



Postcards From Nanna, an hilarious comedy act, will be performed by singer and composer Andrea Rieniets at the Stawell Library in September.

Hilarious comedy act is coming to Stawell Library

STAWELL

POSTCARDS From Nanna, an hilarious comedy act, will be performing at the Stawell Library in September.

This beautifully crafted and hilarious story-concert for children and their parents, will make its way to the library to begin the conversation about cultural diversity.

Postcards From Nanna, presented in partnership with VicHealth and supported by Public Libraries Victoria Network, is a program travelling on its third round to public libraries all over Victoria.

The performance will be at the Stawell Library on Wednesday, September 24 at 2.30pm.

Postcards From Nanna is a story with songs and dancing - all about discovering people who are not like 'us', and learning to love the ways that we're different.

When Nanna sets out on her grand adventure around Australia in Betty the Bubble Caravan, she takes Ruby Big Dog and Pauline the Parrot along for the ride.

However, she doesn't take into account just how different they all are, and fur and feathers fly when they find themselves swept up in a series of escalating musical misadventures.

Performed by singer and composer Andrea Rieniets (aka Cha Cha Sam) and directed by Andrea Lemon (Women's Circus, Arena Theatre, Handspan Visual Theatre), Postcards From Nanna was created in collaboration with Relationships Australia and Australians for Native Title and Reconciliation (ANTAR), and is presented by arts and community development organisation Kids Thrive.

The show was awarded the Australian Writers Guild 'Best Script for Young People' and the

Centenary Federation Medal.

Cha Cha Sam CDs and children's instruments will be on sale at the concert, designed to encourage kids to participate imaginatively in listening to and creating music.

Cha Cha Sam makes joyful and family-friendly music, story-concerts and workshops for big spirited kids aged up to 10 and their grown-ups. Made in collaboration with children's specialists, Cha Cha Sam shows are dedicated to moving bodies, hearts and minds, and connecting kids with the grownups who love them.

Cha Cha Sam is Andrea Rieniets, one of Australia's most respected cabaret performers and composers, and writer/director Andrea Lemon, who have both performed throughout Australia and internationally creating award-winning music and performances for children and adults alike.



Andrea Rieniets will bring her hilarious comedy act, Postcards From Nanna, to Stawell in September for the enjoyment of people of all ages.

Nominations close tomorrow for community sport awards

REGION

MINISTER for Sport and Recreation, Damian Drum is encouraging Victoria's passionate sports and recreation community to turn the spotlight on grassroots clubs, teams and individuals by nominating them for the 2014 Victorian Government Community Sport and Recreation Awards.

"The Victorian Coalition Government is committed to a more active Victoria, and community club sport is the main vehicle to achieve that. Without the help of our committed and dedicated sports community volunteers, sport just wouldn't happen and we'd lose all the associated health and social benefits that it brings," Mr Drum said.

"Now in their 18th year, these awards provide the perfect opportunity to acknowledge the hard work, commitment and

achievements of individuals and clubs at all levels of sport and recreation.

"From club volunteers that help out with fundraising to the coaches, umpires and team managers that make community sport possible, the awards are a great way to recognise and celebrate those achievements that make a real difference at a local level.

"I encourage as many people as possible to get their nominations in and support their local clubs, individuals and initiatives by nominating them for the awards," Mr Drum said.

The 2014 Community Sport and Recreation Awards will be held at the Melbourne Cricket Ground on Wednesday, October 1. The winner of each award will receive \$3000 and two runners up in each category will be awarded \$1000 each. The eight award categories are:

- Community Sporting Club of the Year.

- Outdoor Active Recreation Initiative Award.
- Young Volunteer of the Year.
- Service to Sport and Active Recreation Award.
- Welcoming and Inclusive Award.
- Community Coach of the Year.
- Community Umpire or Referee/Official of the Year.
- Innovation in Facility Design Award.

In addition, an overall major \$5000 Minister's Award will be presented for outstanding achievement to an individual, team, club or organisation across all categories. Nominations for each category can all be considered for the Minister's Award.

Nominations close tomorrow. For further information or to submit a nomination, go to commsportandrec.award-platform.com or visit the Sport and Recreation Victoria webpage.

DARCY'S RESTAURANT

Lost for **SUGGESTIONS** for your **NEXT NIGHT OUT?**

Come out to Halls Gap and experience the unique taste of our Stonegrill menu. Mouthwatering steak just the way you like it or try the Free Range Stone with kangaroo, duck & pork sausage & Wimmera quail.

141 Grampians Road, HALLS GAP **03 5356 4344**

VR1659838

Always sleepy? Sick of snoring?

Visit Stawell Amcal Pharmacy on 2nd of September for a sleep health consult with a **Sleep scientist** to discuss your

- Snoring & sleep health**
 - Excessive daytime sleepiness
 - Gasping or choking during sleep
 - Restless sleep • Morning headaches
- CPAP machines & mask**
 - Pressure & parts checks
 - Discuss current equipment
- Dental mouthguards**
 - For snoring & sleep apnoea
- Taking appointments for 2nd of September, 12pm - 4pm **Ask in store NOW**

104-106 Main Street, Stawell **Phone 5358 1400** Find us on Facebook

VR1659427