



# LAWSON'S LATEST

THE HENRY LAWSON HIGH SCHOOL

20 FEBRUARY 2023 TERM 1 WEEK 5

## Primary School Visits

It was great to visit some of our local partnering schools St Joseph's Primary School, Caragabal Public School and Quandialla Public School. Thank you all for your valued time and we look forward to the years ahead.



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**CHALLENGE, ENCOURAGE, ACHIEVE**

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## Swimming Carnival





## Age Champions - Swimming



Age	Girls Champion	Boys Champion
13 Years	Lisbeth Toole	George Troth
14 Years	Marley Loader	Dylan Forde
15 Years	Ella Mitton	Ryan Toole
16 Years	Mikayla Hughes	Hugh Nowlan
17 and Over	Annabella Taylor	Rhys Hughes

Combined Team Scores		
Lehane <b>513</b>	Mc Namara <b>497</b>	Mc Cabe <b>350</b>



# Congratulations Mikayla Hughes



Event	Old record	New record
16 years 100m Freestyle	Carla & Bianca Logan (1998) 1.09.82	Mikayla Hughes 1.06.19
16 years 200m Freestyle	Bianca Logan (1998) 2.35.00	Mikayla Hughes 2.31.26
16 years 50m Freestyle	Carla Logan (1998) 30.14	Mikayla Hughes 29.56
16 years 50m Breaststroke	Jolene Clarke (2000) 40.56	Mikayla Hughes 38.46
16 years 50m Backstroke	Bianca Logan (1998) 37.88 Sheree Logan (2008) 37.88	Mikayla Hughes 35.80
16 years 50m Butterfly	Bianca Logan (1997) 33.10	Mikayla Hughes 32.77



## Positive Reward Tickets



### Week 4

Improving - Blake Dun, Respectful - James Death,  
Positive Dana Yerbury, Prepared - George Troth,  
Responsible - Sophia Coombes



### Week 5

Responsible - Harrison Frode, Positive - Natalie Sheehan,  
Respectful - Bethany Jewell, Improving - Keira Chown,  
Prepared - Gabriel Amezdroz

Congratulations to the five students who received a \$5 canteen voucher in the weekly draw from all the reward tickets that were issued in the last two weeks.

Reward tickets are issued to students in recognition of meeting our whole school expectations of *Prepared*, *Respectful*, *Responsible*, *Positive* and *Improving*.

The whole school expectations are designed to support student understanding and engage positive and respectful relationships, while contributing points to their house.



## Lions Youth of The Year

Thursday 16th February, saw 5 of our very talented students compete in Lion's Youth of the Year. A rewarding and challenging experience that all participating students should be proud of. Entrants included Dale Ryan, Alana O'Loughlin, Brodie Loader, Sophia Huxtable and Annie Armstrong. Judges made special mention of how well both Alana and Brodie spoke about their communities and how their words enstilled a sense of community pride in the judges themselves. They commented on Dale's potential career in politics and encouraged him to keep challenging himself in public speaking. The final results were close, with Sophia Huxtable taking home the Public Speaking award and Annie Armstrong being the overall winner on the day. Annie progresses through to the zone championships in two weeks.





**ACYP (Advocate for Children and Young People) and Mel Thomas from the KYUP! Project.**  
The Year 10 students of The Henry Lawson High School were fortunate enough to be visited by ACYP (Advocate for Children and Young People) and Mel Thomas from the KYUP! Project.

Mel Thomas is the founder of the 'KYUP! Project' which aims to end the cycle of domestic violence at a grassroots level. The program inspires young people to value and champion their safety and wellbeing and to break through limiting self-doubt. The students took this to a practical level, learning self defence techniques and how to act in emergency domestic situations. For more information, please visit - <https://www.acyp.nsw.gov.au/>

The ACYP (Advocate for Children and Young People) is an independent statutory office reporting to the NSW Parliament through the Parliamentary Joint Committee on Children and Young People. ACYP delivered workshops for students on wellbeing, how to support themselves but also how to have a voice for others and also to offer support and a voice for the ideas of students. For more information, please visit - <https://kyupproject.com.au/>









## 'NRL Roads to Regions'

'NRL Roads to Regions' also dropped by to say "G'Day!". This program was offered to all students at THLHS and there was much anticipation about the arrival of players from the NRL. The players spoke with students about their life and the adversity they faced throughout their pathway to success. Students were enthralled with their experiences and certainly took value out of sharing their personal circumstances. The players then took students for a short round of games on the oval. Although the visit was brief, the players were then out and about in the Grenfell community and even made their way to a rugby league training session later that afternoon.





## UOW Discovery Day

Year 12 had the opportunity to attend the University of Wollongong (UOW) Discovery Day last week. It started off with a 5 hour trip to Wollongong. Students got to have a stroll along the Wollongong Beach, before heading off for tea in Wollongong town centre. We stayed at Surf Leisure Resort (which brought back memories from a year 6 trip for some students). Students were then able to interact with students from other schools, who were staying at the resort as well.

The following day, students arrived at the campus bright and early and had the opportunity to attend 4 lectures. Some of these included:

- Law – You be the Judge
- Far from Home: Moving to Wollongong
- Cool walls for sustainable buildings
- Nursing, what is it really all about?
- Enhancing industrial efficiency and sustainability: A case study in robotic welding
- Atmospheric physics: Changes in the air we breathe
- Public health - Saving lives...millions at a time
- Biology Outbreak – Investigating epidemics!
- Campus Tour
- Visual Arts Studio Tour

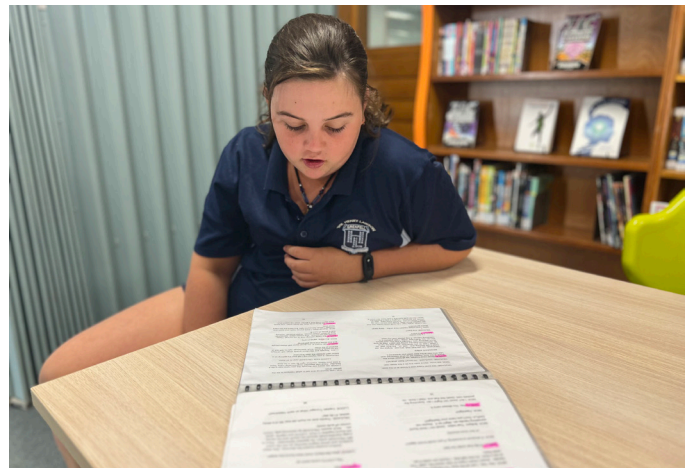
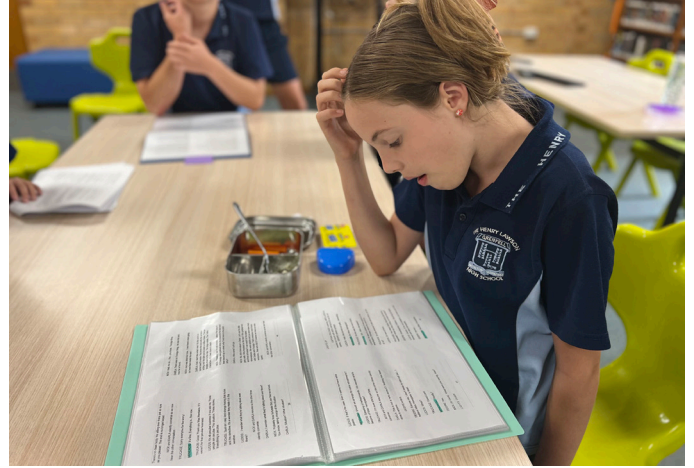
A big thankyou to Mark Loader, who drove us home safely.





## Our library is a **BUSY** space

Monday lunch was very busy in our school library. We had 2 groups of students enjoying our library space to celebrate two separate school initiatives. Students were invited to set a holiday reading goals before school broke up over the summer holidays. Students that completed their reading goal were invited to a hot chip lunch. Mondays has also been the day that our drama group has been meeting for their script read throughs. It was a lovely lunch to see students come together in acknowledgement of their goals.



Well done to the following students who achieved their holiday reading goals:

- Georgia Petty
- Hannah Jones
- Victoria Frame
- Bridie Forde
- Ai Lihn Vu
- Matilda Morley
- Scarlett Nowlan
- Ella-Jean Whiley
- Dylan Forde





## Valentines Mufti Day

On Friday the 17th of February the school held a valentines day mufti to raise money for the brain child foundation.



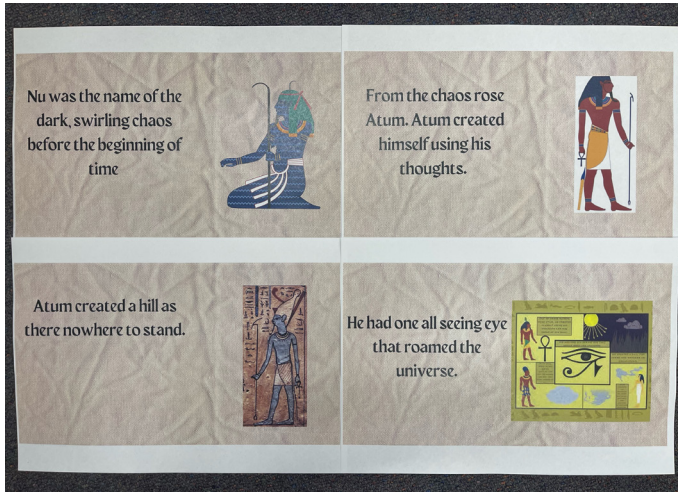


## Year 8 English

To begin the semester, Year 8 English have been investigating the creation myths of various cultures around the world. In pairs, they have summarised these myths and have transformed them into digital narratives. Once completed, the pairs have shared the links to their digital narratives to their English Google Classroom in order to share their chosen myth with the other pairs in the class.

There has been a lot of creativity in adapting the creation myths. Some of the myths have been more familiar, such as the Norse mythology, thanks to modern pop culture and Marvel films, while other mythology has been less familiar such as those from the Sumerian Culture.

Moving on, we will begin a closer look at Greek Mythology as we proceed with our unit looking at the way these tales have changed through time.

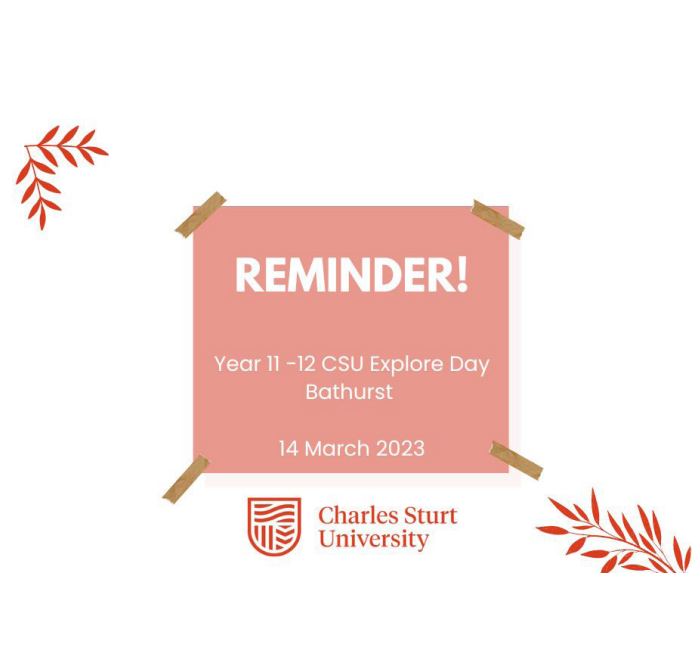
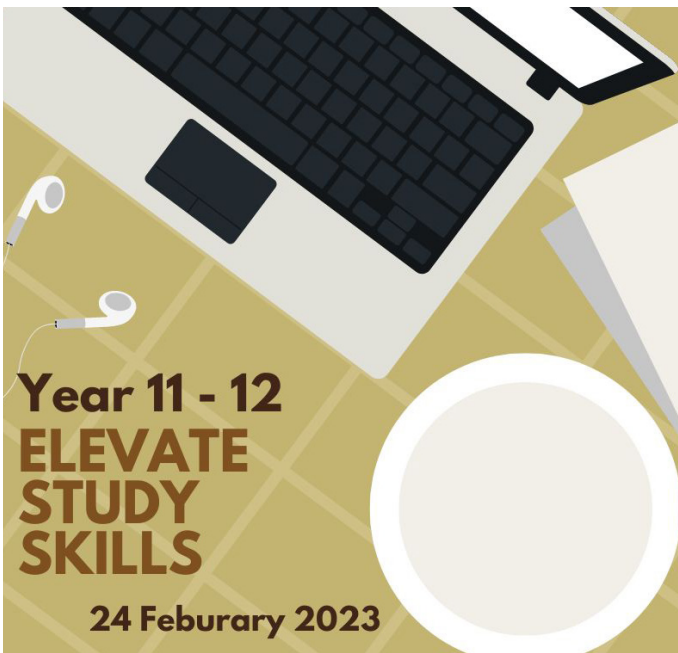
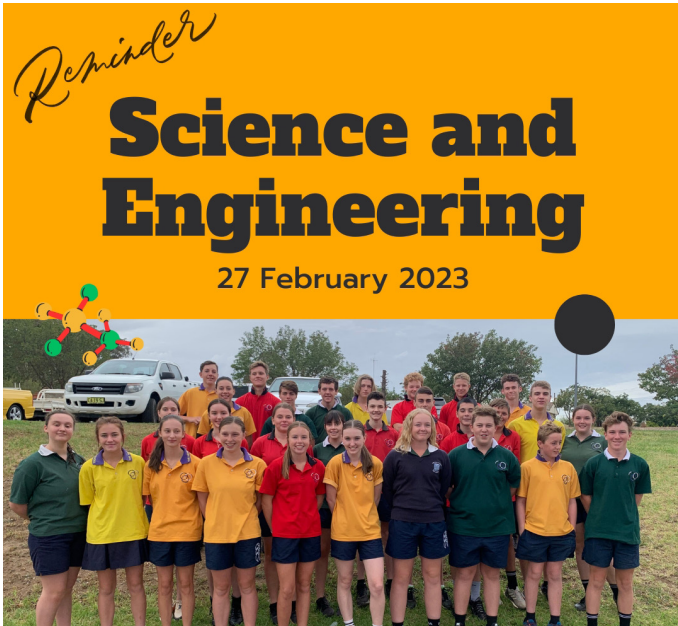


**BACK TO SCHOOL  
VOUCHERS CAN BE  
USED AT THE  
SCHOOL CANTEN  
TO PURCHASE  
UNIFORMS ONLY .**

The Henry Lawson High School



## Reminders



## English/History/Mathematics Assessment Reminders

- HSC English Studies: Imaginative and reflective writing due 31 March (week 10)
- HSC Ancient History: Julius Caesar presentation due 23 February (week 5)
- HSC Modern History: Russia and Soviet Union essay due 10 March (week 7)
- Year 11 English Standard: Read to Write persuasive and imaginative writing due 4 April (week 11)
- Year 11 Ancient History: The Nature of Ancient History essay due 10 March (week 7)
- Year 11 Modern History: Cuban Revolution historical narrative and essay due 31 March (week 10)
- Year 10 English: Graphical representations of novel due 3 April (week 11)
- Year 9 English: Analytical paragraphs due 3 March (week 6)

**IMPORTANT REMINDER TO ALL YEAR 12 STUDENTS:** It is your responsibility to seek teacher feedback on your drafts for Craft of Writing (Advanced and Standard) and Classwork portfolio (Studies) well before the date for final submission.

- Year 12 Extension 1 Mathematics - Task 2 **DUE DATE CHANGE** - Term 1 Week 7



## WSSA – Trial Dates

If you would like to trial for any of these sports, please see Ms Hunter before nomination entries close.

TERM 1		
Sport	Entries close	Event Date / Venue
Hockey – Boys & Girls	20 Feb	24 Feb / Parkes
Basketball – Boys	20 Feb	27 Feb / West Wyalong
Netball	1 March	6 March / Orange
Basketball - Girls	24 Feb	8 March / Dubbo
Lawn bowls		10 March / Orange
Rugby Union	22 Feb	10 March / Orange
Girls Rugby 7's	22 Feb	10 March / Orange
Soccer - Boys	5 March	13 March / Orange
Squash		24 March / Parkes
Rugby League – Tom Kemp Cup	10 March	31 March / Blayney
Rugby League	10 March	5 April / Peak Hill

TERM 2		
Sport	Entries close	Event Date / Venue
Golf	21 April	12 May / Mudgee
Gymnastics	6 April	19 May / Orange
Tennis - Boys	5 June	9 June / Bathurst
Cross Country		14 June / Orange

TERM 3		
Sport	Entries close	Event Date / Venue
Tennis - Girls	30 June	19 July / Bathurst
Athletics	23 June	28 July / Dubbo
Cricket – Girls	1 August	8 Aug / Dubbo



## Careers News

### CSU Explore Day 2023

Our next University Open Day is at Charles Sturt University (CSU) Bathurst. It will be on Tuesday 14 March. Interested students in year 11 or year 12 should contact the Careers staffroom.

### TAFE

Last week students started their TAFE learning. Students attended Cowra and Young TAFE, as well as participated in Online TAFE. Some of the subjects students are studying via TAFE this year include:

- Animal Care
- Automotive
- Early Childhood
- Human Services: Allied Health Assistant
- Salon Assistant
- Beauty services (Make-Up)

### Work Experience

Year 10 have been given their first Work Experience date: 19 - 23 June. They will be working in class to prepare for the upcoming week of Work Experience.







Lily Holmes - Bachelor of Exercise Science & Rehabilitation - University of Wollongong.



Mackenzie Brenner - Bachelor of Education (K-12) Charles Sturt University Wagga Wagga.



Niamh Mitton - Bachelor of Law/Bachelor of International Studies University of Wollongong.

Congratulations to following past Year 12 students on receiving a Country Education Foundation (CEF) Scholarship .

Wishing you all the best with your studies.



Oliver Taylor - Bachelor of Geography University of Wollongong.



Oscar Schaefer - Bachelor of Agricultural Science - Charles Sturt University Wagga Wagga.





# 2023 THLHS Spelling Bee



Spelling is important because autocorrect is not always write.

To raise awareness of the importance of spelling, and to encourage our students to become more active in improving their spelling, we are going to be running a spelling competition for all students in Stage 4 (Years 7 and 8) during this term.

The word lists have been designed with a range of words, across all key learning areas, to suit a range of spelling abilities. In this way we are hoping that all students will achieve some level of success and encourage all students to have a go.

We encourage parents and students to work together in preparation for the spelling bee. This is designed to be a fun and inclusive activity with merits and prizes for students who challenge, encourage and achieve.

A variety of approaches can be quite effective, from look/cover/write, to word jumbles and games. Please encourage regular practise for students to be best prepared.

equipment	fitness	packaging	algebra	painting
school	balance	timber	isosceles	ceramics
copper	discrimination	isometric	diameter	structure
utensil	responsibilities	interview	simultaneous	latitude
energy	harassment	career	adjacent	science
manufacturing	muscles	division	equivalent	cultural
perishable	perishable	remainder	organic	indigenous
environment	refrigerator	symmetry	contour	inequality
celsius	utensil	denominator	palette	urbanisation
measure	spatula	millennium	sculpture	rhythm





# The Henry Lawson High School Canteen Menu

## Snacks

- Cheese & Rice Crackers \$1.50
- Hommus, Cheese, Carrot Sticks & Crackers \$3.50
- Yogurt & Berries \$3.50
- Yogurt, Berries & Granola \$4.00
- Fresh Fruit \$3.00
- Honey Soy Chips \$1.50
- Sea Salt Chips \$1.50
- Grain Waves \$1.50
- Pop Corn \$1.00

## Sandwiches

- Cheese & Tomato \$3.50
- Ham & Cheese \$4.00
- Ham, Cheese & Tomato \$4.50
- Egg & Lettuce \$4.00
- Chicken Lettuce & Mayo \$4.50
- Salmon Lettuce & Mayo \$4.50
- Sweet Chilli Chicken \$4.50  
Lettuce, Sweet Chilli Mayo
- Salad \$4.50  
Lettuce, Tomato, Beetroot, Cucumber & Carrot

## Toasties / Toasted Wraps

- Turkish Bread EXTRA \$1.00
- Ham & Cheese \$4.00
- Cheese \$3.00
- Chicken & Cheese \$4.00
- Ham, Cheese & Tomato \$4.50
- Chicken, Cheese & Pineapple \$4.50

## Rolls / Wraps Fresh

- Salad \$5.00  
Lettuce, Tomato, Beetroot, Cucumber & Carrot & Cheese
- Salad & Chicken \$5.50
- Salad & Ham \$5.50
- Salad & Salmon \$5.50
- EXTRA Avocado or Pineapple ea \$0.50
- Chicken Chilli Tender \$5.50  
Cheese, Lettuce & Chilli sauce

## Salads

- Watermelon Chunks \$3.00
- Fruit \$3.00  
Fresh Seasonal Fruit
- Garden \$5.50  
Lettuce, Tomato, Beetroot, Carrot, Cucumber & Mayo
- Garden + + Ham or Chicken or Salmon or Egg \$6.50

## Hot Food

- Garlic Bread \$1.00
- Chicken Nuggets (5) \$4.00
- Travellers Pie \$5.00
- Cheese & Bacon Travellers Pie \$5.30
- Lite Sausage Roll \$4.00
- Lasagne \$5.00
- Mac 'n' Cheese \$5.00
- Nachos \$4.50  
Corn chips, Salsa & Cheese
- Pizza \$3.00  
BBQ Chicken, Pepperoni, Ham, Ham & Pineapple

## Burgers

- Cheeseburger \$5.00  
Tomato or BBQ Sauce
- Hamburger \$6.00  
Lettuce, Tomato, Beetroot & Cheese
- Chicken Burger \$5.50  
Lettuce, Cheese & Mayo
- Chicken Chilli Bun \$5.00  
Cheese, Chilli
- Ham Cheese Croissant \$3.50

## Drinks

- Hot Chocolate (Term 2&3) \$3.00
- Water \$2.50
- Orchy Juice \$3.00
- Juice Box \$2.00
- Juice Bombs \$3.00
- Up & Go's \$3.00
- Flavoured Milk 500ml \$4.00

## Ice Cream and Ice Blocks

- Frozen Juice cup \$1.00
- Snap Stix \$1.40
- Milo Cup \$3.50
- Bulla Ice Cream Cup \$1.50
- Bulla Frozen Yoghurts \$3.50
- Chocolate Moosie \$1.50  
Limited Time
- Billabong Rainbow \$2.00
- Mini Cornetto \$2.00
- Super Doopers \$1.00
- Lemonade Juices \$1.50

**SPECIALS AVAILABLE EACH  
WEEK**

**EFTPOS MIN PURCHASE \$1.00**



**SCHOOL CALENDAR  
TERM 1 2023**

	Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>February</b>	<b>5 B</b>	20	21	22	23	Year 11-12 Elevate Study Skills Day 24
<b>February/ March</b>	<b>6 A</b>	Science and Engineering in Young 27	28	1	2	3
<b>March</b>	<b>7 B</b>	6	7	8	WR Swimming 9	10
<b>March</b>	<b>8 A</b>	13	CSU Expore Day Bathurst Year 11-12 14	15	16	17
<b>March</b>	<b>9 B</b>	20	21	Year 7 Camp 22	Year 7 Camp 23	Year 7 Camp Wool Expo 24
<b>March</b>	<b>10 A</b>	Yaer 11- 12 Geography Kiama 27	Yaer 11- 12 Geography Kiama 28	29	30	Athletics Carnival 31
<b>April</b>	<b>11 B</b>	3	4	5	END OF TERM 6	



**Stewart House**

**\* Envelope attached to this weeks newsletter\***

Each year 1,600 public school children in need come to Stewart House from many parts of NSW and the ACT, including Grenfell. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. Last Year I had the privilege of escorting 40 students to Sydney from around the Western Region. The students were all very appreciative of this opportunity and most had never been to Sydney or seen the ocean. It is a fantastic organisation to be involved with, all students that I have spoken to have thoroughly enjoyed the experience.





School vaccination program.

Keeping your child up to date with routine vaccinations helps to protect them from serious preventable diseases such as meningococcal, whooping cough, tetanus, and cancers that are caused by HPV (human papillomavirus).

As part of the NSW School vaccination program, students in Year 7 are offered free vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

Parental consent is required for your child to receive routine vaccinations at school. If your child is in Year 7 or Year 10 this year, you can now provide this consent online. You will receive an email from us with details on this year's school vaccination clinic and information on how to provide consent for your child's vaccinations.

From February 2023, children in year 7 will now only need one dose of HPV vaccination. This change has been endorsed by the Australian Technical Advisory Group on Immunisation (ATAGI) based on evidence showing that one dose provides the same level of protection against HPV as two doses.

If you have already consented to your child receiving two doses of HPV vaccine, they will only receive one dose.

If your child previously missed their second dose of HPV vaccine, they are now considered fully vaccinated and do not require a second dose.

A small number of students who are immunocompromised are still recommended to receive a three-dose course of HPV vaccine. If your child is immunocompromised, it is important to discuss their immunisation needs with their GP.

If your child misses a school vaccination clinic, you can speak to a GP or pharmacist about catching up on vaccination.

For more information on school vaccination visit: [health.nsw.gov.au/schoolvaccination](https://health.nsw.gov.au/schoolvaccination) or [If you have any questions, please](#) contact your local Public Health Unit on **1300 066 055**.

NSW Ministry of Health

ABN 92 697 899 630

73 Miller St North Sydney NSW 2060  
Locked Mail Bag 961 North Sydney NSW 2059  
Tel. (02) 9391 9000 Fax. (02) 9391 9101  
Website. [www.health.nsw.gov.au](http://www.health.nsw.gov.au)



# Is your child in year 7 or year 10?



## Provide your consent for routine school vaccinations online.

At the beginning of the school year, your child's school will share the link to complete the online consent form.

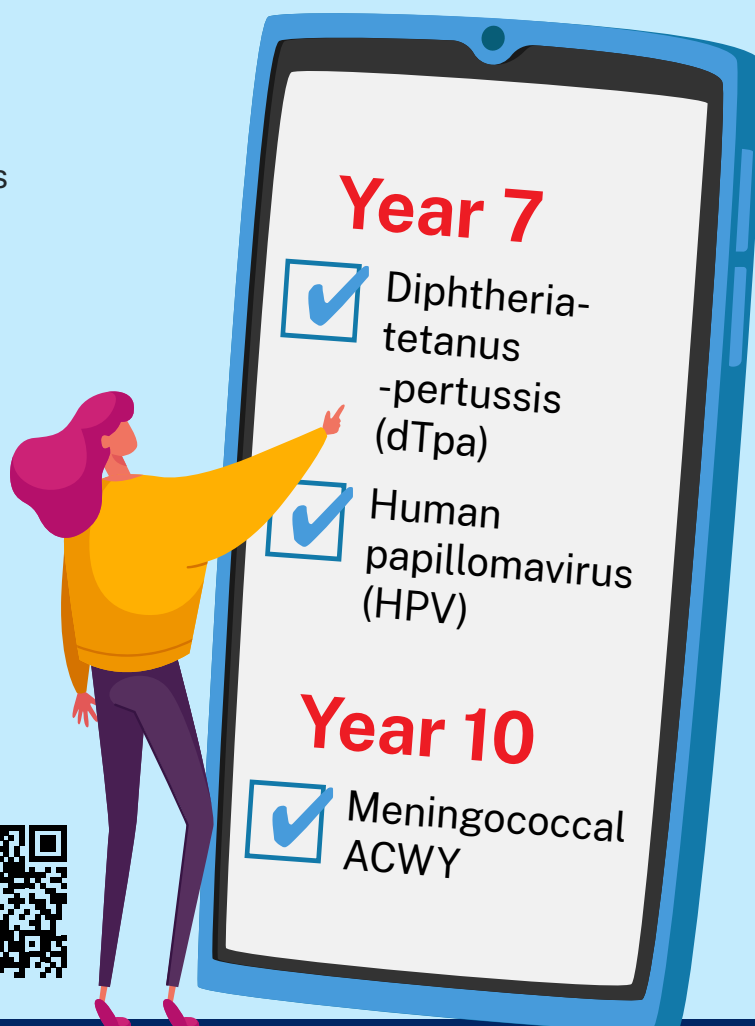
### Benefits of providing online consent:

- easily update your child's details
- get SMS notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

### To provide online consent, you will need:

- the link provided by the school
- your Service NSW log-in details
- medicare details for you and your child

Scan the QR code to give your consent now.



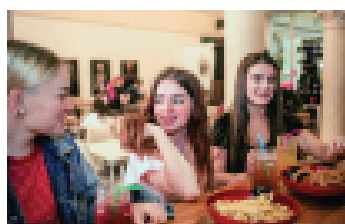
For more information on vaccination visit:  
[health.nsw.gov.au/schoolvaccination](https://health.nsw.gov.au/schoolvaccination)



# upcoming sessions



headspace is offering free mental health education webinars in Term 1, 2023 for Parents and Carers in Western NSW. Follow the links to register.

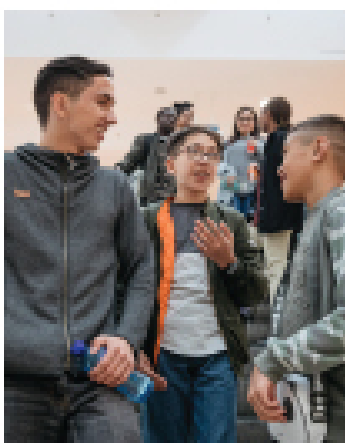


## Navigating uncertainty and change

Date: 1 February 2023  
Time: 6:00 - 7:15pm AEDT  
Location: Online webinar  
Registration: [bit.ly/3OGstK2](https://bit.ly/3OGstK2)

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people



## Connecting and communicating with my young person

Date: 2 March 2023  
Time: 12:00 - 1:15pm AEDT  
Location: Online webinar  
Registration: [bit.ly/3klNZlh](https://bit.ly/3klNZlh)

This session aims to:

- Strengthen knowledge and understanding of the mental health challenges facing young people today
- Increase awareness of your young person's emotions, thoughts, feelings, and behaviours
- Identify opportunities for connection with your young person and enhance your conversational approach
- Introduce skills and strategies to encourage and support help-seeking



For more information: Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health





## Are you female and thinking about a career?

MAE Careers Pathfinders Showcase Day - Parkes

**Thought of entering a non-traditional female occupation  
like ENERGY or ELECTROTECHNOLOGY?**

### IF SO, THEN WHY NOT PARTICIPATE IN AN EXCLUSIVE SHOWCASE EVENT?

Agrifood & Electrotechnology ITABs will host a **FREE** energy and electrotechnology showcase day for interested females aged 16-64, careers advisors and influencers.

The showcase day will be held in partnership with **Essential Energy**, at the **Essential Energy Parkes Depot – Simulation Centre/Depot, Brolgan Road, Parkes, NSW 2870**. Refer attached map for details on how to get to the correct building.

It is an exciting opportunity. You'll see industry at work and develop a sense of the many job opportunities and careers available for consideration in the industry.

During the event you will have the opportunity to:

- **meet and talk with female industry leaders involved and working in the energy and electrotechnology industry about the range of exciting careers for women**
- **gain hands-on experience and insight into real world high-tech equipment**
- **access the latest career information & learn more about rewarding occupations**
- **ask questions and have them answered by industry experts**
- **register and reserve a place for obligation free opportunities to do work experience with local MAE industries including Essential Energy**
- **partake in a free networking lunch**

Showcase day participants numbers are limited and registrations are essential.

**WHEN: Wednesday, 29 March 2023, 9:30 am to 2.00pm**

**[CLICK HERE TO REGISTER NOW FOR THIS FREE AND EXCITING EVENT](#)**

**A FREE private bus will be available on demand from Parkes Train Station from 8am onwards.**

If you wish to **book a place** on the bus, please email the organiser, Tony, 5 working days prior to the event at [tony@uensw.com.au](mailto:tony@uensw.com.au) or call 04 3739 6363; or visit the [NSW UE ITAB website](#)

***Dress code applies – For safety requirements a dress code of closed-in-shoes or safety boots, long sleeves and pants is required for the event.***





**Register here or QR code below:**

<https://www.surveymonkey.com/r/RX2XFPQ>

## **Happy Healthy Kids & Teens Webinar**

**Wednesday 1st March 2023 7:00pm - 8:15pm**

Western NSW Health Promotion Team invites parents and carers to join a free webinar about healthy eating, active living and screen use for kids - including the 3 secrets every parent should know to raise happy healthy kids & teens!

**[Click here to hear from Dr Justin Coulson](#)**



### **Fiona Markwick - Cancer Council NSW**

Fiona has been working in the health and fitness industry in rural and regional NSW for over 20 years.

She will be sharing information on:

- Healthy eating and active living for kids
- Healthy lunchboxes

### **Dr Justin Coulson - Happy Families**

Justin is co-host and parenting expert on Channel Nine's Parental Guidance, founder of [happyfamilies.com.au](http://happyfamilies.com.au), and one of Australia's most trusted parenting experts. Justin has a PhD in Psychology and is the parent of 6 daughters!

**Justin will be sharing 3 secrets all parents should know to raise happy healthy kids.**



## **CONTACT US**

[WNSWLHD-HealthPromotion@health.nsw.gov.au](mailto:WNSWLHD-HealthPromotion@health.nsw.gov.au)





## 2023 C2G Walk - School Newsletter Content

The Cargo to Grenfell Walk is a registered fundraising event that takes place annually in March between the two regional towns of Cargo and Grenfell, both located in the Central West of New South Wales.

Participants are put to the test of both mental and physical endurance during the 96km trek with the aim to raise awareness and funds to increase education around mental health wellbeing and suicide prevention. As a community-based event, we would love to see the locals of the Central West come on board and register for the event, supporting a great cause to improve mental health awareness & resources within Central West NSW.

The 2023 C2G Walk is scheduled Thursday 9<sup>th</sup> to Saturday 11<sup>th</sup> March 2023. There are registration options to enter as an individual or a team and to complete the full 3 days, any 2 days or any 1 day of the event!

For more information or to register scan the QR Code >>>



Any questions about the event, registration or if you would like to be involved as a volunteer, please contact Toby Barons on 0421 880 088 or email [c2gwalk@gmail.com](mailto:c2gwalk@gmail.com)



Cargo2Grenfell



c2gwalk