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MESSAGE FROM OUR EXECUTIVE OFFICER

Farewell and hello!

We are sad to say farewell to Michele Corcoran who has been Executive Assistant to GPPCP for nearly a year. Michele is moving onward and upward to a position in reception and administration at Wimmera Uniting Care based in Stawell. We thank Michele for her good work, great sense of humour and in particular the now fortnightly newsletter!! So.... We are looking for someone to replace Michele for two, and possibly three days a week. It's an interesting job- plenty of variety and some challenges. In this role you would work with the Exec (which is like working with a board) as well as use your highly developed computer skills to compile and publish the newsletter. We are a lively team of ten people—not all here at once- who work hard but enjoy a good laugh. Our auspice agency, Grampians Community Health, is very welcoming. Great building to work in. So look for our ad in this newsletter. A PD is also attached. Enquiries encouraged- a person who has worked in a school, a health service or with a board would enjoy such a position. Spread the word.

Hello to Trish Stannus who started with us this week. Trish will be working 0.6 in Service Coordination and 0.4 in a project developing emergency relief networks. Trish is the person to ring with enquiries about Connectingcare. Trish has worked in a regional capacity in supporting the rollout and use of both Connecting care and the SCT Service Coordination tools.

I recently attended a day organised by the Department of Human Services regionally to progress planning of Aboriginal Services in the Grampians region. Redressing the gap in health inequalities experienced by indigenous people in this catchment is a complex issue and it is obvious that we will not do it well unless we plan together and listen to the keepers of the wisdom. We all look forward to progressing and prioritizing the ideas gathered on that day. Quite clearly there are issues which need to be dealt with.

BIG REMINDER about the Youth Strategic Planning Day next Tuesday August 12th. **ABSOLUTELY** everyone is welcome. So far about 50 people have replied that they are coming, but we really want to make sure there is a chance for everyone to have input. Please reply to me kates@grampianspyreneespcp.org.au or 0407548553 by Monday at the latest if you want to be fed. Ad later in newsletter with venue details

Cheerio for now, Kate

PCP MEETING DATES FOR YOUR DIARY

Healthy Eating Working Group Meeting

Date: Monday 15th September, 2008
Time: 10.30am
Venue: East Grampians Health
RSVP: Chantal Thomas

Active Recreation Steering Committee (ARSC) Meeting

Date: To be advised
Time: 12:30pm – 2:30pm (lunch provided)
Venue: Ararat Tourist Information Centre
RSVP: Laura Waters

Physical Activity Sub Committee

Date: Wednesday 13th August, 2008
Time: 10.00am
Venue: Grampians Community Health Centre
Ararat
RSVP: Chantal Thomas

Service Coordination and Chronic Disease Management Group (BATS) Meeting

Date: Wednesday 20th August, 2008
Time: 10.00am - 12.30pm
Venue: To be confirmed
RSVP: Kate Serrurier

GPPCP Executive Meeting

Date: Thursday 21st August, 2008
Time: 10.00am–12.00am
Venue: Browse 'n Brew
High Street, Ararat
RSVP: Michele Corcoran

*** All staff contact details are listed at the top of this newsletter ***

CELEBRATION OF SEASONAL PRODUCE

Roasted Root Vegetable Soup



Ingredients

50ml olive oil
1 small butternut squash, peeled, seeded and cubed
2 carrots, cut into thick rounds
1 large parsnip, cubed
1 small swede, cubed
2 leeks thickly sliced
1 onion quartered
3 bay leaves
4 thyme sprigs, plus extra to garnish
3 rosemary sprigs
1.2 litres vegetable stock
Salt and freshly ground black pepper and sour cream to serve

Method

1. Preheat oven to 200C
2. Pour the olive oil into a large bowl. Add the prepared vegetables and toss thoroughly with a spoon until they are all coated in the oil
3. Spread out the vegetables in a single layer on one large or two small baking sheets. Tuck the bay leaves and the thyme and rosemary sprigs amongst the vegetables.
4. Roast the vegetables for about 50 minutes until tender, turning them occasionally to make sure they brown evenly. Remove from the oven, discard the herbs and transfer the vegetables to a large pan.
5. Pour the stock into the pan and bring to the boil. Reduce the heat, season to taste, then simmer for 10 minutes. Transfer the soup to a food processor or blender and process for a few minutes until thick and smooth.
6. Return the soup to the pan to heat through. Season and serve with a swirl of sour cream and a sprig of thyme



GOOD WORK IN INTERGRATING
HEALTH PROMOTION &
PROFESSIONAL DEVELOPMENT
OPPORTUNITIES IN HP



**The Grampians Pyrenees Primary
Care Partnership invites you to
attend a facilitated**

Youth Strategic Planning Day

& launch of the

**Grampians Pyrenees
Regional Youth Advisory
Network (RYAN)**

10am - 3.30pm Tuesday August 12th

Moyston Football Club

A really yummy Lunch will be provided

The agencies and government departments that deal with young people across the Pyrenees, Northern Grampians Shires and Ararat Rural City have all agreed that it is time for us to get together and look at the key ways in which we can support young people to feel more connected and contribute more meaningfully to their communities.

The day will particularly focus on connectedness and social inclusion.

The day will be facilitated by Mark Riches who trained as a youth worker and is now Managing Director of Level Consulting Services. Mark has over 20 years experience as a manager and a consultant.

Please RSVP to Kate Serrurier by:
Friday 8th of August
Phone: 5352 6206 or 0407 548 553
Email: kates@grampianspyreneespcp.org.au



Healthy Eating Working Group update

Congratulations to the Healthy Eating Working Group (HEWG) on great participation and setting priorities for the group at the extended session on Monday 4th August. Thanks to Michaela Murdoch from Stawell Regional Health for chairing the meeting and to Northern Grampians Shire, East Wimmera Health Service, East Grampians Health Service, Elmhurst Bush Nursing Centre and Ararat Neighbourhood House for your valuable contribution.

HEWG have set some clear priorities and shared values around healthy eating complimenting the strategic directions for integrating management and prevention of chronic disease, these are:

- Using appropriate language to talk about healthy eating
 - developing positive language around food, eating and healthy relationship with food. Not using language associated with disordered eating and health conditions (i.e. 'obesity')
- Preparing and storing food safely
 - development of a short course in safe food handling for older people including collecting shared traditional or favourite family recipes
 - assistance in making food safety applications to Council
- Promoting positive body image.
 - Building on body image grant to portray positive images of young people and eating
 - Sharing food as a way of connecting socially
 - Not using BMI and physical health measurements as the most accurate measurements of "health"
 - Using referrals to dietitians appropriately.





Talk Listen Care Visitor

TLC is a friendly visiting program which establishes friendships between volunteers and carers who look after a family member who has a mental illness or an intellectual disability. A TLC Volunteer will visit a family, and spend time with either the carer or the care recipient. The volunteer will provide opportunities for carers to build friendships and support with people inside or outside the home or provide respite for the carers by taking the family member out and getting them involved in the community and accessing leisure and recreational activities.

Volunteers receive initial and ongoing training. Ongoing support and guidance is also provided. If you would like to become a volunteer or know a family who would benefit from the program please contact:

Libby Blackmore
Grampians Community Health Centre
Stawell 3380
Phone: 5358 7400
Email: libby.b@gchc.org.au



VOLUNTEERS REQUIRED

HELP YOURSELF AND THE COMMUNITY

- Meet new people
- Gain new skills
- Make a difference

Grampians Community Health Centre is looking for people with good communication skills and a positive "can do" attitude for the Do Care Visiting, Volunteer Driver, Temporary Pet Care, Collating team, Community Health Promotion, Talk, Listen and Care, and Employed Carers Respite programs in Stawell.

You should be reliable and committed, with some spare time. Training and ongoing support are provided for volunteers. Out of pocket expenses are reimbursed. Volunteers in these positions will need to be able to work with limited supervision.

These "hands on" positions provide great experience working with a wide cross section of the community.

The work is flexible, so you can choose which work you would like to do, as well as hours to suit you.

Does this sound like you? Call Sue -Tel. Stawell 5358 7400 for further information.

Closing date for applications is Monday August 11th, 2008

Grampians Community Health Centre is an Equal Opportunity Employer and a smoke free workplace.





Take the Physical Activity Challenge!

There are number of benefits to exercising regularly. These include **decreased stress, greater energy and maintenance of a healthy weight**. All you need is 30 minutes of moderate activity on most days.

If you live in Stawell or the surrounding area, the Stawell Regional Health Physical Activity Challenge (formerly the Walking Challenge) is a great way to kick-start an exercise program. All you need to do is to get six people together to register a team. These could be friends, family members, neighbours or work colleagues.

In the Physical Activity Challenge, teams record how much time they spend walking or doing other forms of physical activity over 6 weeks. There are awards for most time spent exercising; greatest improvement in health and most improved team. You can exercise with your team mates or on your own.

Registrations for the Physical Activity Challenge open on August 18th and close on September 5th. To receive a registration kit or for further information, please contact Judy McNeight at the Stawell Hospital on Ph. 5358 8531 or email jmcneight@srh.org.au



Youth Participation and Access Program 2009-2011- Grampians Region

The Office for Youth will be hosting over the coming weeks a series of information sessions in each region for the Youth Participation Access Program 2009 - 2011 Grants.

When: Friday 15 August 2008
Where: Astor Theatre
250 Barkly St, Ararat
Time: 10:30am to 12:30 pm

To register to attend please follow this link:
<https://secure.eventoffice.com/forms/youthpart.asp?eventid=1699>



Mind Your Head: Leading the Way to Healthy Minds, Healthy Schools

Mind Your Head

Mental health is the next great leadership challenge for our nations, communities and especially, our schools. Across the world, our schools are struggling with complex mental health issues. Will our schools continue to bear the brunt of the problem, or will they lead the way to a solution? 'Mind Your Head' is your opportunity to contribute to debate, dialogue and action!

There will be an eclectic assembly of international thinkers - educational and mental health leaders to tackle the challenges of school mental health head on. Our mission? To exert our collective influence to build positive school cultures that embrace mental health as an essential foundation of any learning community. Our vision? For every school to be as committed to mental wellbeing as they are to physical health.

The target audiences are school principals and other members of their leadership teams. Additionally, Mental Health and Wellbeing practitioners and those who work on Health Promoting Schools projects are encouraged to participate.

Recommendations will be drafted that will go forward for consideration for inclusion in the Melbourne Charter for Mental Health Promotion and Prevention being developed during the 10-12 September World Mental Health conference.

When: Monday 8 September 2008
Where: Melbourne Convention Centre, Southbank
Time: 8.45am—5.00pm.
Refreshment breaks & lunch provided
Cost: \$250.00

For more information contact the event coordinators:
Phone: 8245 9815 or 8245 9802
Email: kerry@apapdc.edu.au or
emma@apapdc.edu.au
Visit: www.intercamhs.org/files/MYHregistrationflyer%20Reg%20final.pdf





The Conference is a major opportunity for you to say where you want rural and remote health to be in two and five years' time. Come along with imaginative ideas about how communities, professions and governments can be recruited to the belief that rural health is a good place to be.

The five themes of the 10th Conference are: conquering health disadvantage, building a resilient response to political and environmental climates, consulting our communities on health, working together in health care teams and on service models that are effective, and celebrating 20 years of the rural and remote health sector. There will also be a special Community Day.

Call for abstracts

Abstracts are now being sought and can be submitted via the [Conference website](#) or faxed to 02 6285 4670.



Grampians Pyrenees PCP has purchased the Mental Health First Aid (MHFA) e-learning discs which are self-paced training and can be done from the comfort of your own computer. To fully complete the MHFA there is also a face to face requirement with a trained instructor. Anne Watson, Mental Health Promotion Officer from CAMHS, is facilitating the face to face component in Ararat on Wednesday 15th October 9am - 1pm (E-learning component needs to be completed prior to face to face)

This would be useful information for anyone who comes into contact with the public; front line staff, allied health teams, administrative staff, reception, community health, youth sector, community development etc.

To borrow the e-learning discs or for more information contact Health Promotion Coordinator chantalp@grampianspyreneespcp.org.au or 5352 6204.



small stages

Nothing happens by magic



Make the most of your venue
Develop skills
Be part of a presenter network

Regional Arts Victoria is presenting a series of one-day seminar workshops open to people from a range of local arts groups, local government, festivals, local hall committees and more. Learn about touring and marketing to make shows work in your venue and link up with others in your area wanting to do the same.

When: Saturday 30 August

Where: Masonic Lodge
Hosted by Maryborough Arts Society
[Maryborough](#)

When: Sunday 31 August

Where: The Charlton Valley Resort
Hosted by Rex Theatre & Charlton Arts
[Charlton](#)

When: Saturday 13 September

Where: Killara Centre, Camperdown Community Centre
Hosted by Corangamite Arts
[Camperdown](#)

Time: All forums will run from 10am to 4pm

Cost: \$10 for RAV members and affiliates
\$15 for non-members

For further dates and venues or for more information go to www.rav.net.au or contact Regional Arts Victoria on enquiry@rav.net.au 03 9644 1800 or Toll Free (Country Victoria only) on 1800 819 803.



Australian Government
Regional Arts Fund





**Urban and rural renewal:
The impact on older people
Seminar**

Victoria is facing major infra-structure pressures from its growing population and within this context this seminar will explore the challenges and opportunities presented by the ageing of the Victorian population. This seminar will examine the issues of physical and social planning for an ageing society and the need for an integrated approach between buildings, community amenities and transport will be considered. The seminar presenters will consider the required physical and social planning initiatives to address health and well being of older people in both established and newly establishing communities.

When: Thursday 28 August, 2008
Where: Treasury Theatre
 Ground Level 1 Macarthur Street
 Melbourne
Time: 10.00am - 1.00pm
 followed by networking & lunch (1- 2pm)

Cost: FREE

For further details visit:

<http://med.monash.edu.au/sphc/haru/index.html>

and for bookings:

Email: events@cotavic.org.au

Phone: (03) 9655 2125



Primary Health Weekly Bulletin

31 July 2008 Department of Human Services

The latest edition of the Primary Health Weekly Bulletin is now available at:

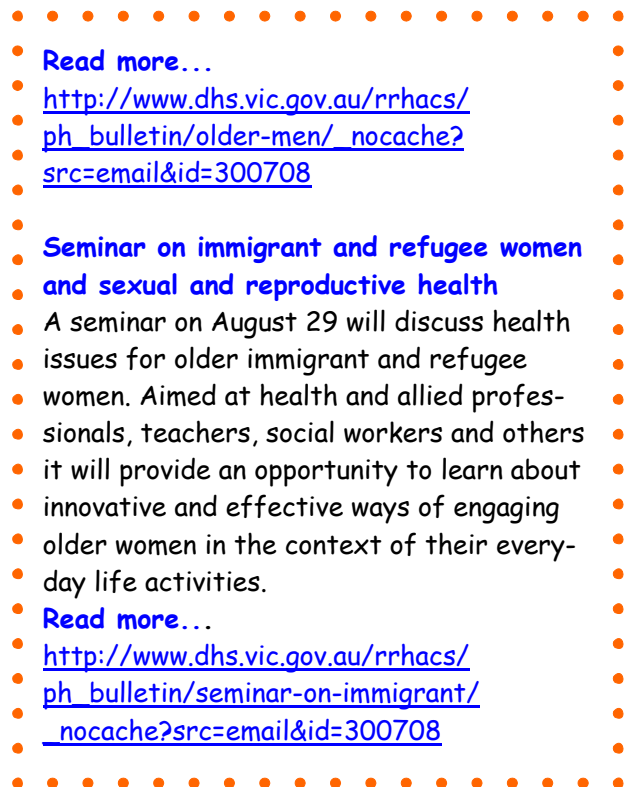
www.dhs.vic.gov.au/rrhacs/ph_bulletin

In this edition:

Older Men's Health Forum

Council on the Ageing (COTA) Victoria has been concerned for some time at the lack of attention to the health and well-being needs of older men, or a policy framework to guide government and community response to the growing concerns on this issue.

COTA has released a Strategic Policy Framework for Older Men's Health, and is holding a Forum on this issue on Friday August 8.



Read more...

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/older-men/_nocache?src=email&id=300708

Seminar on immigrant and refugee women and sexual and reproductive health

A seminar on August 29 will discuss health issues for older immigrant and refugee women. Aimed at health and allied professionals, teachers, social workers and others it will provide an opportunity to learn about innovative and effective ways of engaging older women in the context of their everyday life activities.

Read more...

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/seminar-on-immigrant/_nocache?src=email&id=300708



Celebrating Women

**Women's role in equal opportunity, human rights and advocacy
 Women's Health Grampians
 2008 Annual General Meeting**

When: Thursday 23 October 2008
Where: Ballarat - venue to be confirmed
Time: 10.30am - 1.00pm
Speaker: Helen Szoke, CEO
 Victorian Equal Opportunity and Human Rights Commission
 Women as Advocates Every Day
 Equal Opportunity Act
 Charter for Human Rights

Join us for the 2008 AGM followed by a celebration of the work of Women's Health Grampians including 'Amongst Ballarat's Finest' and 'Chlamy'.

Light lunch will be provided. Families are welcome. A free bus will be available from Horsham.

Please RSVP

for catering purposes and if you require transport by Thursday 16 October 2008

Ph: 1800 013 432

Email: adminb@whg.org.au





**Steps to securing your financial future:
FREE! August - September 2008**

The Queen Victoria Women's Centre in partnership with WIRE-Women's Information and the Victorian Government is running workshops and seminars in nine locations across Victoria as part of the first ever Women & Money Month in September 2008.

Women's financial health is affected by:

- living longer than men;
- earning less than men;
- working in lower-paid and casual jobs;
- taking time out of the workforce to have and care for our children; and
- retiring from the workforce with about half as much money as men.

The Steps to Securing Your Financial Future informative seminars and practical workshops will equip you to take positive steps towards your financial security now and into the future.

- Where:** Ararat
When: Mondays 25 August to 15 September
Time: 6.00pm—8.00pm
When: Tuesdays 26 August to 16 September
Time: 6.00pm—8.00pm
When: Thursdays 28 August to 18 September
Time: 3.00pm—5.00pm

For more information:

- Web:** www.qvwc.org.au
Contact: Kay Davis
Phone: 8668 8106 or 1300 550 692 (regional)
Email: women.money@qvwc.org.au



PROFESSIONAL DEVELOPMENT



ARARAT NEIGHBOURHOOD HOUSE INC

**2008
TERM III PROGRAMS**

Computers Just for You!
Taking enquiries for Term IV

Certificate in General Education for Adults (CGEA)
Monday, Tuesday & Thursday: 9.30am to 2.30pm

English as a Second Language (ESL)
Women's group: Thursday 11am to 1pm / Commences 14 August 2008

Literacy 1-1 Training
Days and times negotiated to suit

Oil Painting
Monday: 1pm to 3pm

Craft Group
Wednesday: 10am to 12.30pm

Needles and Threads Group
Wednesday: 1pm to 3pm

Book Chat
1st Wednesday of each month: 10.30am to 11.30am

Playgroup
Wednesday: 10am to Noon

For further information Phone: 5352 1551

*** Fees apply to most courses and are available on application, please note the Certificate of General Education for Adults has reduced its cost dramatically as more funding is now available.***





ARARAT NEIGHBOURHOOD HOUSE INC
Certificate in General Education for Adults

Certificate in General Education for Adults is a nationally accredited course designed for adults who have left school early and would like to improve their reading, writing, maths, oral communication and computer skills. Students will be encouraged in decision making, problem solving and assertiveness. Your learning is self-paced at your own level.

CGEA can provide a pathway to a range of non-formal education opportunities, to work and to increased community participation.

Who can enrol?

Any person aged 16 years or older can enrol.

Monday, Tuesday & Thursday 9.30 am - 2.30 pm

Semester 2: \$125.00 (\$55.00 tuition plus \$70.00 Amenities)

Full payment is required at the time of your enrolment. However, payment plans may be negotiated given difficult financial circumstances.

Call Katrina, Lynne or Caroline to book in or seek further information on 5352 1551



**Women's Advocacy Skill
Development Workshop**

Join the celebrations to mark 100 years of Victorian women's right to vote by participating in workshops aimed at developing women's advocacy skills.

When: Tuesday 7 October, 2008

Where: Shire Hall
Barkly Street, Ararat

Time: 9.30am - 4.30pm

Cost: FREE ~ Places are limited

Lunch: Provided by Womens Health Grampians

Bookings: Kate Staley on 5322 4100

Email: adminb@whg.org.au



**WHAT'S HAPPENING IN CHRONIC
DISEASE MANAGEMENT**



**The ASPRID (Australian Society for
Psychological Research in Diabetes)
10th Annual Conference**

When: Monday 25th August 2008

Where: Exhibition & Convention Centre
Melbourne

Cost: Member \$170.00
Non Member \$195.00

Plenary Speakers: Dr Frank Petrak, Assistant Professor,
University of Bochum, Germany
Dr Nicole Hight,
Deputy CEO, Beyond Blue

For further information visit: www.asprid.org.au

FUNDING OPPORTUNITIES



**Innovative Grants
For cervical cancer prevention projects**

PapScreen Victoria is looking for community based cervical cancer prevention health promotion projects that are:

Creative	original
inspiring	unique
imaginative	resourceful
unusual	inventive

Up to \$5,000 available and applications close Friday 29 August 2008.

To apply for an Innovative Grant, download the guidelines and application form from the Health Professionals section of the PapScreen website:

www.papscreen.org.au

For more information:

Contact: Michelle Cook

Phone: 9635 5663

Email: michelle.cook@cancervic.org.au





Publishing local and natural history

The Victorian Community Foundation—Holsworth Local Heritage Trust funds available for projects which help the community preserve and appreciate local and natural history in rural and regional Victoria.

The trustee invites applications for grants of up to \$2,000 from organizations such as historical societies, clubs, secondary schools, universities and museums who are interested in publishing works of historical value.

The closing date for applications is 1 October 2008. An application form and guidelines can be downloaded from the ANZ Trustees website: www.anz.com/aus/fin/Trustees

For further information:

Phone: 9273 6799

Email: charitabletrusts@anz.com



Ararat Rural City Sports Grants

Council is encouraging residents to nominate their local sporting hero for Sport & Recreation Victoria's Sport & Recreation Awards 2008. It can be a local team, sports centre, player or club member/volunteer, this is a great opportunity to acknowledge community achievement.

There is \$50,000 to be one across 10 categories.

For more information:

Contact: Rose Rowe (Municipal Recreation Officer)

Phone: 5355 0256

Web: www.sport.vic.gov.au

Close: Nominations by Friday 22 August 2008



JOB IN THE REGION



EXECUTIVE ASSISTANT

0.4 EFT pro rata. Contract until June 30th 2009 with a possibility of extension subject to ongoing funding.

Salary Range \$38,000 pro rata per annum with generous salary packaging available.

This is an ideal opportunity for a secondment position for someone interested in partnership development.

This part time position is based in Ararat with the Grampians Pyrenees Primary Care Partnership team. The Primary Care Partnership is an alliance of over 30 agencies in the Grampians Pyrenees catchment working together to improve service access through partnerships in service planning and delivery.

This position will support the GPPCP team and Executive Committee and provides an opportunity for a creative person to be part of a small energetic and friendly team.

A position description can be obtained by phoning 0407548553. The position description is also attached to the newsletter.

All applications should address the Key Selection Criteria and cite three current referees.

Email enquiries welcome.

kates@grampianspyreneespcp.org.au





Grampians Pyrenees Regional Development Board Project Coordinator 12 month position

The Grampians Pyrenees Regional Development Board is seeking a suitable qualified and experienced Project Coordinator. The Project Coordinator will aim to match employment placements for on farm rural workers, owners and operators with existing vacancies within key, skill shortage areas.

The position provides an opportunity for a highly motivated and quality driven professional to join this progressive Steering Committee to address labour skill shortages within the region.

Further information and a position description can be obtained by contacting Mrs Angela Hunt on 5355 0271 or by email to ahunt@ararat.vic.gov.au or web www.grampianspyrenees.com

Written applications are to be forwarded no later than 5pm, Thursday August 15th 2008.

THINGS TO DO TO GET ACTIVE



Next market.....

August 24th, 2008



We invite You & Your friends to attend the 7th Annual Dinner

- When:** Friday 5th September 2008
Where: Ararat Performing Arts Centre
 Barkly Street, Ararat
Time: 7.00 pm
Cost: \$60 per person (all inclusive)
 Tables of 10 or 12 available
Dress Theme: Silver... Swish... Sassy!!!
Special Guest: Sue Stanley
RSVP: By Monday 1 September, 2008
Contact: Dianne Radford (Community Liaison)
Phone: 5352 9387
Email: dradford@eghs.net.au

Over the past 7 years this event has raised over \$50,000 for the health service for vital equipment, and this year the aim is to fundraise for Air Pressure Mattresses for the Inpatient Unit.



Energy Smart Workshop

Find out about the Ararat Energy Savers project and how your household can save energy and money!
 Receive a free energy-saving kit.

- When:** Friday 8 August 2008
Where: Pomonal Hall
Time: 6.00pm
 Pizza dinner provided
Contact: Jane Marriott
Email: jmarriott@ararat.vic.gov.au
RSVP: 5356 6374





GRAMPIANS WILDFLOWERSHOW 2008

Centenary Hall, HALLS GAP



Thursday Oct 2 to Sunday Oct 5

Our 71st show!

Time: 9.30am to 5.30pm daily
Admission: \$5.00 Adults
\$4.00 Concession
.50c Children

The Australian Plant Society's Native Flower Show is also on at Pomonal Hall on Saturday 4th & Sunday 5th October 2008

For further information call the Halls Gap Visitor Information Centre 1800 065 599



ARARAT CITY BAND

Rehearsals Wednesdays 7.30 pm
at the Band Room, rear of the
Ararat Performing Arts Centre.

Prospective new members and
supporters welcome to attend rehearsals.

Phone: 5352 3758 b/h

Post Office Box 213, Ararat 3377

Further Information:

www.ararat.vic.gov.au

(then click on Community Directory)



Ararat Show 2007

Ararat City Band acknowledges the support of:

Proudly supported by



Photos courtesy of Peter's Pics,
Pacific Hydro and Geoff Penna



It is important to us to receive feedback from you on this newsletter. Please email feedback, suggestions and items for inclusion in the next newsletter to Michele Corcoran michele.c@gchc.org.au by **Wednesday 20th August**.

Don't forget to pass on this information on to others and stick it in your staff room!!

Postage
Paid

60 High Street
ARARAT VIC 3377

