



ELLISTON ECHO

January 2012

www.elliston.com.au

Elliston Community

Hall Cinema

'Lucky Miles'

A film made on the West Coast in 2007

Sat 7th Jan 8pm

Matinee Wed 11th 2pm

Admission free but you will need to bring a \$5 donation for 'popcorn'

SATELLITE SUBSIDY SCHEME UPDATE

A check of the Commonwealth Government's Digital Ready website shows that people in the Elliston area that have not so far paid for the VAST satellite system which enables access to the VAST (Viewer Access Satellite TV) service will be able to apply for financial assistance for the supply and installation of the equipment from January 30th 2012.

You need to apply either online via the website at <https://bcoms.dbcde.gov.au/satellite-subsidy/Welcome.do> or by phoning 1800201013 weekdays between 8.00 am and 10.00 pm. If you are eligible for the maximum rate pension then you may be able to have the system installed at no cost by means of the householder assistance scheme. According to the website you will be contacted by Centrelink if you are deemed eligible.

Note that the analogue transmissions will be turned off nationwide in 2013 and you will not be able to continue to receive TV if you do not have access to the VAST service after the discontinuation of the analogue service.

Brian Dandy

Carrol Cooper

Gary White

Julie Allchurch

Tim Wilson

Marion Dudley

Siv Grava

Bliss Reeves

Sue Rawson

Tony Leonard

Scott Davies

Michael Werchiwski

John Turpie

Monika Servin

Terry Stacy

Ann Scammell

Deb May

Alais Manners (Opshop)

These are the people that work tirelessly to provide you with a seven day a week service at your Community Centre

Are you on this list?

From 54 volunteers in the heady days of 2006 to **16 in 2012**. We need volunteers to keep the centre open or we will be forced to close our doors. There are 400 people living in Elliston and close district, less than 10% of our population is holding the Community Centre together, we need your help, we regularly ask you for some of your time and very little response is received, this is our *desperate plea for help*. We need at least 5 more regular volunteers to ease the burden for the rest of us. How about you?

HELP US PLEASE!!!!

Thought for the month -

Failure will never overtake me if my determination to succeed is strong enough.

Elliston Health Centre

No services and dates supplied at time of printing
Please ring Health Centre for enquiries



Government
of South Australia
Country Health SA

For appointments phone 8687 9110

“SNOT the SNAILS”

Snails don't go on holidays.

Monday 23rd January 7-10pm

Elliston Community Hall

Don't miss this one off session promoted by Advisory Board of Agriculture and EPARF—Minnipa Ag Centre. Bookings not required

Linden Masters 0401122172

Mark Fitzgerald 0429880091

Shannon Petch 0409235526

Keith Tree 86 870403

Vale Tom Cheesman

Tom has been volunteering in the Community Centre since inception.

A very valuable Community member Tom will be sorely missed by us all.

Our sincerest condolences to his wife Carole, his children Greg, Linda and Tom, and their families.

The Management Committee and fellow volunteers at the Community Information Centre

Monster Book Sale

Elliston Community Hall

Open 7 days a week

Nothing over \$2

All proceeds go to Community Centre for community library and hall renovations

Ladies Christian Fellowship Group

Thursday 19th January 2012

10.30am

Sue Rawson's place—phone 86 879255



Tramontanans-North Association Inc.
The Tramontanans-North Family [Since 1842]

Celebrating the 170th anniversary of the arrival of George Tramontanans (North) in 1842

Sunday March 11th 2012

Elliston Community Hall and Environs

Displays of Early Settler History of the District

Food and Craft Stalls

Entertainment

Keep this date free!

Contact Kerry Williams or Deb May

Regular Events

- **Patchwork and craft**
Tuesdays 10.30AM Sports centre
- **Meditation**
Community Health Centre bring a blanket and a pillow—gold coin donation
- **>50s Exercisers**
- **Fridays 2.30PM** Community Health Centre
- **Tai Chi**
Saturday's 10AM Elliston Hall
gold coin donation

[For more information](#)

Gillian Darby

Mid West Health

Community Centre

Telephone: 86879012



Government of South Australia
SA Health

The Elliston Echo is published on the first Wednesday of each month, if you have a community notice or some interesting news you would like to share with the community, please email, fax or drop into the centre by 2pm on that Wednesday.

Produced by the
Elliston Community Information Centre

**Monster
Car Boot Sale**

Live Entertainment from 8pm
Kat Williams
(Cover charge)

Saturday 14th January 2012



Car Boot sale from 3pm - Contact Kristy N (\$15 per boot)

Limited over's cricket from 3pm- Contact Craig P



\$13 Schnitzel and Fish Tea from 6:30

Cocktail Drinks and Dress

So frock up and pull out the suits for a great night!!!!

WiseMove - A Program for Wise Mums



Government of South Australia
SA Health

WiseMove, an initiative of the South Australian Government and the Office for Recreation and Sport, encourages mothers with young children to look after themselves, to be active and feel good about it. The program will help mothers understand that physical activity can benefit themselves, their parenting and their relationships.

WiseMove is seven-week program that is designed to help women incorporate physical activity into their lives. Weekly sessions are devoted to topics such as stress management, motivation, healthy eating, personal safety, goal setting and body comfort. Each session has an hour of discussion followed by an hour of physical activity.

Walking is the main form of activity in this program; however, two weeks of the program can be used to introduce participants to new activities like tai chi or Yoga.

A mother always wants to give her best, but to do that she needs to be at *her* best. Including some form of physical activity into the daily schedule can put mums on the right track.

Mid West Community Health wants to help women stay healthy while juggling all of the demands of motherhood. They will be offering the WiseMove program in **Elliston** starting **7th Feb. 2012** and running through to **20th March** No previous experience is required. For additional information, please contact

Janece Archer
Women's Health Nurse
Ph 86879012

January 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						<i>1 New Year Day</i>
<i>2 New Year</i>	3	4	5	6	<i>7 Cinema night 8pm 'Lucky Miles' Elliston Hall</i>	8
<i>9 Learn to Swim</i>	<i>10 Learn to Swim</i>	<i>11 Learn to Swim Cinema Matinee 'Lucky Miles' 2pm</i>	<i>12 Learn to Swim</i>	<i>13 Learn to Swim</i>	<i>14 Car Boot Sale</i>	15
16	17	18	<i>19 Ladies Christian Fellowship 10.30am Sue Rawson's</i>	20	<i>21 Cinema night 8pm Film to be decided</i>	22
<i>23 Snot the Snails 7pm Elliston Hall</i>	24	<i>25 Cinema Matinee Film to be decided 2pm</i>	<i>26 Australia Day</i>	27	<i>28 Cinema night 8pm Film to be decided</i>	29
<i>30 School Resumes</i>	31					