



17 May 2019

# CHANEL NEWS

TERM 2 WEEK 4

VOLUME 52

## CHANEL COLLEGE

*Justice Respect Compassion*

### TERM 2

#### WEEK 5

Mon 20 May

#### P&F MEETING

- Year 11 ATAR Assessment BLOCK - Fleximode

Tues 21 May

- Year 11 ATAR Assessment BLOCK - Fleximode

Wed 22 May

- Whole College Assembly
- Year 11 ATAR Assessment BLOCK - Fleximode

Thurs 23 May

- Thursday Mass
- Year 11 ATAR Assessment BLOCK - Fleximode

Fri 24 May

- Year 11 ATAR Assessment BLOCK - Fleximode

#### WEEK 6

Mon 27 May

- Reconciliation week

Tues 28 May

Year 7 for 2020 Information Evening 5-7pm

- Reconciliation week

Wed 29 May

### CHANEL DAY

- CQU School Business Challenge
- Reconciliation week

Thurs 30 May

- Thursday Mass
- Reconciliation week

Fri 31 May

- STELLA MARIS FEAST DAY
- Reconciliation week

Year 7 for 2020 Enrolments Close



CHANEL COLLEGE

*Justice Respect Compassion*

# Year 7 for 2020 Information Evening

## Tuesday 28 May

Marian Centre, Chanel College

*Tours Start 5.00pm*



# Year 7 for 2020

## Enrolment APPLICATIONS

# CLOSE

## 30 May 2019

Enrolment Packages Available from the College Office

11 Paterson Street  
GLADSTONE  
4973 4700

HIGH QUALITY ACADEMIC & VOCATIONAL PATHWAYS \* EXCELLENT RESOURCES  
TOUR OF THE FACILITIES \* TALK WITH OUR EDUCATORS

**Chanel College Administration Office**  
**CLOSED Tuesday 21 May 3.20pm**  
**DUE to Staff Professional Development**



# Good News

Kath Hore - Mission & RE Support Officer



## Please Pray for...

- all candidates in the coming Federal Election
- members of our Chanel community who are suffering from illness
- our student leaders attending the Youth Pilgrimage this weekend
- doctors and their humanitarian collaborators in war zones, who risk their lives to save the lives of others.

## Praise and Thanks for...

- staff who take time away from their own families to supervise and accompany students on retreats and other overnight activities
- the opportunity given to our Year 10 students to take time out from their busy lives to reflect on their relationships with others and with their God
- all staff providing a successful and enjoyable Inter-house Athletics Carnival

### Thursday Mass

Thursday 23 May – Mrs Cameron’s Year 9A Religion Class  
 Thursday 30 May - NO MASS  
 Class Mass is celebrated in the College Chapel at 10.40 am each Thursday.

**ALL WELCOME – Families, Friends, Members of our Parish, Fellow students!!**

### 2019 Youth Pilgrimage to Rockhampton

This weekend, 9 of our Year 12 student leaders will join 120 other students from colleges across the diocese to participate in the Youth Pilgrimage to Rockhampton. The theme for the gathering is **“The Spirit Speaks: We Listen”**.

Congratulations and thank you to the following student pilgrims for being willing to take time out of their normal weekend to represent Chanel College so enthusiastically and selflessly and show great commitment to their leadership responsibilities – a wonderful example of servant leadership: Brayden Whalley, Imogen Collins, Hannah Overend, Ryan Lilley, Alexa Campbell, Aimee Kane, Katie Skinner, Nathan Tumbers, Alisha Verner.

Of course, students are unable to attend such events without the support of teachers. Sincere thanks to Mr Shield and Mrs Arora who are also giving up their weekend and time with family to accompany the students and support them.

### Year 11 Retreat

Retreat forms were distributed last Monday and are due back by Monday 20 May. Your prompt completion and return of the forms would be greatly appreciated. Students in McAuley, Futuna and Stella Maris, will be retreating 3-4 June 2019. Students in MacKillop and Marcellin will be retreating 5-6 June 2019.

### Chanel Day Mass

We extend to everyone a special invitation to come and celebrate with staff and students at our Chanel Day Mass, on Wednesday 29 May commencing at 9.00 am in the Marian Centre.

### May – The Month of Mary

The Christian custom of honouring Mary, the mother of Jesus, during the month of May began towards the end of the 13th century. In the northern hemisphere, May is seen as the beginning of new life and the start of summer which makes this a logical time to celebrate Mary, who brought life into the world.

*“Mary, you are the Mother of Jesus and a model for all Christians. You are a woman of faith and courage who put your trust in God. Be with us when God calls us to serve others. May we follow your example of determination, conviction, faithfulness and devotion, for you are ever blessed by God. AMEN .” (Australian Catholics Magazine, May 2016)*

### Second Hand Uniforms

The Second Hand Uniform ‘Outlet’ is open during first break, each Wednesday in term time. Please enquire at the front desk in Student Services. Formal uniforms sell for \$10.00 per item, sports uniform and house shirts are \$5.00 per item. Jackets are available for \$25.00 each. All prices are negotiable.

***If you have uniforms your child no longer requires - all donations are gratefully accepted and many thanks to those who have already sent in donations.***



CHANEL COLLEGE  
*Justice Respect Compassion*

# Chanel Day

Chanel Day will be celebrated on **Wednesday 29 May** beginning with Mass in the Marian Centre at 9.00 am. We would like to extend a warm invitation to all members of our community to join us for this special event in the life of the College.

The Year 12 students will be working very hard to put together the program of activities for the remainder of the day. We look forward to hosting the Year 6 students of Star of the Sea, St John’s and St Francis.

# Wed 29 May 2019



# Acting Assistant Principal Pastoral Care - Kristi Bourke



## CHANEL COLLEGE

*Justice Respect Compassion*

Reflecting on the completion of Parent and Teacher Interviews, and our 2-day Inter-house Athletics Carnivals last week, it is clear to me that within our College both students and teachers have built strong, positive relationships which are helping our students thrive. Effective learning experiences are primarily shaped by student-teacher relationships that support the development of young peoples' social and emotional competencies. As our students' progress through middle and senior schooling, they face increasing complexity. Students themselves consistently say to us that what most helps them thrive in spite of these challenges is the quality of relationships they develop with the teachers in our College. When students have opportunities to connect with teachers who approach these relationships with a spirit of caring, empathy, generosity, respect, reciprocity and a genuine desire to know students personally, they can make a unique contribution to young peoples' emerging adaptive capacity, self-sufficiency, resiliency, confidence, and knowledge of themselves as learners. As we move into the second half of this term students are challenged to continue to develop strong learning behaviours with the assistance and support of their teachers who have a genuine desire to see them thrive and achieve.

It is obvious that students live in world that engages them differently than the world we as their parents experienced. That students respond to this world and have changed over the last twenty years in response to their engagement within a technology rich society and changes in upbringing almost goes without saying. How we respond is key to student success. Chanel College staff are continuing to work diligently to develop appropriate pedagogy and "best practices", rigorous curriculum and engaging and relevant assessment and most importantly safe learning environments which foster responsible and resilient learners.

God Bless

**Kristi Bourke**

**Assistant Principal Pastoral Support and Planning**

# ELECTION DAY

## Sausage Sizzle

# Sat 18 May

at Marian Centre, Chanel College

## 8.00am - 3.00pm

SAUSAGE  
ON BREAD

**\$2.50**

DRINKS

**\$2.00**



CHANEL COLLEGE

*Justice Respect Compassion*



Raising Funds for the 2019 Confraternity Rugby League



# Assistant Principal Curriculum

## Lorraine Wolffe



CHANEL COLLEGE  
*Justice Respect Compassion*

I often reflect on my role as Assistant Principal – Curriculum and how I contribute to the academic success of Chanel College students. I take the time to look at the practices we have in the College to ensure that I am supporting a learning environment where students can achieve their very best, where they are able to be excellent. One of the main ways is to ensure that our students have the tools to ensure that they are able to plan for their success. Planning is essential. Since Term 1, all Chanel College students will have a good idea of their strengths and weaknesses following the reporting and parent/teacher interview process. It is essential that a plan is put in place to improve.

There are a number of initiatives that students can access to assist with their study:

- Assessment calendars are available for students on the Student Site
- The Sylvester Centre is available before school to assist with homework and assignments
- The Student Organiser is available to use effectively as a planning tool.

I would like to challenge our students to have a plan that will enable them to be organised and well prepared for any remaining assessment requirements. Often students focus too much on their assignments and leave all of their study for their exams until the night before. Their plan should include time to revise and develop study notes for subjects which will have an exam at the end of the semester or unit.

Good luck to our Year 11's next week as they head into assessment for the end of Unit 1.

Lorraine Wolffe

Assistant to the Principal – Curriculum

# WE ARE BACK

## Wednesday 5 June

### 10.00am to 2.20pm in A105

# ITALIANO

*Bring your friends and share  
Morning Tea or Lunch  
Book by Mon 3 June  
by emailing [susan\\_going@rok.catholic.edu.au](mailto:susan_going@rok.catholic.edu.au)*

# CAFÉ

CHANEL



CHANEL COLLEGE  
*Justice Respect Compassion*



PRESENTS  
**LOST IN A LAND  
DOWN UNDER**

Written by Jaymie Blake •2009

AN ORIGINAL HOME GROWN COMEDY ABOUT A GROUP OF UNLIKELY STRANGERS WHO ARE LEFT TO TOUGH IT OUT IN THE MIDDLE OF THE AUSTRALIAN OUTBACK WHEN THEIR TOUR BUS LEAVES WITHOUT THEM. MESHING AN ECLECTIC CAST WITH A SPRINKLING OF SONG DANCE AND TECHNOLOGY "LOST IN A LAND DOWN UNDER" WILL KEEP YOU ENTERTAINED.



Name: Katelyn Burrows

Character: Dancer

**Other Productions:** Numerous dance concerts and MSS has talent

**Why did you get involved in this production?** For new opportunities

**What do you love about your job?** The fun and upbeat moves

**What sort of person is going to love this show?** A country and funny person



Name: Christine Trewick

Character: Janet

**Other Productions:** High School Musical, Carrie's War and Hating Alison Ashley

**Why did you get involved in this production?** I wanted to be involved in this production as it is the first comedy play I have been in and I am very excited to see what it has to bring

**What do you love about your character?** On some weird level, my personality is quite similar to the character and I love that Janet is so naive, yet stands her ground during important moments

**What sort of person is going to love this show?** Anyone one who enjoys parodies, romantic comedies and skits will love this show!



Name: Renee Shaw

Character: Mud Dog

**Other Productions:** Wizard of Oz (school play) and Eisteddfods

**Why did you get involved in this production?** I haven't been in a production in a while and with all the stress of Year 11, the production is a bit of a distraction from that stress

**What do you love about your character?** I really have to go in depth with my character and do the complete opposite of who I am. I love those types of challenges.

**What sort of person is going to love this show?** Teenagers will probably like this show or adults who are a little bite immature.

**COMING SOON**



# Sports News

Kylie Kickbusch - Sports Program Leader



## 2019 Athletics Carnival

Well! What a fantastic two days of athletics competition. Not only were there outstanding performances on the track and in the field, attendance at the Carnival was the best that it has ever been. Congratulations to all students who attended, competed and supported their peers across the two days. Even a little rain could not dampen the spirit or passion of the athletes; they competed in every event and tried their hearts out to support their House.

Many new records were set by which highlights the high level of competition and student athleticism we have on show at Chanel. Congratulations to Sophie Duff, who for the 3<sup>rd</sup> year in a row, took out the Chanel Gift race. Jordan Long is officially the fastest student over 100m at the College. Congratulations! The House Spirit trophy was awarded to McAuley House for it's continued high level of participation, war cries, sun safety and tidy House area – Congratulations McAuley House!

It was a very tight race for the Champion House all through the carnival. The top three changed continually, but one house was always above and at the top. The sheer volume of numbers in attendance, competitors in each event and drive to out-perform the opposition, stood out. Congratulations to McAuley House which was crowned the 2019 Interhouse Athletics Champion House. With this win, McAuley has taken out all 3 Interhouse carnivals, creating a Blue-sweep for 2019 and stamping itself as the new powerhouse in the Interhouse carnivals.

***Thank you to all the staff for your support, running of events and going above and beyond throughout the carnival.***

## 2019 Records

Alex Di Bartolo	12 Boys 800m	Equalled B. Blake (2018) 2.46.09
Darci Whalley	12 Girls 800m	2.56.64
Mahalia Turner	12 Girls Long Jump	4.37m
Charlotte Spearing	12 Girls Discus	19.40m
Graci Dean	12 Girls 200m	27.25
Ada Masters	13 Girls Discus	21.83m
Sophie Duff	16 Girls Long Jump	4.95m



# Sports News

Kylie Kickbusch - Sports Program Leader





# Sports News

Kylie Kickbusch - Sports Program Leader



# Results

## Overall Champions



**1st - 5286**



**2nd - 4979**



**3rd - 4601**



**4th - 3572**



**5th - 3202**



## House Spirit

1st



2nd



3rd



4th



5th

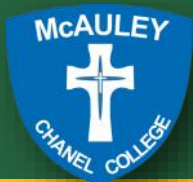


**Chanel  
Gift  
Winner  
Sophie  
Duff**





# 2019 Interhouse Athletics Age Champions



**12 Year Girls**  
**1st -Darci Whalley**  
**2nd -Ava Bourke**  
**3rd -Graci Dean**



**12 Year Boys**  
**1st -Isaac Glass**  
**2nd -Alex Di Bartolo**  
**3rd -Matt Holzberger**



**13 Year Girls**  
**1st -Caitlyn Fitzsimmons**  
**2nd -Alexis McVean**  
**3rd -Annali Philpott**



**13 Year Boys**  
**1st - Michael Fitzgerald**  
**2nd -Carter King**  
**3rd -Ty Fitzgerald**



**14 Year Girls**  
**1st -Chantelle Sharp**  
**2nd -Jordan Porter**  
**3rd -Olivia Gibbs**



**14 Year Boys**  
**1st -Gerard Trewick**  
**2nd -Hoani Harris**  
**3rd -Will Raffin**



**15 Year Girls**  
**1st -Zarah Nash**  
**2nd -Keely Hooper**  
**3rd -Grace Penhaligon**



**15 Year Boys**  
**1st -Reece Turner**  
**2nd -Joshua Hoare**  
**3rd -Billy Devlin**



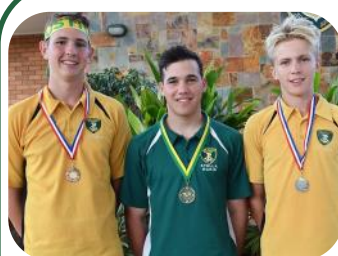
**16 Year Girls**  
**1st -Sophie Duff**  
**2nd -Annie Dredge**  
**3rd -Summah Wheeler**



**16 Year Boys**  
**1st -Callum Fitzsimmons**  
**2nd -Thomas Cullen**  
**3rd -Ryan Mansfield**



**17 Year Girls**  
**1st -Lucy Devlin**  
**2nd -Maddison Bishop**  
**3rd -Sienna Linforth**



**17 Year Boys**  
**1st -Jordan Long**  
**2nd -Lachlan Blake**  
**3rd -Lachlan Black**

## 18/19 Year Girls

**1st -Kaitlyn McAlister**  
**2nd -Erin Gilmore**  
**3rd -Tiana Watkins**



## 18/19 Year Boys

**1st -Dominic Galjaardt**  
**2nd -Isaac Blackaby**  
**3rd -Aiden Sparks**





Chanel College  
presents

# Bingo!

Friday  
31 May  
2019  
7.00 pm

NIGHT  
Lucky Door Prize

Come dressed as  
your favourite  
**SPORTS  
STAR**

Book: 4973 4700  
by Monday 27 May

**\$20** per person  
includes Nibbles, Sweets & 1 Beverage

Drinks available for purchase on the night

All proceeds to the  
College QISSN Netball Team

Where: Marian Centre  
Chanel College

CAN'T COME & WOULD LIKE to DONATE?

contact Kylie Kickbusch: [kylie\\_kickbusch@rok.catholic.edu.au](mailto:kylie_kickbusch@rok.catholic.edu.au)



# Careers News

Mrs Leanne Crane



CHANEL COLLEGE  
*Justice Respect Compassion*

## NOTICES



Year 12 students, are you interested in attending JCU next year?

Wanting more information on the JCU Application based process, please find following the registration for your students to access to attend this Webinar on the 14 August at 4.00pm.

JCU Application based programs:

- Bachelor of Medicine, Bachelor of Surgery
- Bachelor of Dental Surgery
- Bachelor of Physiotherapy
- Bachelor of Veterinary Science

<https://www.jcu.edu.au/events/2019/august/jcu-application-based-programs-webinar>



26 JCU specialised research centres and institutes



Practical, hands-on experience

## Defence Work Experience Program Upcoming Placement

### Women in Navy Technical Trades Camp

- Job Ref – WEP/00304/19
- Navy
- Cairns
- 8<sup>th</sup> – 11<sup>th</sup> July 2019 (4 days, 3 nights)
- Applications close online Sunday 19<sup>th</sup> May  
Apply now!  
[www.defence.gov.au/WorkExperience](http://www.defence.gov.au/WorkExperience)



This great camp will provide an interactive experience for female students in Years 10 – 12 (between 16 – 18 years of age) who are considering a career in Navy technical trades.

Navy technical careers include Marine, Electronics and Aviation technicians - learn more about these jobs at [www.defencejobs.gov.au/navy/trades/](http://www.defencejobs.gov.au/navy/trades/)

Based at HMAS Cairns, participants will be exposed to various sub-units at HMAS Cairns to gain knowledge and understanding of a range of technical trades available within Navy. All meals will be provided.

Students will have the opportunity to participate in a number of presentations, demonstrations and hands-on tasks, as well as have the opportunity to engage with serving Navy sailors to learn more about the Navy lifestyle and with Defence Force Recruiting personnel to discuss pathways to various Navy careers.



Applications close online Sunday 19<sup>th</sup> May – Apply now! [www.defence.gov.au/WorkExperience](http://www.defence.gov.au/WorkExperience)



# Careers News

Mrs Leanne Crane



CHANEL COLLEGE

## Defence Work Experience Program

Newsletter – Term 2 2019

*Justice Respect Compassion*

### Upcoming placements – NQ Region:

The following placements close online in May and early June:

- Army Artillery Overview
- Women in Navy Technical Trades Camp
- Army Armoured Corps Overview
- RAAF - Air Traffic Control
- Army Infantry Overview (3RAR)

[www.defence.gov.au/WorkExperience](http://www.defence.gov.au/WorkExperience)



### Army & Air Force Careers Visits next dates in Townsville

- 15<sup>th</sup> May: Army
- 5<sup>th</sup> June: Air Force



### Upcoming placement:

**Infantry Overview, 3rd Battalion: Townsville - 22–26 July 2019**

3rd Battalion, The Royal Australian Regiment is a Mechanised Infantry Battalion of the Australian Army. It's a Battalion comprising over 600 personnel, 100 vehicles and a range of weaponry.

As part of this great placement, students will have the opportunity to experience a range of roles available in an Infantry Battalion. Also, on one night during the work experience placement, students will participate in overnight field craft activities which will involve camping out.

Students will need to apply online by **9<sup>th</sup> June 2019**  
[www.defence.gov.au/WorkExperience](http://www.defence.gov.au/WorkExperience)

### Upcoming placement:

**Armoured Corps Overview: Townsville – 24-28 June 2019**

2nd Cavalry Regiment is an Armoured Cavalry Regiment, and is currently equipped with the Australian Light Armoured Vehicle (ASLAV), M113A4 tracked Armoured Personnel Carrier (APC) and the M1A1 Abrams Main Battle Tank.

As part of this work experience placement, students will have the opportunity to experience a range of roles and across the Regiment, including those of Armoured Corps troopers, Electrical and Mechanical Engineers, Ordnance and Transport staff. As well as activities including physical training, armoured vehicle simulators, vehicle workshops and 2 Cav Regiment's Historical Display.

Students will need to apply online by **26<sup>th</sup> May 2019**

[www.defence.gov.au/WorkExperience](http://www.defence.gov.au/WorkExperience)



### Upcoming placement:

**Women in Navy Technical Trades Camp: Cairns - 8-11 July 2019**

This exciting Women in Navy Technical Trades Camp will provide a hands-on and interactive experience for young women who are considering a career in Navy technical trades. All meals are provided.

\*see the flyer\*  
Students will need to apply online by **26<sup>th</sup> May 2019**

[www.defence.gov.au/WorkExperience](http://www.defence.gov.au/WorkExperience)

# NOTICES



CHANEL COLLEGE  
*Justice Respect Compassion*

## UNIFORM SHOP *News*

**MONDAY**

**8.15am - 11.45am**

**THURSDAY**

**12.45pm - 3.45pm**



**The new Chanel College Jumper is available from the Uniform shop**

**\$62**

## NZ Ski Trip 2019

Dear Parents/Carers

Planning for the NZ Ski trip in September is well underway. Just a quick reminder that your 4th payment of \$500 is due on Friday 31 May, or you can pay to total amount anytime if that is suitable to you. Please note that all ski equipment needed will be hired and this is included in this price. The only ski items needed by your child are gloves, beanies and polaroid sunglasses. An information night will take place at the end of this term so stay tuned, however, please do not hesitate to contact me at the College if you need further information.

Thank you

Mark Hayes



QUEENSLAND  
SYMPHONY  
ORCHESTRA *in Gladstone*

## Gladstone Enrichment through Music (GEM) COMMUNITY CONCERT

22 May 2019

Gladstone Entertainment Convention Centre

7:00pm - 8.30pm

Admission free

Bookings essential - reserve your seat through GECC

<https://gladstoneentertainment.com/event/qso-gem-community-concert/>



Over 300 Gladstone school students join forces with members of the Queensland Symphony Orchestra in this showcase concert featuring performances from:

- Gladstone Combined Primary Schools Music Ensemble
- Gladstone String Ensemble
- Combined High School Percussion Ensemble, Concert and Symphonic Bands
- Queensland Symphony Orchestra Ensemble

Hear the talent of local students and members of the Queensland Symphony Orchestra proudly supported by Australia Pacific LNG, operated by ConocoPhillips.



Operated by



### STUDENT TRAVEL REBATES

Semester 1, 2019



#### Bus Fare Assistance

- Does your child attend a school outside the Brisbane City Council boundary?
- Does your family spend more than \$20/week\* on fares to and from school (\*\$15/week if you hold a concession card)?
- Does your child travel on a publicly available bus not owned or associated with the school?

#### Students With Disability

- Does your child have a verified disability that requires transport assistance to and from school?
- Has your school's learning support teacher assessed your child's travel capability rating as 'semi-independent' or more dependent?

Visit our website to see if you qualify for financial assistance to help with the cost of transport and

apply at [SchoolTransport.com.au](http://SchoolTransport.com.au) by 31 May 2019.

Late applications will not be accepted.



It's back!



Earn one sticker for every \$10 spent at Woolworths



CHANEL COLLEGE  
Justice Respect Compassion



# National Volunteer Week EVENTS

<p><b>Agnes Water Morning Tea</b> 10am, Friday, 24 May - Town of 1770 Golf Club, 2366 Round Hill Road</p>
<p><b>Calliope Afternoon Tea</b> 2pm, Monday, 20 May - RSL Hall, 32 Stirrat Street</p>
<p><b>Gladstone Afternoon Tea</b> (invitation only by nomination) 4pm, Thursday, 23 May - Gladstone Entertainment Convention Centre, Goondoon Street</p>
<p><b>Mount Larcom Afternoon Tea</b> 3pm, Friday, 24 May - Mount Larcom Hall, 47 Raglan Street</p>
<p><b>Tannum Sands Morning Tea</b> 10am, Monday, 20 May Heron Room, Boyne Tannum Community Centre, Wyndham Avenue</p>

All regional events (Agnes Water, Calliope, Mount Larcom, Tannum Sands) are open to all volunteers in the region by RSVP to [cas@gladstone.qld.gov.au](mailto:cas@gladstone.qld.gov.au).

The Gladstone event is invitation only via the nomination form. The nomination form can be found at [www.gladstone.qld.gov.au/volunteering](http://www.gladstone.qld.gov.au/volunteering). Nominations close 5pm, Tuesday, 7 May.



RISING METEORS CLUB PRESENTS

# DIVE IN



JUNE 29  
11am

## SOCIAL TOUCH DAY

SOCIAL 1 DAY Touch Day!

Rising Meteors is bringing a fun day and Night !!

For everyone to enjoy have a few laughs and do some Dives. So bring your friends and family Along for a Great day of fun Before our **BIG STEP UP TOURNAMENT OCTOBER 5,**

### TEAMS

Social Mens  
Social Womans  
Social Mixed

### REGISTRATIONS

\$150 Per Team  
individuals welcomed  
Rego closes :  
29 May 2019

### DAY EVENT

Starts at 11am  
Spot prizes up for Grabs  
Raffles  
Yummy Food

Where: 673 Glenlyon Road, Glen Eden QLD 4680

### Night Event

\*Bar Hrs 10am to late  
\*5-6 Happy Hour  
\*KAREOKE!!! 6-8PM  
\*\$100 voucher best "Performer"

### MAIN SPONSORS



## Variety Bash Car 29's Cent Sale!



**8 June 2019**  
Held at St Francis Hall  
Tannum Sands

Come along to support our 2019 Bash entry and Variety – the Children's Charity.

- ♥ Doors open 12.00pm for 1.30pm start
- ♥ Admission: \$3.00 adults; \$1.50 kids
- ♥ Every entry receives lucky door ticket & afternoon tea
- ♥ Over 200 prizes - a cake walk - raffle
- ♥ Homemade goodies, plants & lots more
- ♥ Special draw prizes!

For table bookings (10 to a table), please text the number of participants and table name to Cheryl on 0402 348 866

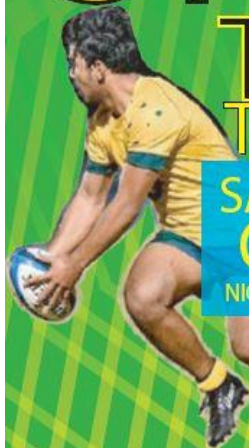
Proudly Supporting



RISING METEORS CLUB PRESENTS

# STEP UP TOUCH Tournament

PRIZE MONEY INCLUDED



SATURDAY  
OCT 5  
NIGHT FINALS T.B.C

8am start



### TEAMS

Social Mens  
Social Womans  
Social Mixed  
12 players max per Team  
12yr and up can play

### REGISTRATIONS

\$400 Per Team  
individual rego welcomed  
Rego closes :  
September 5

### ALL DAY EVENT

All Welcomed  
Family Friendly Event  
Stalls  
Yummy Food  
kids Activits  
Live Music

WHERE: 673 Glenlyon Road, Glen Eden Queensland 4680, Australia

For more Info/Enquires go to: Facebook@risingmeteors

WEBSITE: [www.risingmeteors.com](http://www.risingmeteors.com)

*"Hi, my name is Leigh Murdoch and I lived in Benaraby for 10 years. I was part of the Chanel Community for 8 Years, when my 3 children attended High School. I am excited to share this 2 day event with you, which I will be running in Boyne Island in June 2019. I am looking forward to returning to one of my favourite communities to share my knowledge and offer Naturopathy consults and 4 health talks over the 8th and 9th June. Bookings close May 25 so get in early."*

# Grassroots Naturopathy

## Health & Wellbeing

**DATES:** Saturday 8 June 2019, 1.00pm to 7.00pm

Sunday 9 June 2019, 9:30am to 4.00pm

**LOCATION:** Heron Room at Boyne Tannum Community Centre

Hayes Ave, Boyne Island QLD

**RSVP:** 25 May 2019

**BOOK:** via Facebook:

<https://www.facebook.com/events/432690833956217>

[leighmurdoch66@gmail.com](mailto:leighmurdoch66@gmail.com) or 0408 434 538

### Saturday 8 June 2019

**Vegan/Vegetarian Talk \$15:** 1pm to 2pm ~ Would you like to know how to make the most of a Vegan, Vegetarian or plant based lifestyle & be healthy, radiant and energised? I will be discussing healthy diet habits, essential nutrients, energy levels, reducing sugar cravings, glowing skin and meal suggestions.

**Sleep Talk \$15:** 2:30 to 3:30pm ~ The importance of quality, rejuvenating sleep and how it underpins many other health conditions. Touching on circadian rhythms, stress, gut health, diet, serotonin, melatonin, sleep hygiene + more!

**Naturopathy Consults \$100 for Initial Appointment:** 4pm to 7pm

### Sunday 9 June 2019

**Bowel Talk \$15:** 9:30am to 10:30am

How the gut, liver, nervous system and thyroid effect bowel movements. Advice on natural, practical and effective solutions.

**Menopause Talk \$15:** 11am to 12pm

Including information on hot flushes, night sweats, insomnia, mood swings, fluctuating weight and how to support you during this transition, with herbs, nutrients, diet and lifestyle tips.

**Naturopathy Consults \$100 for Initial Appointment:** 12:30pm to 4pm

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