

Red Cliffs Connections

A newsletter for the Red Cliffs Community Resource Centre

June 2024 - Volume 25

ABN: 36 345 726 854 Inc. A0028520U



Located: 23 Indi Avenue Red Cliffs Open Weekdays: 9am - 3:30pm Phone: (03) 5024 3455 Email: rcresource@smartchat.net.au

visit our website: www.redcliffscommunity.org.au or stay connected via our Facebook: www.redcliffscommunity.org.au or stay of the world of th

Red Cliffs Community Resource Centre acknowledges the Latji Latji & Barkindji people as the traditional owners and custodians of this land and pays respect to their elders past and present.

Winter is here, drop into the RC Community Centre and enjoy the warmth and have a cuppa. On Tuesdays in June between 1pm and 2:30pm we will have board games, puzzles and jigsaws out for the community to use at the centre. We also have free* fresh food available for people in need who are Red Cliffs Residents. *Conditions apply.

If you have any food items you can donate, please get in touch.

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RCCRC will be closed on Friday 31st May from 12:30pm to prepare for the Makers Art Fair





Monday, June 10 is a public holiday for the King's Birthday long weekend. RCCRC will be closed for the day.

All information in this newsletter is subject to change.



Murray & Mallee Makers Art Fair 1st & 2nd June, Red Cliffs

A curated line up of creatives and handmade goods, also featuring book-in workshops where you can learn new skills and tap into your creativity. The art fair is a great time out for people who appreciate how things are made and who made them.

> Saturday 1 June 10am - 4pm 9am-3pm

Sunday 2 June



Art Fair Live Entertainment Workshops Art & craft demonstrations

Red Cliffs Civic Centre 10 Jamieson Ave, Red Cliffs

To keep up to date with bookings and updates follow our FB

See it, learn it, buy it, make it at the Art Fair!



For further information please email info@workspace3496.com Follow us on facebook https://www.facebook.com/MurrayMalleeMakersArtFair







Bronze Sponsors







Supporting Partners



Book your art workshop today at the art fair **4**



1st & 2nd June Red Cliffs

For further information please email rcresource.reception@gmail.com Follow us on facebook https://www.facebook.com/MurrayMalleeMakersArtFair



Urban Sketching



Artist Books



Graphite Animals



Aerial Landscape



Watercolour



Pastel

Urban Sketching with Donna Rawlinson

Urban Sketching

\$ 65

TIME & TIME

Sat, 01 Jun 2024, 1:00 PM

♀ LOCATION

10 Jamieson Avenue, Red Cliffs VIC 3496

AVAILABILITY

Spots are still available.



https://www.socialplanet.com.au/activity/view?id=23593



SUMMARY

Join Donna in an exciting urban sketching workshop where you'll explore Red Cliffs through art.

CATEGORY / INTEREST

Art and Craft

DETAILS

Join Donna in an exciting urban sketching workshop where you'll explore Red Cliffs through art. In this immersive session, Donna will share her expertise and guide you through capturing the essence of urban life on paper. Whether you're a novice or a seasoned sketcher, this workshop is designed to inspire and hone your skills. Learn to observe, sketch, and bring urban landscapes to life with dynamic lines and bold strokes. Get ready to unleash your creativity and see the city through an artist's eyes!

Materials Provided. Feel free to bring your own preferred tools and materials and let your creativity flow! Dress appropriately for the weather, and if you need a chair, please bring your own, as we'll be working outdoors.

UPCOMING DATES

Sessions commencing from Jun 1, 2024

Artist Books with Prue Hobbs & Kerryn Sylvia

Artist Books

\$ 65

TATE & TIME

Sat, 01 Jun 2024, 1:00 PM

LOCATION

10 Jamieson Avenue, Red Cliffs VIC 3496

AVAILABILITY

Spots are still available.



https://www.socialplanet.com.au/activity/view?id=23594



SUMMARY

Embark on a creative journey with Kerryn and Prue in this artist book workshop!

CATEGORY / INTEREST

Art and Craft

DETAILS

Embark on a creative journey with Kerryn and Prue in this artist book workshop! Join us for a hands-on experience where you'll learn to craft unique and personalised artist books that reflect your individual style and vision. Kerryn and Prue, both seasoned artists and instructors, will guide you through various techniques, mixed media art, to create stunning and meaningful book projects. Whether you're drawn to storytelling, collage, or illustration, this workshop offers a supportive environment to explore your creativity and turn your ideas into tangible works of art. Come join us and unleash the magic of artist books! All materials provided.

UPCOMING DATES

Sessions commencing from Jun 1, 2024

Graphite Animal Portraiture with Linda McLean

TATE & TIME

Sat, 15 Jun 2024, 11:00 AM

LOCATION

2/38 Indi Avenue, Red Cliffs VIC 3496

Graphite Animal Portraiture

AVAILABILITY

Spots are still available.



\$ 65

https://www.socialplanet.com.au/activity/view?id=23596



SUMMARY

Step into the world of graphite animal portraits with Linda in the captivating workshop!

CATEGORY / INTEREST

Art and Craft

DETAILS

Step into the world of graphite animal portraits with Linda in the captivating workshop! You'll learn the intricate art of capturing the soul and essence of animals on paper. Linda, an experienced artist, and teacher will guide you through the techniques of shading, texture, and detail to bring your subjects to life with the subtle tones of graphite. Whether you're a novice or a seasoned artist, this workshop offers a supportive environment to refine your skills and unleash your creativity.

All materials provided.

Aerial Landscape Painting with Bruce Penny

TATE & TIME

Sun, 02 Jun 2024, 10:00 AM

♀ LOCATION

10 Jamieson Avenue, Red Cliffs VIC 3496

Aerial Landscape Painting

AVAILABILITY

Spots are still available.



\$ 65

https://www.socialplanet.com.au/activity/view?id=23597



SUMMARY

Join Bruce in our aerial landscape painting workshop!

CATEGORY / INTEREST

Art and Craft

DETAILS

Join Bruce in our aerial landscape painting workshop! capture our vineyards and rivers, from a unique perspective. Under Bruce's guidance, you'll learn the techniques and nuances of his aerial landscape painting. Whether you're a seasoned artist or just beginning your artistic journey, this workshop offers an opportunity to immerse yourself in the serenity and majesty of nature while honing your skills.

All materials provided. BYO aerial reference photography is desired.

Watercolour Painting with Liliana Mildred

TATE & TIME

Sun, 02 Jun 2024, 1:30 PM

Q LOCATION

10 Jamieson Avenue, Red Cliffs VIC 3496

Watercolour Painting

AVAILABILITY

Spots are still available.



\$ 65

https://www.socialplanet.com.au/activity/view?id=2359



SUMMARY

Dive into the world of watercolour painting with Award winning Watercolour and Pastel Artist Liliana in our introductory workshop!

CATEGORY / INTEREST

Art and Craft

DETAILS

Dive into the world of watercolour painting with Award winning Watercolour and Pastel Artist Liliana in our introductory workshop! Join us for an immersive experience where you'll discover the magic of blending colours and creating beautiful, translucent effects on paper. Liliana, a passionate watercolour artist, will guide you through essential techniques such as washes, layering, and wet-on-wet painting, empowering you to express your creativity with confidence. Whether you're a beginner or looking to refine your skills, this workshop provides a supportive environment to explore the versatility and spontaneity of watercolours.

All materials provided.

UPCOMING DATES

Sessions commencing from Jun 2, 2024

Landscape Oil Painting with Kieran Mangan

TO DATE & TIME

Sat, 01 Jun 2024, 10:00 AM

♀ LOCATION

10 Jamieson Avenue, Red Cliffs VIC 3496

AVAILABILITY

Spots are still available.



https://www.socialplanet.com.au/activity/view?id=24315



SUMMARY

Join Kieran for an oil painting workshop

CATEGORY / INTEREST

Art and Craft

DETAILS

Join Kieran for an oil painting workshop at the Art Fair, where you will learn the basics of using oil painting to create a landscape. Some general painting experience is preferred, but not necessary. The idea is to have some fun and learn several oil paint specific techniques you can take away and use in your own practice. Materials supplied.

All materials provided.

UPCOMING DATES

Sessions commencing from Jun 1, 2024

Still Life Pastel Workshop with Fiona Merlin

Still Life Pastel

\$65

TIME & TIME

Sat, 01 Jun 2024, 10:00 AM

♀ LOCATION

10 Jamieson Avenue, Red Cliffs VIC 3496

AVAILABILITY

Spots are still available.



https://www.socialplanet.com.au/activity/view?id=23592



SUMMARY

Step into the world of soft pastels in this intro workshop!

CATEGORY / INTEREST

Art and Craft

DETAILS

Step into the world of soft pastels in this intro workshop! Discover how to use these colourful tools to create beautiful artwork. Whether you're a beginner or an experienced artist, this workshop will guide you through essential techniques like blending and layering. Get ready to unleash your creativity and make stunning pastel pieces!

All materials provided.

UPCOMING DATES

Sessions commencing from Jun 1, 2024

Tuesday Afternoon's in June AND A CUPPA Tuesday's 1pm to 2.30 pm





Lets keep warm with a cuppa and games and jigsaw puzzles







Mixed berry scones

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves: 12

🖒 **0.1 serves** of fruit per scone

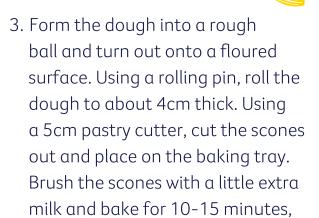
Diet and allergies: Nut Free, Vegetarian

Method

- 1. Pre-heat the oven to 230°C. Line a baking tray with baking paper.
- 2. Sift both the flours into a bowl, but return the husks to the bowl. Add the sugar. Rub the margarine into the mix with your fingers until it resembles crumbs. Make a well in the centre, add the milk and mix. Gently mix through the berries.



- 2 cups self-raising flour
- 2 cups wholemeal self-raising flour
- 1 tbsp caster sugar
- 4 tbsp margarine
- 310mL reduced-fat milk
- 125g mixed frozen berries





 Replace the berries with one diced apple and add a teaspoon of vanilla essence.









or until golden.







Justice of the Peace



A Justice of the Peace is available at the Red Cliffs Community Resource Centre.
Friday Mornings

9.30am to 12.30 pm ONLY *



23 Indi Avenue, Red Cliffs, 3496



Reddy, Set, Cook



Only \$5 per session to be paid on the day.

On every Monday 10am -12:30pm during school terms @ RCCRC







Community Paramedic Clinic

Blood Pressure & Health Assessments

Where: Red Cliffs Community Resource Centre

When: Every Monday from 1 - 3 pm. New Time.

Click here for more information: www.schs.com.au/services/cpclinic

The CP@clinic Program is a free health check-up. You can talk to a paramedic about your health and well-being. All personal information will be kept private.











Connecting and empowering local communities to tackle plastic pollution at its source.



Make bags to reuse and share.

Tuesdays 9.20am to 11.30am @ RCCRC Operating every Tuesday in School Terms



We would appreciate donations of high quality material.

Boomerang bags can be purchased from Gio's Bread, 61 Indi Avenue Red Cliffs









RED CLIFFS RESOURCE CENTRE WEDNESDAY'S 9:00 - 10:00 AM

Connect and walk around Barclay square with the ability to walk at your own pace.

This is an opportunity to hear about health and well being events that are happening in the community.

For more information or to register contact Hollie: hlock@schs.com.au or

call: 0458 642 035

or

SCHS: 5022 5444



Thanks to Milne
Engineering for creating
a frame and mounting
our Caring For Carers
Mosaic. It is looking
great in the RCCRC
garden area.





IMPRESS AT AN INTERVIEW

Make yourself stand out!

Join our
FREE WORKSHOP
where we will help you to
BUILD YOUR INTERVIEW SKILLS

Wednesday 19th June 2024 | 10:30am – 12:30noon
Red Cliffs Community Resource Centre
23 Indi Avenue | Red Cliffs
Numbers are limited, so please register prior to the day
by phoning (03) 5024 3455









Meet Bosses and Managers from different Industries in our region. Have a chat and some lunch to find out what jobs are out there.

Time: 10 to 1 pm, QR code to book

RED CLIFFS COMMUNITY RESOURCE CENTRE

23 Indi Avenue, Red Cliff's, 3496



For More Information contact rcresource.reception@gmail.com





SEWING & CRAFT GROUP

WHEN: Wednesday 10 am to 2 pm For the intermediate and advanced sewer and quilter.

Need help with a project you are working on? Come along and have a chat to the group.

MEN'S SHED COOKING PROGRAM

Next Cooking Day - Thursday 27th June Beef curry is on the menu Open to Men's Shed Members only.







Building.....a community Discover a community to belong to & mates that make it all worthwhile.

Red Cliffs Men's Shed is located at Red Cliffs Community Resource Centre, 23 Indi Avenue Red Cliffs.

Governed by the Australian Men's Shed Association (Member: AMSA101238) We provide a welcoming environment for men from Red Cliffs and surrounds who are from all walks of life where they can socialise and enjoy a wide range of activities.

Come and visit The Shed Thursdays 10am - 3pm

Ph: 50 243 455 or email redcliffsmensshed@gmail.com. to book before coming or to get more information.





MEN'S HEALTH WEEK 2024

10TH JUNE - 16TH JUNE

Men's health talk with a local Doctor and Prostate Nurse.

All Men are welcome*

Free* light refreshments

Day: Thursday 13th June

Time: 11am to 12.30 pm

Where: Red Cliffs

Community Resource
Centre, 23 Indi Avenue
Red Cliffs, Vic.
Phone 03 50243455





Men's Health Week 2024
Theme is Healthy Habits



SUNRAYSIA Medical Centre





LOW IMPACT CLASSES

WOMENS ONLY LOW IMPACT FITNESS SESSION'S WITH

VICTORIA BOWEN PT

\$40* FOR UPDATED WEEK PROGRAM TOTAL PROGRAM

FRIDAY'S FOR A 4 FRIDAY 11AM TO 12PM **AT 23 INDI AVENUE**

RED CLIFFS

MERY LIMITED SPACES. BOOK TODAY ON 03 50243455

> **DATES ARE** 14TH,21ST,28TH JUNE AND THE **5TH JULY**



DIGITAL ESSENTIALS CLASSES

Wednesday mornings 10.00am to 12noon.



Using different digital devices
Applying for jobs online
Using Apps and digital communication pathways

Only operates during Victorian School terms.

Bookings are a must. Ph: 03 5024 3455
or email: rcresource.reception@gmail.com







Firearm safety course are now being held at the Red Cliffs Community Resource Centre in 2024.

Book your place at the Mildura Police Station.













Chemical Users Course

- AHCCHM304 Transport and store chemicals
- AHCCHM307 Prepare and apply chemicals to control pest, weeds and disease

RED CLIFFS COMMUNITY RESOURCE CENTRE 23 Indi Ave Red Cliffs

9th and 10th of July 2024

Fully Funded!

meaning no cost to you.

contact us to check your eligibility today.

This is an essential course for all users of chemicals used in a range of environments including farms, horticultural operations, parks and gardens and related industry, including handling chemical merchandise.

Participants who successfully complete this two-day course and assessment receive a Certificate of Attainment and are listed with the Farm Chemical User's Secretariat of Victoria.

- identify the standard required to correctly maintain and use personal protective equipment (PPE) according to label
- follow emergency procedures for chemical spillage
- follow legislative requirements for the safe transport of chemicals
- · maintain storage area and chemical manifest
- preparing and applying chemicals

0357 210 200 www.thecentre.vic.edu.au

- define the standard required to assess the need for chemical use, comply with safety, chemical label and MSDS requirements
- · prepare an application/ spray plan
- · prepare and apply chemicals
- calibrate application equipment and maintain chemical records

Full program non funded cost \$425 Chemical User Refresher course also available cost \$299

The Centre for Continuing Education Inc.

Reg No. A0001858K | A Child Safe Organisation

TOID 4172 | This training is delivered with Victorian and Commonwealth funding. Individuals with disabilities are encouraged to access government subsidised training



SHARE SWAP GROW ENJOY

Share or Swap your seeds with others.

Label the envelope provided with the name of the seeds and any other info you want to

include.





At the Red Cliffs Community
Resource Centre
23 Indi Avenue Red Cliffs

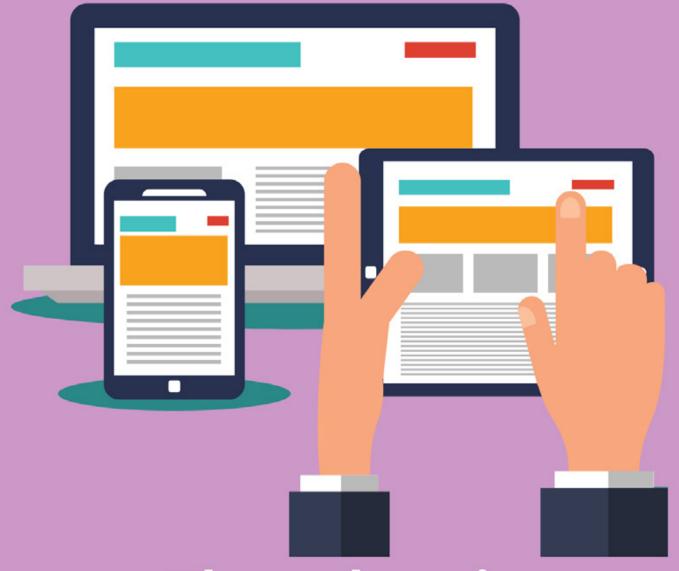






Be Connected

Every Australian online.



Thursdays in Victorian school terms. 300K TODAY!! 50243455







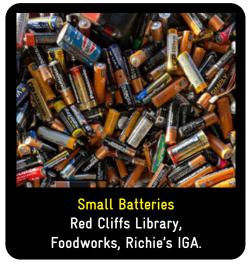
Neighbourhood Houses Victoria and Good Shepherd are working together to provide the NILS program. Follow the link to find out more and see if you are eligible: https://www.nhvic.org.au/nils

SUSTAINABLE SWAPS!



See One Million Women for more tips: https://www.1millionwomen.com.au/

Recycling in Red Cliffs & surrounds.





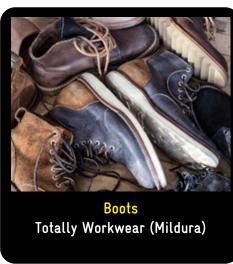
















Other recycling places.
AS & CO accept a wide range of items for recycling - Check out their list on their website

Help Your Community Centre To Thrive!

Recycle & donate your refund to RC Community Resource Centre

Did you know that you can choose to donate your refund to the Red Cliffs Community Resource Centre when you return your containers to your nearest

refund point?

What can I return?

Most aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, we recycle them too.



Check for the 10c mark

Look for the 10c mark on the drink container label. It is often located near the barcode.



How to donate at your nearest refund point:

- · Show this barcode, or
- Quote the code: C2000009812, or
- Ask to donate to "Red Cliffs Community Resource Centre"













NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

and help us generate extra funds.

Download or update the Ritchies Card App









- Search and select our name when prompted to nominate a club, school or charity
- Every time you shop at Ritchies and scan your app or card, Ritchies will contribute a percentage of the total to us*



*CONDITIONS APPLY. Go to ritchies.com.au/loyalty for further information.







A COMMUNITY GROUP FOR OUR COMMUNITY,
RUN BY THE COMMUNITY. WHERE TO GO AND
WHAT TO DO IN RED CLIFFS. KEEPING YOU
INFORMED OF WHAT'S ON IN RED CLIFFS WHILE
BUILDING ON OUR COMMUNITY.

FACEBOOK.COM/GROUP/REDCLIFFSCOMMUNITYBILLBOARD