



Thurgoona Community Centre: 10 Kosciuszko Road, Thurgoona NSW 2640
E: reception@thurgoonacommunitycentre.org.au P: **02 60431588**

Website: www.thurgoonacommunitycentre.org.au

The Thurgoona Grapevine

Spring 2016



The Thurgoona Community Centre is proudly sponsored by Albury City Council
The Grapevine is delivered by a dedicated team of volunteers



Awarding Volunteer Excellence

Darryl Starr

GENEROSITY in spirit was evident at the inaugural Thurgoona and District Lions Club Local Heroes/Volunteers/Youth Awards with Mrs Sylvia Mackenzie and Sheldon Smith being popular winners.

The awards were announced at the annual changeover dinner held at the Thurgoona Golf Club on July 9, with 35 members and guests present.

The awards recognise those people in the community who give their time helping others and making a positive impact.

Mrs Mackenzie, who has been involved in community projects for almost two decades, was nominated by the Thurgoona Community Centre for the Community Volunteer Award

for her untiring devotion to local projects.

She also won the Thurgoona Lions Club's Chris August Award.

Thurgoona Lions Club president, Mrs Vailia Brushe, said the Lions award recognised a deserving club or community person for their outstanding service to those less fortunate and in recognising and achieving community needs.

"Sylvia has an extensive history of volunteer work and projects that have assisted the Thurgoona community to become the thriving community it is today," Mrs Brushe said.

Mrs Mackenzie and her late husband Ray helped to support

the work of the naval cadets as well as the first Thurgoona Lion's Club and Sylvia was one of the founding members of the Thurgoona Lion's Ladies.

Other organisations and projects she is involved with are the St James Anglican Church, the Thurgoona Progress Association, the Woolshed Thurgoona Landcare Group, Pink Ladies and the Thurgoona Community Centre. She works in the community centre coffee shop, provides technical support for the Film and Friendship Group, helps out in the Community Garden and, if that is not enough, helps to deliver the Thurgoona Grapevine.

The 2016 Youth Award winner was Sheldon Smith who was

nominated by Thurgoona Toastmasters.

Sheldon was nominated for not only overcoming obstacles associated with public speaking, but also the work he has done as a Scout, and with youth and those with a disability.

Sheldon's award was later presented on August 24 at assembly at Wodonga Catholic College by Thurgoona Lions Club president Mrs Vailia Brushe, and Mr Ray Wilson of Staffpower.

The youth award - for those under 25 - recognises young people in the community who volunteer at clubs, schools etc. to assist with fundraising or other projects.

The Local Hero Award, which wasn't presented, is for the unsung neighbour who feeds your animals while you are away, keeps an eye on your house, mows your lawns and who brings food and runs errands etc. if you are sick.

The current Thurgoona Lions Club has been in existence since 2010. The original club folded in 1990.

Since receiving its charter, the club has worked closely with the Thurgoona Community Centre, the Thurgoona Football and Netball Clubs, the Thurgoona Fire Brigade, and Albury City Council.

It has also fundraised for children with cancer, assisted with funds for a young family with two children with disabilities, and assisted and fundraised for a young family whose father suffered a debilitating injury.

It has also planted trees and cleaned up the streets of Thurgoona.



Left to right: Sherylyne Moran TCC Coordinator who nominated Community Volunteer award winner Sylvia Mackenzie, Vailia Brushe (past President Thurgoona and District Lions Club) with Youth Volunteer award winner Sheldon Smith who was nominated by Thurgoona Toastmasters Carmel McCartin.

Photo: Tamara Binder

Story continues page 7

What Future for Thurgoona?

Community groups and local people from Thurgoona and Wirlinga have formed a united organisation to be known as the Thurgoona Community Action Group (TCAG).

The objective of this new body is to advocate for the Thurgoona region on the social, environmental and economic aspects of development to ensure a sustainable balance between development and the environment.

Group membership of the TCAG includes Thurgoona Progress Association, Woolshed-Thurgoona Landcare Group, Thurgoona Community Centre, Thurgoona Men's Shed, Albury Conservation Company and the National Environment Centre.

Formation of TCAG indicates the importance of Thurgoona - Wirlinga as the primary growth area of Albury City. It is virtually the only area in which residential development can occur in the future. For some time now community groups and individuals in Thurgoona have been seriously concerned with the way some recent developments have occurred.

The group's focus is to reflect the community view that to ensure liveability there must be a balance between the environment and development.

Many residents live in this area because of Thurgoona's village atmosphere and its natural environment including Woolshed Creek. Many people say that the natural places they once knew are now vastly different due to some insensitive developments.

As well as engaging early with Albury City in the development process to ensure more sustainable development outcomes TCAG wishes to support and foster new projects such as:

- * a substantial solar electricity cell for the area;
- * a plastic bag reduction scheme;
- * continuation of threatened native species research;
- * an educational research program on cat movement in the area;
- * ensuring the health of Woolshed Creek;
- * reviewing the Thurgoona Wirlinga Precinct Structure Plan;
- * a sustainable transport infrastructure network.

All local groups or individuals are very welcome to attend.



Natural Thurgoona landscape levelled for development



Thurgoona playground provided in new development



Thurgoona residents planting for the future

The TCAG is now meeting at the Thurgoona Community Centre on the second Tuesday of each month 5.30 – 7.00 pm.
Email contact: thurgoonaCAG@gmail.com

Friendship, love and Stumpwork Embroidery

The Stumpwork Group led by their skilled tutor Janice Awburn have been a happy bubbly group since they first came to the TCC centre in 2011. Whatever they laugh about, it must be hilarious, because you can hear their laughter every week. Their work is beautiful but their friendship much more precious. It was therefore very sad for us all to hear of the passing of Marie Molkenntin—a dear sweet lady. We will miss you Marie. *Sherylne Moran TCC Coordinator*



Back Row L to R: Cheryal Finnan, Ruth Jack, Dorothy Grayland, Maria Percy. Front Row: Marie Molkenntin their adorable bears and Judy Mead. Picture: Janice Awburn
Not pictured: Heather Davis and Glenda Appleby

Before this sad news, the group submitted their happy moments with their bear project which we would still like to share with you.

"The Wednesday stump embroidery class took a slight change in direction during term 2. At the end of last year Janice thought it would be a good idea for the class to make a teddy bear this year. So under the guidance of Ruth, most of the class has taken part in this activity.

In the beginning there was eagerness to partake but a bit of trepidation crept in as the majority of the class had not made a teddy bear before and had no idea where to even begin!! Each chose a bear pattern they liked and the appropriate materials were sourced. At the beginning of term 2 bear making commenced in earnest. Cutting, stitching, joints inserted - noses, eyes and ears attached and finally after much stuffing, by the end of the term we had beautifully completed bears.

The result has been fantastic and a most rewarding experience for each bear maker - some ladies enjoyed the experience so much they have continued and are now on their second, third and even fourth bear!!

The majority of the bears will be on display in the 'fur flesh' at the **Albury Wodonga Doll Bear & Hobby Show** at the Mirambeena Community Centre on the 26 and 27 November - please come and see what these talented ladies from the Thurgoona Community Centre stumpwork class have been able to achieve."

Ruth Jack



Marie Molkenntin was very proud to win 1st Prize for her stumpwork with the CWA in 2015

Pic: Eric Bocquet

To iPhone or not to iPhone..... that is the question!

TCC Coordinator Sherylyne Moran

I have a love/hate relationship with technology. Being one of those "baby boomers", I've seen so much change over the years but there's still something within me that wants to rebel against forced change.

My introduction to technology was in my first school-time job working for a building society. They had installed the latest computer system which took up one whole room. One data entry station linked into the banks of head-high cabinets that filled the air-conditioned room. It looked enough to send a rocket to the moon. It was so cold in there that at 17 years of age, I sat at the station inputting customer information wrapped snugly in a warm jacket with a rug over my knees, even in summer.

Although computers and phone sizes are a much more reasonable size, I still fight with the thought of having to have a phone with me at all times, even though they are so compact. So far, I've succeeded in not doing so, to the great annoyance of those wanting to contact me at an instance anytime, anywhere ... until last year.

Understanding that if I want the organisation that I coordinate to succeed, I needed to "keep up" so I succumbed to the marketing push for Facebook and now really enjoy the extra community connection social media has provided our organisation. It was at that stage that my adult daughter's iPhone was ready to be sold as she was going to purchase the next upgrade (as you do!). After some budgetary considerations, I launched into the thought that now was the time to buy. I looked forward to my brave adventure with the modern age. Now was the time, I was sure I could afford it... and I was ready. I had always said to my friends "A mobile phone.... Oh I'm not smart enough to have a smart phone!!!"

It was a year of firsts for me and I was also on my way to

having my first trip overseas. It was to be with my dear Nepalese friend Mira. We planned to go together back to her home city of Kathmandu for a family reunion. Then, just a few weeks before the trip, she developed a severe pain in her chest and was rushed to outpatients.

Mira had many tests and then being very exhausted she lay reclined on the bed, regally sleeping all gowned in hospital white. I sat with her husband, Uttam, by the bedside, and we started to have a chat to lighten the moment.

In my typically Aussie way of joking amidst tension, I told him how I was dragging myself into the twenty-first century and that I would be getting my daughter's castoff iPhone. He replied gingerly that he would love a phone like that.

All at once, in a flood of emotion, my compassionate side overtook me and I said, "I'll give it to you!"

Be careful what you say to your friends. Trust is based on keeping your word - this I know.

Thankfully Mira recovered and so

Story continues page 6



Women In Chamber Event—Newly re-elected MP for Indi Cathy McGowan AO with Sherylyne Moran from TCC and Telstra Business Centre Albury Wodonga business owners Barbara and Robert Toal.
Photo: Anissa Dorman



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Seigokan Martial Arts a great program for the whole family with Anthony at the TCC

It was not long before moving to Thurgoona that Anthony was keen to share his passion for Marital Arts. Now he provides an important and vital program that the whole family can enjoy at the Thurgoona Community Centre.

"Hi, I am Anthony and pleased to be part of Seigokan GO-JU RYU all Karate association. I am currently 33 years of age and I've trained in Martial Arts for over 20 years. I started this journey way back when I was about 9 years old with my father training in the style of Taekwondo, this gave me my very first taste of martial arts and I was hooked on everything from training to watching Bruce Lee and Van Damme movies.

As the years progressed so did my development and I found that Taekwondo was not suited for my physical structure so I began my training in Judo and GO-JU RYU. This continued until I discovered I had a natural ability to run (fast) so my



Instructor Sensei Anthony Rajic with Jack and Max at the Thurgoona Community Centre
Picture: Tamara Binder

Judo training stopped and I started Little Athletics which in my first year I made the NSW state team. Athletics become a massive part of my life with my Karate training which aided in my Athletics. Now the years rolled on and so did my training in both sports, in the year 2003 my Athletics stopped due to an unlucky injury. This is where my Karate training stepped up a gear with competing in state level tournaments in both Kata and Kumite gaining medals in every tournament.

A few years later I again pursued other facets of martial arts to try and gain knowledge of other styles to develop myself further. This is where I was introduced to Mr Jeff Speakman who was at the time a 9th dan Master in American Kempo. I learned new ways to apply my karate training on a whole new level. I had also recently returned to Judo with two time Olympian and Commonwealth games Gold medallist Jean –Claude Raphael.

In the year of 2006/7 I had a break from training full time to undergo further education for work but never stopped practicing in my own time which helped me to relax and overcome stress.

In the year of 2010, I re-ignited my training with Seigokan Karate under the instruction of Ceasar Perrira and Nevan Thomas which I have not looked back on. Over the years I have learned further ways to apply myself to karate which I have not thought possible and gained great friendships. I have now moved on to Albury and proud to keep the Seigokan



At rear: Anthony Rajic
Middle Row: Denis and Max
Front Row: Jack, Rosie and Vicky
Photo: Tamara Binder

flame burning with my own class in Thurgoona NSW.

For those looking to learn to be the best you can be then go no further and learn from some of the best."

Your Instructor Sensei Anthony RAJIC

**For more
information about
Marital Arts at the
TCC ring Anthony
on 0415 592 756**



A Recipe for Success

Sherylyne Moran

Preserving some of Jan Poy's childhood memories was an unexpected outcome from attending Broadband for Seniors computer classes at the Thurgoona Community Centre. Her tutor James Caldwell has been a great help.

"Jim has given me a lot of confidence, but I still have much to learn," said Jan. "I came to increase my confidence at first. I needed to start with the basics of how to go into the computer and then move to emails, internet banking and looking up things."

This led Jan to her present project that she is working on with Jim. Her mother had used for many years a recipe book that is filled with yellowing newspaper cut outs, and hand written recipes in pen and pencil. Her mother loved to use many of these favourites and Jan has fond childhood memories of cooking from the book.

Jan plans to type up all the favourites on the computer and include in her documents photos from the internet.

"I'll take my USB into town and have it all printed into a bound book," she said.

In her book will be all the family favourites such as Buttercake, Meringue, Rock Cakes, Aunt Launa's Peanut Butter Biscuits and the light and tasty Christmas Cake which Jan still cooks each year.

Coffee Sponge Sandwich

1 cup SR Flour	3/4 cup castor sugar
1/4 teasp salt	1 tablespoon butter
2 teasp coffee essence	3 tablespoons milk
3 large eggs	1/2 teasp cinnamon

Combine butter, coffee essence and milk, heat until butter is melted—do not boil. Sift flour, salt and cinnamon 3 times. Beat eggs until thick and light coloured. Add sugar gradually and beat until sugar is dissolved and mixture thick and fluffy. Remove beater and fold in flour with a tablespoon. Add hot liquid stirring quickly and lightly until well blended. Bake in 2 greased and flour dusted 7 inch layer pans in moderately hot over 200 °C (400° F) about 25 minutes. Cool cakes. Join together with coffee butter frosting and ice top.

Coffee Butter Frosting

1 1/2 cups sifted icing sugar. 1/8 teasp. salt, 1 tablespoon butter, 2 tablespoons hot, strong coffee (about), 1/2 teaspoon vanilla essence.

Cream butter and vanilla add part of sugar gradually blending well. Add remaining sugar and add alternatively with the coffee. Beat until the right consistency.

Thanks Jan's Mum and thanks Jim.



Jan Poy with computer tutor James Caldwell .
Pic: Sherylyne Moran

Story continued from page 3

this crisis was over. When I came home, I thought, "Did I really tell him I would give my phone to him??" Now I really wanted it for myself.... Oh dear.... but thankfully my better side rose victorious and Uttam became the proud owner of the not-so-latest iPhone.

Fast forward to now and my eldest daughter convinced me that I should start to network with other business women. So off I went, taking myself to my first Women in Chambers meeting to hear newly re-elected MP Cathy McGowen speak. As it was my first meeting, I decided to play it cool, and after being warmly greeted by some members, I sat to the side, quietly taking in the crowd of people and listening to the very impressive messages from everyone. Then came the "lucky door prize", a brand new iPhone, and yes you've already guessed - it was me! You could have knocked me over with a feather!

Thank you Robert and Barbara Toal from the Telstra Business Centre for your generous gift of my new iPhone 6S - and rose gold at that!

Women in Chamber is a joint venture of the Wodonga Chamber and Albury Northside Chamber of Commerce. It is open to all women in business in the Albury Wodonga region, both business owners and employees.

"The Women in Chamber network is

made up of extremely passionate women within our business community," says WIC Chair Bronwyn Tyrell

"They strive to embrace women in business and help to engage them within our community for the greater good. They also want them to succeed so that the sky is the limit for their achievements."

WIC holds regular events for networking and inspiration. For more information go to www.womeninchamber.com.au or like them on Facebook.



Thank you Barbara and Robert Toal for your generous donation to the Women in Chamber event.

Photo: Anissa Dorman

Need a job?

Find it hard to get a job because life is too stressful?

You may be eligible for ongoing support!

PHaMs Employment supports people who have a mental health struggle and need help to overcome barriers to finding and maintaining employment or education. For more information contact Recovery Support Worker on **0435 644 025**



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“Growing” Business Success

SERVICE, quality and value – always – is the mantra that Frank and Andrea Edwards operate by at Peards Garden World. They took over the business in October 2015 and have continued to grow the operation with a strong emphasis on customer service and quality products. And if it's local knowledge you are after, you won't get much better.

Frank and Andrea with their 4 children built their family home in Thurgoona in 2003 and their children attended Thurgoona Public during their primary school years but now

attend Trinity Anglican College in Thurgoona.

Frank is Albury born and bred and his previous experience is trade background so he knows the needs of his fellow tradies whilst helping the weekend project person realise their project objectives.

“Andrea has been in Albury since she was a child and with her previous experience in education she knows how to keep us boys in line,” said Frank.

Peards Garden World, in Borella Road, Albury, offer landscaping tools and supplies, DIY advice, building supplies, equipment hire and cutting services and a reliable, affordable delivery service, to name a few.

“We aim to get to know our clients on a personal level and we want to gain an understanding of our customer requirements so that we can offer the best service.”

“We also want to make sure the level of product knowledge and customer service is as high as it can be so we ensure our staff receive ongoing training all the time.”

“With Peards Garden World being part of the greater

Peards Complex and adjoining Harvey Norman complex customers will be able to come to the one location and source, supply and find out more about what they need for their latest project whether it be a new home design or renovation project or just a Spring spruce up.”

Peards Garden World offer landscaping supplies such as treated pine poles and sleepers, landscaper, hardwood and garden stakes, and raw materials such as mulches, straws, composts, soil blends, sands, polished pebbles and bagged products. They also have a large range of pavers and retaining wall

products and are the locally owned manufacturer of Trojan stone pavers and concrete sleepers.

“We also stock supplies for those bigger jobs,” said Frank. “We can offer help with cements, posts, drainage and screening in and around your garden and also stock shade cloth, weed mat and plastic sheeting.”

They are open Monday to Sunday from 7.30am to 5pm

If you are a local Thurgoona business or business owner, you can have your story in the Thurgoona Grapevine just ring 6043 1588 for more details— We're helping Thurgoona



Frank and Andrea Edwards



Thurgoona Churches

ALBURY COMMUNITY CHURCH

Services: SUN: 10.15am / 6.30pm
33 Hartigan Street, Thurgoona
Pastor John Simpson P: 60431422
www.alburymcommunitychurch.com.au

IMMACULATE HEART OF MARY

20 Hartigan St, Thurgoona, P: 60 432 222
Sunday Masses 9.30am and 5.30pm
www.thurgoonacatholicparish.com

ST JOHNS ANGLICAN CHURCH

288 Table Top Road
Sunday Service 9am except every 2nd Sun of the month at St Marks Nth Alb 10am
Rev Peter McKeague: P: 60 402188
www.anglicannorthernalbury.org.au

THURGOONA BAPTIST CHURCH

TCC Hall— 10 Kosciuszko Rd
English/ Nepali Service 10:00am -11:30am
All welcome to stay for morning tea
Kids church 10.00 -11.30am
Bus pick up P: Hugh 0418 431 988
www.thurgoonabaptist.com

You too can spot a local Thurgoona hero

Vailia Brushe

We see it every day, the person who picks up the litter in the street, the young trees that are being planted to make Thurgoona the shaded and peaceful Suburb that it is. The friendly street BBQ's where we get to know our neighbours. Each of our estates has these micro communities and this is what brings us together.

We have many groups in our Community that all assist to make Thurgoona the wonderful place it is to live, bring up our children and retire in.



So have a look at your neighbour, talk to your neighbour, get to know your community. Is there someone who stands out, who just does those little things without asking for your thanks or something in return?

Is it someone who gives their time, like Sylvia, to many of the group activities in the area? Or is it someone like Sheldon who gives his time to the youth and wishes to help those who have barriers and challenges in their life? It could be someone who just brings that cup of tea to XXXXX because they are on their own; who feeds the cat or dog while they are in hospital or away on a holiday.

Please put them forward next year

when you see the nominations in the Grapevine, or the fliers on the walls in the Plaza or email to Thurgoona Community Centre.

‘WE WANT TO SAY THANKYOU’

Thurgoona Heroes:
Sylvia Mackenzie
(Volunteer Award 2016),
Vailia Brushe (Thurgoona and District Lions past President) and Sheldon Smith (Youth Volunteer 2016)

Pic: Tamara Binder

Youth Leadership Course learning with fun and laughter Sherylyne Moran

The youth leadership program has been an absolute “hoot” at the Chill Zone. Very mild-mannered (haha) Carmel McCartin and enthusiastic Sheldon Smith arrived from Thurgoona Toastmasters. They then led a very engaged group of budding leaders who travelled a steep learning curve to acquire skills to speak publicly with confidence and flair. The group loved it so much that at the conclusion of the course they just wanted to keep coming!

Thanks Carmel, you are a natural at working with our youth. Carmel already is involved in providing this Toastmasters program at Trinity Anglican College and now through funding from Thurgoona County Club Resort has brought the fun to the TCC. We also would like to say a BIG thank you to Heather Bruce from the TCC for making connections with James Fallon teacher Stephen Apps who so willingly gathered our enthusiasts. Great job everyone.



Fun is what we do best—Toasted is back row: Carmel, Chloe, Zoe, Savannah Sheldon. Front: Jess, Taleia Leanne. Pic: S Moran

Here is what the young people had to say about their experience:

“As scary as public speaking is, Toastmasters made it fun and enjoyable. With wonderful energy from Sheldon and Carmel, the group are appreciative for the help and support they gave”

Savannah Page Work Placement Student

“Toastmasters has helped me speak better in front of people. I have learnt new skills and not laughed as much in speeches as I have before. They also have great food.” **Jess Hewson**

Toastmasters youth leadership was one of the best experiences of my life. It's really has helped me improve and has changed my life. I already feel more confident and my speechmaking skills



The Thurgoona Grapevine Spring 2016

are getting better. **Chloe Perrett**

It was different to what I'm used to. It was fun to do the activities.

Leanne Lucas

At first it was a little difficult but as I got more comfortable, this became really fun. The way in which we learned to build on skills was fun. **Zoe Nelson**

It was great, I loved to talk to everyone and I did learn a lot from speaking and I think I like to do speeches now. It's amazing to talk to other human beings.

Taleia Thorne.

Chilling in the Chill Zone

The TCC Chill Zone program has benefitted this year from the diverse people who work so well together to provide a great program for young people.



Youth Guidance Team planning day. Pic: Sherylyne Moran

This year we have been aided by an Albury City Council grant that has allowed us to employ a skilled youth worker. Mitchell Hayes has taken on this task with zeal. He has also enlisted the help of fellow youth leaders Kodi Callesen and Rhys Dalton. Thanks guys for your energy, and great care of the other young people who come each Tuesday.

At the TCC we have also had the very happy Savannah Page who is engaged in work placement whilst she completes her



Face down in the food guys..... no problem! The leaders watch on laughing (L—R): Savannah Page with Hubbie Timbery. Kodi Callesen, Mitch Hayes and Rhys Dalton at the Chill Zone. Pic: Tamara Binder

Chill Zone Times:

Tuesdays 4.00-5.30pm NSW school terms

Ages 12—15 years

All are welcome to come hang with the TCC's friendly youth guidance team.

Different activities every week, make friends, have fun and eat

Cost: Free

School Bus stops just outside the centre at 10 Kosciuszko Road Thurgoona

P: 6043 1588



Diploma in Community Services. She works so well with everyone.

The team is amazing. Behind the “weird and wonderful” ideas is a lot of planning with the Youth Guidance team. Made up of dedicated local volunteers, they reliably support and encourage all that happens in the group. We are also thankful to Schizophrenia Fellowship for their ongoing support for this program.

Do you like working with teens? We would love more volunteers to join the program. Ring 60431588 for more details.

Supporting
TCC Youth
Strategies



Thurgoona Pre-school

We had lots to keep us all busy at Thurgoona Preschool in Term three.

For the full day the children participated in the Transition to School Program as conducted in partnership with Thurgoona Public School. The children got to explore various areas of the school environment including the classroom, library and playground. These visits assist children in the transition between the preschool and school environment.

We had a visit from the Living Safely with Dogs Preschool Program, teaching the children skills and strategies on how to stay safe around dogs. We thank Mrs Bishop and her dog Milo who came along to implement the program.

The children and educators dressed up as a book character for Children's Book Week. It was fun to see all the interesting costumes. We also read some of the children's favourite books.

We have had lots of families

being involved in the program. We have had visits from a lamb, some puppies and some chickens. Parents have come in to cook with the children, to make masks and to even show the children a model rocket taking off. A granddad joined us with his guitar and shared an array of songs with the children. Families are always welcome to make suggestions and contribute to the program.

As we are a not for profit community based preschool, fundraising is very important for us. We thank everyone who supported our recent fundraising barbeque at Bunnings Albury. Our last fundraiser for the year will be our Christmas Raffle.

We are currently in the process of conducting enrolments for 2017.

For further information about Thurgoona Preschool please contact us by phone on 60431633 or by email at admin@thurgoonapreschool.com.au

Karen Collins

Director

Thurgoona Preschool



Mothers Moving Well

Physiotherapy for
Back & Pelvic Pain in
Pregnancy & the Postpartum

Natasha Russell Physiotherapist

I moved to Albury from Tamworth in 2001 to study Physiotherapy at CSU. It didn't take long to fall in love with the area and decide to stay, mostly working in private practice. I am married to Stuart, and have two gorgeous little boys. We have now settled in Thurgoona.

During my first pregnancy, I experienced severe pelvic joint pain, and had to rely very heavily on a walking stick. Unfortunately, I was not able to find any relief. The best advice offered, was: "Just put a belt on it. There is nothing you can do." This has spurred me on to learn how to effectively help pregnant and postnatal women with their pelvic joint or back pain issues, so others don't have to have the same experience. This knowledge certainly took a bit of finding, as there has been a real gap in our knowledge of how to treat this population, but through travelling for conferences, lots of online course learning, and buying lots of books, I now offer a very effective service to help with pain in this area.

I am a very "hands-on" manual therapist and masseur, but also very passionate about helping empower women through their pregnancy and postnatal period to achieve mind and body wellness through this period.

I have a particular interest in confident and satisfying childbirth, breastfeeding, baby-weaning, and co-sleeping. I also offer a pelvic floor assessment service as this is a huge issue for pregnant and new mums, affecting not only their back/pelvic pain, but also their ability to exercise and their relationships.

I am also very interested in the incredible power of the brain, and how we can influence its wiring to affect pain, depression, anxiety, trauma, confidence (the list is endless!). I am always amazed (still!) at how much you can reduce chronic pain (or any pain really) by using a range of techniques of brain retraining. Following this interest, I am about to undertake a Neuro Linguistic Programming certification with Sean Healy (Emergence Training).

I mainly work in the evenings and on Saturdays, but also offer several slots during normal business hours. I also offer a home visiting service, which I've found is very popular with new mums.

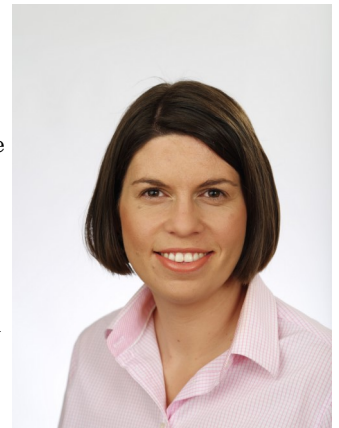
We are a homeschooling family, and an active part of the large, local homeschooling community. This is why working from home suits me very well, as I can work around my family. We are also a Christian family, attending Albury Presbyterian Churches, which we love! In my spare time, I am an enthusiastic vegetable and berry gardener, and keeper of a beloved group of chickens and ducks. Oh, and I just love to have a laugh.


Natasha Russell

3 Merino Court, Thurgoona

Book Online at www.mothersmovingwell.com.au

or on facebook. P: 0401171147





People with the message that saves!

Albury Community Church

apostolicchurchaustralia

Developing richer lives in Christ

You are welcome to attend our Sunday services
10.15am and 6.30pm at 33 Hartigan St, Thurgoona

We provide

- ◆ Young Adult groups - 18+
- ◆ Youth groups –high school age
- ◆ Gods kids – age 7 to 12
- ◆ Ladies and Men's camps
- ◆ "Bubbles of Fun" mothers group
– with children 0 to 4 yrs
- ◆ Young Marrieds' Group
- ◆ Men's group
- ◆ Bible study groups and much more

Founding Pastors of Albury Community Church
John and Marlene Simpson.
Assistant Pastor Ricky Zago

www.alburycommunitychurch.com.au
E-mail: apostolic1@bigpond.com Phone: 0260431422

Be Aware

In our last edition of the Thurgoona Grapevine Wayne Bashford introduced the story of his wife Margaret's journey of restoration. We received a wonderful response to his story and here he tells us more for your encouragement.

Margaret suffered a stroke on the 14th February in 2001 aged 44. It took Margaret three days in hospital to understand that she had had a stroke, up to then, she couldn't understand what was wrong with all of us.

The medical staff at hospital were great, they explained to us about what a stroke is, what happened and what we can do for Margaret for the future

Speech Therapy staff at the hospital were fantastic for both of us. I was encouraged and accepted into the speech recovery process which is designed to assess your level of understanding and set an appropriate level of therapy designed for each patient.

When we brought Margaret home after six weeks in hospital she couldn't speak, but when we got home I had to stop the car in the driveway. Margaret got out, walked to the centre of the lawn, spread her arms in the air and said, "Doesn't my house look beautiful!" Margaret cannot repeat those words today.

After twelve months of sheer determination, Margaret learnt how to say our names, in order was Michael, Paul, Kayla the cat and runner up in fourth place was me, Wayne. In the same first twelve months I learnt how to cook, the burnt offerings were picked through and the balance was discarded.... Margaret seemed always hungry!

Over the years with practice and encouragement from friends and family the speech continues to improve, movement continues to improve and most of all the stigma of the stroke continues to improve.

Margaret attended as many stroke meetings as she could, now she is the president of the **Stroke Recovery Club** which has meetings on the last Thursday of every month at 10.30am at the Thurgoona Country Club Resort.

Still continuing speech recovery, Margaret attends Toastmasters also at the Thurgoona Country Club Resort. With special recognition of self-improvement, she received the inaugural award of the International Toastmasters President's trophy awarded by the Thurgoona Toastmasters group. This trophy stands proudly in our lounge room.

Any injury, physical or mental, takes time to recover, never give up trying. Improvement only comes about with you and you alone so it's your choice - make it a positive one.

Before the stroke both of our families had never had any health issues. I was



Albury-Wodonga Stroke Recovery Club
Photo: Tamara Binder

ignorant of people in any other condition other than healthy to the extent that I would avoid anyone in a wheel-chair or people who were suffering any health issues. Now I think so differently. If you meet someone in a wheel-chair I encourage you to give them a smile, a nod, say G'day or shake their hand, you will feel good about it and make someone's day a great day.

Giving up is not an option, just ask Margaret.

Some symptoms to be aware of in relation to stroke:

- Weakness or numbness of the face, arm or leg
- Bad headache
- Speech difficulty
- Loss of balance
- Impaired vision
- Lack of understanding
- Loss of sensation
- Dizziness
- Lack of reflex

During the National Stroke Week which this year was 12—18 September, the local club on Thurs. 15th September had an Awareness week opening morning at the Thurgoona Country Club Resort from 10.30am. For more information ring Lyn on 0428 211 725

What's Happening at the TCC in Mental Health Week?



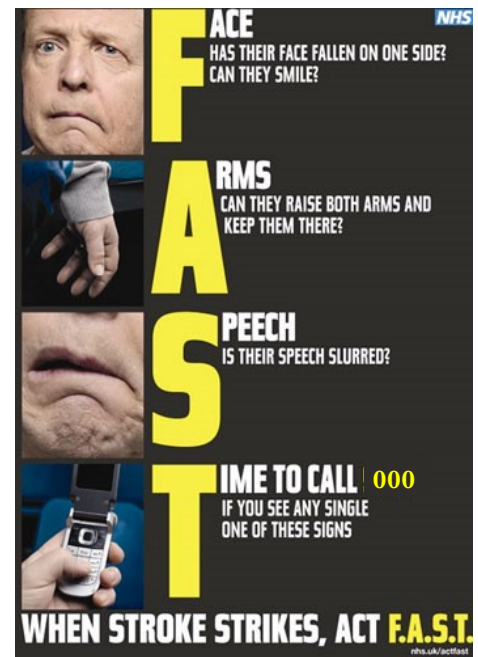
So glad you asked.....

Come to an information evening on **10th October from 6.30—8.30pm**

Lets learn about how to recognise and support ourselves and others who might be experiencing a time of depression or anxiety.

Phone **6043 1588** for more information and RSVP

Thurgoona Community Centre
10 Kosciuszko Road Thurgoona



Good "ol" Lionel from Grealy Motors

Posted on Facebook:

"Dear Lionel. Thank you so much for stopping to help a volunteer from the TCC when you saw him on the side of the road contemplating what to do with the flat tyre. You stopped, offered to help and then changed the tyre. Much appreciated. You were an angel of mercy!"

Grealy Motors replied: "This is the owner of the business who's been providing roadside assistance all his life, pulling up and helping someone who didn't even ask for help. This small amount of gratitude received warms the heart and reminds you why you do what you do 24 hours a day, 7 days a week."



Lionel with his grandson Graeson learning the ropes

TCC Social Club

Thursday the 21st of July saw the start of the 2016-17 Social Club season, celebrated with a curry

lunch at the Community Centre. The lunch was very well attended and after lunch the following people put their names forward to help with the running of the club and to arrange entertaining events: Sue Revell, Anne Simmonds, Val Martin, Billie Perry and Mervyn Brent.

On Monday the 8th of August we went on our first outing, driving through Val's farm to the Doll Museum at Gerogery. The collection of dolls and toys was interesting though possibly enjoyed more by the ladies than the gents. We then drove to Culcairn and had a look around the town before lunch at the Chinese restaurant which had opened especially for us. It was an interesting drive through Walla Walla to Jindera where I believe everyone was impressed with the Settlers Museum which has a terrific display of exhibits from days gone by. There were a few comments made as to the fact that things we grew up with are now antiques.

The following is the provisional programme:

Saturday 10 September: 2nd Saturday of the month breakfast at Kinross Woolshed. 8.30am

Monday 19 September: Wonga Wetlands Weather permitting. No bus, share transport. Anyone wanting a lift to be at the Community Centre at 11.30. A picnic lunch in the Park before going to wetlands.

Thursday 22 September: Lunch at Thurgoona Country Club 12.30pm

Saturday 8th October: 2nd Saturday of the month breakfast at Kinross Woolshed. 8.30am

Monday 10th October: Trip to Corowa via Chiltern where we will visit "Lake View" a National Trust property which was the home of Henry Handel Richardson. Visit chocolate factory in Corowa and return via Howlong.



Doll Museum at Gerogery—a fabulous day

Thursday 27th October: Lunch at Thurgoona Country Club 12.30pm

Saturday 12th November: 2nd Saturday of the month breakfast at Kinross Woolshed. 8.30am

Thursday 24th November: Lunch at Thurgoona Country Club 12.30pm

Date to BE announced: We hope to arrange a visit to the Fruit Fly Circus in November

In December there will be a Christmas Lunch. We have not made any other programme for December as many people will be away.

Please remember it is your club and we are only too willing to consider any proposals that are put to us in writing.

Mervyn Brent

Barry's Book—Wild West is back

Local Thurgoona author and historian Barry Young has recently launched his next exciting tale of adventure called *Colours of the Wind*. It is filled with his favourite style of epic storylines set in the Wild West. This is where survival in the midst of treachery, war and passionate intrigue allows for a great heroic quest to unfold.

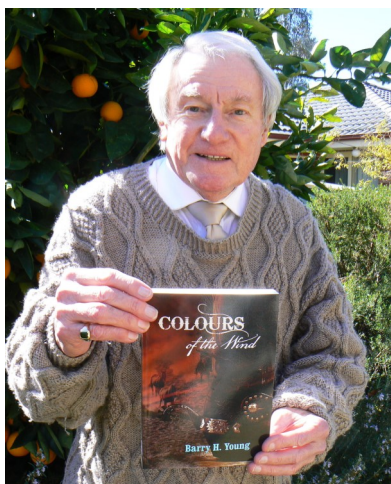
Barry is a very busy senior. In the midst of writing, he is actively involved in the Write around the Murray Festival which this September sees its 10th year of celebrating reading, writing and illustrating. This five-day festival now attracts 5000 participants with 60 events. Barry is very proud of his involvement from its inception and has enjoyed seeing it flourish and become the great success that it is.

Barry is also the founder of the "River of Stories" short story and poetry competition for local secondary schools which is now in its 13th year.

"The English teachers just love the opportunity that this competition brings to the students," said Barry. "This year I have had to read 750 stories which is a phenomenal amount."

The contest parameters require each short story to not exceed 1500 words. The winners will be announced at the Albury Library Museum on Saturday 15th October at 12 noon.

"The prizes have become quite significant," explained Barry, "The winner of each section receives a cash prize of \$200 plus \$500 towards their school library."



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What groups are at the Thurgoona Community Centre (TCC) in 2016?

Pilates

Improve your strength, flexibility and general fitness with a qualified physiotherapist. All levels of experience welcome. In NSW School terms

Monday Tuesday and Thursday

6 – 6.45pm **Sundays** 4.30—5.15pm

Private health fund rebates available.

\$15 per casual class or \$120 for 10 week term. (45 minute lessons)

For further enquiries please contact

Mikaeli 0408 229 751

Red Rubies.... Craft or Not.

Our group is held at the Centre every second **Wednesday** from 10am to 1pm. We would like to invite you along whether you want to do some craft or just have a chat. Feel free to drop in any time. Each person brings their own materials, some morning tea to share and the cost is \$3 **P: 6043 1588**

Yoga Classes

Yoga encourages fitness and wellbeing for people of all ages and walks of life and caters for individual needs.

Join Janet and others in the hall for gentle stretching, breathing and relaxation.

Build on strength, health and happiness.

Time: 6.30pm to 8:00pm **Monday**

Cost: \$10 per lesson **P: Janet 60432987**

Playgroups:

Little Kidlets: Mondays 10—12noon

Contact centre on **6043 1588**

Munchkins

Tuesday 9.00 to 11.30am

Contact Kerry Bond on M: **0429 432 482**

Thurgoona Community Centre- Playgroup

Thursdays at 9.30—11.30am

Contact **6043 1588**



Integrity Therapy An Occupational Therapy Service has opened in Albury, by appointment at the Thurgoona Community Centre or remotely. We offer Paediatric, DVA, Medicare and many other services. Contact Fleur Webster on **0417 997 702** or fleur@integritytherapy.com.au or visit our website www.integritytherapy.com.au

Free Tax Help is back in 2016 at the TCC ring 6043 1588.

TCC Social Club Events

The Social Events Team is a group of interested people who wish to get together and plan outings for the year, visit local attractions and learn more about the district's history. All are welcome to join in with planning or attending.

Ring the centre for more information.

Ring 6043 1588 Annual fee: \$5

If you would like your name included on our contact list, please join the group for \$5 at the TCC office or ring 6043 1588 See page 11 for more details

Albury Complementary Learning And Support

Private tuition sessions for High School students in English and Drama

Mondays

Phone Stacey on 0422 584 095

Starlings Dance Connection

Monday

6-9 years jazz @ 4:00-5:00

10-14 years jazz @ 5:00-6:00

Wednesday

4&5 years fairy ballet @ 1:15-1:45

4&5 years hipity hop @ 1:45-2:15

2&3 years mini movers @ 2:15-2:45

8-14 years contemporary @ 4:00-5:00

7-14 years Song/Dance @ 5.00-6.00

(includes lots of drama games and exercises)

Saturday

2&3 years mini movers @ 9:00-9:30

4-6 years hipity hop @ 9:30-10:00

4-6 years fairy ballet @ 10:00-10:30

7-9 years ballet @ 10:13-11:30

10-14 years ballet 11:30-12:30

starlingsdance@live.com.au

Ring Allira on **0401 669 005**



Financial Counselling

Free and confidential at the TCC
We offer to:

- +Assist you in assessing your current financial situation.
 - + Provide you with options and their implications.
 - +Negotiate on your behalf with your creditors.
 - +Provide ongoing support and refer you to other welfare services.
 - +Assist with insolvency options.
 - +Advocate for you and your legal right to get relief from debt.
- Ring 6041 4227 or
Sue on 0427 792 735

Twin City Stomp Line Dancing

Wednesday: various classes 10am-1pm

1st Sunday of month 1.00 to 5.00pm

Tuesday 7—9pm Cost: \$10 per lesson

Contact **Bev Vinge** 0407 947 353

Digital Photography Club

If you are interested in digital photography, how to use photo shop, cut, paste, edit, and generally do the "digital photography thing" then please phone **6043 1588** to book.

Thursday 6.00 to 8pm. Cost: \$2

Seniors Computer Kiosk

Beginners Computer class

This is a fantastic program, focusing on increasing the skills of older people using the computer and the internet.

Beginners are VERY welcome! Some individual classes available.

Wed 1 to 3pm Advanced

and 3 to 5pm Beginners

cost: \$2 Bookings **6043 1588**

Individual tutoring also available upon request.

Buds Art Group—Thurgoona

For all those who would like to express themselves in a new and creative way.

Mondays 10am—3pm in the hall. For more information please contact:

Dawn: 6043 1006

The Other Theatre Company

A passionate group of people who wish to encourage, develop and provide opportunities for the community to gain experience in amateur theatre.

For more information ring: 0407 942 106.

Film and Friendship

Looking for a break? Then come along to some very pleasant DVD entertainment and excellent socialising.

Join us every **second and fourth**

Thursday of the month at TCC: 1- 3pm

Cost: \$3 per session and bring some afternoon tea to share. **P: 6043 1588**

Stumpwork Embroidery

Stumpwork Embroidery is raised, 3D beautiful embroidery first practised in the 1600s. Come and learn a new, exciting skill. No experience required.

Wed. 10:00am—4:00pm

8 weeks course Enquiries: 6043 1588

Cost: \$5 per day and \$3 per half day

Term 4: 12 Oct—30 November

English Conversation—practice English with an experienced tutor. Phone 6043 1588 for more details

Community Singing

Love to sing?
Come along and join us!

We will have weekly sessions that generally follow the NSW school terms

Spring-Summer: October 12- December 8th
\$4.00 per session or \$15.00 per month.

Libby Clark: singing coach
0411 864 199

Susan Armstrong: facilitator
P: 0438 53115



Thurgoona Community Centre Coffee Shop: Tuesdays & Thursdays

10 am -12

Cost: \$4 cuppa and treat. It's friendly, open to everyone in the community and is staffed by volunteers. A great place to meet people, relax and keep in touch.



TCC Garden Group

A beautiful garden has been established at the TCC. Volunteers are needed to maintain the garden and share its produce with others. Contact the centre on 6043 1588

Tai Chi With Kaye Deanshaw.

This is a Murrumbidgee Local Health District initiative.

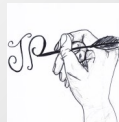
Thursdays 9—10 am

P: 6043 1588 Cost \$25 for 10 week term: Thurgoona Community Centre Hall

NEED a JP (NSW)?

TCC is developing a local JP register.

For contact and to arrange a face to face service, ring the centre on 6043 1588. In the future, we are considering providing appointments in the centre itself. + JPs interested in participating in this program please phone or text Peter on 0427 508 888



What's new at TCC

Young at Heart

with Heather Cahill

Women's Low Impact strength circuit:

Tuesdays 9.30—10.15am \$5

Men's low Impact Strength Circuit:

Tuesday 10.30am—11.15am \$5

Women's Low Impact Cardio/Strength

Thursdays: 11.30—12.15pm \$5

Mixed Boxing for Fitness :

Tues 7—7.30pm \$5

Wed 6.15—7.15am \$10

Thurs 12.30—1pm \$5

Enquiries ring **0419 312 593**

Australia Seigokan Karate-Do Federation Self Defence

Member of: Seigokan all Japan Karate-Do Gojuryu Assoc.

DOJO AT TCC

CONTACT:

Anthony 0415 592 756

FB: Seigokan Academy Australia. **Thursdays** 5.30 and some Tuesdays 5.30pm



\$5 per class and annual fee of \$20

For people 8 years and over

Life Spark Wellness With Jo Parker

Small group Personal Training sessions at the TCC on **Mondays and Fridays** from 6:15—7:15am.

1:1 lifestyle, food and wellness coaching on **Thursday** evenings

Jo is also looking to start two 'express' 30-minute fitness classes, commencing in April. For more information please visit her website www.lifesparkwellness.com.au or call Jo on 0477 505 531.

TCC Book chat/club

1st **Tuesday** of the Month

1.30—2.30pm \$2 per session.

Book chats are informal and relaxed. Discuss books you have read or are presently reading. Ring 6043 1588

Chill zone

A fun and energetic program for young teens and preteens at the TCC.

Coordinated by the TCC Youth Guidance Team.

Tuesdays 4.00—5.30pm

School buses drop off at the centre

Phone 6043 1588

No weekly cost—food included. One excursion each term has some costs

Thank you to the Grapevine Team

Feature articles:

Barry Young

Dr Arthur Frauenfelder

Darryl Starr

Photography:

Front Page:

Tamara Binder

Proofreading:

Debra Hargreave

Geoffrey Moran

Advertising:

Peter Hamilton

Editor:

Sherylyne Moran

Delivery Coordinator

Sue Caldwell

Delivery:

Hugh Hargreave

Sue and Jim Caldwell

Katherine Flood

Julie Fair

Elizabeth Burge

Mervyn Brent

Barbara and Wayne

Manley

Anne Simmonds

Sylvia MacKenzie

Julie and Rebecca

Sefton

Mikaeli Weddall

Del Crawley

Anne Dubojski

Peter Hamilton

Val Martin

Bridget O'Connor

Chester Merrick

Dianna Elliott

Maggie Elliott

Blake Elliott

Russell Grace

Petra Grace

Jean and Bernard

Townson

Chris and Viv Rane

Janice and Lindsay Poy

Allira Cordier

Russell Douthat

Jim Mansell

Dianne Martin

Ron Martin

Billie Perry

Good News: Free Help with Kids

Child and Family Health Nurse

Kate Jelbart and Toni Schleibs are the nurses available by appointment on **Monday Wednesday** and **Thursday** at the TCC Ring **6043 1038** to book your appointment or for any concerns.

Tucker Teeth Toys

Relaxed information session aimed for first time parents covering introduction of solids and caring for little teeth

Tuesdays 1.30 - 3.30 pm:

11 October and 6th December.

Come along to chat to the Dietitian about first foods and the Dental Therapist about teeth.

No cost. For more information ring Gabby, Kirsty or Debbie on **6058 1800**

Post Natal Support Group

Mondays for 6 weeks at the

Thurgoona Community Centre

10.30—12noon. The focus is for first-time parents. Find out about parenting, feeding, looking after yourself, routines, changes to the family, safety, health and keeping well.

A Child and Family Health Nurse will be the convenor. To book phone 6025 4822 or 6043 1038 or speak with your local Child and Family Health Nurse.

A great chance to meet others and have a chat. You and your baby are welcome to attend. Dads are most welcome too.

Giving is receiving with Murray Grey Veteran Golfer Lorraine Prior

Darryl Starr

WHEN Lorraine Prior's husband Brian passed away five years ago, it was her beloved Thurgoona Murray Grey Veteran Golfers club in which she sought solace.

"I would come to the club feeling sad and lonely, but within minutes I was laughing and feeling good about myself thanks to these wonderful people," Mrs Prior said.

A year later it was Lorraine who was doing the comforting and giving support to club members in their hour of need.

Lorraine is not only a committee member, but the club's welfare officer and now imparts her own take on compassion.

She is very involved with her work for the club, not only visiting club members who are in hospital, but going those extra yards to make sure everyone is cared for.

"I not only visit or phone members or their partners who are in hospital, but also arrange a get well card which is of our own design.

"When a member does pass on, I make contact with the family, organise a bereavement card which is signed by club members, attend the funeral service and organise members to form a guard of honour. There is always something going on to keep me occupied," Mrs Prior said.

"When the club was formed 30 years ago it had 20 members. Today there are over 100. It is a very sociable club.

"Both Brian and I had a great concern for others, and now that I am the club welfare officer, I am able to be more actively involved in not only comforting club members in their hour of need, but I also make certain I introduce myself to new club members and organise one of our yellow and white club shirts for them".

During her spare time, Lorraine house sits, something she and Brian had done since 1997.

"We would house sit all around Australia, but these days I confine myself to Albury-Wodonga."

The Thurgoona Murray Grey Veteran Golfers, as the name suggests, is based at the Thurgoona Country Club Resort and welcomes new members.

"It is a socially active club," Lorraine said.

"We have donated money for a defibrillator at the Thurgoona Community Centre, and we have organised golf days and helped at open days at Kensington Gardens.

"The club competes in a tri-series against Jubilee (Wangaratta), Bandiana and Gundagai, as well as compete in Group 32 against Albury and Wodonga."

The club's major tournament of the year will be held on November 21 and 22.

Due to the increasing numbers of players, last year's event was changed to include two 18-hole rounds on the Monday, followed by another 18-hole round the following day followed by a luncheon and presentation.

Sponsors or their representatives also played on the Monday, followed by lunch and presentations.

Club spokesperson, Mr Peter Hamilton, said last year's event was the first time in 25 years that an extra 18-holes had to be added to the tournament to accommodate the growing number of players.



Lorraine Prior a proud supporter. Pic: Tamara Binder

Thurgoona Murray Grey Veteran Golfers



25th Annual



Mon. 21st and Tues. 22nd November

Monday Round 1:

7.30am Shot-gun start 18 holes stableford
12.30pm Shot-gun start 18 holes stableford
(Light refreshments between events)

Tuesday Round 2:

8.00 Shot-gun start 18 holes stableford
(Followed by presentation lunch)



Thurgoona Murray Grey Veteran Golfers

Proud sponsors of junior golf

Entry forms available from the Pro Shop or Thurgoona Murray Grey Veterans Golfers

Thurgoona Country Club Resort Motel

Accommodation Package
One nights accommodation including
breakfast and main meal in Bistro
\$72 p.p. Twin Share
Ph: 02 6043 1411



Prizes awarded for the following

Tournament winners 36 hole Men & Women
Men & Women 36 hole all grades and divisions
Women 18 hole: 1st, 2nd & 3rd: 1st & 2nd divisions
Age group 75 and over 36 hole 1st & 18th hole
1st N.T.P on all par 3's Men & Women

Venue: THURGOONA COUNTRY CLUB RESORT P: 02 6043 1902

Thurgoona Public School

Farewell to a great lady

Well the time has finally come – my last newsletter and last term at Thurgoona Public. It has been a pleasure to have been associated with Thurgoona Public over the past 25 years. I originally taught at the old school site – which is now the home of Thurgoona Bulldogs netball and football. During my time at Thurgoona I have been a classroom teacher, parent, Assistant Principal and Principal and have been extremely proud to be associated with the school. We are very lucky to have such wonderful students and an incredibly supportive community.

I sincerely thank parents, students and staff for your support over the years and best wishes for my retirement. A new life for me is evolving and I look forward to what the world has to offer; as I have said to some students – time for me to jump into a different learning pit and see what new skills I can learn. Thank you!

Joan Courtney



Joan Courtney

participated in activities to mark this milestone of their first year at school.

Students and teachers wore their Beanies in support of Brain Cancer Awareness Day and raised \$383.00. A tremendous effort!

Thurgoona Public School actively invites parents and community members to volunteer at the school. Are you interested in listening to children read or working in an interest group such as gardening, knitting and creative arts? Please contact the school if you would like to become a volunteer.

I feel very privileged to be appointed as Relieving Principal of Thurgoona Public School and thank the staff, parents and school community for making me feel so welcome.

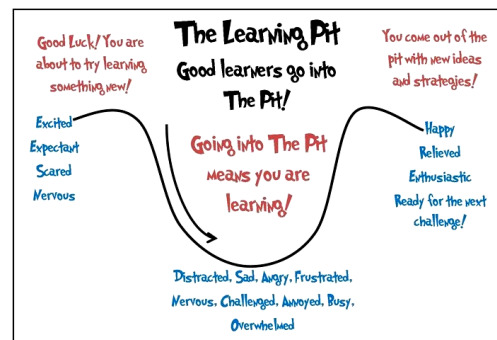
Theresa Kane

Thurgoona Public School

HOW2LEARN at Thurgoona Public School

Now we have met the HOW2Learn superheroes it is time to think about some things you could discuss with your children at school and we are talking about these things everyday. Ask your children about 'The Learning Pit'. How did they feel when they are in it? Did they come out of it or are they still climbing? How did they get out? What strategies worked?

Currently the staff is involved in preparation of material for an External Validation of our school. Each year schools will undertake a self-assessment of practice and development utilising the School Excellence Framework, to identify areas of strength and areas for improvement. This forms part of the annual school report. Over a five-year cycle, each school will have their self-assessments validated against the School Excellence Framework by a panel made up of a Principal, School Leadership officer and a colleague principal. Schools will submit a self-assessment report providing supporting evidence and involving discussion with the panel. The product will be a report to the school to provide feedback on the validation process. Thurgoona Public School has been selected to participate in the first round of validations. Our Validation date is 1 September. Staff are collecting evidence and working on organising their presentation for the panel, to support where we sit on each of the fourteen



elements of the Excellence Framework. Each element is graded as Developing, Sustaining and Growing or Excelling.



CHESS TOURNAMENT

Thurgoona PS versus Lavington East PS

School News

NAIDOC Day celebrations allowed students to increase their knowledge of Aboriginal culture through dance, stories, art and sport.

A parent information evening, allowing parents to understand how writing is implemented across the school was very successful. Parents rotated through various groups each addressing a different element of writing and how it is implemented across the school K-6.

Students have been involved in numerous additional activities including Lions Club Public Speaking, National Tree Day and the Premiers Debating Challenge. Education Week was celebrated with families enjoying a cooked breakfast prior to visiting the open classrooms. Students are proud of the school displays at Lavington Square.

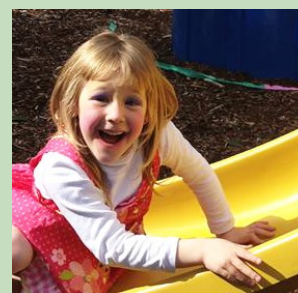
Kindergarten students have celebrated 100 days of learning at school. They

Raising money with beanies on Brain Cancer Awareness Day



Having a special occasion and need a venue that's close and affordable?

At the Thurgoona Community Centre we have different spaces and facilities available for a variety of events.
phone: 6043 1588



Osteopath

John Swinton
Tynan Road, Table Top



Experienced

(over 20 years in manual therapy)

Health Funds Registered
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TCC Book/Chat Club - meaningful connections

Sherylyne Moran

Being creative and innovative is highly prized at the TCC. So, when Thurgoona resident Jean Townson proposed a Book Club, we jumped at the idea. Jean being such a lovely person herself meant that the group would be off to a great start. Now in its 5th month, the group has grown and new friendships are being developed.

The idea of the group is to come together and have a chat about what each member has been reading. It's a great opportunity to hear about other people's interests as well as share what has captured the imagination or stirred the emotions.

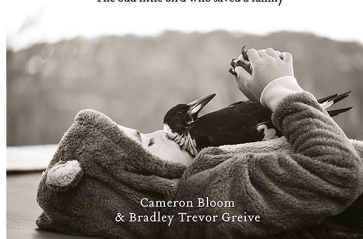
"The ladies are absolutely beautiful. Do come—you won't regret it." Elaine Wolter.

One of the newest members is Elaine Wolter. This is what she had to say about the group:

"It's a wonderful group. We listen, ask questions, and we laugh. Sometimes we get side-tracked and talk about what the book reminds us of. Anyone who came along would enjoy it," she said.

Penguin Bloom

The odd little bird who saved a family



Cameron Bloom
& Bradley Trevor Greive

Book Review by Elaine Wolter: Penguin Bloom—The odd little bird who saved a family

This is a really uplifting story by a couple, the wife Sarah is a nurse and the husband is the photographer. The story revolves around how a holiday tragedy left the mother of three boys a paraplegic. A little baby magpie was adopted by the family and developed a special relationship with Sarah. It was through this bond that she was able to move from total despair to a hopeful determination that saw her become a Paralympian.

It's a "can't put down" type story with beautiful photographs throughout.

TCC Book chat/club 1st

Tuesday of the Month

1.30—2.30pm \$2 per session.

Ring for more info: 6043 1588

Men's Expo

The Thurgoona Men's shed is holding a combined Men's Shed Expo on **October 15th** at the Albury Showgrounds from 9am till 3pm to promote Men's Sheds, and men's health and wellbeing in the district.

There will be items that the blokes have produced in the sheds on show and for sale, a BBQ will be held on site and the entry fee is a gold coin donation. All welcome to come along and learn what happens in a Men's shed.

For More
information please
contact Bruce Dyce
on Mobile

0428 432 413



The Book/Chat Club: Sylvia Mackenzie, Anne Simmonds, Jean Townson, Sue Caldwell, Diane Martin and Elaine Wolter Pic: Sherylyne Moran

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Contact Priscilla Vos

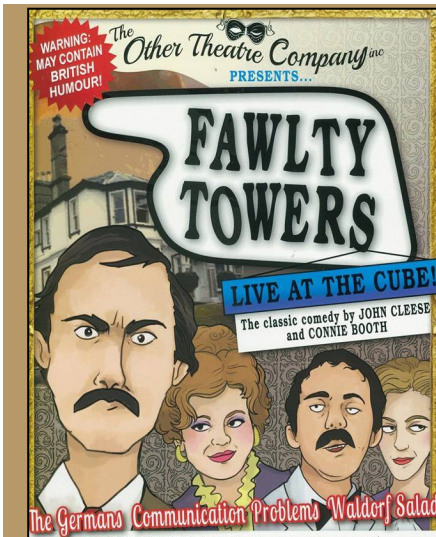
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The Cube Wodonga

October 6,7,8 and
13,14,15

7.30pm

Adults \$31.50

Concession \$26.50

Student/child \$18.50

Group of 8+ \$26.50



Play written by John Cleese and
Connie Booth

Local audiences are in for a treat this October when **The Other Theatre Company** brings the legendary British Comedy *Fawlty Towers* to The Cube, Wodonga.

First presented on British TV in 1975, with a second series appearing in 1979, written by former Monty Python's Flying Circus performers John Cleese with Connie Booth, the show has remained one of the most popular English TV comedy series of all time.

Witness the antics of the "ageing, brilliantine stick-insect," possibly the World's worst Hotel owner, Basil Fawlty, as he rails against the inconvenience of paying guests, competent staff, the language barrier and Sybil, in three of the best episodes from this Classic TV series.

Diplomacy is Basil's middle name as he strives to meet his self-imposed directive, "don't mention the war," in *The Germans*.

How will Basil ever cope with a deaf guest who refuses to turn on her hearing aid in *Communication Problems*?

And discover Basil's culinary skills (if he can ever track down the elusive Waldorf) and watch helplessly as he clashes with a formidable American in *Waldorf Salad*.

Add to the mix Sybil – Basil's "overbearing" wife; Polly the conscientious University-student housemaid; and Manuel, a waiter whose grasp on the English language would be smoother if he simply

grabbed a live tiger by the tail; and you have all the necessary ingredients for a hilarious evening's entertainment!

Director Alex Gibbs says, "Basil Fawlty is one of the great comic characters of all time. Imagine the owner/manager of a seaside Hotel who loathes the job, the guests and his staff."

"Then the sheer genius of pairing him with an eager to please waiter with just enough knowledge of English to get himself into a lot of trouble, and you have the basis for one of the funniest shows ever to grace the small screen."

"And then the cast is brilliantly balanced with the cool common sense of Polly and the gentler sarcasm of Basil's long suffering wife Sybil."

"Only twelve episodes of Fawlty Towers were ever made and so the audience will get to see a quarter of all the shows in one evening."

"The three episodes have been carefully chosen to feature many of the Fawlty Towers favorite guest characters and give a good flavor of the breadth of the comedy showcased by both series."

Producer Miguel de Oliveira says, "For me this has been a project 10 years in the making. I have always wanted to bring Fawlty Towers to the stage in Albury Wodonga and it is exciting to be able to turn that dream into reality."

"Many of the scenes and even the lines from the show have become absolute classics which should be familiar to many in the audience."

The Other Theatre Company is a not for profit local amateur theatre company, offering opportunities to local performers and technicians of all ages to develop their skills. The Company can be contacted on <http://theothertheatrecompany.com.au/>, theothertheatrecompany@gmail.com or

<https://www.facebook.com/theothertheatrecompany.alburywodonga/>

Community Groups Directory

Woolshed Thurgoona Landcare

For upcoming events visit our website: www.wtlandcare.org or like us on our Facebook page.

To join our members list email enquiries@wtlandcare.org or contact Catherine Allan on 02 60 519781

Thuggers A running community for Thurgoona Joggers. Come to our weekly running group that caters for all interests and abilities. Weekly runs are held every Tuesday 6pm (daylight) and Friday at 6am. Meet at Thurgoona Community Centre carpark. Find us on Facebook or on our webpage

Thurgoona Mens Shed

Where: Cnr Elizabeth Mitchell Drive and Corry's Rd Thurgoona

When: Tues, Thurs and Sat

Times: 8.30 am to lunch (on the Web)

Contact: Bruce Dyce 0428 432 413

Alb-Wod Stroke Recovery Club

Where: Thurgoona Country Club Resort

When: Last Thursday of the month

Times: 10.30am

Contact: 1300 650 594 or

(02) 9807 6422

Thurgoona Community Action Group

For people who are concerned about their neighbourhood.

Meets: *second Tuesday of every month* at the *Thurgoona Community Centre* from 5.30 pm to 7pm.

E: thurgoonaCAG@gmail.com

Thurgoona Toastmaster's Club

Meets 2nd and 4th Wednesdays of each month at Thurgoona Country Club Resort 7pm – 9pm.

Contact Glenys 6043 3119

Thurgoona VIEW Friendship Club

Voice, Interest, and Education of Women on *second Wed. of each month*, Boomerang Hotel, Lavington.

7pm **Contact:** Margaret 6062 3512

Anne 6043 1968

Thurgoona District Lion's Club

We meet on the 1st and 3rd Mondays of each month at the Thurgoona Country Club Resort P: 0438 463 732

E: thurgoonalions@gmail.com

Find us on the Web and Facebook

The Rotary Club of Bellbridge Lake Hume "Service above Self"

Where: Thurgoona Country Club Resort

When: Tuesdays, 7.00 pm

Contact: Cheryl 0418 696 796

E: ian.moffat1@gmail.com

P: 0412 890 742

Freewheeling Cycling in Australia Ray Tobin

Ray Tobin, a member of the TCC Photography group thought it was a good idea to bring a great bike of interest to a bike exhibition which ran at the Albury Library Museum earlier this year. Ray is also a member of many local organisations including the Toy and Model Collectors Albury Region (TAMCAR)

Ray writes: "At a meeting of the Toy and Model Collectors Albury Region (TAMCAR), Mark Trebley bought it to our attention that this was about to happen and asked for people interested to support the event."

Mark mentioned that he was going to take his shearer's bike (with accessories) and dress in appropriate clothing. I said that I would try to borrow the Hobby Horse "Walking Bike" from the late Leigh Mason's collection. I then tried to find some period style clothing and top hat and off we went.

Mark and a group of cyclists left Hovell Tree park and met me at QEII where we

proceeded to the Library. Here we joined with other bike enthusiasts, including Mark Ridell with his vertical stack bikes and the "Bicycle Baker". We were greeted by Library staff Caryn Giblin and Chris Amor and Deputy Mayor David Thurley. After lots of Chatter and inspection of all the bikes outside we enjoyed a nice morning tea and then went for a guided tour of the display inside.

Caryn guided us through and explained the collection which included bikes from many years ago to the present and from bikes we had as kids through to racing bikes and delivery bikes. The bikes included those of Cadel Evans and Hubert "Oppy" Opperman.

After the tour Caryn asked if I would be prepared to talk to a group about Penny Farthings. I suggested that Peter Whitbourne had more experience and knowledge about these bikes but I could bring a bike along and support him. A couple of weeks later Peter talked extensively about

Penny Farthings and Evandale racing. I talked about the Hobby horse. Tony McLeod-Nibb spoke about "Oppy" and Mark Corrigan and Jacqui Wood spoke about Cadel Evans and the "Tour de France".

This was a well organised display and the Library staff

did an excellent job of explaining the information and enthusing people to be involved. Well done."

P.S. The "Walking bike" has been reinvented for the 21st century. It's now promoted for toddlers / learners - it's called a "Balance bike"



Ray Tobin with a Walking Bike Photo: Sherylyne Moran

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History of Thurgoona—Travel

By Barry H Young O A M

By Coach Travel- It is not known when coach travel through Thurgoona began. But it is known that in 1857 a contract was awarded to Garry and Shehan to drive a mail coach between Albury and Yass. Various contractors operated coaches after this.

In the 1870's Cobb and Co and Crawford and Co for travel between Albury and Holbrook. There was much competition between contractors to cut travelling time. After the railway was completed in 1880, Cobb and Co ran coaches between Albury, Holbrook and Tumbarumba.

The journey to Holbrook was made every day except Sunday and to Tumbarumba four times a week. In 1890 a firm "Albury and Germanton Royal Mail coaches" took over most of the routes. The fare between Bowna and Albury was three shillings and from Thurgoona to Albury one shilling and sixpence. A common site was the Police coach which escorted law breakers to and from Albury.

By Rail Travel—Much of the travel that formerly ran through Thurgoona lessened due to the construction of a railway between Albury and Wagga Wagga in 1880. In particular the road linking the mail coach service to Yass. However the mail coach between Albury and Holbrook continued to run for some 4 years.

The railway line split many properties in the Ettamogah and Thurgoona areas. Among those were the Ettamogah Vineyards and several portions near to where the railway now crosses Thurgoona Road.

The construction of the railway line was a laborious task with much of the labour being done by pick, shovel and wheel barrow. The Railway camps along the route of the line housed more than a hundred workmen at times.

The first railway station was built at Ettamogah .

The station became very important in the transport of vineyard produce from Ettamogah to Sydney. In fact a special siding was built for wine trucks.

In the early 80's the fare between Albury and Ettamogah was (single fare, second class) eightpence.

Trains were stopped by passengers waving a wooden stick or flag provided on the tiny Ettamogah platform which had a small shelter.

The railway authorities employed a keeper to open and shut the gates near his station.



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Vern White

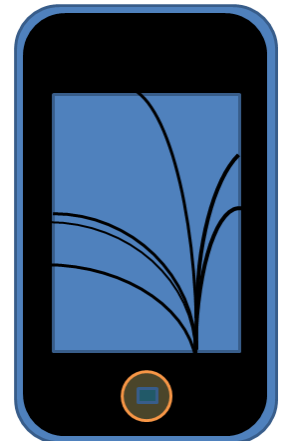
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National Tree Day community planting at Ernest Grant Park

Over 50 residents participated in the National Tree Day community tree planting event held at Ernest Grant Park, Thurgoona on Sunday 31st July. This was a great community effort where 600 + native trees and shrubs were planted. This built on the great work that students from Thurgoona Public School had done at the same site on the Friday prior (for National Schools Tree Planting Day) where students planted an additional 200+ plants. As these plants grow they will provide valuable habitat for local squirrel gliders and woodland birds. Thanks to all those who came along and contributed. It was fantastic to see how much we could achieve in a short time frame, definitely a case of "many hands make light work". Also a big thanks to Albury City for preparing the site, providing plants and a BBQ to enjoy at the end, we look forward to partnering again for future National Tree Day events.

Corry's Woodland Reserve enhanced by Trinity students helping hand

Throughout terms 2 and 3, year 9 Trinity College students have been busy in Corry's Woodland Reserve, planting native grasses and shrubs to enhance the biodiversity. As a result of the students work 500+ under story plants have been added to the woodland and maintenance work such as

The Thurgoona Grapevine Spring 2016

mulching has been completed. Whilst working in the reserve students have had the opportunity to learn from guest speakers such as Natasha Lappin from Murray Local Land Services, who spoke to the students about the value of native plants and seeds and other guest speakers from organisations such as Parklands Albury Wodonga and Albury Environmental Lands. Thanks to the students for all your efforts and big thanks to each of the guest speakers who came and shared their knowledge with the students.



Nathan Tickell working hard
Pic: Kylie Tickell

Mental Health First Aid

Thanks Rosemary Buckle for teaching volunteers from the TCC- wonderful.



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Centre Hall

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Saturday
12th November

10am—4pm

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For more details ring
Dawn on 6043 1006



Love a Pet

By Dr Arthur Frauenfelder

General rules for care of the senior pet.

A simple checklist helps prioritise what needs to be done.

- * Firstly make sure that Fred is not suffering a lot. A routine old dog, cat or horse check by your local veterinarian is often well worth the effort so at least then you know if he needs any help.
- * A warm spot in the cold weather is obligatory. This can take the shape of a good tree for the horse, a thick soft bed (foam or several thicknesses of material for the cat or dog in the garage). Having an old cat or dog inside will be a real relief (the laundry with a good bed is fine).
- * Plenty of fresh water helps as the kidneys don't concentrate the urine as well and so more fluids are needed. A test for sugar in the urine is a good idea as well.
- * Regular but not too long walks help with the sluggish circulation and soften up the stiff joints. Also mentally our friend will improve.
- * Two smaller, good quality feeds will help with digestion and try to arrest the weight loss.

- * A puppy or kitten will quite often pep our older friend up as company and trying to keep up will boost an older animal's morale. Don't attempt this if your pet is reasonably active and possessive as this can create more problems than solutions. If you are worried about introducing a young pet (cats can be extremely "toey"), then getting a loan of a young kitten or puppy to test the waters is often a good idea.

The main consideration is that our pets deserve care and attention as they grow old in return for all the joy and love they have given us over the years. Yes the time will come when we have to say good-bye but in the meantime we can make their lives more comfortable.

Meet our mate Oliver:

This is Oliver's Bio by owner Tamara Binder:

Oliver is a 10 year old Cocker Spaniel who was born in Thurgoona. My sons and I actually witnessed his birth as our neighbours were Cocker Spaniel breeders. This allowed our family to bond with him from his first moments.



Oliver. Photo: Tamara Binder

Oliver loves going to the Hume Weir or the Murray River for his walks. He has spent some time in the snow at Dinner Plain but he loves cuddling up with his human folk on the couch best.

Send in your pet stories:

If you have a pet at home and would love to see their photo featured with Dr Frauenfelder's article, send your photo and story to us. This would be a great activity for the kids to do—be photographer and journalist. Send your info to: coordinator@thurgoonacommunitycentre.org.au



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