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### **Head office**

18 Myers Street, Bendigo 3550

9:00am – 5:00pm Monday to Friday

(03) 5441 2666

[www.amicus.org.au](http://www.amicus.org.au)

# A message from our CEO

ANN-MAREE DAVIS

Hi everyone,

What a BIG and challenging three months it has been since our last Exchange! COVID-19 has certainly provided some extra challenges to deliver and receive services.

In the time outside of lockdown a few of our participants have made the most of the opportunity and we have lots of stories later in the newsletter about some of their adventures. We have also been very busy working from the office and at home on a number of big projects to support the services we provide.

We launched our Community Inclusion and Consultation Framework and Plan and have included more about this and the inaugural meeting of our committee later in the newsletter. We have made some improvements to our organisational structure which we will commence implementing shortly. We also have a number of new positions that we will be introducing over the coming months so please keep an eye out on our social media and the next newsletter to find out more about these changes and meet the newest members of our team.

COVID has impacted on many things, including the construction of our two Specialist Disability Accommodation units at Webdon Drive in North Bendigo. We were hoping that they might have been finished by now, but with challenges in obtaining materials throughout the project it looks like they will now be completed later this year. We have had a number of enquiries from people who are interested and there is more information in the newsletter if you would like to find out more.



As reported in earlier newsletters Amicus has been working towards transitioning our organisation from an incorporated body to a new legal structure called a Company Limited by Guarantee. As previously mentioned this structure better reflects the size of the organisation and complexity of the services we now deliver and provides for extra oversight and reporting responsibilities to ensure a quality service.

While there are no changes for you and it is business as usual, as part of the transition we have a new registered name of Amicus Community Services and you may start to notice some changes on our Facebook page and website. We chose this name to reflect the broad range of services we now deliver, but we will continue to just be known as Amicus.

Our AGM will be coming up on November 29, but given COVID uncertainty we have made the decision to live stream the meeting again this year. We will advertise this further on our Facebook page closer to the date.

Lastly I wanted to congratulate all at Amicus who have received their first vaccination or are now fully vaccinated. There are many vulnerable community members who are unable to have the vaccine and your efforts contribute to ensuring their safety.

We hope that we also see a reduction in both the infection rate and restrictions as vaccination numbers rise to 70% and 80%. If you have had difficulty in arranging your vaccine and would like any further information or assistance please call our friendly Pathways team on **5441 2666** and they will be happy to help.

Take care everyone.

**Ann-Maree Davis**  
Amicus CEO

# COVID-19 information and updates

## RESTRICTIONS UPDATE

Due to the rising number of COVID-19 cases the Victorian Government announced lockdown across regional Victoria to stop the spread and keep us safe.

Lockdown directions commenced at 1pm on Saturday 21 August in regional Victoria, aligning with restrictions in metropolitan Melbourne, and will continue until further notice.

This means there are now only five reasons to leave your home:

- To get the food and the supplies you need.
- To exercise for up to two hours no more than 5km from your home.
- For care or caregiving.
- Authorised work or education if you can't do it from home.
- To get vaccinated at the nearest possible location.

Other key changes:

- All childcare centres and kinders across Victoria will be closed except to children whose parents are authorised workers and cannot be supervised at home. Vulnerable children can still attend.
- Victoria's public health team are also strongly recommending that primary school aged children.
- Playgrounds, basketball hoops, skate parks and outdoor exercise equipment will be closed.

Get vaccinated.



Wear a mask.



Stay 6 feet from others, and avoid crowds.



Wash hands often.

## VACCINE UPDATE

From 30 August 2021 all people aged 16 to 39 will be eligible for the Pfizer (Comirnaty) vaccine.

### Where can I receive a COVID-19 vaccine?

The COVID-19 Community Vaccination Clinic is currently vaccinating eligible community members from the Loddon Mallee region.

The clinic, located at 113-133 Mollison Street Bendigo, is open from 10AM - 5PM, seven days a week.

Walk-in appointments will be determined by supply.

## GREAT WORK TEAM AMICUS!

Did you know over 50% of Amicus staff have now either had one or both of their COVID-19 vaccinations? CEO Ann-Maree has just received her second dose.





# Participant updates



## A CHAMPION IN THE MAKING

A participant from Children's Services got to play in his basketball grand final at the start of June. Although his team did not win, he gave it his all and had fun playing in his first team grand final. He earned himself a medal for making the final and could not have been more proud of himself at that moment.



## SWIMMING FUN

Heather attends the Eaglehawk YMCA leisure centre every Monday and Tuesday where she goes for a long swim and then spends some quality time in the spa. Heather always says how happy she is and how excited she is to go swimming and see her regular peers there. Heather's support worker Emily took a few photos of Heather smiling whilst in the spa because she was just in absolute euphoria.



## LISA GETS HER COVID-19 VACCINE

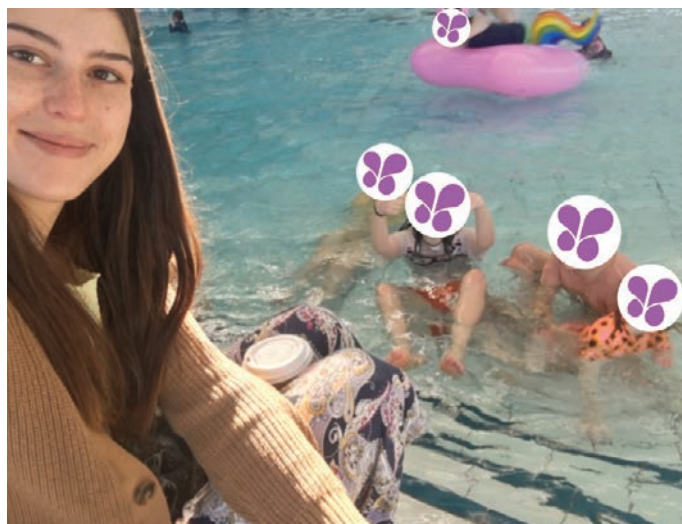
Lisa Aitcheson was very brave and received her second dose of the COVID-19 vaccine recently. Lisa wanted to share that she has been vaccinated with other participants to take the fear away from those who may be a little nervous to get a needle.



## HOLIDAY FUN

Two Children's Services participants had a week away in Mildura to spend some quality time with their family during the school holidays. Amicus transported the girls to and from Mildura. While in Mildura the girls went swimming, ice skating, to the movies and out for dinner.

A great time was had by all!



## PETER GETS CREATIVE

Peter recently tested out his artistic talents and created some fantastic artwork!

He is looking forward to trying more opportunities to explore and grow his talents.





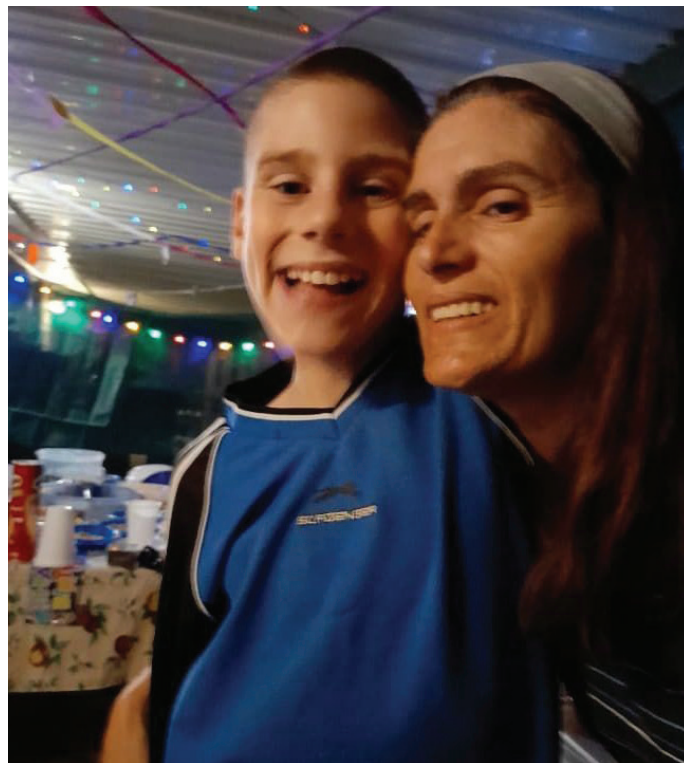
## AN UPDATE FROM LEIGH

Leigh is a previous Children's Services participant who relocated to Adelaide with his mum in January this year to be closer to family and have their support.

Leigh is flourishing in Adelaide, he is doing really well at school, got a great school report and was able to attend his school camp. Leigh loves being with his family and he sees his sister and grandparents often as they live nearby.

Leigh is linked with services in Adelaide and has regular appointments with an OT, speech pathologist, art therapist, BSP and a new NDIS provider.

Leigh is involved in lots of fun after school activities, mixing with peers his own age and making friends. He is following his passion for dance and participates weekly in hip hop, ballet and acro lessons. Overall Leigh is going really well, he is very happy and continues to make progress in all areas of his development.



## JAIDEN'S FIRST JOB

Children's Services participant Jaiden reached out to Jenna, his key-worker, and asked for assistance in looking for his first job.

Jaiden and Jenna found a job advertised at Domino's and applied online. He sent in his resume, got an interview and got the job!

He has been working at Domino's for a month now, learning to sauce pizzas, wash dishes and he recently got to make his first pizza! This has not just given him his own money but it has given him a great work ethic and a chance to have his best life.



## AMICUS BOWLING CHAMPIONS

Congratulations to Cassie and Charmaine's bowling team Home and Away Girls for receiving first place in Lucky Strikes League Bowling!

What a great achievement!



## TANISHA'S MAKEUP SKILL

Valued roles are the key to the good things in life. Tanisha has a passion for make-up and beauty. You can see her attention to detail, flair and skill in the photos of her work.

Tanisha has worked exceptionally hard to fulfill the requirements to complete her TAFE Certificate in Beauty.

Through the assignments, assessments, quizzes, demonstration of knowledge and skills attained – Tanisha successfully met her goal. Her valued role of student has now progressed into a new phase of working towards employment. We can't wait to see what's in store next for Tanisha.





## HARRIETT'S KNITTING

Harriett has been making lots of different items from blankets to snoods and scarves. Harriett enjoys knitting when she has spare time or when filling in time during COVID lockdowns.

Team Harriett is very proud of Harriett's progress. They enjoy watching her working on one of her goals to one day have a stall at the Sunday market, to sell her knitting and artwork.

Here is a photo of a blanket Harriett has been working on for one of her support worker's grandchild. Harriett is very proud of herself and is now teaching Elizabeth, one of her support staff members, how to knit.



## SATURDAY FOOTBALL

Valued roles are the key to the good things in life.

The weather was poised with the sun out and blue skies. It was footy game day, local team Kangaroo Flat who were up against Strath Storm.

Craig loves a game of footy and with the right conditions was set to enjoy the ups and downs that come with being a spectator at the local footy.





# Announcements and updates

## OUR FIRST COMMUNITY INCLUSION CONSULTATIVE COMMITTEE

In August we held our first Community Inclusion Consultative Committee.

The committee was set up by Amicus to include participants, carers and community members so we could collaborate to develop and implement our Community Inclusion and Capacity Building Framework.

We are a not for profit organisation, so we put all our efforts back into the work we do, the people we support and our community. We know that consultation with our participants and community help to pave the way forward for community inclusion.

A big thanks to the committee for their time and contribution. We appreciate the valued insight and direction this will provide Amicus into the future to ensure we are leading positive change in the right way.

### **Below (Left to right):**

Liz (*Women with Disabilities Victoria*), Casey (*Kalianna student*), Melissa (*Amicus Pathways Capacity and Engagement Manager*), Kelli (*support person for Kalianna students*), Sam (*Kalianna student*), Taryn (*Kalianna student*), Cai (*Amicus*), Nikki (*City of Greater Bendigo*), Di (*Amicus*), Karyn (*community member*), Nicole (*Amicus Pathways and Engagement Manager*) and Britta (*parent of Amicus participant*). Not pictured: Karen (*Amicus*).

### **What is the Community Inclusion and Capacity Building Framework?**

Community Inclusion and Capacity Building Framework will mean the Amicus values around community inclusion and valued roles are considered in every level of the organisation, from decision making and policy through to service delivery.

Through our delivery of innovative support, Amicus promotes active participation for people with a disability in our community.

Amicus commits to working one person at a time to champion valued roles, independence and community connectivity through education, employment, skill development, housing, success, relationships, travel, finance, roles, rights, life experiences, accomplishments, recognitions and development of confidence.

We believe that every staff member within Amicus has a role to play to support participants to live their best life through community inclusion, in the work they do each day.

We would love to welcome new family and/or participant members to our committee at any time so please contact Nicole, Pathways & Engagement Manager **5441 2666** if you are interested in being part of this.



# Amicus updates

## MEET THE TEAM

### Welcome back Shayne

As many will know the wonderful Shayne has come back to support us as Manager Adult Services.

Shayne previously held this position before taking a well-earned break from work. Shayne has taken on the role for a fixed term and we desperately hope we can keep him back at Amicus in some capacity.

His experience and approach are certainly a great boost for Amicus.



### Meet our receptionist Kim

You may have met Kim or have been happily greeted by her when calling Amicus.

Kim is the smiling face of Amicus as you enter 18 Myers Street. Kim also coordinates staff training in CPR and First aid. If you are not sure who you need to talk to at Amicus, Kim can point you in the right direction.

Say hi to Kim next time you visit Myers Street.





## Meet Robert

Robert is our Finance Officer and part of the Corporate Services team.

Robert is the person that ensures everyone is paid correctly and that all finance matters are being processed and updated. On top of that, he's our resident tech genius.

Robert has just started training for American Football, so if you were thinking about tackling him, we would advise against it.



## Meet Rebecca

Rebecca is the newest team member to join the Support Coordination team. She is passionate about supporting and empowering people to achieve positive outcomes.

Bec has worked with the Department of Health and Human Services for 18 years, and most recently as the team leader of Quality and Safeguarding for the Feedback and Privacy team.



## Meet Jess

Jess is our new SIL manager. Many of you might know Jess as she has been at Amicus for some time and has previously worked in Support Coordination.

She is a welcome addition to the SIL team at 18 Myers Street.



## Welcome Noopur

Noopur has joined us as a Support Coordination Officer.

Noopur joins us from Student Experience at La Trobe University. She has previously worked in Youth and Women Empowerment as an Assistant Program Coordinator, working to solve various issues youth and women encountered.

She is very excited to be a part of the Amicus team.



## Meet Brianna

Bri is our Roster and Systems Administration Officer. She has a huge job making sure rosters reflect service agreements and staff hours.

She is often here early in the morning working on all the changes needed to make sure rosters are up to date.

Bri loves a good joke, so next time you are in 18 Myers Street stop and say hi and tell her a joke to make her laugh.



## MORTEN'S ADVENTURES

Morten and his friends have been keeping themselves and their friends safe by making sure they're wearing a mask and practicing good hygiene.





## FABULOUS FEEDBACK

To showcase our amazing team, we have been awarding Fabulous Feedback awards to staff who receive feedback from outside of Amicus.

### Congratulations to Zachary

Zachary supports a participant every Monday and the participant representative said Zachary positively affects the mood and engagement of the participant in their everyday tasks.

They said that the participant looks forward to their time with Zachary each Monday and the activities they participate in together.

The participant's family noted an immediate uplift in the participant's mood and engagement. Well done Zachary, thank you for representing Amicus so well!



### A great team effort

- Michael Ervin
- Dallas McLeod
- Robbie Lenton
- Mervyn Crosbie
- Riley Wiltshire
- Tanner Bentley

While this group of support workers previously supported this participant, they positively affected the mood and engagement of the participant in their everyday tasks.

Amicus has received feedback from a family and DFFH case manager about the amazing support this team have provided around supporting the participant to move and supporting to build strong relationships with his mother and other informal supports, helping the participant to settle in well to their new home environment. Well done all, thank you for representing Amicus so well!



### Congratulations to Rizwan

While Rizwan supports this participant weekly he positively affects the mood and engagement of this participant in the community.

Amicus received feedback about the supports he provides one of our participants in the community. The representative noted that Rizwan is amazing with the participant and supports him really well. They noted that if at first he doesn't succeed he will try again with something a little different. Great work Rizwan!

### Our Values:

#### Self Directed

Each person decides for themselves

#### Individuality

Each person is an individual

#### Active Participation

Each person should be in the community and be part of it

#### Capacity Building

Each person has the opportunity to grow and learn new skills

# Information for participants

## HOUSING OPPORTUNITY FOR PARTICIPANTS

Amicus is building two two-bedroom specialist disability accommodation (SDA) units in North Bendigo and we would like to give our participants the first opportunity to express an interest.

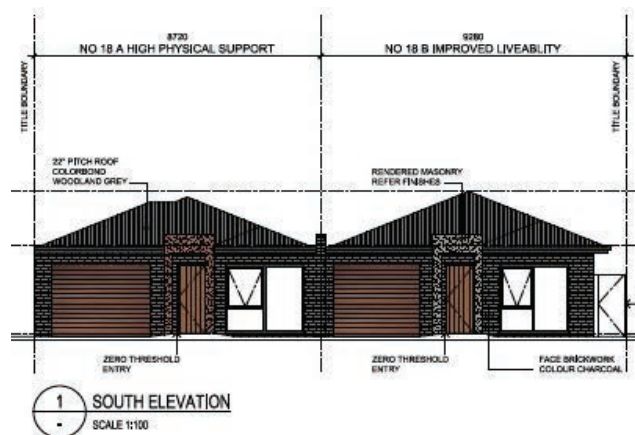
### What is SDA?

SDA is a specialist disability housing solution for NDIS participants with extreme functional impairment or very high support needs. SDA is the home, not the support services.

### What sort of SDA are the units?

One unit is High Physical Support, which is designed to incorporate a high level of physical access for people with a significant physical impairment.

The second unit is Improved Liveability, which is designed to include a reasonable level of physical access and enhanced provision around disability needs with additional design features.



### I have SDA funding in my NDIS plan and I am interested, what do I do next?

Please call Melissa Zera (Pathways Capacity and Engagement Manager) at Amicus on **5441 2666**.

### I would like to read more about SDA where should I go?

[www.ndis.gov.au](http://www.ndis.gov.au) has lots of information on SDA. Visit their website and search 'Specialist Disability Accommodation overview'.

### I don't have SDA funding in my NDIS plan and I am interested, what do I do next?

That's ok, there is plenty of time! Please call Melissa Zera on **5441 2666**. There are lots of housing options and our Pathways and Support Coordination teams are experts in navigating the system and identifying appropriate housing solutions with you. You have time to seek SDA funding if this is the right solution for you. Just give us a call and we can talk through your options.

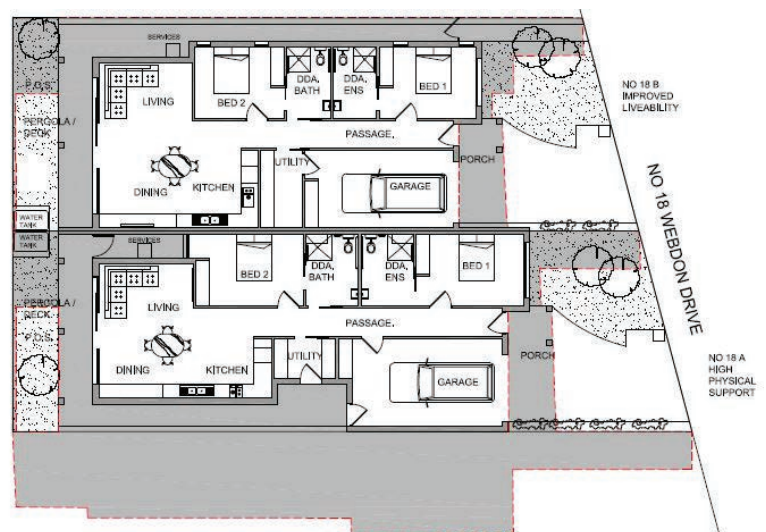
### I need support to live as independently as possible but I don't need SDA, what should I do next?

At Amicus we also provide Supported Independent Living (SIL) services which can provide 24 hour support in your home. If you are eligible for SIL funding or would like to know more about this please contact us on **5441 2666**.

### I have a housing goal in my NDIS plan but don't know what to do next?

Amicus has a highly experienced Support Coordination team, who are experts in housing that can assist you with a plan that suits your needs which may include applying for SDA eligibility and funding.

If you need Support Coordination support please call Amicus and speak to the Pathways team on **5441 2666**.





## CHANGING PLACES LOCATIONS

Changing Places provides suitable facilities for people who cannot use standard accessible toilets.

Changing Places toilets provide:

- Height-adjustable adult-sized change table
- Constant-charging ceiling track hoist system
- Centrally-located peninsula toilet
- Circulation spaces as defined in the design specifications
- An automatic door with a clear opening of 950 mm at a minimum
- Privacy screen

### **Bendigo Train Station**

The Changing Places facility is located within the Bendigo Station building via a corridor to the left of the kiosk.

Accessible entrances are available direct from platform 1 or the entrance to the bus and coach interchange on Railway Place and is accessible with MLAK key during station hours of operation.

- Monday to Friday: 04:50am - 9:20pm
  - Saturday and Sunday: 05:40am - 8:40pm
- Please note there is no shower.

### **Hargreaves Street multi-story car park**

This facility has 24-hour access and a shower. Access with own MLAK key or open during car park operating hours.

Opposite the Bendigo Library, Hargreaves Street, Bendigo.

Close to Hargreaves Mall, Rosalind Park Precinct and Bendigo CBD.

If you would like to know any further information please contact the Pathways Team on **5441 2666**.



# Seasonal health information

## HAY FEVER

Seasonal hay fever mainly occurs in the spring and the summer, affecting those who are allergic to pollen.

Hay fever symptoms:

- frequent bouts of sneezing
- a runny or stuffy nose
- itchy ears, nose, throat and mouth
- red, itchy or watery eyes
- headache

In some cases, the symptoms of hay fever can be so severe that a person can't sleep or concentrate, and may feel tired or unwell.

Identifying what causes your hay fever is an important part of managing your symptoms, once you identify what is causing your hay fever you can reduce exposure to it.

Staying informed about pollen counts can help you to stay informed and reduce your exposure.

Some medications may help relieve the symptoms of hay fever. Ask your GP or pharmacist for advice. Your GP or pharmacist can give you advice on which kind of medication is right for you and how they might react with current medications or conditions.



## STAYING SUN SMART

Spring has sprung and as the weather warms up we're all spending more time outdoors. Ultra Violet (UV) levels are on the rise at this time of year so sun protection is a must, even if the day feels cool.

When the UV index is three or above, you need to protect your skin from sun damage. The free SunSmart app tells you what the UV levels are for the day in your area. It will also tell you what time of day sun protection is required for.

The best way to protect yourself from sun damage is to:

- Slip on clothing
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on your sunglasses

### UV Index



### When UV is 3 or above be SunSmart





# REMINDER TO KEEP PRACTICING GOOD HYGIENE

You must always carry a face mask with you when you leave home unless you have a lawful reason not to.

**To minimise the risk of contracting COVID-19 you should continue to:**



Wash your hands frequently with soap and water, before and after eating and after going to the toilet.



Avoid physical contact with others where possible (touching, kissing, hugging etc.).



Use alcohol-based hand sanitiser often.



Cover your mouth and nose when you cough or sneeze and dispose of tissues.



## Office closures and important dates

### Office Closures

#### **Friday before the AFL Grand Final**

Friday 24 September

#### **Bendigo Cup**

Wednesday 27 October

### Important Dates

#### **Father's Day**

Sunday 5 September

#### **R U OK? Day**

Friday 10 September

#### **World Mental Health Day**

Sunday 10 October

#### **National Carers Week**

Sunday 10 - Saturday 16 October

#### **World Sight Day**

Thursday 14 October

#### **Melbourne Cup**

Tuesday 11 November

# Spring community events

## BRETT WHITELEY: DRAWING IS EVERYTHING

**31 July - 31 October, 2021**

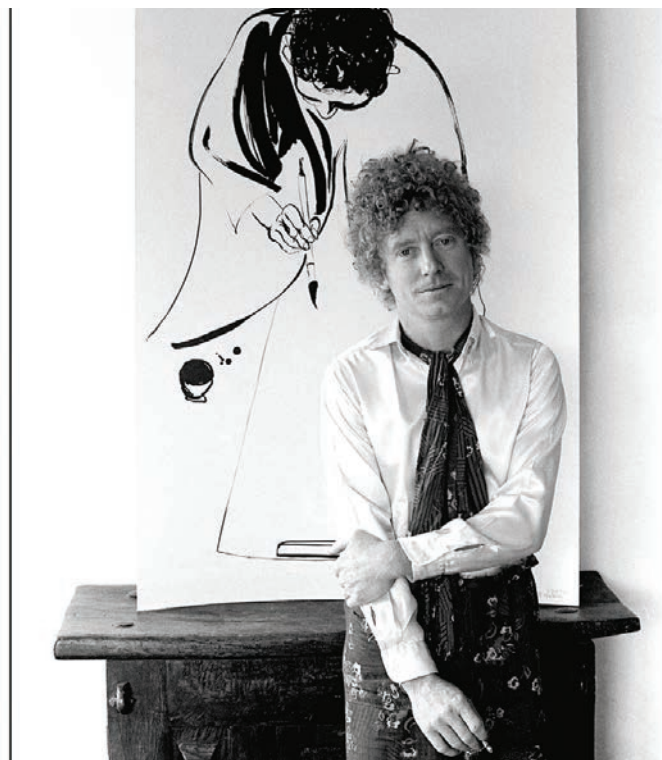
This major exhibition from the Art Gallery of New South Wales is the first to explore the central place of drawing in Whiteley's practice, featuring rarely seen early works from Sydney and Europe through to the great abstracts that brought Whiteley international fame in the 1960s.

At the heart of Brett Whiteley's extraordinary career was an exceptional talent for drawing. Drawing underpinned everything he did – from painting to sculpture to prints – and was fundamental to his imaginative and creative process.

**Location:** Bendigo Art Gallery

**Price:** Free

**[www.bendigoregion.com.au/bendigo-art-gallery/exhibitions/brett-whiteley-drawing-is-everything](http://www.bendigoregion.com.au/bendigo-art-gallery/exhibitions/brett-whiteley-drawing-is-everything)**



## NATIONAL CHILD PROTECTION WEEK

**Friday 5 September - Saturday 11 September, 2021**

This year's National Child Protection Week webinar series has been designed to support the theme that 'Every child, in every community, needs a fair go'.

There are a number of free webinars during the week that highlight some of the 'big picture' issues around child protection.

These discussions will hopefully bring new dimensions to the collective thinking about how we keep children safe and well.

For a full list of webinars and to watch visit:  
**[www.napcan.org.au/ncpw-webinars-2021](http://www.napcan.org.au/ncpw-webinars-2021)**





## BENDIGO ANNUAL TULIP DISPLAY

**Mid September - mid October, 2021**

As the warmer days and clear skies appear, more than 50,000 of Bendigo's famed-tulips open to brighten the beautiful heritage streets from mid to late September to mid October.

The City of Greater Bendigo's Park and Natural Reserves team put on a great annual Tulip display along Pall Mall and Conservatory Garden. The display features more than 50,000 tulips in an assortment of colours, sizes and blooming times.

There will be curator talks conducted during the display. They will be sharing their techniques and wisdom on how to create your own tulip wonderland.

**Location:** Pall Mall, Bendigo

**Price:** Free

**[www.bendigoregion.com.au/explore-bendigo/whatson/bendigo-annual-tulip-display](http://www.bendigoregion.com.au/explore-bendigo/whatson/bendigo-annual-tulip-display)**



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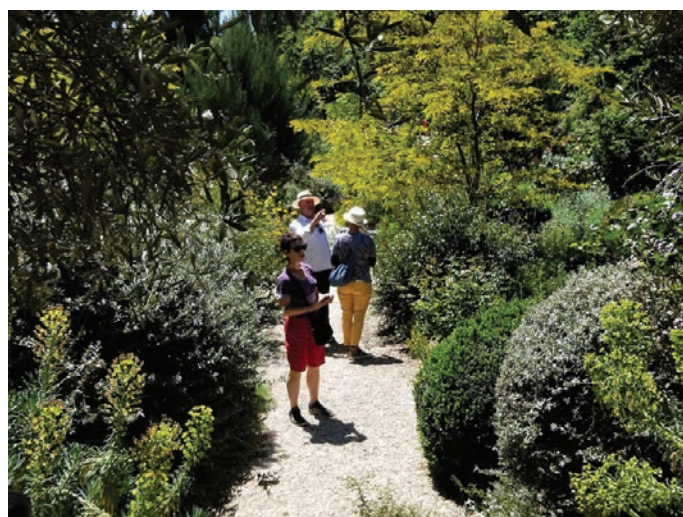
## CASTLEMAINE AND DISTRICT FESTIVAL OF GARDENS

**Friday 29 October - Sunday 7 November, 2021**

For over 26 years the gardeners of Castlemaine and District have opened their front gates and welcomed visitors in to enjoy the fruits of their labours. Every two years, in Melbourne Cup Week, a number of privately owned gardens are selected and offered for your enjoyment.

The theme of the festival, Gardens Embracing Change, has never been more poignant. It recognises the challenges for all gardeners in the current climate, and into the future, with climate change being a most important factor in our planning.

With the amount of time gardeners have been able to spend at home during lockdown, the gardens are looking fabulous and we encourage people to head outdoors and explore this beautiful region.



**Location:** Gardens located in Newstead, Muckleford, Barkers Creek, Sutton Grange and Castlemaine

**Price:** Free

**Time:** Please see the programs for the opening times of each garden

**[www.festivalofgardens.org](http://www.festivalofgardens.org)**

## ABILITY FEST (18+)

**Saturday 27 November, 2021**

Ability Fest is the country's first and only completely inclusive, fully accessible music festival, brought to you by the Dylan Alcott Foundation and Untitled Group and presented by Triple J.

Conceptualised by three time Paralympic gold medalist and 14 time grand slam champion, Dylan Alcott, Ability Fest aims to use music as an inclusive platform to normalise disability.

**Location:** Alexandra Gardens, Melbourne

**Price:** \$116.50 second release, \$137.21 third release, \$106.06 concession, companion tickets are free for those attending the event who hold a valid companion card and are escorting an attendee who requires a companion.

**Time:** 12:00pm - 11:00pm

**[www.abilityfest.com.au](http://www.abilityfest.com.au)**



**Performers:** Alex the Astronaut, Benson, Cub Sport, Dena Amy, Ebony Boadu, Eves Karydas, Illy, Inkrewsive, JK-48, Motez, Nina Las Vegas, Peking Duck, Rudely Interrupted, Stace Cadet, Sumner, Sunshine, What So Not

**Please note that Ability Fest is an 18+ event.**



## CASTLEMAINE ROTARY TRUCK SHOW

**Saturday 27 November and  
Sunday 28 November, 2021**

The Castlemaine Rotary Truck Show is one of the largest and most successful events of this nature in Australia attracting entrants and spectators from far and wide. Meet the owners, drivers and families of the big rigs and trucks of all makes and sizes that deliver products and materials across the nation. Who will win the coveted trophies?

Enjoy family friendly entertainment in a delightful outdoor rural setting with food and refreshments onsite with proceeds going to local charities and community groups through the Rotary Club of Castlemaine. Don't miss the annual truck convoy, always a community highlight, as it makes its way along Barker Street through the CBD of Castlemaine and out to the Campbell's Creek Reserve.

Truck Convoy through Castlemaine CBD - 9.00am Sunday 28 November 2021



**Location:** Campbells Creek Recreation Reserve, Campbells Creek

**Price:** To be assigned

**Time:** 12:00pm - 4:00pm, Truck convoy through Castlemaine at 9:00am

**[www.castlemainetruckshow.com](http://www.castlemainetruckshow.com)**