July Newsletter

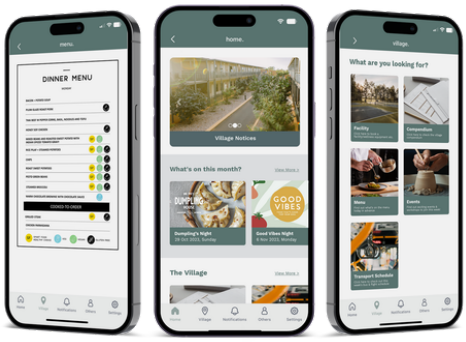
SITE OPERATIONS

GUESST APP

ESS continue to immerse themselves in the Kidston Way of Life with their menu choices, crib options and health and fitness programs.

To provide a one-stop-shop for all of camp related matters ESS has an application "Guesst" where you see what classes are running, events, the daily menu, log a maintenance request and importantly provide us with feedback.

This QR code will replace all other QR codes. Simply scan the code to download the app and select Kidston Oak Rush camp.



HEALTH AND FITNESS

GYM PROGRAMS

*Meet **Beatriz** and **Mel**, ESS's Taste Life Coordinators*





If you haven't seen them around camp already, Beatriz and Mel are here to support you with your health and fitness goals! Please reach out to them if you would like a health and fitness program or are interested in attending one of their classes. They can be found at the gym or contacted via email at OaksRushTLC@compass-group.com.au

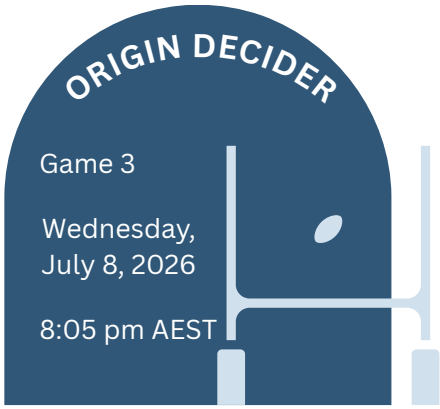
Mel and Beatriz are currently trialling gym classes. Once resident feedback has been gathered, a regular timetable will be published. In the meantime, keep an eye out for posters around site, speak with Mel or Beatriz directly, or check the ESS 'Guesst' App for the latest class information and schedules.

UPCOMING EVENTS

JULY 8 — **GAME 3 STATE OF ORIGIN**

JULY 5-12 — **NAIDOC WEEK**

STATE OF ORIGIN



NOTICES

CONNECTING TO THE WIFI

1. Put phone into flight mode
2. Select "MarchNet Camp Wi-Fi" as your Wi-Fi setting
3. Ensure "Wi-Fi-Calling" is activated
4. You should now be connected

HEALTH AND FITNESS CONT.

JULY FITNESS CHALLENGE – V SIT HOLD

Core strength plays a vital role in maintaining a healthy back. For those looking to build and demonstrate the strength of their deep core muscles, the Taste Life Coordinators are running a V-Sit Challenge this July. Speak to Mel or Beatriz for more details, including how to get involved and the prizes on offer.



STATE OF ORIGIN

GAME 2 RESULTS AND GAME 3 WATCH PARTY

Game 2 did not disappoint with the final game looking to be an epic decider (Go Qld)! We hope that you enjoyed the atmosphere at the Tin Can Bar where ESS displayed the game on the big screen, provided finger food and Mel (Taste Life Coordinator) organised some healthy pre-game rivalry with awesome prizes!





CONSTRUCTION UPDATE

INTAKE CANAL





Good progress to finalise the concrete works around the intake canal has been made. The images above showcase an early construction photo in 2022 and a recent photo of the work undertaken. Installation of the trash racks will be happening shortly.

UPCOMING EVENTS

NAIDOC WEEK

The week of July 5 – 12th marks NAIDOC week. This year's theme is '50 years of deadly' and celebrates the unique culture and contribution that Aboriginal and Torres Strait Islanders make. ESS will be providing a Bush Tucker theme night on 11th July so keep an eye out for the menu over the coming week.

NOTICES

"GETTING INTO THE SWING OF IT"

We are pleased to advise we have completed the golfing drive enclosure located behind the cardio gym. The clubs and golf balls are provided by the CJV, so there's no excuse not to practice your swing when up at Kidston.



DAYS OF SIGNIFICANCE

5–12 JULY NAIDOC WEEK

20 JULY FIFA World Cup 2026 Finals

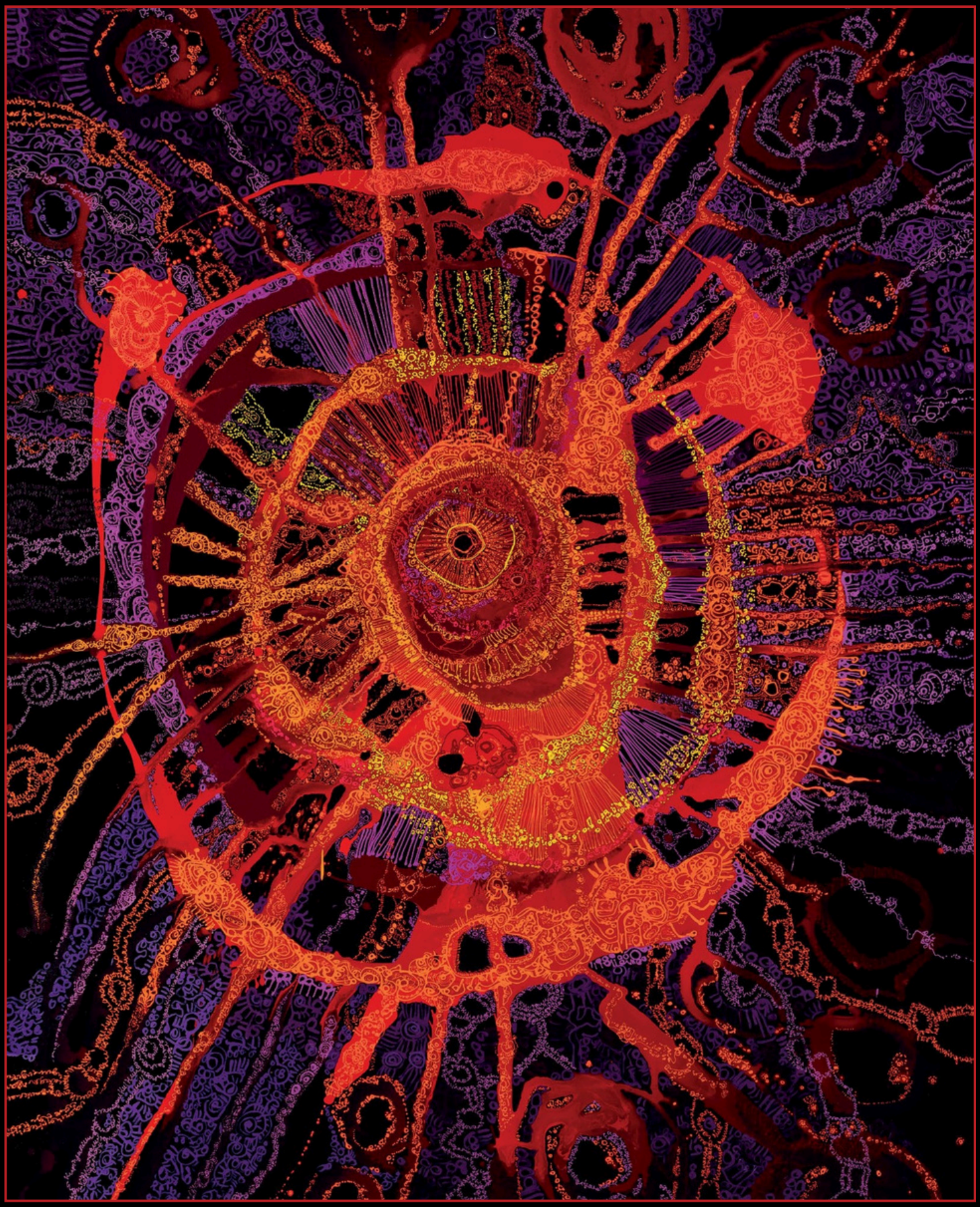
KEY CONTACTS FOR SITE EMERGENCY

VILLAGE OPERATOR
0499 656 458

VILLAGE SECURITY
0422 015 655

NURSE
0456 733 451

GENERAL EMERGENCY
000



NAIDOC WEEK 50 YEARS DEADLY
5–12 JULY 2026

Paralpi by Zaachariaha Fielding

Paralpi extends Zaachariaha's acclaimed *Inma* series and reflects a deeply cultural and immersive narrative grounded in Country. The artwork depicts the sounds of *Paralpi*, a significant place just outside Mimili on the eastern APY Lands in South Australia. As Zaachariaha describes, *Paralpi* is a place where people come to embrace and celebrate children, where they are taught by Elders to move and mimic their Clan emblem — for Mimili, this being the maku (witchetty grub).

#NAIDOC2026 **#FIFTYYEARSDEADLY** **#NAIDOCWEEK**

facebook.com/NAIDOC @naidocweek @naidocweek

Aboriginal Flag designed by Mr Harold Thomas.

Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.

Oaks Rush

NAIDOC WEEK

-DINNER-

Saturday 11th JULY

4:15pm -8:00pm

Enjoy a bush tucker theme dinner in the mess to celebrate NAIDOC week