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Principal • Zlatko Pear

Inspirational.

Issue 14 : 27th August 2021

## Calendar

### September

8 Student Free Day

8 Learning Conferences

9/10 Year 3/4

Beechworth Camp—  
Awaiting confirmation

14-23 Central Australia  
Trip— Awaiting  
confirmation

### Inside this issue:

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Science Week Special  
across pages 3-13

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## A few words from the Principal.....Zlatko Pear

### Remote Learning

We are now at the end of the first week of flexible/remote learning for the current lockdown. We have approximately forty students each day attending the Care and Supervision Program at school. These students are accessing the same lessons and completing the same work as students learning remotely from home. Whilst the feedback from families has been positive and supportive, there is definitely a sense of fatigue within some sections of our community. It is really important that we remain engaged and connected during this period. We are hopeful that the situation improves and that we can return to onsite classes next Friday as scheduled. I would like to thank you for your ongoing patience and support. We will continue to keep you informed of any information/developments as we receive it from the Department. Please contact me at the College if have any concerns or questions, or need any extra support.

### Parent/Teacher Learning Conferences

Learning Conferences will take place on Wednesday 8<sup>th</sup> September. These conferences will once again be held remotely on Webex . You will soon receive instructions on how to book a conference time and how to connect to teachers on Webex. This will be a similar process to the one we followed last year. This worked really well and we learnt that it is important that we stay within the time allocated. This is an important opportunity to discuss your child's progress and we look forward to seeing you (virtually) on Wednesday 8<sup>th</sup> September.

This day has been planned as a non-school day. Staff will be involved in professional learning in the morning with Learning Conferences beginning at 2:30pm and concluding at 5:30pm.

...Zlatko Pear

### Myrtleford P12 College is a Child Safe School.

All our Child Safe policies can be accessed on the College website.

<http://www.myrtlefordp12.vic.edu.au>





## Winter Sports Day

Years 5 and 6 students competed against schools from across the North East in "Winter Sports Day" last week. We had teams in Netball, Teeball and Soccer. The Soccer team were champions and qualified for "Regionals". The kids all had an awesome day in the sunshine. They were wonderful ambassadors for our school with team spirit on full display!

Ms Hawkes, Ms Bigger



Soccer



Tee-Ball



Netball





National Science Week is Australia's annual celebration of Science and Technology.

It aims to provide an opportunity to acknowledge the contributions of scientists, STEM (Science, Technology, Engineering and Mathematics) professionals, innovators, designers and entrepreneurs to the world of Science.

It also aims to encourage an interest in Science and STEM among the public. And this year, it also seeks to educate and inspire student's thinking and encourage them to design a range of food solutions.

### 'Food: Different By Design' is the school theme for National Science Week in 2021.

This is an important theme for teachers and students which allows them to focus on sustainable food futures. Every day we must eat. Food is our fuel for life.

At Myrtleford P12, we organised a range of different activities to engage students in Science Week.

We challenged students across the school to get baking at home to produce their best Science themed cakes! We have some very talented bakers amongst us!

Scientific  
Bake Off

Prizes and certificates will be awarded to all participants following lock down.

**Meea Savage, Year 7**

A yellow cake decorated with a green test tube, a red rose, and a small plant. The word "Science" is written on the side.

**Josh Bruneau, Year 7**

A yellow and blue marbled cake with a central blue eye-like feature.

**Jody Vlahandreas**

A green cake with a white graduation cap on top, labeled "Graduation Book".

**Harli Pregnell, Year 3**

A pink cake decorated with black rings and a small bee.

**Ms Mitchell**

A tray of cupcakes decorated to look like brains, with white frosting and small red eyes.

**Hannah Pear, Year 10**

A green cake with a white graduation cap on top, labeled "Graduation Book".

**Annie Iaria, Year 9**

A diagram titled "Metamorphic rocks" showing a cross-section of three layers. Labels point to "Cheese also represents another metamorphic rock", "The parsley represents the leaves", "The potato represents a sedimentary rock", "The rice represents another metamorphic", and "Bread crumbs is the surface of rock".

**Zali Morgan, Year 7**

A grey cake decorated to look like a planet with colorful continents and small celestial bodies.



# National Science Week 2021

## Molecular Gastronomy

**Molecular gastronomy** is where Science meets the world of cooking. We showed students how to make “fruit caviar” – little spherical balls filled with fruit juice that burst in your mouth. Although the technique needs a little practice, it is an easy one to do at home.

Jody Vlahandreas

### FRUIT CAVIAR

Here is the method we used:

#### INGREDIENTS

2 cups Vegetable oil  
3/4 cup fruit juice of choice  
1/2 tsp of agar powder  
2 Tbsp of sugar (optional: if juice is too bitter)  
METHOD

1. Fill a clear glass with 2 cups vegetable oil and place in freezer for 2 hours.
2. In a small pot, whisk together juice and agar powder (and sugar, if using) and bring to a boil. Cook for 2 minutes, then remove from heat and allow to cool.
3. Pour juice mixture into a squeeze bottle and gently squeeze droplets of juice mixture into the oil until you've made as many as you want.
4. Next, drain the oil and spheres through a sifter. Rinse spheres in another bowl filled with cold water and pat dry. Serve on top of yogurt, fruit, ice cream, or in drinks!



# National science week 2021



Sustainable food sources – cricket farming

A significant part of research into agriculture is in the area of sustainable farming – how can we make sure that we have a sustainable, nutritious food source into the future?



Students investigated one potential avenue – the farming of insects, specifically crickets and meal worms. There are several cricket farms in Australia and throughout the world, capable of producing millions of a cricket protein each year. Crickets are a very nutritious source of protein, fats, fibre, vitamins and minerals. In fact, some studies have shown that crickets contain 180% of iron that beef does. Crickets are a very sustainable farming prospect – they can be farmed vertically, reducing the need for large areas of land. They also require far less food to grow in comparison to cattle and sheep.



We purchased a variety of different foods containing cricket protein, such as pasta and corn chips. We also had dried crickets and meal worms (all food grade, of course) for students to try.

The pasta and corn chips were delicious and although the texture may have been a little strange, most students quite liked the taste of crickets and meal worms.

Jody Vlahandreas



# National Science Week 2021

Our final activity for each of our Year 7-10 classes was a Science Trivia competition. The competition ran via Kahoot and tested students on their knowledge of the weird and wonderful world of science.

Science  
Trivia

Do you know the answer to the following questions? Answers at the bottom of the page:

What is the hardest substance in the human body?

- A Bone
- B Tooth Enamel
- C Fingernails
- D Stomach Lining

What has been the cause of more human deaths?

- A House flies
- B Snakes
- C Bees
- D Sharks

How much does a blue whale weigh?

- A 10,000kg
- B 50,000kg
- C 90,000kg
- D 140,000kg

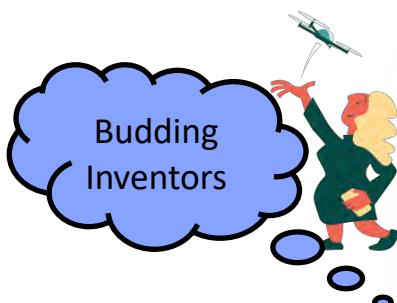


### Trivia Winners:

- 7A Clara Sellwood
- 7B Allie Wilson
- 8A Claudia Lennane
- 8B Sahara Giles
- 9A Mikala Hackett
- 9B Hayden Buckley
- 10 Reuben Thomas

Answers: B, A, D

Ms Vlahandreas



Students in 3/4MH had plenty of fun with their invention projects over Science Week. There are some budding inventors in Year 3/4!  
Ms McIntyre



# National Science Week 2021



## Making Giant Bubbles

Year 7 Science

Mrs Antonello

7B took advantage of a sunny day and Science Week to do a little bit of Chemistry outside. Students made their best bubble mixture to produce giant bubbles.



## Newton Colour Spinners

Students in Year 8 Science made Newton colour spinners, which demonstrates how the colour white is made up of all the colours combined.



Lia Mitchell

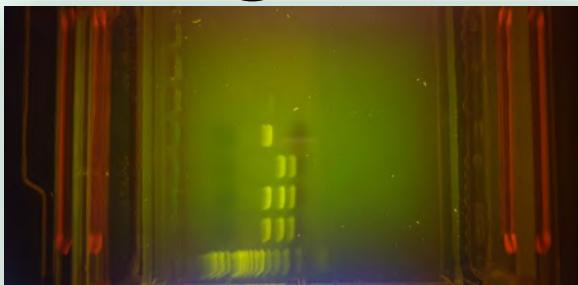
# National Science Week 2021



Gel Electrophoresis

## Year 11 and 12 Biology – Diagnosing Baby Marie using Gel Electrophoresis.

*Mrs Sanderson*

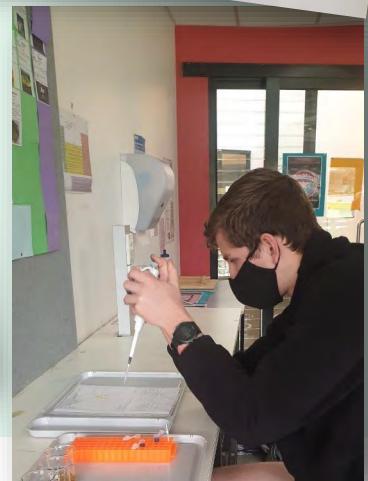
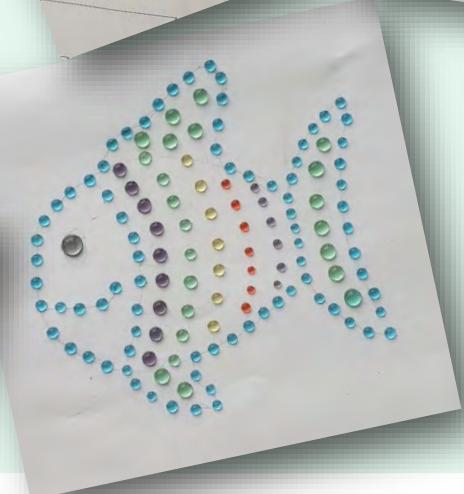
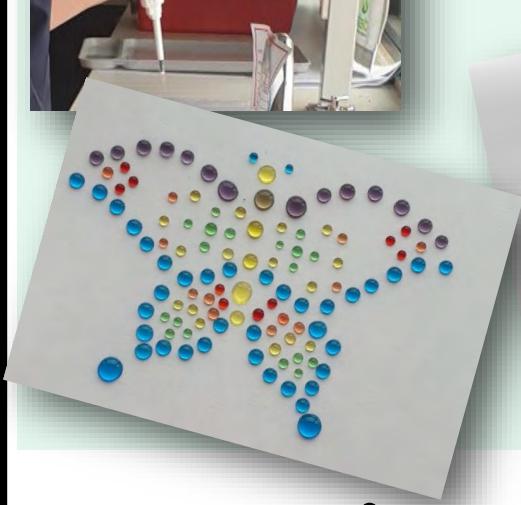
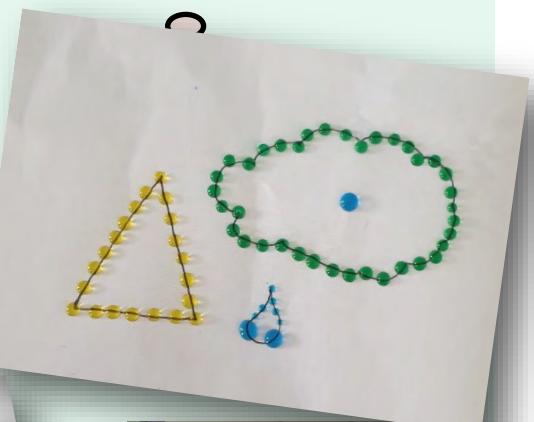


Sickle Cell Disease is an inherited genetic disease that can lead to significant health problems including low numbers of red blood cells (Anaemia), repeated infections, and episodes of pain due to blockages of blood vessels. In this lab, Year 11 and 12 Biology students were presented with a fictional family's medical history and worked to make a genetic diagnosis of a child who had an initial test result indicating possible Sickle Cell Disease.

One of the most common methods for separating and visualizing biological molecules in the lab is called Gel Electrophoresis. The word "electrophoresis" means carried by electricity, and during Gel Electrophoresis, an electric field propels molecules through a gel. Scientists most commonly use Gel Electrophoresis to separate DNA fragments.

To perform this, Scientists use micropipettes to measure very small volumes of liquid, but to do so accurately requires proper technique. In preparation for this practical, students practised using micropipettes to measure and place liquid in precise locations. Check out some of their amazing 'pipette art' below.

Using Micropipettes





# National Science Week 2021

As part of our Science studies around animal adaptations, students participated in a sub-zero experiment known as Blubber Me! Here are snippets of their reflections.... Ms Hawkes

Blubber  
Me!

### Krisitina

This experiment is about how penguins use their blubber in very cold weather. After writing our hypothesis we got outside and started the experiment. The experiment goes like this; the students are grouped by three. Each student must put a glove on one hand with copha inside it to represent the blubber of a penguin, while the other hand uncovered to represent the human hand. The teacher measured how long the student could last with their hands inside the tub with very cold water. By the end of the experiment the teacher was amazed about how long we lasted. Our hypothesis was wrong! Some of us lasted in the cold water for exactly 22 minutes, while others just lasted for about 10 to 15 minutes, but it was amazing and I enjoyed it!



### Sienna

Sapphire started the stopwatch, it was on! When we hit one minute, Kristina and I were shocked! Everyone was counting down! It was our turn! 10 9 8 7 6 5 4 3 2 1 10 MINUTES! We yelled! It felt like such an achievement!



### Connor M

...we had to shove our hand in freezing cold water and one of the hand has coconut butter on it so me, Max and Seth were in a group. I lasted the longest which was 30minutes. My hands are still frozen Ms HAWKES!!!!

### Max

We had two drink bottles that were pure ice with cold water as well, so I think the theory of using a glove and the copha to keep the hand warm was a success.

I think the blubber that animals have in Antarctica or any cold area really helps to keep the animals warm and alive.

I think that I had a lot of fun doing this project.

### Emma

My hypothesis was that my ungloved hand would stay in the water for 2 minutes and my gloved hand for 4 minutes which means for both my hands I was 12 times too little amount of time! My ungloved hand felt cold the minute it touched that water but my blubbered hand only really started to feel cold half way through the experiment.

### Isabelle

They had provided us with cold water, ice bottles, tubs, gloves, beakers with copha in them and rubber bands. The whole point of this experiment was to see how it feels for Antarctica animals, (penguins etc), and so see how blubber (fat) helps them survive.

### Millie

This experiment was to see if Blubber actually help animals with Blubber keep them warm. And as a matter of fact, it does keep them warm, because my hand with no "Blubber" only lasted three minutes, but my hand with "Blubber" lasted twenty minutes. This experiment was really fun and I recommend trying it out for yourself.



# National Science Week 2021



Blubber  
Me!

**Zack**

..As soon as we put our hands in the cold water, It was FREEZING cold. We were relaxing apart from Connor D. I don't think he even survived 5 minutes with one of his hands in. Shane and I had to pull out our bare hand because it was just too cold! Later on, our hands with the glove on were still in.

**Connor D**

We had copha which is like an hard oil. It is a solid that can turn into a liquid if you hold it too long in your hands. We put it in glove and then smashed it down to act like blubber to keep warm. You put the glove on and you put both of your hands in the water, one hand has a glove and copha and the

other hand didn't. We timed how many minutes we put our hands in for.

**Kade**

I found out that other animals use blubber to keep them safe from the cold because the blubber hand was in the cold water longer than the hand that is normal.

**Shane**

The blubber is a glove and copha, then you put it in freezing cold water and you can not remove it...



**Sapphire**

I learned in that lesson that even though you can't live in the Atlantic, some animals can call that massive iceberg home, and that some of my classmates can stand longer than others in what appeared to be a race to see who could survive the Atlantic for longer. Blubber keeps animals warm by selectively reducing the flow of blood to their blubber layers. This reduces the amount of energy it takes to stay warm by keeping blood further away from the skin surface. Blubber layers can also be used as an energy reserve. And this is how animals can survive and thrive in the Atlantic.

**Jake**

I learnt that blubber really does make it a whole lot easier to get your hand in. The stuff kind of acted like extra fat and I won't forget how weird it felt.

**Blake**

The hand with no glove was in there for 25 minutes and the hand with the glove on was in there for 30 minutes. The water got warmer when you have your hands in there.

**Austin**

The challenge was hard so I didn't last very long with my uncovered hand (1min 30secs) but I honestly did pretty well with my covered hand (8mins 30secs).



**Madison**

When we experimented we had one hand un-gloved which for me lasted in the water for 1 minute exactly. And the other hand had copha and a glove over the top, and this lasted about 20 minutes, The copha acted like fat just like what penguins have and the glove acted like the thick skin protecting the fat that is underneath. My predictions were very wrong I predicted the un-gloved hand would last 10 seconds and the gloved hand would last 1 minute.

# national science week 2021



## Year 10 Science

This term, Year 10 students have been studying motion. Over the past couple of weeks, we have specifically been investigating Isaac Newton and his 3 laws of motion. ....Ms Vlahandreas



**Law 1 - An object at rest stays at rest and an object in motion stays in motion with the same speed and in the same direction unless acted upon by an unbalanced force.**

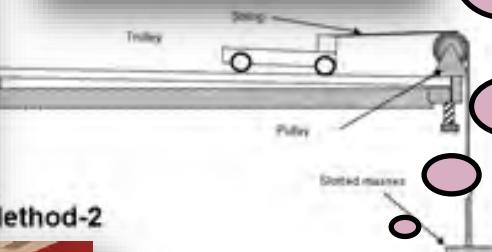
Students moved through a number of different stations to investigate this law in action, including:

- Marshmallow warfare
- The egg drop
- Don't eat cereal on the bus
- The car crash and the seatbelt
- Inertia eggs



**Law 2 - The acceleration of an object depends on the mass of the object and the amount of force applied.**

Method-2

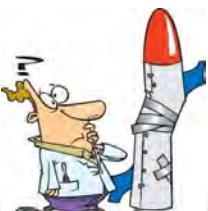


Students investigated the relationship between Force, Acceleration and Motion in this lesson using a dynamics trolley and hanging masses. By changing the mass hanging on the trolley, it will change its acceleration.

# National Science Week 2021



Law 3 - For every action (force) in nature there is an equal and opposite reaction.



This is perhaps Isaac Newton's most famous law – the law of action and reaction. We had a lot of fun in this lesson! We used the chemical reaction between vinegar and baking soda to power our own home-made rockets.



## HEALTH CORNER...with Adolescent Health Nurse Rosemary Bunge

So I am back from six weeks of Long Service Leave, currently working now from home, but have caught up with quite a few students and parents via phone, and taken part in a number of meetings.

I've been busy organising something for Year 12, but more about that next newsletter.

Today I am going to share a really simple recipe that can be fun for anyone in the family to make. Just follow the recipe. It might look a little soft but trust me, give it a good stir and all will be well.

Be smiling even if it is behind a mask.



Rosemary



### Honey biscuits

100gm butter  
100gm honey  
150gm plain flour  
 $\frac{1}{4}$  tsp bicarb soda  
 $\frac{1}{4}$  tsp ginger

Melt honey and butter together add dry ingredients mix well

Place tablespoon size amounts on lined cooking tray

Bake for 10-15 mins at 180 C

Cool then ice with icing sugar mixed with water and a little pink colouring if you like.

Enjoy!

### A Wish for the Week Ahead

May you remember to focus on what you can do in the moment instead of getting lost in worry over what is beyond your control. May you hang on to hope in the face of disappointment because we all need a light to see by, and may you remember that you carry that light within you. May your coffee warm you, may your true heart guide you, and may we find a way to rest in the space of enough in a complicated new reality.



Nancy Hoffman

### QUOTE OF THE WEEK:

"Kindness – loaning someone your strength instead of reminding them of their weakness."  
Andy Stanley

## Tips to Help Families Cope During Lockdown

Tips to help families cope during Lockdowns, on August 30, 8pm to 9pm. This webinar is free and for parents and carers and their families, and professionals working with families who are keen to learn more about how to handle mental health challenges, wellbeing and motivation in these challenging times. There will be a chance for audience questions at the end of the discussion.

The panel includes a range of adolescent and community health experts and parents.

See the link below for event details and bookings.

<https://events.unimelb.edu.au/event/11736-tips-to-help-families-cope-during-lockdowns>



# LIBRARY NEWS

.....Mrs Morgan

Book Week is here! Unfortunately we have had to celebrate Book Week remotely. I hope you all enjoyed the activities you may have shared with your teachers. I look forward to seeing what you all got up to. I would love to hear about what you may have done to celebrate Book Week yourself. Did you read a new book? Perhaps you shared an old book?

## Children's Book Council of Australia's Book Awards

As you know, in the library at the moment we have all the shortlisted CBCA Book Awards books, in all six categories:

- Book of the Year: Picture Story
- Book of the Year: Early Childhood
- Book of the Year: Younger readers
- Book of the Year: older Readers
- Eve Pownall Information Text
- Crichton New Illustrator Award

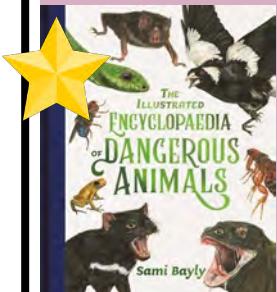


You can see lots of information about these shortlisted books on the CBCA website <https://www.cbc.org.au/>. A sneak peek of the rest of the CBCA titles follows. I have also put a star next to my favourite ones. This week, read about the Older Reader, New Illustrator and Information categories.

The CBCA winners have now been announced. Check out the website for all the details.

## EVE POWNALL AWARD

Entries in this category should be books which have the prime intention of documenting factual material with consideration given to imaginative presentation, interpretation and variation of style. Ages 0-18 years.



.....this beautifully illustrated encyclopaedia helps us appreciate the incredible features of some of our more hair-raising animal species.

This book is beautifully designed and eloquently written. It keeps readers transfixed by provoking them to re-evaluate the historical Chamberlain case, as well as question expectations of justice, truth and scientific evidence



...extraordinary story of the yearly weather cycle and attendant changing wildlife of Kakadu National Park, from the Dry to the Wet to the Dry again.

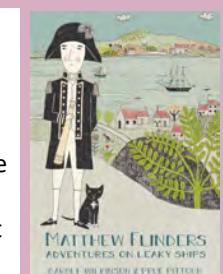


Giom, Anco and Duramboi are the names of just three young shipwreck survivors and convict escapees who were given refuge by Indigenous communities during the nineteenth century. No one knows exactly how many received sustenance from the local people, but there are some documented accounts of these experiences. *Strangers on Country includes the stories of six Europeans and the people who cared for them.*

...This is the story of a quirky and primitive little fish that is famous for two reasons: walking on its 'hands' (pectoral fins), and being one of the first marine fish in the world to be listed as Critically Endangered on the IUCN Red List of Threatened Species.



Matthew Flinders was determined to map the entire coast of the continent we now call Australia. His story is packed to the gunwales with adventure – storms and shipwrecks, death and danger, a race to beat the French. But more than this, it is a story of loyalty to his crew, love for his wife, and affection for the brave little cat who sailed with him.



## CBCA AWARD FOR NEW ILLUSTRATOR

his Award aims to recognise and encourage new talent in the field of Australian children's book illustration. Ages 0-18 years. Taken from....<https://www.cbc.org.au/shortlist-2021>

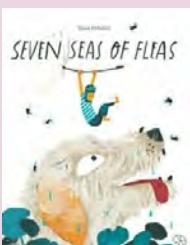
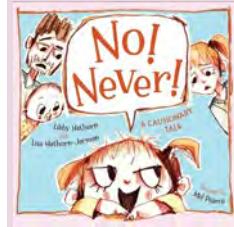


*This lamp is enchanted and I am the genie. I'll grant all your wishes, but don't be a meanie... When a friendly frog, a greedy rabbit and a robot with a short fuse discover a magic lamp, chaos follows...and friendship is found.*

...the use of bright, layered colours and great expression enhance the narrative tension ...

Georgie is a sweet little girl who always makes her parents happy... until she discovers one powerful phrase: **No! Never!** It suddenly becomes her answer to every request, from tidying up her toys to going to bed. Her parents are at their wits end, but what happens when they decide to try saying No! Never! themselves?

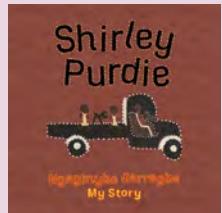
...Using hand-drawn images, which have been digitally coloured builds the pace and explosions of emotions – for the adult and child characters. A colour-palette limited to browns and pinks heighten a sense of frustration. ....



Bryce McFee is an ordinary boy bored with washing the flea-ridden family dog. So, he escapes to his imagination and flies across the backyard with a dandelion and seven bees. Trouble strikes when a swarm of pesky fleas gives chase, threatening to ruin his adventure. Ultimately, an unlikely friendship is formed between the flying boy and the fleas. A fun rhyming story that exercises the imagination.

...Using a limited colour palette of teal blues, yellows and the odd red splotches of colour, the digital illustrations reference a stylish use of printmaking to engage us in the boy's world of flea elimination...

Told in English and Gija, this is the story of Shirley Purdie, famous Gija artist, as told through her paintings, as part of the **Ngaalim-Ngalimboorro Ngagenybe** exhibition created for the 2018 National Portrait Gallery exhibition So Fine: Contemporary women artists make Australian history.



....The dot work used as an outline is effective and complements the written text also surrounded by dots....

A young girl introduces the newest member of her family to the small wonders, big lessons and other important stuff that make being a child so special.



...Sworder uses a surprising array of mixed-media images on each page to illustrate his often-abstract concepts about life, ecology and sustainability...



Worry Monster loves 'helping' Archie worry, especially the night before he starts his new school. Archie feels so anxious that his head hurts, his tummy flutters and his heart pounds. He soon realizes that the only way to feel better is to make Worry Monster go away. He does his belly breaths and challenges his inner fears by facing facts. Go Away, Worry Monster! gives children useful strategies to cope with their anxieties and stress, showing them how to make their own Worry Monsters leave.

...Her rich and textured drawings support the minimal text and create a colourful worry monster ...

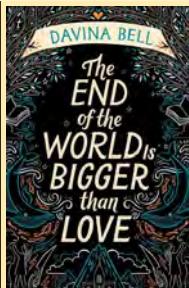
## Book of the Year: Older Readers

Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for readers in their secondary years of schooling. Ages 13-18 years.

Note: Books in this category are for mature readers and some may deal with particularly challenging themes including violence and suicide. Parental guidance is recommended

Taken from <https://www.cbca.org.au/shortlist-2021>

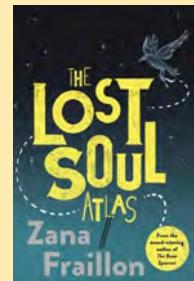
I haven't finished all of these titles yet so I haven't picked a favourite!



Identical twin sisters Summer and Winter live alone on a remote island, sheltered from a destroyed world. They survive on rations stockpiled by their father and spend their days deep in their mother's collection of classic literature—until a mysterious stranger upends their carefully constructed reality. At first, Edward is a welcome distraction. But who is he really, and why has he come? As love blooms and the world stops spinning, the secrets of the girls' past begin to unravel and escape is the only option.

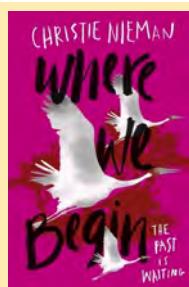
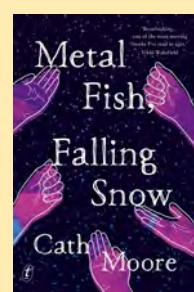
Loyalty is tested, and a cruel twist of fate leads to an act of ultimate betrayal in this epic story that spans a city, a decade, and the divide between life and death itself.

Twig is all alone after his dad goes missing. But when he meets Flea, a cheerful pickpocket, the pair become fast friends. Together, Twig and Flea raise themselves on the crime-ridden streets, taking what they need and giving the rest to the even-poorer. Life is good, as long as they have each other. But then Twig wakes up in the Afterlife. With just a handful of vague memories, a key, a raven, and a mysterious atlas to guide him, he tries to piece together what happened, and to find his way home.

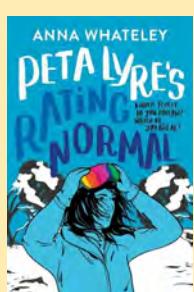


Lissa is home on her own after school one afternoon when a stranger turns up on the doorstep carrying a baby. Reed is on the run - surely people are looking for him? He's trying to find out who he really is and thinks Lissa's mum might have some answers. But how could he be connected to Lissa's family - and why has he been left in charge of a baby? A baby who is sick, and getting sicker... Reed's appearance stirs up untold histories in Lissa's family, and suddenly she is having to make sense of her past in a way she would never have imagined. Meanwhile, her brother is dealing with a devastating secret of his own.

Dylan and her adored French mother dream of one day sailing across the ocean to France. Paris, Dylan imagines, is a place where her black skin won't make her stand out, a place where she might feel she belongs. But when she loses her mother in a freak accident, Dylan finds herself on a very different journey: a road trip across outback Australia in the care of her mother's grieving boyfriend, Pat. As they travel through remote towns further and further from the water that Dylan longs for, she and Pat form an unlikely bond. One that will be broken when he leaves her with the family she has never known.



Seventeen-year-old Anna is running into the night. Fleeing her boyfriend, her mother, and everything she has known. She is travelling into the country, to the land and the grandparents she has never met, looking for answers to questions that have never been asked. For every family has secrets. But some secrets - once laid bare - can never be forgiven.



At sixteen, neurodivergent Peta Lyre is the success story of social training. That is, until she finds herself on a school ski trip - and falling in love with the new girl. Peta will need to decide which rules to keep, and which rules to break.

You may have heard the exciting news..... Myrtleford is getting a Splash Park - and things are progressing very quickly! There are some key grant funding opportunities now available and we need your help (even if you've done something like this before - please contribute again!!) To support the grant application, we are seeking letters of support from organisations, clubs, individuals and businesses who share our vision. Time is ticking - if you could help in the next few days that would be great!!

Please help spread the word!

Add your message of support  <https://forms.gle/dP24NBjKHqo6EMq1A>



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