



## RUN - JUMP -THROW at Mentone Little Athletics

New season now on!

Session Times (Saturday) :

Ages under 6 to under 8 starts at 8.30am until 10am Ages under 9 to under 16 starts at 10am until 12.30pm

What will I learn?

The programme covers Track and Field. Track events include: Hurdles, Sprints, Middle/Long Distance running, Relays and Walks Field events include: Shot Put, Discus, Javelin, High Jump, Long Jump and Triple Jump.

How will I learn?

Mentone has many coaches who can help teach you the correct techniques for the different events. The aim is to do your best and aim to improve your own personal best times/distances.

Remember to bring proof of your child's age to register on the day. (Birth Cert, passport) so we can make sure they are placed in the correct age group. or Visit [www.mentonelac.com.au](http://www.mentonelac.com.au) and follow the links to the registration page. Athletics is new to me, can I have a free trial? Yes of course you can. You will need to register for a free trial either online [https://memberdesq.imgstg.com/index.cfm?fuseaction=custom\\_page&CategoryID=22776&OrgID=1370](https://memberdesq.imgstg.com/index.cfm?fuseaction=custom_page&CategoryID=22776&OrgID=1370) or on the day. Come along and participate for one session and then decide.

For more information: Contact us at [mentone@lavic.com.au](mailto:mentone@lavic.com.au)



## Professional Services

The advertisement for FixTel's CCTV services features a green header with the text 'CCTV Security Installation &amp; Maintenance' and the phone number '1300 34 98 35'. A woman wearing a headset is shown on the right side of the header. Below the header are logos for 'AVAYA CONNECT', 'Registered Cable Australian Government Accredited Communications and Media Safety', and 'acma'. The main body of the ad shows a photograph of a school hallway with a large globe, and two images of CCTV camera equipment. Text below the equipment images lists two system options: '1x ACTI 072 2MP IR Outdoors, IP 66, W15.2MP' and '1x ACTI NVR ENR-1000-4 Channel Device' for the first system, and '8x ACTI 072 2MP IR Outdoors, IP 66, W15.2MP' and '1x ACTI NVR ENR-1000-4 Channel Device' for the second system. A note at the bottom states '\* Installation will need to be Quoted'.

FixTel Provides High Quality and Professional Services all over Australia including Voice, Data, Fibre Optic, Electrical and Security installations designed to save you time and money whether you are moving office, expanding or starting a completely new business.

- [Voice & Data Cabling](#)
- [Structured Data Cabling](#)
- [Fibre Optic Installations](#)
- [Underground Data Cabling](#)
- [Fibre Optic Technology](#)
- [Network Cabling Installations](#)
- [Telephone Systems Installations](#)
- [Phone System Relocations](#)
- [Electrical Cabling Installations](#)
- [Satellite Antenna Installations](#)
- [Security System Installations](#)
- [IT Services & Consultancy](#)



# ALL GIRLS CRICKET COMPETITION 2015/2016



The **All Girls Cricket Competition** is back, **BIGGER AND BETTER**, for the 2015/2016 season. Contact your local participating cricket club (see list over the page) to find out how you can join an all girls team and improve your skills, stay active and enjoy a fun summer of cricket and camaraderie.



## DETAILS:

### Two competitions:

- **13 and under** (Wednesday evenings 5 – 7.30pm)
- **16 and under** (Sunday mornings 8.45am – 11.30am)

(Age as at September 1, 2015. No minimum age)

**COST:** \$120 for the 2015-2016 season (includes club top & club cap for new players).

**Modified rules and limited overs.** Participation is key, all players will have the opportunity to bat and bowl.

**REGISTRATION:** Registrations will commence in August 2015.

**PROUDLY SUPPORTED BY CRICKET VICTORIA,  
MELBOURNE STARS AND ISEC.**



### SEASON DATES:

**Season launch:** Wed 14<sup>th</sup> Oct 2015

**13 & Under** (Wed games)

Pre Xmas dates: Oct 21, 28, Nov 4, 11, 18, 25, Dec 2

Post Xmas dates: Jan 27, Feb 3, 10, 17, 24 (Finals)

**16 & Under** (Sunday games)

Pre Xmas dates: Oct 25, Nov 1, 8, 15, 22, 29, Dec 6

Post Xmas date: Jan 31, Feb 7, 14, 21, 28 (Finals)

**CONTACT:** For a list of FAQs, to register, or for other enquiries please contact a participating club nearest you (see list on other side of this flyer). Or for general enquiries, please contact AGCC Secretary, Libby Nicholls: 0438 228 806  
[allgirlscricket@gmail.com](mailto:allgirlscricket@gmail.com)

Coming soon: [www.allgirlscricket.com.au](http://www.allgirlscricket.com.au)

<p><b>Tuesday, 27<sup>th</sup> October</b></p> <p><b>2pm to 3pm</b></p> <p><b>FREE</b></p> <p><b>RACV &amp; City of Kingston</b></p>	<p><b><u>Seniors Festival</u></b> <b><i>RACV Years Ahead - Awareness session for older drivers</i></b></p> <p>“Years Ahead” is a one hour discussion based presentation on road safety awareness by RACV especially designed for older road users. An RACV representative will present road safety information to assist you to remain safe on the road. The presentation covers the following areas:</p> <ul style="list-style-type: none"> <li>• Driving and road safety tips for drivers, passengers and pedestrians;</li> <li>• The importance of choosing a safe vehicle and being fit to drive;</li> <li>• The impact of health and medications on driving;</li> <li>• How to assess your own driving ability;</li> <li>• Information about alternative transport options and how to plan for future mobility.</li> </ul> <p>RACV believes that all drivers should continue to drive for as long as they are safe to do so. They encourage:</p> <ul style="list-style-type: none"> <li>• all drivers to take responsibility for their own driving ability and make sure they are fit to drive;</li> <li>• older drivers to have regular checkups and discuss their fitness to drive with their health professionals.</li> </ul> <p><b>Bookings essential</b> - Contact our office on 9587 5955</p>
<p><b>Saturday, 7<sup>th</sup> November</b></p> <p><b>2pm to 4.30pm</b></p> <p><b>\$35.00</b></p>	<p><b><u>Wellness Workshop with Carolyn Gray</u></b> <b><i>Food as Medicine</i></b></p> <p>Carolyn will be teaching the basics of eating a healing Whole Foods based diet. Cooking demonstrations of turmeric and beetroot cauliflower rice and guacamole and a green smoothie (with lemon and ginger). The workshop is based on Paleo Nutrition principles free of dairy and gluten. The session is 1 hour theory, 30 minute cooking display and 1 hour recipe review. The best part is you will get to taste the freshly cooked foods!</p> <p><b>Bookings essential</b> - To register: <a href="mailto:carolynlgray@bigpond.com">carolynlgray@bigpond.com</a> or 0419 139 755</p>
<p><b>Tuesday, 17<sup>th</sup> November</b></p> <p><b>Arrive at 6.45pm for a 7pm start</b></p> <p><b>\$5.00</b></p>	<p><b><u>Autism Discussion</u></b> <b><i>Donna Williams “Autism: Alternative Approaches”</i></b></p> <p>Donna has been an autism consultant since 1996, is an accomplished speaker, author and lecturer who has gained post graduate qualifications as a sociologist and teacher, written ten books in the field of autism, is an international public speaker and an accomplished artist and musician.</p> <p>As a person with autism, Donna will provide a fascinating insight into the world of autism as someone who has actually been there and worked with hundreds of children and adults on the autism spectrum.</p> <p><b>Bookings essential</b> - Contact our office on 9587 5955</p>