moved to employment or skilled volunteer roles. This includes many who are long-term unemployed or seeking to re-skill. Through the course you will develop skills and experience in :-

- | | | |
|-------------------------|--------------------|------------------|
| ✓ Reception Work | ✓ Technology | ✓ Job Seeking |
| ✓ Planning & Organising | ✓ Customer Service | ✓ Teamwork |
| ✓ Confidence Building | ✓ Communication | ✓ and more |

Successful graduates are also given resume writing and interview training along with

COMMENCING 15th FEBRUARY 2018
COURSE—24 weeks—No School Holiday Sessions
DAY & TIME: Classroom THURSDAYS 9.30am - 12.00pm
Training THURSDAYS 1.00pm—3pm or FRIDAYS 1.00pm—3pm

COST: \$250 Full Fee
Concession available
conditions apply
LIMITED SPACES

156 Myrtle Street, Myrtleford
Phone: 5752 2775
Email: thomco@people.net.au

COLLECTING THE CASH: HOW TO GET PAID ON TIME.

Outstanding customer debt is one of the biggest drains on business cash flow.

Minimise the chance of it happening to you at this essential small business workshop that will show you how to tread that fine line between maintaining good customer relations and making sure you are paid on time. Find out how to invoice for prompt payment and the role your staff and even technology can play to make sure it happens.

Collect practical tips, techniques and effective follow-up procedures to prevent inevitable late payments turning into serious debt and heading towards financial stress.

Understand what your options are when payments are disputed, how to negotiate and where to get help if you get into strife.

Delivered by a small business financial expert, this essential Small Business Victoria workshop is one of many that have helped businesses in Victoria get started for more than 10 years.

Includes a free follow-up one-on-one mentoring session with an experienced small business finance mentor.

IS THIS WORKSHOP FOR YOU ?

LEARN HOW TO :

Wednesday 7th March

10 am to 12pm

COST: \$20

Venue:

Myrtleford

Neighbourhood Centre



- ◆ Invoice for prompt payment
- ◆ Avoid bad debts
- ◆ Collect outstanding cash from customers
- ◆ Enlist your staff to help
- ◆ Deal with disputes
- ◆ Use debtor finance
- ◆ Use technology to help collection
- ◆ Access tools, templates, support and resources in future.

KEEPING THE RIGHT STAFF : HOW TO EMPLOY GOOD PEOPLE

Great staff care about the quality of their work as much as you care about your business success. Its as simple as that. **If you don't put time and focus into finding**—and then looking after—the right team for your business, your letting opportunity walk out your door.

Be guided, step by step, through every stage of the recruitment process, from application to interview, offer to induction and how best to keep staff motivated and engaged to stay on board.

Get help to identify your staffing needs and practical effective ways to source and select the right people to match your business culture and objectives.

Get across your legal obligations as an employer, including contracts, wages and conditions, employee policies and procedures. Then learn how to manage and support your best people to stay, including salary packaging, workplace flexibility, taking care of staff wellbeing and building staff culture that keeps teams together.

Whether you need one person or ten, the knowledge you build at this workshop will help you to not only bring good people into your business but provide vital guidance when relationships end, including dispute negotiation, termination, redundancy and dismissal. An essential addition to any business toolkit, this practical interactive Small Business Victoria workshop is one of many that have helped businesses in Victoria get started for more than 10 years.

IS THIS WORKSHOP FOR YOU ?

LEARN HOW TO:

Wednesday 6th June

10am to 1.30pm

COST: \$30

Venue:

Myrtleford

Neighbourhood Centre



- ◆ Identify your staffing needs
- ◆ Attract the right people
- ◆ Conduct interviews and assess people
- ◆ Choose between contract and salary
- ◆ Understand legal compliance
- ◆ Build a great culture around your staff
- ◆ Negotiate and resolve disputes
- ◆ Access tools, templates, support and resources in future

ORGANISER: ALPINE SHIRE COUNCIL - For enquiries about these events please contact (03) 5755 0555
Or email: kates@alpineshire.vic.gov.au



Office Hours

Monday to Friday
9.30am to 4 pm

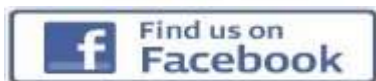
156 Myrtle Street, Myrtleford
P.O. Box 532

Phone: 5752 2775

themnc@people.net.au

www.myrtlefordnc.org.au

Inc. A0047698F



Responsible Service Of Alcohol

The Responsible Service of Alcohol (RSA) is required for all liquor licenses and bar staff, and those involved in the serving, selling and supply of alcohol in Victoria. This program gives students the skills and knowledge necessary to contribute to a safe, enjoyable environment in licensed premises. Students will cover problems associated with excessive consumption, alcohol and the law, responsibility, alcohol facts, improving premises for RSA purposes and handling difficult customers.

You must be 18 years of age or over to undertake this course.

Myrtleford Neighbourhood Centre
Monday 23rd April
10am to 2.30pm
Cost: \$95



WODONGATAFE
Building success through learning

SAFE FOOD HANDLING



The Safe Food Handling course provides you with the skills and knowledge to handle food safely. Learn the basics of personal hygiene, safe food storage and handling, cross contamination hazards and effective cleaning and sanitisation. This course is a requirement for anyone working with food in a hospitality business.

Myrtleford Neighbourhood Centre
Monday 26th March
9am to 3pm
Cost: \$160



WODONGATAFE
Building success through learning

FAMILY TREE

FRIDAYS
9.30am - 11.30am

COST: \$5

PER SESSION



Now you can find out

Who you are and Where you came from.

Learn how to build a family tree.

Learn how to research Ancestry.com.

Learn how to search digitised newspapers, cemetery records, military records and **more. so much more**

STAY TUNED

In 2018 we will be bringing Workshops in various areas:

Researching specific ethnicity and places.
Where Why What of varying documents—which one best suits your research and why.

Digitising your photographs and records.
Have a specific workshop request? Let us know what you are after and we will make it happen.



ACCESS AVAILABLE
TO:
ANCESTRY LIBRARY
(worldwide)

EVERYONE WELCOME
From the inexperienced to the experienced



PROVIDE FIRST AID / CPR HLTAID003 / HLTAID001



This First Aid Training will give you the skills and knowledge required to provide First Aid response, life support, management of casualties, in a range of situations, including in the home workplace or within the community, until the arrival of medical or other assistance.

An online Pre Course Workbook is to be completed prior to commencement of course for HLTAID003 Provide First Aid .

HLTAID001 Provide Cardiopulmonary Resuscitation.

CPR needs to be updated annually. Updates can be done on the same dates as the First Aid course,

HLTAID003 Provide First Aid

This course includes:

- Responding to an unconscious person
- Airway management
- Provide artificial respiration
- Provide CPR to an adult, child & infant.
- Two person operated CPR
- Understand the basic principles of :Automatic External Defibrillation (AED)
- Communicate in an emergency
- Respiratory emergencies
- Cardiac emergencies
- Shock and anaphylaxis
- Management of bleeding
- Bandages
- Chest, abdominal and pelvic injuries
- Soft tissue injuries (fractures, dislocations, sprains and strains)
- Head and spinal injuries

Our Family Training & Children Services Pty Ltd t/a First Aid Angel provides Nationally Recognised Training on behalf and in partnership with The First Aid Group (Registered Training Organization 32268).



MYRTLEFORD

Wednesday
4th April
9am to 5pm



First Aid : \$165.00
CPR only : \$65.00

BRIGHT

Wednesday
7th March
9am to 5pm



Venue: TBA

First Aid: \$165.00
CPR only: \$65.00



Office Hours
Monday to Friday
9.30am to 4 pm

156 Myrtle Street, Myrtleford
P.O. Box 532

Phone: 5752 2775

themnc@people.net.au

www.myrtlefordnc.org.au

Inc. A0047698F



Enrolment Information

Payment is required a minimum of 7 days prior to course start date.

Enquiries, enrolment and payment for all courses can be made at the
Myrtleford Neighbourhood Centre

156 Myrtle Street Myrtleford

For enquiries please contact

Phone: 03 5752 2775 or

Email: themnc@people.net.au

Please register and pay in person during office hours:

Payment by cash, cheque or EFT (bank details on request)

By mail: Make cheques payable to Myrtleford Neighbourhood Centre

Please note
no eftpos
facilities available.

Registration without payment may result in your name being placed on a waiting list.

Cancellation: In the event of the Neighbourhood Centre cancelling a program the fee can either be refunded in full or transferred to another program of your choice. All classes are advertised in good faith.

Minimum and Maximum numbers apply so please enrol early as low enrolment numbers can result in courses being cancelled.



MYRTLEFORD MULTICULTURAL SOCIAL GROUP

If you are from a Multicultural background,
Bring another International friend along with you
to Enjoy morning cuppa and chat.

COFFEE, TEA & CAKE will be provided

**If you can read this you have
a strong mind!**

Only smart people can read this.
It doesn't matter in what order
the letters in a word are, the
important thing is that the first
and last letter be in the
right place. And I always
thought spelling was important!

TOURATECH TRAVEL EVENT, EXPO AND ADVENTURE CHALLENGE 2018 MARCH 16—18

Myrtleford Showgrounds

With exclusive access to this beautiful site surrounded by shady elm trees, and with full camping facilities (showers, toilets, power), we invite you to stay with us at the 'Adventure Village'.

Once again, manufacturers and suppliers of all things adventure will be joining us, allowing you to test ride the latest bikes, receive expert advice, touch and feel gear, and check out accessories to bling up your ride.

Then there's the added bonus of wandering the camp area and checking out everyone else's bike too!

The new venue in Myrtleford will allow you to attend regular presentations where you will see and hear from subject matter experts relating to adventure riding – varying from a spectacular trip that someone has recently completed and preparing for that big adventure, right through to features of the latest adventure bikes on the market.

We're extending availability to our manufacturing partners and trade stands – test rides and displays will be available from lunch time Friday until late on Saturday afternoon.

And of course, to finish off the weekend, we'll take you on a great ride in the spectacular Alpine region.

More details available www.touratech.com.au

