



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

Summer 2016/17



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



Helping “Country Hope” in a Car!

Darryl Starr

IT may not be the adventure of a lifetime, but it is an adventure into the unknown with a cause for local Tayla Slade and her aunty Christine Priest.

That cause is raising much needed funds for Country Hope, a local charity that provides family-centred support services to country children diagnosed with cancer and other life threatening illnesses.

The fundraising adventure Tayla and her aunt, Christine Priest, of Griffith, are undertaking is the Riverina Redneck Rally which starts at Darlington Point in March 2017 and finishes in Wagga Wagga. The Rally will raise vital funds and awareness for Country Hope.

"We have no idea where the route will take us", Tayla said.

"We will be given our directions on a daily basis, raising money along the way for a very worthy charity".

But before Tayla and Christine can start, they have to raise a minimum \$2500. "We will be holding a raffle and raising money with the help of volunteers from the TCC. Anyone who may be interested can follow our Facebook page 'TC Crew Riverina Rally', Tayla said.

25 year old Tayla is a recovery support worker for the Schizophrenia Fellowship of NSW and helps with the youth strategic plans at the Thurgoona Community Centre. Tayla and Christine will share the driving of a 1979 Ford Falcon XD station wagon, with



25 entrants. Registrations are still open.

"This is the first ever Riverina Redneck Rally so it is exciting to be involved", Tayla said.

The event will be held from March 18-22, but before then Tayla and Christine are seeking donations or sponsorship from local people and businesses.

To be included in this fundraiser there is a "My Cause" page: www.mycause.com.au/page/135293/TC-crew or go onto the Facebook page and follow the link. For anyone who does not have Facebook or any businesses wishing to sponsor or donate they can contact Tayla on 0434 115 413.

Major Raffle:

All money goes directly to Country Hope.

Drawn Valentines day 2017—\$2 per ticket

Make a donation through the mycause page to get entry into the raffle.

TC Crew Riverina Rally or purchase tickets at the TCC.

1st Prize

Great Aussie Holiday Park Accommodation package
2 nights accommodation for 2 adults and 2 children
\$100 fuel voucher
2 large family pizzas
1 bottle of wine

2nd Prize

Original Foxglove artwork

3rd prize

\$100 Bunnings voucher.

*Tayla Slade and her yellow car of hope
Pictured at the TCC
making preparations for
the big trip to come.
Picture: Tamara Binder*

At the Thurgoona Community Centre we have different spaces and facilities available for a variety of events for hire.

phone: 6043 1588

Community Partners

Darryl Starr

THE next phase in the expansion of facilities at the Thurgoona Community Centre can now begin thanks to a substantial grant courtesy of the Thurgoona Country Club Resort.

Money has been made available from the resort's community grant scheme which will go towards the construction of barbecue facilities at the centre and improving the park/playground area.

Thurgoona Country Club Resort manager Mr Adam Fitzgerald said the club was heavily involved in helping out the Centre and hoped the relationship would continue well into the future.

"We are only a small club but we put money back into the community via these grants and when good ideas are put forward, we are only too glad to help out", Mr Fitzgerald said.

"We have struck up a strong relationship with the Community Centre. Our last grant went towards the purchase of a defibrillator".

A double electric barbecue will be constructed under a separate shelter

with seating yet to be built.

Other improvements planned for the recreational area include the installation of a basketball ring, play equipment, plus more landscaping at the TCC.

Resort Manager Adam Fitzgerald presents the Clubsgant cheque to TCC Vice Chairperson Peter Hamilton.

Photo: James Caldwell



Thurgoona golfers helping local mums

Sherylyne Moran

A big grateful thanks to the Murray Grey Veteran Golfers for their donation to our little ones in Thurgoona. Their cheque for \$498 will be spent on a much needed mountable change table.

The wonderful Child and Family Health services at the Thurgoona Community Centre are provided by Albury Community Health. They supply the suburb with trained nurses who provide appointments and support for young families.



Happy Birthday Kate at the TCC
Left to right: Toni Schliebs, Kerry Gosstray (TCC Staff) and Kate Jelbart.
Photo: Sherylyne Moran



This year while our long-term nurse Elizabeth Burge has been on long service leave, we have had the enthusiastic partnership of Kate Jelbart and Toni Schliebs. Their hours of work at the Centre have had to be increased to keep up with all the new bubs being born in the area. Elizabeth will be returning in November to a very busy schedule ahead.

"Normally in a two month period we see between 10 and 12 new babies", said Toni. "However, this has jumped to 19 babies. It's obviously a reflection of the phenomenal growth in the suburb with predominantly young families", she said.

The other fabulous service that these nurses provide is home visits to families when their new babies are brought home. It's a wonderful opportunity for parents to ask questions and be reassured about their baby's progress.

"We've seen a pleasing trend that at these visits there are often more than just the mums present for the

Murray Grey Veteran Golfing President Graham Harris handing their support cheque to TCC Vice Chair Peter Hamilton and TCC Committee member John Greenfield (all keen golfers!).

Photo: James Caldwell (yes a golfer too!)

consultation. This is very helpful for all involved to be engaged in the wellbeing of the new baby", said Kate

At the Centre we also have other services for new parents. There is a six weeks educational programme held each Monday for new parents. This is supplemented by a workshop called "Tucker, Teeth, and Toys" which is presented by nutrition and dental professionals.

For more information about these services you can ring the Child and Family Health nurses on 6043 1038. If when you ring they are in an appointment, you can leave a message and they will get back to you.

Read Graham's story on page 8

A Swingin Little Christmas

Carols on the Course



Thurgoona Country Club Resort

Friday 16th December

Hosted by John Walker

Come and join us from 6.30pm for family fun and entertainment

This is a free community event.



THURGOONA COUNTRY CLUB 1 Evesham Place Thurgoona

For more details see club staff or call us on 60431411



THURGOONA COUNTRY CLUB RESORT MONSTER CHRISTMAS TOY RAFFLE



OVER 60 DRAWS

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DECEMBER

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Ready for some Me Time?

International Women's Day is five months away so why talk about it now?

Indeed, it's a significant day celebrating the social, economic, cultural and political achievements of women. Held on March the 8th, it's also a call to action for accelerating gender parity.

Yet how many of us actually pause to reflect on our own achievements amid the daily chaos of juggling family, work, social, sport....(the list goes on)...and other commitments?

Perhaps it's time to stop, take a deep breath, and realise just how awesome you are as a mum, wife, daughter, sister, grandmother, aunty, friend, colleague.... now, and frequently. Not in five months time.

Now, while you're at it, how about treating yourself to a little self-love? When did you last take some "me" time, doing something for yourself?

If you can't remember, then you're strongly encouraged to attend a *Body Love and Style Workshop*. Yep you guessed it, aptly held on International Women's Day.

Research shows we're not the best at acknowledging our fabulousness. Studies consistently show men have a higher self-esteem and confidence. There are similar findings when it comes to body image.

Bear with me as I share a few more stats to prove my point- we need to be kinder to ourselves.

More than 90 per cent of women resent their bodies while 45 per cent in the healthy weight range think they're overweight.

These are recent figures from the Body Image Movement. They're just as concerning regarding our children;

25 per cent of young people have serious body image concerns,

70 per cent of girls are dissatisfied by their own body, and 50 per cent of five to 12-year-old children want to lose weight.

Convinced yet?

As a Body Image Movement Global Ambassador, it is my job to promote a positive body image in the region. Starting with some self-love and appreciation. As an image consultant, I help women, and men, embrace their bodies, as they are, with styling tips.

There's no denying that when we look good, we feel good. And more confident. The bonus is that when *we* feel good, generally so do those around us.

So are you ready for some "me" time? If so, come along to the *Body Love and Style Workshop* at the Thurgoona Community Centre on 8 March 2017.

Oh, and a heads up. This workshop will be interactive and will require a little advance but fun homework (so please supply your email when booking). An open mind and willingness to embrace yourself is mandatory!

Can't wait to see you there! xx

About Nicky

Frustrated with living someone else's dreams and ambitions, Nicky returned home from a parliament sitting in Canberra and broke news to hubby that she wanted to live her own dream....in business.

She swapped her suits for farm clothes and while helping hubby muster sheep and sow the wheat crop, Nicky reflected on what it was that she really wanted to do.

Having endured some pretty hard times during drought, a career change, itself, was a walk in the park.

While enjoying life as a farmer, Nicky grabbed any opportunity to dress up, wear lipply and swap her boots for heels. What she realised was, when she looked good, she felt good. And confident.

It was the same confidence that helped her, as a journalist and government adviser, work under pressure and communicate with people from all walks of life - from the Prime Minister's Office to angry criminals as a police and court reporter.

She realised image consulting was the path she would take, determined to help others feel confident, to reach their potential. That included those who've struggled in life so she launched a not-for-profit 'I Am Fabulous' programme helping people experiencing hardship. Nicky is looking to partner with other businesses and community services to expand the programme.

As well, she is a proud Ambassador of the Body Image Movement founded by Adelaide mum, Taryn Brumfitt, and woman behind the highly acclaimed 'Embrace' documentary into the disturbing rate of body image issues.

Nicky studied and trained to become an Image Consultant and Stylist and is a member of the Association of Image Consultants International.

Services include a detailed colour analysis and style analysis, wardrobe edit, personal shopping, travel packing and plans to introduce a communications and etiquette programme. Read more about Nicky and What's My Style at www.whatsmystyle.com.au

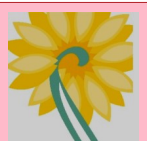


Body Image Movement Global Ambassador Nicky McMillan from 'What's My Style.' Photo: Sue Davis



Need a job?

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



For more information contact Recovery Support Worker Tayla on **0435 644 025**

Personal Helpers and Mentors Programme (PHaMs) Supporting TCC Youth Programs

A Big Surprise— OAM



Allen receives OAM Medal

Sheryl Moran

Allen Hampton was not aware that his great service to the Thurgoona community was to be recognised this year through his nomination for the Medal of Order of Australia (OAM).

"I think it is a remarkable honour and one that I had not imagined", said Allen, "I had no inkling of anything for some time after we had reluctantly moved to Melbourne".

Allen and his wife Rachael lived in Thurgoona for ten years until 2014 when health

restrictions meant they had to move closer to family in Melbourne.

When in Thurgoona, Allen had great concerns at the time, that the local governing body was not hearing the public voice on community issues. He helped initiate the formation of the first Thurgoona Progress Association (TPA) to form a body of concern. His passion for the area also moved him to attend every open Albury City Council meeting for about four years where he would take notes, record how councillors voted and then post on his blog site for public access.

"I always recall the willingness of so many to do 'stuff' to benefit the community, now and into the future. We are surely stronger when our efforts are joined in some way", he wrote recently. "It is a good thing that you do, and hopefully the times are very strategic for thoughtful activism".

The OAM investiture was held at Government House in Melbourne on 19 October. Allen writes:

"Naturally enough my

Story continues next page

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*Story continues
from last page*

thoughts turned to Thurgoona and the folks who very kindly went to the trouble to make this possible. To the individuals responsible for initiating the honour I would like to say a hearty thank you - though it does not seem adequate".

AlburyCity has recently undergone its election in September seeing some change in its membership.

"I hope that your new Council is able to give due consideration to realities and strongly foster efforts to fully benefit the natural and built environment of all parts of Albury. (I note that November is to see a sustainable living festival on the Border - that looks good.) You live in a great and rewarding place of uplift, beauty and convenience, with so very much that is worth keeping", he said.

This year Thurgoona can have its voice heard through the newly formed Thurgoona Community Action Group (TCAG). It is an amalgamation of the TPA with other concerned Thurgoona organisations. If you would like to become involved, please email thurgoonaCAG@gmail.com.

Meetings are held at the Thurgoona Community Centre every second Tuesday of each month 5.30 – 7.00pm.



Rachael and Allen Hampton
Photo: Tamara Binder

What a great laugh!

Sherylyne Moran

The Other Theatre Company (TOTC) wowed audiences in their last performance at the Cube in Wodonga. Audiences enjoyed a great laugh with the antics of their favourites of Basil and Sybil Fawly with Polly, Manuel and other character funnies. Fawly Towers was not in the least faulty in production but very Fawly in character.

Well done guys on your great production set, smooth professional performances and how do you remember all those lines???? A very tough gig when we have such strong memories of all the stories which we have watched so many times and never find boring! We loved to laugh at it all over again with your fresh and wonderfully live performance.

We are so proud that you are local and your home is here at the Thurgoona Community Centre.



TOTC perform Fawly Towers at the Cube

Mogoona

BBQ and Movember Mo Competition

Thurgoona Community Centre

When: Monday 28th November

Time: 6pm

Cost: \$2

RSVP: 6043 1588 by 24 Nov

With guest speaker Geoff O'Neill, an executive and life coach with local personal development business, Propel Your Life. Geoff has been sharing the keys to increased Mental Fitness around the state and seeing clients increase in focus and drive.

For further info check out @propellife on Facebook.

This event is suitable for people 15 years plus.



So what's next??

Pieta Swann Vice President TOTC

If you see or hear some strange things around the Thurgoona Community Centre over the coming months, it's likely to be members of The Other Theatre Company. The group are busy rehearsing for their next Shakespeare in the Gardens performance, Macbeth.

Macbeth, or "The Scottish Play", is the story of a fearless Scottish lord, who is told by a group of witches that he will be king. With the aid of his powerful wife, he plots and schemes with all-consuming ambition. But once king, Macbeth's guilt gets the better of him, leaving him and Scotland in chaos.

The performance will be a modern interpretation of one of Shakespeare's best loved plays. The language, music and costumes will be modern, with a hint of tartan, of course!

Performances will be at the Albury Botanic Gardens on March 3, 4, 10 and 11, 2017. Tickets are available through the Albury Entertainment Centre: www.alburyentertainmentcentre.com.au, 6043 5610 or at 525 Swift Street, Albury.

The Other Theatre Company always welcomes new members, both on stage and behind the scenes. Please visit – www.theothertheatrecompany.com.au – for further details.



Thurgoona Men's Shed Leading the Way

Sherylyne Moran

The local Thurgoona Men's Shed are delighted with the wonderful response to their recent Men's Expo which was held at the Albury Show Grounds.

"We had a great turnout of 10 regional men's sheds", said Thurgoona Mens Shed Secretary Ian Crane. "It was a great opportunity for everyone to see how diverse men's sheds are and also receive valuable information from the three health and wellbeing stalls that were there", he said.

Each shed provided displays of their handiwork with the takings from the entry fee and BBQ raising \$1300 on the day for the Thurgoona Mens Shed.

"The great interaction with the sheds from the district helped us share information and learn from each other about how they run their individual sheds and what they do. The activities in the sheds are a reflection of both the members and the surrounding regions", he said. "We are planning to run the expo again next year".

The Thurgoona Men's Shed's major project has been the construction of the squirrel glider urban nest boxes which they have made for the Albury Conservation Company.

"We've made nearly 200 of these with more being required in the future", Ian said.



*Squirrel Glider:
Albury Conservation Company.*

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Getting To Know You

Profile - Graham Harris.

An interview with Barry Young O A M.

Graham has a long history of voluntary work in Thurgoona. He presently is the very well respected President of the Thurgoona Murray Grey Veteran Golfers.

Where were you born Graham?

Melbourne.

What was your schooling background?

Trinity Grammar at Kew Victoria.

Qualifications

Matriculation.

Do you have any interesting details about your youth growing up?

I lived in Fitzroy—there I sold and delivered newspapers. I even sold a paper to Bob Menzies – I did not get a tip though. I really loved playing Football-Aussie rules and Cricket.

What was your family background?

I was an only child to my father Norm and mother Edna. I worked in the family butcher shop in Fitzroy.

What were your sporting interests growing up?

At Trinity Grammar I captained the football and cricket teams from the under 8's to the under 17's. At 17 I trained and played in practice matches at Collingwood but unfortunately I wasn't good enough to make the list.

You have had a very interesting career.

Yes, I worked as a junior butcher then ran my own butcher shop in Glen Waverley. I then worked for Caltex Oil as a manager which lead to me running my own fuel business. I purchased a fuel distributor business in Benalla which I ran for many years. After selling that business I retired to the golf course.

You are a very keen golfer and for many years given your time and capacity to the Thurgoona Murray Grey Veteran Golf Club- what positions have you held and tell us a bit about the Greys?

I play each Tuesday and Thursday for the Murray Greys. I enjoy my position as President which I have held for seven years. The Greys comprise mainly retired men and women and play each Tuesday and Thursday mornings. They have great social events.

What do you enjoy most about giving so much of your community service time to the Thurgoona community?

I have had great satisfaction witnessing the spectacular growth of Thurgoona in my 26 years of residency.

What is your favourite food?

Lambs fry and bacon, hot dogs and sauce, good pies from our Thurgoona Bakery and roast pork with crackle.

I believe you have had an interest in some racehorses and fast cars?

I have a love of thoroughbreds and have had winners at all the major Melbourne courses. One horse Senyah Sirrah saluted 17 times. I have also bred some young horses without success.

I drove rally cars which I enjoyed.

What AFL team do you barrack for?

I'm a one-eyed supporter of Collingwood – the mighty magpies. I also support Thurgoona – the Bulldogs.

Favourite film?

Rocky Balboa Series with Sylvester Stallone.

Favourite film star/stars?

Julie Roberts.

Best Book read?

Seven Sisters.

Any bad habits?

You'd have to ask Pauline my wife.

Any other details of interest?

I enjoy life and have a wonderful wife and family whom I live for.

Councillor Corner:

Councillor Graham Docksey, OAM, JP



Hello and welcome to my first article since the AlburyCity Council Elections. I am back on council and will continue to represent the community equally. This article will continue with

each edition of the Grapevine over the next four year council term on matters that relate to Thurgoona and the surrounding area.

Controlled burning of waste in residential areas:

Over the last couple of months, AlburyCity has received a number of complaints from residents living in the Thurgoona area concerned about burning of vegetation that creates excessive smoke which impacts on public health and air quality.

The burning of vegetation waste is an activity regulated by Council under the Protection of the Environment Operations (Clean Air) Regulation 2010. Requirements related to this activity are set out in Council's Controlled Burning Policy.

All residents are required to prevent or minimise air pollution by not generating excessive smoke when burning, and to explore alternative means of disposing of garden waste. This Policy prohibits the following activities:

- + Incinerator burning, domestic waste burning, burning to demolish a building or the burning of other building material, and the burning of tyres, coated wire, paint containers and residue, solvent containers and residue and treated timber.

The majority of the Thurgoona residential area is located in the NSW Fire and Rescue area where approval is required; however residents are encouraged to check the Fire Brigade boundaries map to find out which zone they are located in on Council's website.

Approval for a controlled burn is granted via a 'permit' system. An application form can be obtained by contacting Council's Customer Service on 6023 8111. Permits will only be issued for a controlled burn where it is permissible under Council's Controlled Burning Policy, and importantly, that conditions are appropriate for this burn to occur.

Where a permit is granted, there are conditions that the permit holder must comply with, including:

- + Advising the local NSW Fire and Rescue on 6021 3174 or Rural Fire Service on 6051 1511 a minimum 24 hours prior to ignition;
- + Giving written or verbal notice, at least 24 hours before the fire is lit, to AlburyCity and all adjoining neighbours;

- + Only dry and dead vegetation originating from the permit holders property shall be burnt; and

- + In the event of a Total Fire Ban being declared, the permit is suspended and any fire must be extinguished.

Council's Controlled Burning Policy aims to reduce the impacts to public health and air quality that may be caused by the controlled burning of vegetation in residential areas. Should a resident fail to obtain a permit for a controlled burn where required or if an approval holder fails to comply with the conditions of their approval, Council can investigate and take regulatory action where appropriate.

More information about controlled burning of vegetation waste, go to: AlburyCity website—controlled burning policy.

Clean Up Graffiti Day was held on 30 October, which is a national day of clean up. AlburyCity's Youth Council and Rotary Clubs of Albury have been participating in the day for the past five years, anyone interested in assisting on these days can contact Mandy Wilson at AlburyCity on 02 6023 8111.

Learner Drivers:

AlburyCity conducts a minimum of two Learner Driver Workshops per year that aim to increase the knowledge and confidence of supervisors of a learner driver.

Topics covered during the workshop include:

- + What is involved with being a supervising driver,
- + Issues facing young drivers,
- + How the NSW graduated licensing scheme works,
- + The importance of learner driver experience,
- + Lesson planning and dealing with stress, and
- + Tips for safe solo driving.

The next workshop will be held on Wednesday 30 November at 5.30pm.

To register visit:

AlburyCity website: learner drivers or call Lauren on 6023 8111.

World Environment Day

Staff participated in World Environment Day at the Equestrian Centre. The major topic covered was Sloane's Froglet distribution and characteristics. Staff also worked with OEH during the day tree planting on the site.

As part of National Tree Day, AlburyCity staff worked with students from Thurgoona Public School and Trinity Anglican College students in planting trees and shrubs at Ernest Grant Park and Elizabeth Mitchell Drive. Six nest boxes were also installed with the help of Parklands Albury Wodonga. Some of the existing nest boxes were inspected and were found to have Squirrel Gliders living in one of them.

Over the winter period, vegetation management staffs have cleaned up the

dead shrubs and bushes on the sound mounds along Elizabeth Mitchell Drive and Thurgoona Drive. Staff installed garden beds under advanced trees in Mitchell Park, planting approximately 250 shrubs.

Albury Recycling Centre:

Construction of the Albury Recycling Centre is nearing completion. This \$2.4M project which commenced in April 2016 is expected to be operational by October/ November 2016 with the reuse shop scheduled to open around December this year.

Located at the Albury Waste Management Centre, this state-of-the-art facility will enable all vehicles (cars and trailers) to off-load recyclable material in an undercover area.

This will include all e-waste, cardboard, soft and hard plastics, paints, oils, mattresses, steel recycling, fluorescent tubes, polystyrene, batteries and many more recyclable items. The building will consist of three sheds, the first a drive through undercover recycling facility where all material that is recyclable will be removed before progressing to the landfill area, the second building will undertake processing and storage of materials and the third shed will be used as a second-hand reuse centre.

Cycle and walking paths.

AlburyCity continues to seek funding to continue with the development of cycle and walking paths across the community. Further works are planned to extend the path along Table Top Road from the Riverina Highway.

*Please remember if you have issues with footpaths, roadways, gutters and drains or the like, please phone **AlburyCity Customer Service on 60 238 111**, don't think that someone else will, make the call and have the job registered.*

Best wishes for the coming season.

Regards Graham.

Christmas Carols and picnic on the Green:

11th December 2016

at 7.00pm – 9.00pm

This is a fun event for family and friends –

Come along and sing your favourite Christmas Carols
Sausage Sizzle – Bring a

salad to share – BYO

refreshments – Fr. Christmas for children.

For more information ring
6043 2222

Immaculate Heart of Mary Church

20 Hartigan Street,
Thurgoona.

Thurgoona's Own Tree

This year the Thurgoona Community Centre Christmas Tree will again appear at the Thurgoona Plaza. The brainchild of TCC volunteer Sue Caldwell, the tree has become quite a fun focal point for the community as we enter the joyful season.

"We have more and more people interested in being involved in the project", said Sue Caldwell. "Each year we have local groups who want to participate in contributing", she said. "This year choirs from the Thurgoona Primary School and Trinity will come to sing at the tree, the Wild Choir and our own TCC Community Singing Group have booked a place as have dancers from the Starlings Dance Connection".

"Some people have asked why we haven't bought a more magnificent tree. But I just like the fact that we have kept it simple and modest. That little tree attracted 500 gifts last year", said Sue.

The whole project brings such a wonderful atmosphere to the plaza. If you are fortunate enough to be passing by whilst performances are on, why not take the time to stop and soak in the music and dance. You can also bring a present to leave at the tree. These are distributed to children and adults who may not have received very much at Christmas

because of their circumstances. It's a great way to enjoy giving at Christmas. The tree will be available from November 13th until December 24th. For more information, ring 6043 1588

Right: Christmas tree helpers from Thurgoona Bakery and Thurgoona Ladies Golf Club 2015.

Photo: James Caldwell

Below: Thurgoona Public School sings



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Thurgoona Churches

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Services: SUN: 10.15am / 6.30pm

33 Hartigan Street, Thurgoona

Pastor John Simpson P: 6043 1422

www.alburycommunitychurch.com.au

Christmas Service: 25th Dec 10.15am

IMMACULATE HEART OF MARY

20 Hartigan St, Thurgoona, P: 6043 2222

Vigil Mass 6.00pm

Sunday Masses 9.30am and 5.30pm

www.thurgoonacatholicparish.com

Christmas Services:

24th Dec Vigil Mass 6.00pm

25th Dec Morning Mass 9.30am (there will be no service at 5.30pm)

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: 6040 2188

www.anglicannorthernalbury.org.au

Kid's Church—meets on 1st and 3rd Sunday of each month during NSW school term. Crafts, stories and fun

Christmas Service: 25th Dec 9am

THURGOONA BAPTIST CHURCH

TCC Hall— 10 Kosciuszko Rd

English/ Nepali Service 10:00am -11:30am

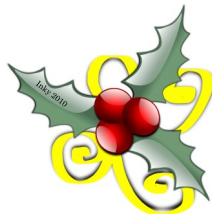
All welcome to stay for morning tea

Kids church 10.00 -11.30am

Bus pick up P: Hugh 0418 431 988

www.thurgoonabaptist.com

Christmas Service: 25th Dec 9am



Christmas Reflections

Rev'd. Peter McKeague

Once again Christmas is upon us. This special time of the year is precious to many and is a time of joyful celebration. Children delight in the decorations and the anticipation of presents, and their joy on Christmas

morning is wonderful to see. There are lots of parties and then families gather for Christmas Dinner. And it is the summer holiday season.

Christmas is also when those of us with something extra to give remember those not so well off, those alone at Christmas and we commend those who organize community Christmas lunches.

There are a lot of Christmas rituals – Community Carols, houses decorated with lights and various figures, family gatherings and holidays at the beach. One long established custom is going to church at Christmas. For Christians this season is more than holidays and parties, it is a celebration of the birth of Jesus of Nazareth, which happened in Palestine in about 4 BCE.

Christmas has evolved well beyond its religious significance but it is well to remember that, as the old saying says, Jesus is the reason for the season.

Christians believe that with the birth of Jesus, God came among us in a unique way. God became one of us, and his birth, along with his subsequent life and especially his death, is a powerful demonstration of God's love for humanity and God's unwavering commitment to embracing us in a loving relationship for eternity. Christmas provides an opportunity to respond to God's love. I invite you to worship this Christmas in one of the many local churches of our community.

There will be a service at St. John's Anglican Church Thurgoona at 9am on Christmas Morning

to which everyone is welcome. Our parish will also hold its Children's Christmas Service at St. Mark's North Albury at 6pm on Christmas Eve.

A happy and blessed Christmas and holiday season to everyone.



Not at all Boring!!!

Working with youth in Thurgoona
Melanie Reid (Work Placement student from Wodonga TAFE)

When I was asked to attend an all day Youth Guidance Team Planning meeting at Thurgoona Community Centre (TCC), I was wondering if I would be reduced to a whimpering mess by the end of the day. Meetings at the best of times can be lengthy and somewhat boring, but fortunately for me the opportunity provided insight on an amazing programme that is being established right here in our own community.

Diploma of Youth Work student, Savannah Page facilitated a motivating meeting with engaging and effective activities and provided insight of what the youth experienced in Term 3 at the centre. Led by the mighty youth worker Mitch and his very capable sidekick Kodi, the young people experienced various

activities including eating competitions, kick boxing and even excursions to Laser Tag and Flip Out. I was also envious

Jeff Timbery with the digeridoo
 Photo: S Moran



Savannah Page, Isobel Francioli and Melanie Reid spoiling the Chill Zone

of the catering, with homemade pizzas, sausage rolls and an abundance of fresh fruit supplied on different occasions.

Thurgoona Community Centre's 'Chill Zone' provides a safe environment for young people to engage in a programme with wide-ranging activities and events. The mission is to harness the potential of the youth in Thurgoona, foster pride to live in the area and deliver a place for friendship and connections. Beside the positive outcomes of the experiences provided, it was obvious the young people had a great time, which was reflective in the increasing numbers who visit each week.

The programme is continually evaluated, and feedback is encouraged from the young people and respective families who attend. To quote a message from Cody's mum, Jodie: "You guys are doing such an invaluable job keeping these beautiful teens occupied and socialising and all the

Youth Leadership Programme

A Thurgoona Toastmasters initiative. Learn skills in leadership that will last a lifetime.

Great preparation for job interviews and speaking in meetings.

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

Chloe Perrett

During NSW school term at TCC
Chill Zone: Tues 4.15—5.30pm
Youth Leadership: Wed 4.15—5.30pm



while boosting their self-worth and confidence! Thank you for all your hard work each week".

One young person stated "I look forward to coming here in the future". While another said "One thing I learnt about myself was: I get along with everyone".

I encourage anyone who is passionate about supporting and mentoring the young people in our community to contact TCC to find out how you can join this rapidly growing programme.



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- ◇ Gods kids - age 7 to 12 ◇ Ladies and Men's camps
- ◇ Young Marrieds' Group ◇ Men's group
- ◇ "Bubbles of Fun" mothers group - with children 0 to 4 yrs
- ◇ Bible study groups and much more

Albury Community Church would like to
invite you to our special Christmas Day Service
held at 10:15am

"Come and celebrate the birth of our Saviour.
All are welcome".

Contact Pastor Ricky Zago
www.alburycommunitychurch.com.au
E:apostolic1@bigpond.com P: 02 60 431 422

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0410517762**

Lego Fans Inspired

Sherylyne Moran

The Albury Wodonga Lego User Group were ecstatic with the attendance to their inaugural exhibition at the Thurgoona Community Centre.

"We had 900 people come through the doors over the weekend event", said club Vice President Grant Dakos. "We are planning for more events in 2017. Our Facebook page will have all the necessary details when we finalise our plans", he said.

One Lego fan who visited the exhibition was Josh Klinberg. We asked Josh to tell us all about his great passion for Lego.

Hi my name is Josh and I love Lego.

When my Nan heard an advertisement on the radio saying the Albury Wodonga Lego User Group had a display in Thurgoona, she knew that I would be excited and took me to see it.

At the exhibition, the first display I saw was the Ghostbusters HQ. I really liked the way the display had lights around it as it made it look real. I also enjoyed



Pic: T Binder

the display which showed a lot of Albury's buildings which included the Monument.

All the displays were awesome and I was amazed to see how much time and effort had gone into all the custom-made displays.

I was four when I was given my first Lego set as a present and I haven't stopped collecting since. I currently have over 100 sets including the Star Wars Millennium Falcon, Lego Chima Lion Chi Temple, Ewok Village, Lego Ninjago Morrows Dragon and Wall E.

I enjoy making all different sets, but my favourite thing to do is make custom Lego pieces. Some of the custom-made constructions I have made are shopping centres which include the sliding doors, the hospital room that one of my friends was in and lots of different styles of spaceships.

I'm looking forward to collecting more Lego soon.



Josh Klinberg creating with Lego



Pic: T Binder

Seigokan Martial Arts

a great programme for the whole family with Anthony at the TCC.

In Thurgoona this Marital Arts programme provides a wonderful opportunity to develop great fitness and receive instruction and guidance on self-defence. It instils a pride in one's own achievements and students learn how to set goals for personal attainments. Few programmes like this one offer as much as this:

Specialised instruction

Very affordable

Close and convenient

Open to the whole family

Ring Anthony on 0415 592 756

Classes are Thursdays 5.30 pm and

some Tuesdays 5.30 pm

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

Age: 8 years and over

Thurgoona Community Centre



Tai Chi Classes

Join the group at the TCC Tuesdays from 9—10am \$25 for 10 weeks

What is Tai Chi? It's a very gentle way to exercise which involves slow movements. The programme has been specially designed by Dr Paul Lam in conjunction with a team of medical experts.

Tai chi is easy to learn, effective for good health, safe and fun.

Increase you flexibility and balance, increase muscle strength and heart/lung capacity, improve posture, destress and relax.

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Proudly supporting Thurgoona Community Centre

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

6.00 – 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. **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 **Janet 6043 2987**

Playgroups:

Little Kidlets:

Mondays 10.00—12noon

Contact: **6043 1588**

Munchkins

Tuesday 9.00 to 11.30am

Contact Kerry Bond on **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

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**

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 yrs jazz @ 4:00-5:00pm

10-14 yrs jazz @ 5:00-6:00pm

Wednesday

4&5 yrs fairy ballet @ 1:15-1:45pm

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

2&3 yrs mini movers @ 2:15-2:45pm

8-14 yrs contemporary @ 4:00-5:00pm

7-14 yrs Song/Dance @ 5.00-6.00pm

(includes lots of drama games and exercises)

Saturday

2&3 yrs mini movers @ 9:00-9:30am

4-6 yrs hipity hop @ 9:30-10:00am

4-6 yrs fairy ballet @ 10:00-10:30am

7-9 yrs ballet @ 10:13-11:30am

10-14 yrs ballet 11:30-12:30pm

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
Susan on 0427 792 735

Twin City Stomp Line Dancing

Wednesday: various classes 10.00-1.00pm

1st Sunday of month 1.00 -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—8.00pm. Cost: \$2

Seniors Computer Kiosk

Beginners Computer class

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

Beginners are VERY welcome! Some individual classes available.

Wed 1.00—3.00pm Advanced

and 3.00—5.00pm 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 10.00am—3.00pm 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: 1.00pm- 3.00pm

Cost: \$3 per session and bring some afternoon tea to share. **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: finishes 30 Nov and back in Feb 17

Community Singing

Love to sing?
Come along and join us!
We will have weekly sessions that generally follow the NSW school terms
Final day in 2016 will be 8 December
\$4.00 per session or \$15.00 per month.



Libby Clark: singing coach
0411 864 199

Mary: facilitator
0427 431 511

Thurgoona Community Centre Coffee Shop: Tuesdays & Thursdays

10.00am -12noon
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 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**

Tai Chi With Kaye Deanshaw.

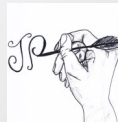
This is a Murrumbidgee Local Health District initiative.

Thursdays 9.00—10.00am
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 programme please phone or text Peter on **0427 508 888**



Young at Heart

with Heather Cahill
Women's Low Impact strength circuit:
Tuesdays 9.30—10.15am \$5
Cardio and Strength
Tuesday 10.30—11.15am \$5
Cardio/Strength (men/women)
Thursday: 11.30—12.15pm \$5
Mixed Boxing for Fitness :
Tues 7.30—8.30pm \$10
Thurs 12.30—1.00pm \$5
AFL Active—for 16 yrs +
Enquiries ring **0419 312 593**
Other classes in Lavington/Glenroy

Seigokan Martial Arts Academy Australia

Member of: Seigokan all Japan

DOJO AT TCC
Anthony 0415 592 756
FB: Seigokan Academy Australia.
Thursdays 5.30 and
some Tuesdays 5.30pm
Thursdays 5.30—6.30pm and

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

For people 8 years and over

Life Spark Wellness With Jo Parker

A fun, total body workout, suitable for women of all ages and fitness levels, that focuses on function and form.
Joanne runs Small Group PT sessions
Monday's and Friday's @ 6:15am.
Classes are designed to suit all fitness levels and ages (max class size of 8) to meet your individual needs and provide a personalised service. There's no yelling and no burpees – It's just not Joanne's style. All classes are fun, friendly & supportive PLUS your first class is FREE!
Bookings are essential and newcomers should arrive 10 minutes early to discuss their individual needs. Call or SMS 0477 505 531. For more information please visit her website
www.lifesparkwellness.com.au or call Jo on 0477 505 531.

YOUTH PROGRAMMES:

Youth Leadership: a fun and engaging teen programme to develop confidence in speaking and listening.
Group Facilitator is Carmel McCartin from Thurgoona Toastmasters.
Wednesdays 4.15—5.30pm

Chill zone:

A fun and energetic programme for young teens and pre-teens 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**

Thank you to the Grapevine Team

Feature articles:	Manley
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Dr Arthur Frauenfelder	Sylvia MacKenzie
Darryl Starr	Julie and Rebecca
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Sue and Jim Caldwell	Billie Perry
Katherine Flood	Frank and Berdce Plas
Julie Fair	Beth Burrell
Elizabeth Burge	Beth and Michael
Mervyn Brent	Crouch
Barbara and Wayne	John Haydon

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 6 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.

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Thurgoona Community Centre Social Club

Mervyn Brent: Club President



Social Club Bus trip Pic: Mervyn Brent

The Social Club has been expanding over the last quarter, thanks mainly to the hard work supplied by Sue Revell, who has not only brought in new members but has also contributed greatly to the arrangements of our outings. We now have over sixty paid up members.

The breakfasts at the Kinross Woolshed on the second Saturday of each month and the lunches at the Thurgoona Golf Club have been well attended. Unfortunately, we had to cancel or postpone a trip to the Wonga Wetlands as the heavy rains and the increased outflow from the weir had flooded the area.

On Monday 10 October seventeen of us had a very enjoyable day out visiting the old Dow's Pharmacy and the Lakeview house in Chiltern before proceeding to Corowa RSL Club for lunch. Then to the Chocolate and Whisky Factory before driving back through Howlong where we stopped for a cuppa. Due to the large membership of the Social Club we have decided to have a Christmas meal separate from the Community Centre Volunteers Christmas meal.

Arrangements are being made at present and we are looking at meeting at the Commercial Golf Club on a Wednesday in December. When finalised details will be displayed on the Community Centre board and members will be notified. Sadly, Sue Revell has decided that she does not have the time to continue with the work for the Social Club and has tendered her resignation. We are very grateful for all the work she has done and would like to wish her all the best. For more info about the club ring Kerry on 6043 1588

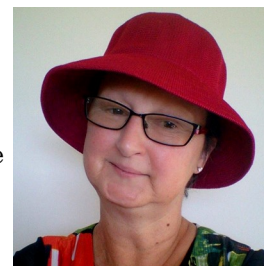
Adopt a Nanny... Nanny anytime Service

Karen is offering her services to the local community. She provides occasional child care at home, business or retail locations. She has casual rates for one hour care to overnight respite.

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Anytime can be Nanny time

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“Back in the day” –

TRUE STORIES by Wayne Bashford.

Spew Bay

Three mates, Trev, commonly known as “Weasel”, who is built like and looks like Mr Bean’s little brother. Mick, commonly known as “Mow” or “Big Heap” and me, Wayne, who has been given many derogative names but as always is still yet to be confirmed.

We decided that we were going cray fishing again along the Murray River. Each time we would all blame each other for bringing up the subject as an excuse to go so the girlfriends couldn’t hold anyone in particular accountable. So permission was thus granted without too much objection.

Preparations were made, cray pots were fixed or replaced, bait bought, boat checked and fuelled, and equally important, the Esky was stocked with milk, coffee, sugar, lollies and biscuits – all necessary and vital survival essentials.

Mow would pick us up at 5am and Trev would always have his special brew ready. It was made up primarily of Green Ginger Wine, topped with any leftover dregs of wine, port or any other spirits available in order to fill the bottle. Mow and I always thought he also used some diesel too!

Upon arrival, we took no pleasure in gently waking Trev so he too could stand out in the freezing dark to hold the spotlight so we could bait the cray pots, put the boat in the water, hook up and prime the outboard, load the nets and of course the Esky. At the first hint of daylight we would be off heading upstream to our special beach-front spot.

In all the years we had been craying, we had never found any illegal drum nets, so none of us knew what was used for bait but that was about to change. The first big snag we came across had a rope tied off to it, so we were about to find out.

Trev was up at the sharp end of the boat and was given the important task of keeping the boat steady. This left Mow and I to drag in the net which was huge measuring two thirds the length of the boat. The drum net put up a fight, again and again we dragged and pulled at the rope, nearly swamping the boat on several occasions. We broke off branches and moved the boat around in a combined effort to free the drum net.

Eventually it came free and as we dragged it over the edge of the boat, the stench of rotten sheep heads hit us, Trev instantly started spewing. Mow and I were oblivious to the smell when we saw 21 crays in the net, we had just found the mother load!

We had to shake the drum net about to get the crays into a reachable position. Trev told us bits of flesh were dropping in the boat, didn’t worry us, 21 crays mate, keep the boat steady. To Trev’s credit he managed to hold the boat steady and spew on the other side of the boat at the same time.

Of the 21 crays most were either females



with eggs or too small so we kept nine. The crays crawled around in the boat and Trev thought the crays were after him. They soon had him bailed up at the very front of the boat, so now Trev was spewing AND screaming.

As the boat beached at our spot, Trev sprang from the boat and galloped off up the beach and draped himself over a large tree trunk and continued spewing. With no time to waste we unloaded the Esky and headed off to set the nets.

Back on the beach we set up the campfire to boil the water for coffee and some crays for lunch. Every half hour we would go and check the nets, come back, drink coffee and repeat.

Four trips later we cooked some crays for lunch, Trev staggered up to the camp fire to warm up, so we offered him some freshly cooked crays. Trev was looking sick and two kilos lighter, he was nearly transparent. When he asked if the crays were from the drum net and found out that they were, he mumbled something,

turned, raced off back to the tree trunk and reassumed “draping position”.

Showing total empathy for our mate, we looked at one another, shrugged our shoulders and both said at the same time, “More for us!”

About noon is our time we head home, so once again we checked the nets, cut off the remainder of bait, stacked the nets and returned to the beachfront resort. Last pre-exit exercise was coffee, lollies and biscuits prior to dousing the fire.

Trev appeared without notice declaring that he was OK now and was ready to go craying. We know he was better because he had regained transparency and we could understand what he said. Once we notified him that we were going home, he launched into a tirade of abuse describing us as less than human and beneath contempt, etc. etc. Now we knew he was right and back to normal and certainly on the improve.

Needless to say that Mow and I had a GREAT DAY.

River of Stories

Sherylyne Moran

Thurgoona resident and author Barry Young has been busy again with the River of Stories short story and poetry competition. It’s a great opportunity for school aged children to develop their skills and is in its 14th year. Barry is the founder of the event and this year judged some 550 entries.

“The prize giving day was fantastic with 34 prizes”, said Barry Young, “It was attended by the winning students, their families, school principals, teachers, sponsors and the media”.

Barry was delighted with the wonderful sponsorship that the event attracted from Albury City, Albury Library Museum, Commercial Club and Hume Bank. This allowed for all winners to receive a \$50 book voucher. Other prizes included \$200 to school winners, \$500 to the winning schools for their library and six Start-up bank accounts of \$100 from Hume Bank.



Barry Young with prize winners 2016

Pet Corner

Heartworm Alert

Arthur Frauenfelder—Veterinarian.

With the current rainy season and all the water lying around, we have the ideal conditions to incubate and hatch large numbers of mosquitoes which can spread heartworm. As the name implies it is a parasite that develops in the hearts of dogs causing a partial blockage of the flow of blood to the lungs.

This results in a lack of exercise tolerance (our mate runs a short distance and then sits down panting). This develops into a deep seated cough (fluid on the lungs from back pressure of the blood building up in the heart). A blueness of the tongue tells that the dog is getting worse and is not getting enough oxygen into the blood. This can cause collapse on exertion and even death.

Treatment has complications and can be expensive.

The best attack is prevention. This is easily achieved:

Decrease the stagnant water as much as possible.

Medication to prevent heartworm developing in the form of oral tablets and chewies.

However, a yearly injection is the best of all. Consult your veterinarian for the options.



*Amy with her mate Barney at the TCC.
Photo: Sherylyne Moran*

Two Great Mates:

Sherylyne Moran

The Buds Art Group have the help of these two great mates. Every Monday morning, Graham (Barney) Hamilton and his 14 year old poodle Amy, come to the TCC to help set up the room for

the day. Barney's wife Jennifer belongs to the Buds Art group and is herself a wonderful artist.

Since a pup, Amy has been coming in with Barney and has an absolute ball with all her friends. She also loves to sit at the feet of artist Dora each morning to receive her special biscuit which Dora brings for her. Everyone loves Amy, and Barney too!

Barney has an identical twin and together they must have been double trouble back in South Gippsland where they went to school.

Barney is quite a handyman as well. He helps to make adjustments to our furniture which is sometimes damaged through constant use.

Our centre is such a great place to be because of the generous spirit of so many.



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Little Kidlets Playgroup

Isabel Francioli

The TCC Little Kidlets Playgroup is having a fun packed first year. The programme began in February and has grown throughout the year. It offers a friendly and relaxed atmosphere and a range of indoor and outdoor activities including craft, gardening and outdoor fun that give children opportunities to learn through play. It also gives parents a great opportunity to meet other families in the area and to spend



*Playgroup Coordinator Sam Neall
Picture: S Moran*

valuable one on one time with their child. Speaking to parents it does not take long to hear about the benefits of the programme for local families. One mum Hayley said "I have been coming from the start because it is a good social outing and bonding opportunity for the kids". Another mum Rebecca outlined that it is a good outing which is helpful for her because she has no family in the area. Mum Laura said "she attends because of the wide range of activities, and so her son can meet other kids".

The programme's success has a lot to do with programme coordinator Sam Neall, childcare assistant leader Katrina Hackett and the time and assistance of dedicated volunteers. Week in week out they plan, organise and run activities with the motto that no two weeks are the same. Sam outlined that she "likes to provide children with play opportunities they don't often get at home". She believes the programme helps in providing a



support network for families and gives them the opportunities to link in with other services in the community". The programme runs Monday mornings from 10am to 12pm all families are welcome. For more details or any enquiries feel free to contact Thurgoona Community Centre on 6043 1588



Creative Director Katrina Hackett

Seeking Community Partnership through Corporate Sponsorship.

Sherylyne Moran

This new playgroup has developed from a recognised need that Child and Family Nurse Elizabeth Burge has identified from many years of working at the centre. This Albury Community Health service has experienced a dramatic increase in demand as many young families have moved close to the centre. Through her work and personal experience, she strongly believes that playgroups are vital for the family, both for the child and the carers. She advocates that these playgroups are the beginnings of our community and that the interaction amongst the families in



*Chloe Gear who was one of the first babies seen by Elizabeth Burge at the TCC with baby Mitchell Gibson
Picture: Tamara Binder*

play and social contact is so important. The Thurgoona Community Centre is therefore seeking funding for this playgroup programme to continue in 2017 through corporate sponsorship. This community partnership would allow for valuable investment into what makes a strong and robust community. If you are a business who are looking for worthwhile programmes to sponsor, please give me a ring at the centre to discuss the development of our community partnership. Phone 6043 1588

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 Road Thurgoona
When: Tues, Thurs and Sat
Times: 8.30am 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 5.30pm to 7.00pm.
E: thurgoonaCAG@gmail.com

Thurgoona Toastmaster's Club

Meets 2nd and 4th Wednesdays of each month at Thurgoona Country Club Resort 7.00pm – 9.00pm.
Contact Glenys 6043 3119

Thurgoona VIEW Friendship Club

Voice, Interest, and Education of Women on *second Wed. of each month*, Boomerang Hotel, Lavington. 7.00pm **Contact:** Margaret 6062 3512 Anne 6043 1968

Thurgoona District Lion's Club

Meets on the 1st and 3rd Mondays of each month at the Thurgoona Country Club Resort 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
0412 890 742

More than just work

Savannah Page

Thurgoona Community Centre has been a wonderful and ideal work place to complete my placement hours for my Diploma of Youth Work. When I was ready to start volunteering in the community I went to the Albury Wodonga



Work placement volunteer coordinator Heather Bruce (L rear) with students Isabel Francioli, Melanie Reid and Savannah Page (Front right).

Volunteer Resource Bureau to get started. They sent me to the Centre because they were looking for volunteers for the Chill Zone youth programme. It turned out that I was able to complete my hours here too for my OTEN studies which was a bonus I thought.

Everyone is so welcoming and friendly; I

was never anxious at all meeting new faces every day. The Coordinator, Sherylyne, has been amazing help and I have learnt so much from her already about this new career field.

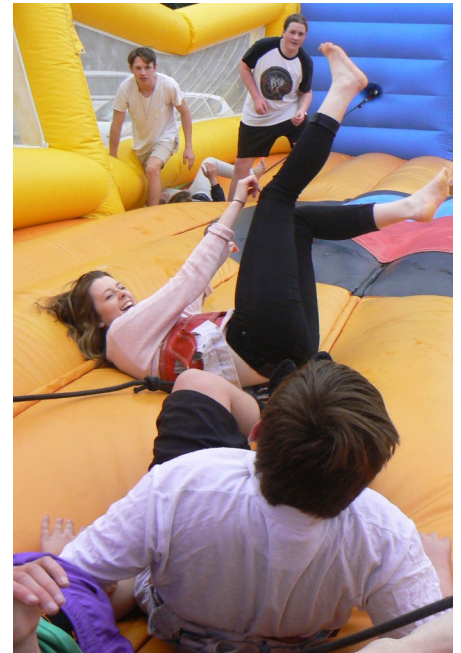
I love the flexibility and freedom I am able to have at the Centre, they put the control into the student's hands. Heather, the Placement Coordinator, is doing a fantastic job. As I am completing my diploma by distance it's great to have someone checking up on how I am going and she is so willing to help with anything the students may need.

The Chill Zone group is just fantastic and has been a dream place to start working with youth. The kids are amazing and they remind me each week why I cannot wait to complete my studies.

There is a planet of opportunities at the TCC for students to complete their hours or for any Thurgoona residents wanting to give back to their local community.

I will be a volunteer for life after meeting such beautiful people at the Centre.

Savannah you have been incredible. You are going places and we are so proud to have contributed to your career aspirations. We wish you every success in the future and can't wait to see what is ahead for you. Great memories with you. Sherylyne



Savannah is not frightened to get right into what's happening!!! She's fully engaged—you can see why we love having our youthful leaders—you guys rock!!! A BIG THANK YOU to Daniel Leeworthy who allowed Chill Zone to use his jumping castle—everyone had a ball.

Photo: Sherylyne Moran

Tough Topic spoken Courageously. S Moran

On World Mental Health Day, the community was invited to join with Black Dog Institute presenter Dale Skinner to open up a dialogue about the struggles many have with mental health. This was the second information evening at the Thurgoona Community Centre following the session earlier on World Suicide Prevention Awareness Day.

"We all go through difficult times", he said, "We can all use help but this is especially important for people experiencing mental health struggles". Dale spoke of the intense difficulties he experienced as a young man because his own mental illness was not properly diagnosed until he was 28. Up until



Dale Skinner at the TCC
Photo Catherine McAlpine

then he did not manage his struggles very well and this caused much suffering for himself and those close to him. Now that he knows he suffers from a mood disorder called Bipolar (Type

II) (which is characterised by extreme swings between feeling high followed by deep depression) he is better equipped to manage his life, and has become a passionate advocate for the Black Dog Institute.

Dale's presentation of "Breaking down depression and building resilience" was extremely well received with people commenting on how inspired they were at Dale's frank and open honesty and his courage to speak publicly about his life.

He gave some great tips that everyone would benefit from following:

- + Exercise your mood—don't be lead by your emotions.
- + Eat good mood food—like omega 3s.
- + Build good friendships—restrict people in your life that drag you down.
- + Give and take.
- + Be the gatekeeper of your thoughts.
- + Keep a level head—use laughter and relaxation to give your brain a break
- + Help others—volunteer your services.

This keeps you busy with what you're passionate about. It's a healthy ego boost.

- + Find out what gives you meaning in life. Discover what is worth living for and invest yourself in that.
- + Keep yourself well- look after yourself physically and mentally.
- + Appreciate the little things in life—develop an attitude of gratitude. "Stop and smell the roses".

For more information visit www.blackdoginstitute.org.au

Mental Health Line
1800 011 511

The session was introduced by Catherine "Heidi" McAlpine, who presented the Living Works workshop SuicideTALK at the TCC in September. She is the founder of "Just Suicide Prevention" which specialises in suicide prevention awareness and training.

The Australian Bureau of Statistics reported that 3,027 Australians died by suicide in 2015. This is nearly three times the national road toll.

"The rate of suicide for those with mental illness is higher than the general population", Catherine said, "There exists stigma and myth surrounding people with mental illness and this can contribute to a sense of isolation, shame, or poor living situations. It's important for us to learn more about how to know and encourage our own good mental health, and what to do when things seem to be going off track", she said.

A big message was to seek help - you are not alone.



Safe In Oz

Accredited 2-day training workshop for professionals, carers, family and friends of individuals who have self-destructive behaviours in our community at Thurgoona Community Centre. 9th and 10th March '17 \$440
P: (03) 5176 2616 for enquiries
E: safeinaoz@wideband.net.au

Bird spotting....swatting

Sherylyne Moran



*Clever Magpie aloft an ingenious nest.
Photo: Peter Merkesteyn*

Magpies aren't every one's favourite bird and the swooping ones are the least liked. Not so for a pair of nesting magpies whose ingenious nest was spotted by TCC Volunteer Sue Caldwell. She noticed the couple's creation mounted on a power pole on the corner of Kiewa and Guinea Street. The bird's building materials included numerous coloured coat hangers.

"At first I counted eight coat hangers, but now I'm told others have counted 14", Sue said, "I informed the Border Mail and it



Drawing by Buds Artist Bruce Fraser

instantly became front page news. I was actually interviewed over the radio about the discovery".

The craziest part of the nest is one yellow fly swat that hangs out from the nest. Other building material also include cable wire and a xxxx Gold carton. Funnily enough, three weeks before the discovery of the nest she was at this spot waiting at the traffic lights when she saw a strange sight. One of the magpies flew past her car with the fly swat dangling down from a piece of string. She couldn't believe her eyes but later discovered what was actually happening.

"They have built an upside down pyramid to rest their home on with all those strange materials and the baby birds are now learning to fly. What makes us all smile is how clever the two magpies are". Sue said

Local Thurgoona Buds Artist Bruce Fraser has beautifully illustrated the magpie masterpiece. The story also inspired TCC's Kerry Gosstray to make a coat hanger bird's nest birthday cake to celebrate Sue's birthday which we all enjoyed. A magpie even came to join us on the lawn outside as we sang, "Happy Birthday".



*Celebrating birthdays with a coat hanger nest cake:
Val Martin, Sue Caldwell and James Caldwell- Happy Birthday.*



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THURGOONA HOME TO NORTH EAST BORDER BUSHRANGERS GIRLS U18s REP. SHQUAD



At Ernest Grant Park: NEB Bushranger under 18 girls representative squad. Photo: S Moran

Thurgoona's Ernest Grant Park has become the training ground for a very dedicated and hardworking football team. Nominated from teams around the region, the North East Border Bushrangers Under 18 Girls Representative Squad are on a great journey. The players travel to Thurgoona from as far as Henty, Corryong, Yarrawonga, Bright and Benalla.

"Our strength is that we are great at backing each other up both in the game and personally. We are a very supportive team", said Vice-Captain and Vic Country Rep, Julia Harvey at a recent training session.

"I've loved playing footy since I was little and it's a great way to get to know girls in the area", she said. She picked up the passion for the sport from her family's involvement with the Barnawartha Football Club with her mum and dad both being keen players.

The 12 week training block includes high performance running and skills development. The team have come back with great results from the 2016 Victorian Country Championships by remaining undefeated. They won the game with the Yarra Ranges by 24 points, and the following game with the Western Rebels by 79 points. The trial game against Goulburn Murray was dominated by the undefeated NEB Ililish Ross, Vashti Muller and Gabby Webster though no official scores were kept.

The six coaching staff members, headed by Coach Craig Dent and Fitness Coach Tim Madden, both from Thurgoona, have appreciated the use of the Thurgoona Community

Centre for team meetings and match analysis.

Amber Ferraro was identified as a team leader. She plays with the newly formed Murray Felines, and was a Bushranger in 2015 as well. Amber enjoys the game as a utility, who plays multiple positions.

"I find tackling the best part of the football game", she laughed. She trained with the Rutherglen under 14's boys twice each week during the season to keep her skills and fitness at peak level.

"I also like tackling", said fellow leader Anastia, "Because it gets out your frustrations – its therapy for me", she joked.

Originally from South Africa, Anastia has played for Wodonga Raiders for two years and believes the qualities that make for a great player are hard work and dedication.

The Thurgoona Bulldogs are currently looking into applying for a licence to form a team for the NEB competition next year, who will also no doubt contribute players to the NEB Bushrangers next year.

The Bushranger girls will return to Thurgoona in 2017

Free Touch Football in Summer 2017

AlburyCity for the last five years have run a free touch football

programme at Ernest Grant Park Thurgoona for boys and girls aged 9 – 13 years. It is part of a citywide programme in seven locations and begins in February. At the completion of the eight-week programme there will be a mini Gindaymannha Sports Carnival where all the teams come together in a competition. All the participants receive a medal for participation and they have a fish 'n' chip night at each location. It's just a bit of fun and an opportunity for young people to come together. AlburyCity's Youth Development Officer Mandy Wilson is hoping this year to see even more Thurgoona young people join in. Ring Mandy on 6023 8295



Three cheers for the Bulldogs— read about the great year of 2016- starts page 24



Bulldogs
play a
great game
(right) and
TDNAA
Grade
Premiers
(below)



Art and Craft Fair

@ Mirambeena
Community Centre,
19 Martha Mews, Lavington

FRI. 9th December 2016
10am to 2pm

DEMONSTRATION and
DISPLAYS fitness/dance

ENTERTAINMENT;

REFRESHMENTS for SALE;

Barista Coffee, Devonshire Tea,
Light lunches

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FOR SALE

Admission; gold coin donation

Coming to TCC: AFL Active

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Thurgoona Netball 2016

What an amazing season 2016 was at Thurgoona Football Netball Club! To have every one of our ten sides in the Finals series was such an incredible achievement and a just reward for all our hard work as players, coaches, committee and supporters.

Thurgoona Netball achieved our goal of all six sides participating in the finals. Incredibly all our sides finished in the top three, giving us the advantage of a second chance come finals time. Our Senior A and B teams were actually undefeated throughout the whole season. This proves that the hard work on the training track really does pay off. It is quite difficult to maintain this level of success with many of our opposing teams always looking to take top position off us.

At the start of the final series there was a real buzz around the club with a huge sense of anticipation and hope as we strove to get as many teams as possible into the grand final. The finals began with a very successful night at the Tallangatta League Best and Fairest Presentation. Zanelle Gerecke won the Coach of the Year for the second time after coaching the TDNA Interleague Team. Four members of our A Grade side were also awarded the honour of being named in the Team of the Year. Congratulations to these girls, Sharla Sutcliffe, Jennifer Vine, Kristen Andrews and Kristie McInnes. Sharla Sutcliffe was also rewarded with the A grade League Best and Fairest. Earlier in the night our netball club also achieved two other Best and Fairest League winners with Meagan Tschirpigg taking out the B grade whilst Tahyla Howard won the C Grade. Well done to all our successful girls!

The qualifying final gave our Senior A and B teams and also Under 18s the week off as a reward for finishing as Minor Premiers. The under 13s began the day with a very close and heart-breaking 1 point loss to arch rivals Barnawartha. The under 15s had a convincing 32 goal victory over Chiltern. But the C grade followed with a loss going down to Kiewa by five goals. However, all teams continued into the next week of finals with the second chance available to the losers.

Usually the finals series brings warmer weather and training becomes easier. However, the winter weather hung around for the whole finals still making training difficult and not so enjoyable. The semi finals began with a five goal win for the Under 13s against Yackandandah. The 15s, however, had a 13 goal loss against Barnawartha. The under 18s had a great victory over Chiltern 35-23. The C grade continued with another strong victory defeating Mitta 53-29. The B grade suffered its first loss for the season going down to Chiltern by two goals. The A grade were rewarded with entry straight into the grand final when they defeated Wahgunyah by four goals.

The preliminary final began with rain for the under 13s. However, this did not deter them from winning 20-17 against



TDNA Premiers B Grade 2016



TDNA Premiers 18/under 2016

Chiltern. The 15s also had a very strong victory against Chiltern, winning by 15 goals. The 18s also played against Chiltern coming away with another victory 35-23. The C grade played their best game of the series to also come away winners against Kiewa by six goals. The B grade also played against KSC and had a great victory by 15 goals. Incredibly all six teams had advanced to the grand final!

Grand final saw the Under 13s again play in the wet, under conditions that actually seemed to suit them. They had a nervous come from behind victory by only three goals against



TDNA Premiers 13/under 2016

Barnawartha. This was a great start to the day, with hope for further victories. The 15s unfortunately had a tough day against an accomplished Barnawartha team and went down by 12 goals but were not disgraced. Our Under 18s had a fantastic game with all girls contributing and coming away with a well deserved 14 goal victory. The C grade was always in for a tough game against the very experienced Barnawartha Team. However, they fought hard until the end, unfortunately going down 37-51. The B Grade gave us a stressful nail-biter, eventually triumphing with a one goal victory over Chiltern. They particularly enjoyed their celebrations. The A grade was aiming for their 4th straight GF victory and didn't let the club down. They also finished premiers winning against Wahgunyah by 15 goals. To come away with four victories out of six on grand final day was a massive achievement and a huge reward for all the playing and coaching staff that had put in many hours over a long hard season. Congratulations to all our grand finalist teams.

Finally we would like to thank all our sponsors across the Thurgoona Football Netball Teams who were so generous with their support. 2016 was definitely the Year of the Doggies and we look forward to another great year in 2017.

Michelle Hensel

WE HAVE EXCITING NEWS



We are delighted to announce that we have secured larger premises at Thurgoona Plaza.

We are taking this opportunity to relocate all of our business operations to the Thurgoona Plaza Office effective from Monday 7th November 2016.

All email addresses and telephone numbers will remain the same.

We look forward to continuing our successful business relationship with our clients and invite you to call in for a chat at any time.



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SOLD



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4 2 4
42 Rosborough Court, Thurgoona
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10 Squirrel Glider Drive, Thurgoona
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3 2 2
49 Litchfield Drive, Thurgoona
SOLD



4 2 5
81 Finlay Road, Thurgoona
SOLD



3 2 2
7 Hopwood Road, Thurgoona Park
SOLD



4 2 6
283 Kerr Road, Thurgoona
SOLD



Thurgoona Football Netball Club

It has been a long time coming, but yes... 2016 definitely is the year of the Doggies. Not only did the Western

Bulldogs take out their first AFL flag since 1954, the not quite so well known **Thurgoona Bulldogs** were also right there at the finish to accomplish something the Club has never seen before – a Senior Premiership.

It was a long battle against the odds for a Club that has only existed for 28 years. The Seniors finals results consisted of fifth places in '93 and '94 then nothing till a drought breaking fifth in 2009. Starting to show some form, the Seniors finished 3rd, 2nd, 2nd, 4th, 3rd then 4th from 2010 to 2015. The elusive flag taunted and frustrated, always remaining just out of reach.

During this time, the Reserves were having none of this and became a force to be reckoned with winning five consecutive Premierships. Kiewa had the honour of ending their reign this year by one single point. The ability to carry off this record is rarely seen at any Club. We continue to have strong, young players coming up from the well managed Junior ranks. They are successful in their own right with the U14s winning back to back flags in 2014-15. Both the U17s and U14s played some excellent footy and finished this year in third and second position respectively.

Despite some catastrophic defeats (300 point losses were not unheard of) in the early days, there were some great players, high calibre coaches and wonderful supporters at the Club all through its history. Thurgoona as a club had potential but something was missing. The secret ingredient to success was to create a family Club to welcome a growing local Thurgoona community?

Tony and Danielle Way led a solid and strong team 10 years ago, that aimed to give the Club stability and a beating heart. This hardworking team are credited with changing the culture of the Club to the great FAMILY CLUB members are proud to belong to today. Many people have carried on this ethos and the continued dedication to this cause has seen unprecedented success for the Club. The Netball Club is hugely respected for their diligent and skill based direction from an amazing Zanelle Gereke led team with results that have been truly legendary.

In 2016, a little bit of magic came in the spirit that Senior coaches Peter Copely and Jamarl O'Sullivan fostered in the Senior ranks. Success was never a sure thing and three early losses put the boys into preservation mode. But preserve their finals hopes they did, powering forward with 10 straight wins before being accounted for by Mitta in Road 15. Players lifted

Ready to take on Mitta United in the Grand Final – the Thurgoona boys warm up before the game



The Doggies win their first Senior Flag

and young local boys brought energy and excitement to the team as the finals began. Recruits such as Tallangatta League and Thurgoona 2016 B and F winner Jayden Kotzur added strength to the mix. There was no weak links and no stone unturned on a GF day that is forever etched in our hearts. In a controlled exhibition that held spectators in awe and gave so much excitement, those 22 super heroes brought home the first Senior flag.

With No1 already on his back, Ayden Brown earned his BOG but there was no-one at that game who thought we didn't have 22 BOG players who supported each other to the nth degree. We love our Doggies ... the Seniors, Reserves, U17s and U14s are all champions. What a great year of footy that gave us all so much joy as it was combined with equally amazing results on the Netball courts bringing home four Thurgoona flags on the day.

Like at the Western Bulldogs, we also have our Bob Murphy's that will keep the Club focused on future successes. As a club we recognise the great work of our many great participants on and off the field.

We have terrific, very present sponsors who add an amazing dimension to our club culture bringing strength and purpose to what we do. There is an excitement and level of support from our members that is so appreciated. We look forward as the next season begins with new President Steve Michelini. He heads an enthusiastic and expanded Committee dedicated to providing a solid base for similar success for 2017. We have Senior coaches, Jayden Kotzur and Jamarl O'Sullivan collecting together a similarly strong player list ... Ahhh, but as you know...THAT'S ANOTHER STORY.

Heather Bruce—Secretary



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WELCOME TO OUR END OF YEAR PROPERTY MARKET UPDATE

Albury and Thurgoona in particular has benefited from the influx of investment activity this year, with the largest activity attributed to Sydney, Canberra and Melbourne investors. Low interest rates, lower median prices and higher yields on investment have encouraged the investment frenzy. The downside, and there is often one that I will point out, is that figures produced by The Real Estate Institute of NSW show an increase of vacancy rates to close to 3%, where about 3 years ago we were the lowest in the state around 1.8%. Once again, Thurgoona has great demand compared to other Albury locations and has only experienced an oversupply at times in the new home rental market.

Spring sales were slow to get started this year due to the very wet weather I feel. It was and still is a struggle to find homes that are coming up for sale, as the demand is still strong and supply isn't assisting us in satisfying our larger supply of buyers. If you are thinking of moving, please give us a call. We have sold a number of houses "sight unseen" and also sold properties before we even had a chance to get the sign erected in the front yard.

It still surprises me where everyone is coming from. The new estates in our Thurgoona area have homes under construction everywhere and new parcels of land getting created within easy reach to the ever popular Thurgoona Plaza precinct.

If you are thinking of selling, renting, need a property managed or need to self-store your excess belongings, please give us a call on 60 252 888 or email us at sales@woodrealestate.com.au. Greg has been selling homes in the Thurgoona area for near 19 years now and can assist you with a quote or different ideas when moving.



The staff at Wood Real Estate would like to wish all our past, present and future clients a very Merry Christmas, and a happy New Year. Our office will be closed from 12pm, Friday 23rd December 2016, and will re-open at 9am, Tuesday 3rd January 2017.





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