

COMMUNITY **News**

September 2022 - EDITION 45



Johnno's Run 2022

We were delighted to be able to hold Johnno’s Run 2022 as a face-to-face event. The first time in 3 years we have been able to have an event take place and the very first time we have held Johnno’s Run at home in our beautiful twin towns of Echuca Moama!!

A MESSAGE FROM OUR CEO

Welcome to our 45th Edition of our newsletter.

How are we in September already! This year has been an incredibly busy one so far with no sign of things slowing down.

I am so delighted to be able to report on Johnno's Run 2022. It was wonderful to have 220 people register to take part in our very first face-to-face Johnno's Run event in Echuca Moama.



Leah Truff

Being able to host 21.1km, 10km and 5km events that cross only two roads is amazing and a credit to Murray River Council and Campaspe Shire Council, as well as Major Road Projects Victoria and NSW Roads and Maritime. The pathways, cycle ways and routes we have access to in our community give us all an opportunity to be active, healthy and well in incredibly beautiful surroundings.

Brady Threlfall did a brilliant job in creating the courses for each of the events and I can't thank him and the other members of the working group enough for their help in pulling the whole event together. These excellent people are Gillian Noelker, Anthony Farrant, Sarah Crossman, Steven Loader, Dave Callanan, Kathy Kostoglou, Liz Rowsell and Annie Gilbert.

We had an incredible 75 people who volunteered for us on the day – marshalling, handing out fruit and medals, setting up and packing down and giving great encouragement and support to all of the participants. Thank you to each and every person who helped us out and we are hoping you will all come back and volunteer again next year!

Thank you to our sponsors, without their support our event would never have happened. Moama Bowling Club as Event Sponsor and Major Sponsors; Edge FM/2QN, Riverine Herald, Cosgriff Lawyers, Brett Sands Watersports, Worklocker Echuca, Squires Electrical, Air Conditioning & Refrigeration, Radiant Media, Fast Finish Event Timing and Revolution Print.

And finally thank you to every person who took part on the day. It was brilliant to see so many people enjoy the event together, supporting and encouraging each other.

Johnno's Run will be back again in 2023 to showcase what beautiful people and surrounds we have here. We hope you join in.



RESPECT

FLEXIBILITY

ACCOUNTABILITY

COLLABORATION

JOHNNO'S RUN 2022



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NATIONAL STUDENT VOLUNTEER WEEK 8 - 14 AUGUST

After a hiatus of work experience during the COVID-19 pandemic, we have welcomed students back to Community Living & Respite Services in 2022. We offered two local school students completing the VCAL program one day a week getting real-life hands-on experience in the workplace. Recently we interviewed one of the students, Kelsey Burke who attends The Murray River Tearooms and the Recyclability Op Shop on Wednesdays.

What do you enjoy about doing work experience?

Doing work experience at The Murray River Tearooms and the CLRS Op Shop has boosted my confidence. I have gained social skills that I have previously struggled with.

What are some of the tasks you do when you are doing work experience with CLRS?

I have been learning to make coffee and other drinks, serve customers and clear tables. At the Op Shop I have been involved in pricing and merchandising items and helping to keep the shop tidy.

Why did you choose CLRS to do work experience at?

Because it is a very diverse workplace and I am really interested in working with people with disability.



STUDENT PHOTOGRAPHERS

We would also like to thank the four students from St Josephs College Echuca who volunteered their time to photograph Johnno's Run on Sunday 7 August 2022.

Ethan Kirchhofer, Emilie Dehne, Lachlan Gould and Noah Maynard.



Photo of Shepparton Running Club member taken by the students

R U OK? DAY 8 SEPTEMBER

We acknowledged R U OK? Day with a staff BBQ. This years theme is No qualifications needed aiming to reduce peoples fear of asking the question. Simply by asking R U OK? you could change someone's life.

Please visit www.ruok.org.au for more resources.

Ask R U OK?
No qualifications needed

Have a conversation using these 4 steps

- 1. Ask R U OK?**
 - How are you travelling?
 - You don't seem yourself lately - want to talk about it?
- 2. Listen with an open mind**
 - I'm here to listen if you want to talk more.
 - Have you been feeling this way for a while?
- 3. Encourage action**
 - Have you spoken to your doctor about this?
 - What do you think is a first step that would help you through this?
- 4. Check in**
 - Just wanted to check in and see how you're doing?
 - Have things improved for you since we last spoke?

Learn more at ruok.org.au