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#### WHAT'S IN THE PRESENTS CHRISTMAS PROMOTION

Like our Facebook page to get daily clues to the contents of the three presents, valued at \$50 each.

We will provide clues for one present per week for you to guess the contents.

The promotion began on the 28th of November and closes on the 16th of December. Winning entries will be drawn on the 19th of December. All correct guesses go into the draw to win each prize.

Like and follow us on Facebook to find out more.



### WANT TO HAVE SOME FUN THIS CHRISTMAS AND WIN SOME GREAT PRIZES?

Bee Happy at Christmas.... hat's in the Presen All correct Each day we guesses will will post a go into clue on our the draw to Facebook page win a present. Merry Christmas 3 great Inbox your prizes to be answer to WONII Bee Happy Like our Facebook page to be eligible and to receive daily clues e announced on our Facebook page and messaged via Facebo 16<sup>th</sup> December 2016. Three prizes to be drawn Monday 19<sup>th</sup>

SUMMER 2016/17 Patient Newsletter

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### CHRISTMAS CAROLS BY CT PRODUCTIONS

Our very talented Treatment Co-ordinator, Jordan Hobbs, will be sharing the Christmas spirit singing Christmas Carols with CT Productions at St. Paul's Cathedral (8 Myers Street, Bendigo)



on the 21st and 22nd of December from 8.30pm. Tickets are \$10 and are available at The Capital Theatre, with limited tickets available at the door.

Central Victoria's only Registered Orthodontic Specialists, call today. **NO DENTIST REFERRAL REQUIRED!** 

While most of our patients come to see us on the recommendation of their General Dentist, a formal referral is not actually required for a consultation which is free and without obligation.

# 

### **HITTING THE RIGHT NOTE**

#### JESSICA MCCARTHY – AGED 17 OF STRATHFIELDSAYE

After a lifetime of singing, year 11 Catholic College Bendigo (CCB) student Jessica McCarthy was finally awarded for her talent when she came third in CCB's annual music awards in September. Her winning song was



'Up to the Mountain' by Patty Griffin.

This is the first time Jessica has won an award for her musical talent after singing from the time she could talk. Jessica took singing lessons from grades 5 to 11 where she learned some great techniques and built her confidence. Whilst Jessica doesn't plan to use her talent to perform, she is very keen to use it to help people, by first acquiring a teaching degree, then attending Melbourne University where she hopes to study a unique program called 'Music Therapy'.

On Jessica's musical journey, she sang in the Bendigo Youth Choir and also learned to play the piano, and often accompanies her own singing. She is concentrating her studies on music and finished her year 12 VCE music course this year with a 25-minute practical singing exam that included 7 songs.

With such a musical focus, Jessica has not played sport or taken up other hobbies. Instead she has honed her musical talent and dreams of travelling to Europe one day and even studying music there. Her ideal job would be to use her talent to help people in aged care homes, with disabilities or children in hospitals. Jessica's favourite songs are by singer Sarah Bareilles. We wish Jessica all the best in achieving her dreams.

### **DRIVE TO SUCCEED REAPS REWARDS**

"One day the people who never believe in you will brag they used to know you."

JACOB PITT - AGED 15 OF BENDIGO

This is the favourite quote of 15 year old Jacob Pitt, who has proven to himself and the world that despite facing more challenges than most in his 15 years, he could still succeed in life. Until the age of eight, Jacob was partially deaf due to a hole in each of his eardrums. As Jacob's doctors were able to pinpoint the cause of his hearing problem, he was able to have an operation that took some muscle from his skull behind his ear and used it to patch the hole. Since the operation, Jacob has been able to hear much better than before.

Until his surgery at age eight, Jacob had some difficulty with speech and communicating with people. According to his mum Joanne, "He was always a bright, intelligent and inquisitive kid who excelled at almost anything that he took a liking to. He particularly liked anything to do with the army and worked hard to earn pocket money to buy things like army trucks, tanks and games. Because Jacob was



different, he became even more determined to succeed." Jacob began speech therapy and took up music and became an avid clarinet and saxophone player.

Jacob is now Lance Corporal in the Australian Army Cadets (AAC). The AAC provide a great opportunity for young people from the age of 12 years and 9 months onwards to learn discipline, develop mentally and physically, and how to build teamwork and leadership skills. As a Lance Corporal, Jacob is able to now instruct the younger cadets and help run the Quartermaster store, which supplies the uniforms and basic equipment for the Cadet Unit in Bendigo.

The AAC in Bendigo are also one of many organisations that support the Duke of Edinburgh's Award. The Award is a leading structured (non-formal education) youth development program, empowering all young Australians between age 14 to 25 to explore their full potential regardless of their location or circumstance. The Award is a fully inclusive program and has no social, political, or religious affiliations. Please see story below for more information on this prestigious Award.

Jacob is completing his silver level in the Duke of Edinburgh's Award and his mum Joanne is a local Co-ordinator. He has excelled in the Aims and Future part of his journey and will apply next year to finish his gold level. Jacob takes on extra hours of physical and community activities each week that are logged and monitored by his mentor. From there he plans to apply to join the army where he hopes to study engineering, if all goes well. Jacob's career goals include becoming an army engineer and earning a degree or, his second choice, working with the Army's new show piece: the "Abram" tank. He hopes to end up as an Officer in Engineer's or Armoured Corps where he will be in charge of twenty plus soldiers and hi tech expensive equipment. We have no doubt that Jacob will succeed and we wish him well on his journey.

### **DUKE OF EDINBURGH'S AWARD**

### HOW IS AN AWARD ACHIEVED?

Each young person who takes part in the Award learns a skill, improves their physical well-being, volunteers in their community and experiences a team adventure in a new environment. All Participants are supported by a network of adult Award Leaders, Assessors, Supervisors and Mentors.

The key elements of the program are:

- \* Open to all between the ages of 14 to 25.
- \* Three levels: Bronze, Silver, and Gold, each progressively more challenging.
- \* Four Sections: Physical Recreation, Skill, Service, Adventurous Journey plus Residential Project (Gold Level only).
- \* Achieving an Award recognises individual goal setting and selfimprovement through persistence and achievement.

Through this challenging journey of self-discovery, participants:



- Are equipped and empowered to achieve their personal best;
- \* Learn to take responsibility for their goals and choices;
- \* Become connected to and actively engaged within their immediate community;
- \* Make a real difference to society through their positive contributions and Involvement;
- Learn to persevere and overcome barriers to success;
- \* Learn important life skills; and
- \* Increase their career opportunities.

For more information, please contact your local school or scout/ guide group.

# Bee Happy STAFF NEWS SAN PROFILE G. C.

#### Name: Grace

**Position:** Dental Assistant Trainee

Office(s): Bendigo How Long at **Practice:** 6 months

Favourite Colour(s): Purple

Favourite Food: Pizza

**Favourite Actor:** Jennifer Aniston

Favourite Series: Friends

Favourite Music: R&B

#### Favourite Season: Summer

Interests: Fitness, walking her dog and hanging out with friends

Star Sign: Aquarius

#### About Grace

Grace was born in Wagga and moved to Bendigo with her family 5 years ago. She attended Bendigo South East College, Bendigo Senior Secondary College and then decided to work in hospitality for a year whilst she decided on a career path. Earlier this year Grace saw the Dental Nurse Traineeship advertised and felt that would be a good start to a new career. The Traineeship involves a 12-month course at RMIT in Melbourne with 6 x 1 week blocks of study as well as on-the-job training. Grace will finish the course in October 2017.

When asked what she loves the most about her job Grace said, "I love making the patients happy and seeing their great new smiles, especially when their braces are taken off."

### **IT'S IN THE BAG**

Every year, Bee Happy chooses a charity to support. This year, with a female dominated staff and the help of staff member Maryanne Hill, Bee Happy has been collecting second hand handbags and items to support the 'It's in the Bag' charity; a part of 'The Share the Dignity' charity. The 'It's in the Bag' charity helps less fortunate women by ensuring they have access to some of the items that we take for granted.

The 'It's in the Bag' Christmas campaign idea came about when a group of women realised that the needs of children at Christmas were catered to, ensuring they're cared for and made them feel special, but the same can't always be said for those women who put the needs of others before their own. And so the campaign began.





The group of organisers asked Australians to donate a handbag they no longer used, fill it with items that would make a woman feel special and even pop a thoughtful note into the bag to show her that someone cares and that she matters.

The girls at Bee Happy, their families and friends have been donating for months. Some of the contents of the bags include feminine hygiene products, toiletries, sunscreen, scarves, costume jewellery, books as well as notes of encouragement. On the 1st of December the Doctors sponsored a lunch for the girls to make up the bags with all of the items collected.

'It's in the Bag' is an annual campaign, which this year, ran from Saturday 19th November to Saturday 3rd December. All the donations are then dropped off to a central point, and delivered out to the charities that take care of women in need over the Christmas period.

Any group or individual can participate. If this sounds like something you would like to do in 2017, visit the website www.sharethedignity.com.au/ itsinthebag

### BEE HAPPY VAMPS

In September this year a group of our staff began a fitness drive with our own Bee Happy Personal Trainer, AKA Lab Technician, Jayden McArthur. Running two boot camp style sessions a week, their goal was to enter, and excel, in the Bendigo Bank Fun Run held on the 29th of October. Proceeds from the run went towards buying equipment for Bendigo Health.

Following a 'tooth' theme, the girls came up with the team name 'The Vamped Tooth Fairies'. Sponsored by the Bee Happy Orthodontists, the group of five girls showed their team spirit and went all out with designing their costumes and their new set of teeth.

The girls performed well with their times and were rewarded with the 'Best Dressed Award'. They did Bee Happy proud featuring on the front page of the Bendigo Advertiser on Monday the 31st of October and winning a family Vline pass for the group. Well done girls, what will they come up with next year?







## Winners are grinners to

### Bírthday WINNERS

We offer our younger patients (12 years and younger) a chance to win a monthly birthday prize, a \$25 Coles/Myer Voucher. All you have to do to enter is send back the special offer that's inside the birthday cards that we post out each month.

### **MONTHLY WINNERS**





AUGUST Will Long aged 12 of Knowsley SEPTEMBER Alice Glen aged 9 of Malmsbury



Happy Birthday!

Wishing you

Jessica Rhone aged 12 of Yapeen



### BEE HAPPY QUIZ WINNER

Congratulations to Keelie Hogan, the winner of our Bee Happy Quiz Competition. Keelie correctly answered all of our questions and received a \$100 Coles/Myer voucher as her prize. Well done, Keelie!



### Patient of the month

YOU CAN WIN A \$25 COLES/MYER VOUCHER



#### HOW?

Brush and floss your teeth, eat the right foods, keep your regular appointments and you could be nominated to win great prizes every month.

#### WHEN CAN I WIN?

There are great monthly prizes to be won including gift vouchers as well as a major prize-winner in June and December. Anyone who was entered into our Patient of the Month competition throughout the year can win. You will be notified in person if you're in the draw and by mail if you win. GOOD LUCK!!

#### PATIENT OF THE MONTH - MONTHLY WINNERS



AUGUST Charlotte Blanks aged 12 of Bendigo



Mya D'Angelo aged 15

of Kyabram

E

OCTOBER Yalti Jones aged 14 of Echuca

### FACEBOOK PROMOTIONS

We run competitions periodically on our Facebook page for our older patients. Like us on Facebook so you don't miss out www.facebook.com/beehappy. orthodontics



for tips, news, competitions & more!



# Christmas Wishes

Best wishes to all of our patients and their families for the holiday season. Have a safe and Merry Christmas and a Happy New Year.

All our offices will be closed from 5.00pm on Friday the 23rd of December 2016. Our Echuca and Bendigo offices will reopen on Tuesday the 3rd of January.

For all emergencies during that time, please phone 5442 5100 to receive the name and phone number of the Orthodontist on call.