Thomas Youssef

I'm doing World's Greatest Shave!

Please sponsor me!

I am 10 years old and my daddy died from cancer when I was 2. I also lost my aunty last year to blood cancer and I am shaving my hair as a tribute to her and my dad.

I have got permission from my school principal to shave my head at the school assembly on March 11th. I want to raise as much money as possible so that other families don't have to say goodbye to their friends and families.

Please help me and make a donation today.

Thank you for your support.

Event Date : 11th March 2016
Time : 9.00am
Location : Parktone Primary - Assembly
I've Raised : $247
My Goal : $1,120
MORDIALLOC
NEIGHBOURHOOD HOUSE

We are currently taking enrolments for our NEW and exciting workshops:

**FACE PAINTING:**
Thursday, Feb 25
12.00- 3.00pm

**POPULAR CRAFTS:**
Monday, Feb 15
10.00am – 1.00pm

**FLOWER ARRANGING:**
Tuesday, Feb 23
1.00 – 3.00pm

**PRINTING:**
Weds, March 2
9.30 – 11.30am

For further information, or to make a booking, please phone:
Mordialloc Neighbourhood House on 9587 4534

**BOOK CLUB**
Do you enjoy reading and discussing books over a cuppa?
Then why not join the Mordialloc Neighbourhood House Book Club.
The group meets the second Monday evening of each month.
Books are chosen by member rotation.
Come and join the fun.
For further information, please phone:
Mordialloc Neighbourhood House on 9587 4534

FREE Parent Information Night
How do I raise a Resilient Child? – the 32 emotional and social skills involved in building resilience at any age

**Wednesday 16 March at 7.30pm – 9.00pm**

Location:
Rosstrevor Hall, Brighton Grammar Old Middle School, entrance off Allee St, opposite the new Middle School and the Girrawheen Chapel

Presenter:
Melissa Anderson – Director of SHINE Academy for Girls and LONGFORD & FRASER for boys, resilience coach, counsellor, pharmacist

Cost:
Nil. A gold coin donation to a selected charity is welcomed

Bookings: 9592 4948
LEARN NEW SKILLS AND IMPROVE YOUR GAME! 3 DAY SPORTS CAMPS 6 TO 16 YEAR-OLD GIRLS AND BOYS

Learn and develop sporting skills with a quality three-day coaching experience for players of all standards. Our structured skill development programs are delivered by a panel of experienced and talented coaches at first class facilities. Providing that extra WOW factor for the kids, our coaches are supported by guest appearances from top level state and national sports men and women. Also, we always ensure that children are placed in age, friendship and skill appropriate groups.

For more details regarding our camps and coaching panels, please visit our website australiansports camps.com.au or call 1300 914 368 or email admin@australiansports camps.com.au
PLAYERS NEEDED
BORN 2006 & 2007

We are currently looking for 8 - 9 year old (Grade 3 & 4) girls to fill our teams.

We play Saturday mornings at Springvale District Netball Association, Rowan’s Road, Dingley. Dingley Netball Club is the oldest Club in the Association.

We are welcome all girls of any ability and their parents to join & participate in a friendly and fun sport, played in a safe environment.

We would love to see you join Dingley Netball Club. Please email: coaching@dingleynetballclub.net.au

We thank you for your interest in Dingley Netball Club, and we hope to meet you soon.

Fees: $105 (per season – two seasons a year) + VNA ($49 yearly) + court fee ($5 per season).

Peta Young
President
0407 094 034

I would like to join Dingley Netball Club

Child’s name: ____________________________

Parents names: __________________________

Date of birth: ___________________________

Email address: ___________________________

Mobile phone number: ___________________

Address: _______________________________

______________________________________

Email to: coaching@dingleynetballclub.net.au
YOUR HEALTHY BODY STARTS HERE!

30 DAY TRIAL ONLY $49
ph: 9587 9999

includes Group PT, Unlimited Bootcamp, Pilates and Team Training, 24/7 Access and Fitness Consultation

Limelight students have starred on screen including Neighbours, Tangle, Jyndabyne and Where the Wild Things Are

- Build confidence, creativity and empathy
- Improve presentation and reading whilst learning to shine
- Make new friends and develop social skills

SCHOOL HOLIDAY PROGRAMS EVERY BREAK PROFESSIONAL WORKSHOPS EACH MONTH

Call now for a free trial class
Ph: 0477 442 493

**Guest visits are subject to class numbers and other details on Limelights website
Web: www.limelightacting.com | Email: classes@limelightacting.com

*Afternoon classes (after school, but still on premises) are CCR eligible
MORDI-BRAE 2016

REGISTER NOW!
register online now at www.mbjfc.net, pay in Feb 2016

GIRLS/BOYS/MIXED TEAMS
Under 8 – Under 17

COLLECT YOUR REGISTRATION PACK
SUNDAY 21 FEB 10AM – 2PM

FROM
Walter Galt Reserve clubrooms
Victoria Street, Parkdale

For all enquiries please contact Carrie
phone 0402 236 765 email registrations@mbjfc.net
SOCCER TRAINING

Soccer training starts 17 Feb on Wed and Thu by our qualified soccer coach.

- **Wednesday:** 4:45PM – 5:45PM (Age: 7-10)
- **Thursday:** 4:30 – 5:30PM (Age: 9-12)
- **Saturdays:** 2:30 – 4:00 PM (incl. 30 min space jump) (Age: 4 – 8)

All sessions are $10/session, $10 for registration.

NETBALL TRAINING

Starting in March on Fridays (5-6PM). Please register your interest.

KUNG FU FOR KIDS


KIDS BIRTHDAY PARTIES

We arrange a few different types of birthday parties, sports party, space jump inflatable, dance party, bubble soccer, and Nerf party. Kids in our training program will receive $15 discount of party booking.

Please register training interests

<table>
<thead>
<tr>
<th>Child1 Name:</th>
<th>Child2 Name:</th>
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<tbody>
<tr>
<td>DOB:</td>
<td>DOB:</td>
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<tr>
<td>Parent Contact:</td>
<td>Parent Contact:</td>
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<tr>
<td>Email:</td>
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</tbody>
</table>

Please choose

- Soccer Wed
- Soccer Thu
- Soccer Sat
- Netball Fri

Please send registration to [info@springvaleindoorsports.com.au](mailto:info@springvaleindoorsports.com.au) or call 9547 2555
FixTel supply and install a wide range of security cameras catering for every budget. We install into Schools, Colleges, Businesses and Government.

FixTel can connect your DVR security system and cameras so that you can accessed them remotely from your smartphone, tablet or desktop for peace of mind when you are not on site.
There is no time like the present to be present.

Mindful Families Workshop
The Mindful Families Workshop has been specially designed to bring better connectedness and mindful living practices to your home and equip families with a practical toolbox of ideas for cultivating a more mindful and happy family life. This fun, creative half-day workshop will include drama games, art and simple meditation techniques.
Beach Lane Studios, 482 Nepean Hwy, Carrum 3197
Saturday 19th March 1:00pm-4:00pm
Fee: $125
For more information visit www.think-bubbles.com

2016 Dates
Term 1: Sat 19th Mar, 2016 1-4pm
Term 2: Sat 11th Jun, 2016 1-4pm
Term 3: Sat 27th Aug, 2016 1-4pm
Term 4: Sat 12th Nov, 2016 1-4pm

Introduction to Mindfulness
A six-week course introducing the fundamentals of mindfulness, a proven tool that supports mental, emotional and physical wellbeing. For six weeks, we will explore how we can apply mindfulness simply and effectively in our daily lives. Each week will focus on a different aspect of mindfulness and meditation, equipping participants with practical skills for an effective personal practice.
Beach Lane Studios, 482 Nepean Hwy, Carrum 3197
Thursdays: 6:30pm-7:30pm. (Suitable for beginners and experienced)

2016 Dates
Term 1: 18th, 25th Feb, 3rd, 10th, 17th, 24th Mar
Term 2: 28th Apr, 5th, 12th, 19th, 26th May, 2nd Jun
Term 3: 28th July, 4th, 11th, 18th, 25th Aug 1st Sep
Term 4: 20th, 27th Oct, 3rd, 10th, 17th 24th Nov
For more information visit www.think-bubbles.com

“It’s such a pleasure to help people to learn more about mindfulness and meditation and enjoy the benefits they offer.”

Victoria Gelberg (Bachelor of Education, Masters of Teaching) is an experienced facilitator of meditation and mindfulness practices. A teacher with over 20 years’ experience, Victoria has adopted the use of meditation and mindfulness in education settings in both the UK and Australia. She has witnessed the powerful, transformative effects of meditation and mindfulness in both children and adults. Victoria has a Masters in Teaching from the prestigious Institute of Education, University of London, and spent two years researching meditation, mindfulness and well-being as the basis of her Masters thesis. In addition, she has trained in Curriculum Training and the Mindfulness Fundamentals courses, as well as recently completing training in the Difficult Emotions pilot course with the Mindful Schools organisation, one of the leading organisations in mindfulness training in education, based in the USA. She remains engaged with the ever-expanding body of research into mindfulness and in particular its applications within education.

Victoria lives a mindful philosophy and is passionate about sharing her experience with others to help people live more attentive and mindful lives.

M: 0408 069 529  E: info@think-bubbles.com
LIVE WELL WITH ASTHMA - Asthma Foundation of Victoria
Date: Tuesday, 23rd February 2016 at 7pm
Parents, Carers & Grandparents, please join us for a FREE one hour education session and learn all about:
- Asthma Triggers, signs and symptoms;
- Asthma Medications and how to administer them properly;
- What to do in an Asthma Emergency;
- Asthma Action Plans.
To book your place, please contact the Centre during office hours.

AUTISM: Autism & Early Childhood
Donna Williams, BA Hons, Dip Ed
Tuesday, 1st March 2016 - Arrive at 6.45pm for a 7pm sharp start
$10.00 per person (payable at the door).

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.

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.

For more information about Donna Williams visit: www.donnawilliams.net
Bookings essential, contact our office.

Hatha Yoga - Mondays & Thursdays, 2-3pm
$10.00 per class or $9 upfront for 10+ classes (Seniors receive a $2 discount per class)

Hatha Yoga is a classical form of yoga which focuses on holding postures and maintaining breathing patterns that allow students to calm their minds.
Please bring your own mat if you have one (some may be available), a drink and towel.
An enrolment form is available from the Centre and must be completed prior to your first class.

We’d love to hear from you...
If you have any ideas on what you would like to see on offer at Aspendale Gardens Community Centre, please contact our office to let us know.
Mentone Park Drive-In Movie Night

Screening – “ODDBALL”

An eccentric chicken farmer, with the help of his granddaughter, trains his mischievous dog Oddball to protect a penguin sanctuary from fox attacks in an attempt to reunite his family and save their seaside town. (Filmed in Warrnambool).

Saturday 20th February 2016
At Mentone Park Primary School (on the oval)

$25 per family / car (max. 6 per car)
(Preferred payment via QKR – if you don’t have QKR, please chat to office)

Gates Open: 6.00pm
Must be in by 8.00pm

Movie will commence at Dusk.
PFA will be selling sausages in bread ($1.00)
from 6.30 – 7:30pm.

Ice Cream & Coffee Van in attendance for refreshments.

Please note: This is an alcohol free event
(as per School Council Policy)

This is a wonderful way to enjoy watching a movie and is cheaper than the movies!
We understand some families may have already seen “Oddball”
BUT what child doesn’t like to watch a movie (again and again and again!).
This movie caters for all age groups
(adults, teenagers and young children).

MOVIE WILL GO AHEAD – RAIN, HAIL OR SHINE|
Our club has a 7 week soccer skills program run by qualified coaches starting on Sunday 7th February

Skills registrations are taken on our website aspendalesc.com/goalkick-skills-program/

Our family friendly club has player vacancies in GIRLS teams between ages 7 to 16 this season

Registration Information days are held at
Jack Grut Reserve
Governor Road Mordialloc 92H1
Sunday 7th February 2016 from 9:30am-11:45am
and Friday 12th February 2016 from 6pm - 8pm

Contact the club by Email: