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**The Grapevine is delivered by dedicated volunteers**



Anne Simmonds

TGV to your home

Autumn 2018

# The Thurgoona Grapevine

## Hayden wins the Wangaratta Gift

Sherylyne Moran

Thurgoona's own Hayden Wyllie this year won in January, the prestigious Wangaratta Gift race organised by the Victorian Athletic League. This was a great achievement for Hayden: his maiden gift win at 22 years of age, making him the first person from Albury to win this race since former Olympian Robert Ballard won it in 2009.

Hayden won the 120 m open foot race in 12.37 seconds from a handicap of 9m.

The athletes were forced to wait because of a lightning storm during the racing program. This may have caused problems with lactic acid build up for the athletes, but Hayden came through winning the highly contested race, hotly followed by the five other top finalists.

Professional foot running events such as this are often run with a handicap to make the race more competitive. However, with a sponsorship prize of \$4000 from Yes Optus as the reward, this race had a handicap of 14m. For those not acquainted with athletics, this means that slower runners are given a shorter distance to race (or a head start) and the faster the runner the less the handicap (further to run). The handicaps are based on previous race performances so that the fastest runners are given a harder challenge to win.

On the race day in Wangaratta his team mate, Mitch Palmer, also was successful and won the 70m race. "We were both pretty happy. We'd also won races in the previous week. It encourages you to keep training to get another win. Once you win a race, your handicap is reduced so winning races is harder", Hayden said.

Hayden when growing up in Thurgoona, attended Table Top Primary School and James Fallon High School. "I had always been above average in running and made it to State school carnivals. In high school, I also belonged to the Albury Thunder Rugby League Club and was always quick on the field", he said.

Hayden is very appreciative of his training team called the Stable of Fury and his coach Adrian Fury after whom the stable is named.

"My coach has been running for many years and has a lot of knowledge and experience in the pro circuit", Hayden explained. "He has a lot of wins under his belt, so I feel I am in great hands".

"I train every day. I'm down at the track for two hours four days a week and in the gym for two hours two days a week", Hayden said. "At the track we do a lot of endurance and fitness work. We run longer than our race distances and use a weight sled to improve our endurance", Hayden explained.

For those who haven't seen this type of training, imagine a snow sled. The person training puts a rope around their waist and runs with the sled behind!!

"Everyone at training encourages me. We have friendly rivalry where we are trying to beat everyone at training", he laughed.

Hayden now has his sights set on the Stawell Gift in Victoria over Easter and with prize money of \$40,000 many are coming from all over Australia to compete.

"This will be my last race for the season. There will be over 100 competitors with some Olympian runners. I feel excited because its my first time running in the Stawell Gift and I'm up for the challenge", he said confidently.



Hayden Wyllie receives Wangaratta Gift Trophie presented by Yes Optus representative Wally Pasquali.  
Photo: Tamara Binder

*Disclaimer: The Thurgoona Grapevine has many willing contributors and is an expression of a diverse community. The contents of the articles are individual and not necessarily the views of the Thurgoona Community Centre or Albury City Council and their representatives.*



## Creative Conservation

**Sherylyne Moran**

One of our outstanding young Thurgoona residents efforts were recognised this year when local artist Tracie MacVean was nominated at the Australia Day Awards as Young Citizen of the Year.

Tracie's persistence despite being diagnosed with a chronic illness at the age of 21 years, in using her artistic skills to benefit others was highlighted.

Though not the winner this year, Tracie is winning with her latest project. She teamed up with another young artist

Kristina Greenwood (Banana Joe) in December last year to commence an impressive seven metre mural which highlights the plight of local endangered flora and fauna. To raise funds for the project, the ladies have sought sponsorship and utilised crowd funding through a 'Go Fund Me' page.

"She was really determined to make our mural happen and all her marketing ideas have been ingenious" fellow artist Kristina said.

"She has been a mentor to me and showed me how to develop my art practise", she

explained

The mural will be revealed on 20th April and will help liven up the SAC (Sustainable Activities Centre) which is a non-profit organisation.

"The purpose of this mural is to educate, raise awareness, and help familiarize our local community with our threatened native Fauna and Flora including the Regent Honey Eater, Bush Stone Curlew, Southern Pygmy Perch, Smooth Darling Pea and Crimson Spider Orchid", Tracie said.

Tracie works full-time as a professional artist at GIGS Artists Studios based in Wodonga, doing contemporary oil painting and specializing in portraiture, while Kristina is an emerging artist with an illustration and design background.

You can see Tracie's work on her Facebook page: Tracie MacVean Artwork and watch the mural's progress at the Mural For Sustainability Group Facebook page. You can also see more of their work at their upcoming exhibition (see below)

**Young Citizen of the Year Nominee Tracie MacVean with fellow artist Banana Joe at the SAC centre. Photo: Tamara Binder**



### Other Places and Inner Spaces

An exhibition by Tracie and Banana Joe



17 April—13 May  
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28 April,  
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## And the Wall Came Tumbling Down Sherylyne Moran

Attending computer classes can be a daunting prospect for seniors but at the TCC we have a very popular program run by volunteer tutors James Caldwell and Mervyn Brent. Jim provides classroom experience and Mervyn one-on-one tutoring.

In the past, it was a bit of a sardine experience with classes conducted in what was previously, in the 1980's, the rear bedroom of the once Brown's Store residence. The TCC, which is now owned by AlburyCity, is a repurposed building and this gives it much of its homely charm. This situation however does provide a few limitations. Now, thanks to a \$5,000 ClubsGrant from Thurgoona County Club Resort and the remaining \$15,000 funds from AlburyCity, the computer's 'Berlin Wall' was removed and the unused bathroom space claimed to make a new more open classroom.

AlburyCity Mayor Kevin Mack said the council was delighted to have helped 'bring down the wall'.

"The volunteers at TCC do an amazing job in helping seniors navigate the sometimes daunting digital world and the results that the teachers and students are getting speak for themselves," he said.

"So, it was really pleasing for Council to be able to contribute to the program in a

small way and we look forward to many more 'graduates' tapping their way into the world of 21<sup>st</sup> Century technology."

Jim estimates that he's seen over 180 people come through computer studies at the TCC and about 40 people through his much-loved camera club over the past 8 years.

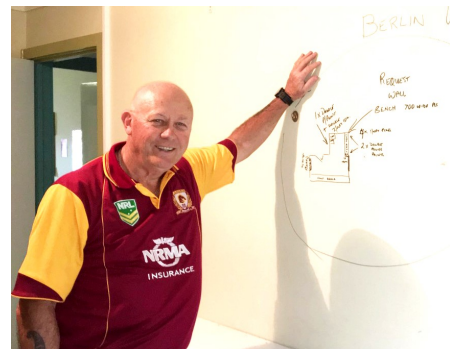
Dot Clark, a retired worker from 'Reliable Mail', is one of Jim's longest attending students having started in 2011.

"I come to be sociable with everyone – I love the people here. When I first came I didn't know very much but now I can email, improve my photos and I can put music on USBs", Dot explained.

Adam Fitzgerald, manager of the Thurgoona Country Club Resort was delighted to meet one of Jim's appreciative classes.

"From a community aspect, I've definitely seen an increase in the growth of community groups in the area. As a business, we want to do our bit to accommodate community groups and support the growing community organisations in the area", Adam said.

"Our vision is to help support the growth of locally based facilities so that there is more on offer for people who live in Thurgoona rather than having the inconvenience of travel into the CBD. We too are trying to grow with Thurgoona. We now have around 8,000 members", he said.



Tutor James Caldwell and the 'Berlin Wall' which is no more. Photo: S Moran

Through ClubsGrant, the club also provided funds towards the BBQ area which is developing at the TCC this year and will be available for public use as well as users of the centre.

The Thurgoona Country Club Resort teamed also up with the Thurgoona and District Lion's Club and the Thurgoona Fire Brigade to host the much-loved Christmas Carols on the Green. Around 1500 people came to sing along, enjoy the Christmas dancers, and meet up with others. Santa arrived in style aloft a fire truck helped by the friendly elves.

"We've also made arrangements with the Charles Sturt University so that students can utilise our club facilities. Working alongside other Thurgoona based organisations helps strengthen the community", Mr Fitzgerald said.



Enjoying the freedom of the new space: Front row: L – R Ray Tobin, Adam Fitzgerald Back row from L-R Jim Mansell, Michael Courtney, Ros Ward, Dot Clark, Iris Ellis, Zan Morley, Karen Northey, James Caldwell (tutor)



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## Thurgoona Community Centre—Australia Day AlburyCity award nomination: Community Group of the Year.

Sherylyne Moran

The AlburyCity awards provide the community the opportunity to recognise the many hours dedicated by groups to benefit the city of Albury. This year, Mr Barry Young OAM nominated our local community centre for Community Group of the Year. Though not the winner, the TCC is very proud of its achievements of program delivery and volunteer contributions recognised by this award nomination.

During its early years, the centre was a central meeting place in a sparsely populated suburb. However, with the major growth it now experiences, the centre has also expanded by introducing programs for all ages. Today the centre hums with activity and helps to build the talent and character of both the young and old with over 700 people attending each week.

Thurgoona Community Centre has become one of the primary hubs for gatherings, festivities, and cultural development in the area. Newcomers to Thurgoona have a place to find activity and connection and are also being referred by the local real estates. The centre enriches the lives of the people who attend by providing a safe place to network and learn. The quality of the service can be testified to by the active participation of a dedicated volunteer staff and program participation.



Sue Caldwell and Elizabeth Flood; volunteers from the TCC.

Thurgoona Community Centre could not function without the continued work of 85 volunteers who are reliable and resourceful and happily engaged in their endeavours. They provide approximately 3000 hours per year of work which is about \$75,000 of unpaid service. In 2017, the centre had six Charles Sturt University students who



From the TCC left to right: Sherylyne Moran, Heather Bruce, Barry Young, James and Sue Caldwell, Peter Hamilton. Photo: Geoffrey Moran

provided 180 hours of community service and five TAFE students who provided 1000 hours of work placement with the active supervision of a volunteer work placement co-ordinator. In addition to this there are 16 user groups providing a variety of services to the community.

The centre runs seven days each week from early in the morning with fitness to late at night with programs such as dance, yoga, theatre and singing.

Presently the centre is seeking to develop fitness programs for people who are eligible for the NDIS and look forward to helping people with disabilities enjoy exercise and socialising. The TCC is supported by funding from AlburyCity Council and this strongly helps the organisation meet the Council's objective for a caring community.

Congratulations to the City2City Committee for winning the award on the day. Many Thurgoona residents are enthusiastic participants of the City2City event and proud supporters of the work. Their work provides fundraising for our local Albury Wodonga Health (AWH) services and this year all money raised will be used to fund life-saving chronic lung disease equipment.

AWH's services, which also include the Child and Family Health clinic at the TCC, provides social and health benefits to the whole community. At the TCC over 140 children are supported each year with this service and more than 80 new mothers are provided with education yearly.

"To be included in the Community Group of the Year nomination with the City2City initiative is an honour and something that the Thurgoona Community Centre has at its heart also... to inspire good health, body and mind, positive interactions and 'unity' in commUNITY", said TCC newly elected Chairperson Heather Bruce.

"Well done to each worthy winner this year. It was a pleasure to attend and be part of this truly Aussie event by the

Murray River in Noreuil Park. It is wonderful that AlburyCity acknowledges the huge contribution made by volunteers in the Albury area", she said.



At TCC AWH nurses Carly Thompson and Kate Jelbart with their new improved room. New window and painting (thanks AlburyCity) and new assessment table (Thanks AWH)



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## Investing in progress



**Sherylyne Moran**

Rambayi Majuru has initiated a 'Work for the Dole' project at the Thurgoona Community Centre and will launch an anti-bullying educational program for workplaces in 2018 collaborating with the TCC and local corporates. It's been

**Rambayi Majuru**  
Photo: T Binder

quite a journey for Rambayi and the TCC is grateful for what has already been achieved.

Moving to Australia seemed an adventure that Thurgoona Community Centre staff member Rambayi Majuru could not miss. So, in January 2000 he and his wife Agnes and daughters Michelle, Leanne and Rachel left Zimbabwe.

"This was in response to a job advertisement in our local paper in Zimbabwe for skilled workers being needed to complement skills shortages in the mechanical engineering fields in Australia during that time. I had learnt about Australian history and geography at school and like Australia, Zimbabwe too was a British-colony, where English is the official language. I felt like it would be easy to fit into the Australian culture. Zimbabwe and Australia have similarities in colonial history, technology, infrastructure, and developments", he said. Shona is his first language which is one of 16 other languages spoken there. However, English is the language most spoken as it is taught in schools from kindergarten. "We have a great education system with the literacy rate being over 80%", he said.

Rambayi moved from Sydney to Albury in 2017 with his wife Agnes.

"We had lived in Albury previously for three years from 2004 to 2006, working for a local truck dealership as a Diesel mechanic/fitter. I really enjoyed my work there but moved to Sydney in 2006 to help support our daughters' educational aspirations. As they have now graduated, my wife and I decided that we wanted the life we had experienced back in Albury", he explained.

Whilst Rambayi was in Sydney he decided to change his career path and studied Community Services and finished his Bachelor of Counselling with the Australian College of Applied Psychology. Working in a Sydney youth refuge gave him a great love for helping young people reach their full potential and overcome barriers hindering them in their lives.

The TCC now shares Rambayi with Mission Australia where he works part-time as a Child Youth and Family Services Case Manager. At the TCC Rambayi initiated a Work for the Dole project, which he also supervises, aided by fellow supervisor Brad Plum. Thanks to Rambayi's persistent enthusiasm to launch this new endeavour, we have

been able to work with employment provider MADEC to commence a building maintenance painting project for seven job seekers over a six-month period. The project attracted Federal funding of \$23,800 for the materials and supervision required.

Now Rambayi has his eyes set on something else he is deeply passionate about and is teaming up with TCC Committee member John Greenfield to develop this new initiative.

"Many people spend half of their lives at work and the other half at home. Each can have a great impact on each other. Having a healthy workplace has a huge impact on a person's mental wellbeing and impacts on family relationships at home. Many employers want their workplaces to be places of excellence. However, if the relationships within the organisation are strained there are huge implications for everyone and quite often employers are at a loss of how to address these issues. As well as this, workers can feel powerless to address problems that may be deeply entrenched in an organisation and at home", he said.

"I have lived the experience of workplace bullying and harassment and it is something that I don't want anyone to experience".

With his background and wide life experiences, Rambayi is ready to provide support for businesses and individuals to become more aware of the signs of unhealthy workplace relationships or toxic work environments and has the tools and resources to address the issues associated with it.

"Unfortunately, the long-term impact of allowing workplace bullying and harassment to exist in an organization is that there is high staff turnover, absenteeism, low productivity, recruitment and legal costs and compensation claims. Ultimately there is a loss of business investor confidence and a company's reputation is at stake", he said.

He also said, "Its effect on employees may include anxiety and depression, reduced performance, loss of self-esteem and confidence, self-blame, deteriorating



**Work for the Dole training occurred with expert renderer Mat Tyrrell of Matts Rendering. P: 0427 662 435**

relationships with work colleagues, friends and family and in worst case scenarios, suicidal thoughts."

Rambayi is equipped to provide group or individual training sessions and workshops for businesses and individual workers. He is also seeking corporate partners in this process. In the workshops that are offered, guest speakers who have a lived experience in the local area, will share insights. Rambayi will provide practical advice and pathways for resolution and change.

For more information ring the TCC on 6043 1588.

### Styling the Centre

We have greatly enjoyed the amazing workers that have been sent to the centre with the Work for the Dole Project and are thrilled with the progress they are making. We have had so many people praise the work that is being done and the difference it is making. We can't wait until Thurgoona designer Sharon Strauss has her way with colours and the overall TCC appearance. Sharon's aim is that when people walk into the centre they have a great experience. For Sharon's services ring 0422 595 738.

### Sharon and Rambayi at TCC







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**Tuesday, May 1**

**Tuesday, June 5**

**Tuesday, July 3**

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## **Take a Bow Thurgoona Country Club Resort.**

**By Barry H Young OAM.**

A fabulous three-day NSW Senior Open Tournament, preceded by a ProAm day, was held at the Thurgoona Golf Course in November after months of organisation and course preparations which attracted 113 top senior professionals.

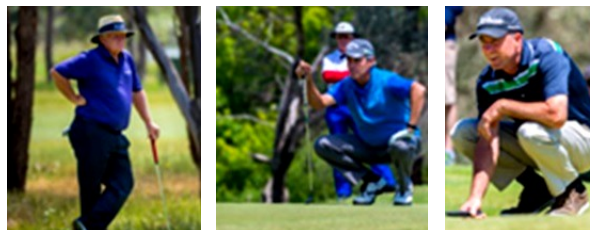
The greens were described as exceptional by the participants, with past British Open Winner Ian Baker-Finch describing such as 9 and a half out of 10 and whose praise was joined by a chorus of many other participants. Such praise is a credit to the greenkeeper Dean Lucas and his staff.

Adam Fitzgerald, the Resort manager, also deserves a pat on the back for his superb organisation, and not forgetting the Murray Grey Veterans for four days of extensive demanding marshalling.

The event was won by Grant Kenny, who on the last day stole an early lead on the overnight leader Peter Senior and got over the line by three strokes with Senior challenging.

It was great to hear many of the players expressing their desire to attend next year, that being the second year of a three year hosting of the tournament.

I repeat - all those involved in making this such a wonderful event can stand tall.



## **Need a venue?**

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**Youth Room**—seats 40 for seated conference or 16 at tables. **Front play area** for children's parties with kitchen and outdoor play equipment. **Front area** also can seat 50 in rows of chairs or 24 at tables.

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By Di Martin

## First Bus Trip for The Year

The TCC Social Club members were asked to give some thought so the social club working committee could put together the type of fun activities, and places to visit that members would like. You asked: it happened!

**February 14<sup>th</sup> bus trip to the Red Stag Deer and Emu farm Eurobin.** The sun was warm with the promise of blue skies and a little wind on the ranges. The excited group all boarded the bus with lots of talking and laughter. With a head count of 20, we drive out of the Thurgoona Community Centre in the company of our very able bus driver Neil.

The first stop is Yackandandah. It's going to be a big day with lots to fit in so we won't stay long in this sleepy haven. So tempting though when the smell of brewed coffee drifts up the street and with the memory of our last yummy morning tea here.



On this trip we are on a mission to get to Myrtleford for our morning tea. Something very special about first coffee of the day.

Anybody that has been to Myrtleford knows there is ample to choose from, so I'm thinking a few more visits to this pretty town is necessary if sampling all the great coffee shops is to happen.

Strict instructions are delivered from group leader Bev to be back in 45 minutes to board the bus for the next part of our journey. Surprisingly this is achieved and with lots of happy laughter and talking we head on to the next much anticipated destination.

Such a pretty drive and such a mix of trees, you can see the dryness has its hold on this lovely countryside. The hills are dry, and the dams are more empty than full. But beautiful it still is.

The Red Stag Deer and Emu Farm Eurobin is just over the top of the rise. We slow down to manoeuvre the driveway into the park, leaning forward so we don't miss anything.

'Wow' is the word that says it all. Majestic deer with huge antlers lift their beautiful heads to look our way. The interesting emu with their long legs and huge bodies that appear bigger as we get closer to them. The excitement builds as the bus stops under the shade of huge trees.

The buildings and deer enclosures are on top of the hill, so we look down on an amazing view. A dam with the deer wading slowly in the water. They have the right idea on a warm day.

The feeling that all is good in our world or at least this little piece of our world is felt. Nothing is rushed, the animals look at peace in their yards and try to put noses through the fencing as we walk up to them. We enjoy the quiet time with nature before heading into the restaurant for lunch and a look through the gift shop.

Oils and beauty products, healing vitamins also are available. Beautiful bags and so much more. I'm thinking a place to definitely come back to and enjoy.

The food is fabulous, such a selection to tempt everyone. Though a few of us found it hard to order venison after getting 'up close and personal', out in the yard.

Grace gave a talk on the history of the place and all the difficulties that have led to the successful business which it is today. This is another place to come back to in the future. A lovely lunch, lovely staff and a must see.

We are heading back now to the only Australian pumpkin seed

farm. This is very interesting, and a must do. I think we all wondered what we would find. A lot of pumpkins I'm thinking but again it was such a great surprise. How many times have we all rushed past in the car on the way to somewhere else.

Not anymore. This is my must stop shop from now on. Yummy pumpkin seeds inside the most amazing chocolate and the explosion of flavours hit as you pop them into your mouth. I did mention healthy, didn't I?

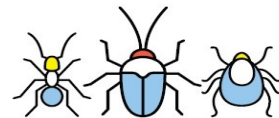
The informative talk, converts us to the benefits of pumpkin seeds and oils. The soaps were beautiful with such a gentle fragrance. We all walk out with smiles and bags of goodies.

Again, it's all too soon and it's time to head back to Thurgoona and home. We are tired but very happy with our day. It was well planned, interesting, and enjoyable and so good to find these gems so close to home.

The social club is a fun group. Check out the newsletter and see what's on the list for 2018- get a copy from the Thurgoona Community Centre- join up for an \$5 annual fee.



Majestic stag with our dear Elisabeth Mathews McLaren

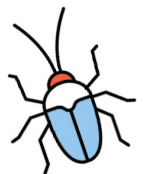


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### Heather's Fitness Classes have become my "Must Do" in the week, Diane Martin

These classes cover fitness that delivers; strength, endurance, friendship and laughter. So much achieved in one hour.

It's two years since I have been fortunate enough to have been part of this wonderful group.

Classes are held on Tuesday and Thursday. Heather has us all under her watchful eye as we lift weights, throw balls, and lots of stretches. We work with bands with even the odd dance. We are working on our brain as well as our body.

Our own personal goals can be achieved with encouragement from Heather, and the class makes anything possible. I have found I recover more quickly now if I have an injury of any sort.

My energy level is now more like it was when I was younger, no more sleeps in the lounge at 5pm. The huge difference I have found is my sense of balance is back. Now I know the saying...."10 years younger, feels like."

### Now also an NDIS provider

Young at Heart Fitness is lead by qualified fitness instructor Heather Cahill.

Heather specializes in both personal and group fitness sessions, including Cardio - strength group sessions and Boxing for Fitness for all ages and fitness levels.

If you prefer a personal session, Heather can always arrange a time to suit.

Heather has also recently become a registered NDIS provider. (4050026166)

For further information you can access the NDIS Portal or contact Heather or

the TCC directly on 6043 1588

Heather has a passion for good health and wellbeing and would be able to help you gain more energy, sleep better, lose excess weight or just feel happier, healthier and stronger.

In July 2012, Heather underwent quadruple bypass surgery after being diagnosed with Atherosclerosis (Hardening and narrowing of the arteries) and believes if she hadn't been as fit and healthy as she was she wouldn't be alive today.

Although heart disease is one of the leading causes of death for Australian men and women combined, the findings show it is still largely misunderstood.

Many Aussies have a poor understanding of heart disease risk factors.

Smoking, high cholesterol, high blood pressure, being overweight and being inactive are all Risk Factors you can change.

If you would like more information please contact your GP or the heart foundation.

If you would like to join one of Heather's classes or personal training sessions check out her class times on page 13 or call Heather on 0419 312 593



### NDIS Fitness

Tuesdays and Thursday afternoons

Ring Heather for a class time and for more info P: **0419 312 593**

**NDIS Provider ID 4050026166**

## Help in the Darkness

At times we can all catch ourselves thinking gloomy, negative thoughts. If it's a particularly tough time, these thoughts can seem so real and overpowering.

At these times, many have the capacity to "change gear" and redirect where their mind is taking them. They end up in a much better place with renewed optimism.

How difficult it is for many however, who suffer from a mental illness. Their capacity for redirection is hindered and sometimes their thoughts leads them into a downward spiral of despair. Here professional help is needed.

How hard too it is for family and support workers to watch on while those they care for struggle with self doubt, self hate and sometimes self harm.

At the TCC, the organisation "Safe in Oz" is providing a two day training workshop on 27 and 28 September in Thurgoona. It is for education and enlightenment for workers of clients who have self destructive behaviours. Carers may also gain great insights through attending.

For more details, see TCC Facebook events page or ring Annie direct on **03 5176 2616** (Tuesday—Thursday 9.00 am to 4.00 pm) or email [safeinoz@wideband.net.au](mailto:safeinoz@wideband.net.au)



If you are struggling with difficult thoughts ring:

**Lifeline 11 13 14**



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**E: [ray\\_walsh@bigpond.com](mailto:ray_walsh@bigpond.com)**



## THE ALBURY WODONGA TABLE TENNIS ASSOCIATION

Table Tennis is a sport that is both competitive and social. It can be played all year round and caters for any age group, from children to seniors, male or female. It is an important tool for not only physical fitness but mental health and social interaction. We currently have 300



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members and this membership covers Junior and Senior Pennant players and Keenager Social Players. Keenagers are aged 50 plus and we have players in their 80's who are still competing.

Many sectors of the community use our facilities i.e. disability groups, School, social and football groups. Coaching is available for a nominal fee and equipment is provided free of charge. We have tournaments throughout the year with players from interstate participating.

We are a very social club and have morning teas, dinner dances, presentation nights etc. throughout the year. Keenagers have now started a BRING A FRIEND day the 2<sup>nd</sup> Friday every month. You can enjoy playing with our members free of charge with all equipment supplied and free coaching on the day. You can then join us for a delicious morning tea and enjoy meeting all your new friends. Every 1<sup>st</sup> Sunday of the month we have started a FREE COME & TRY DAY from 1.00—4.00pm. All ages can play so bring your family and friends to enjoy a social day of table tennis. Equipment and coaching is free.

For further information contact Barbara on 0429 635 168 or Terry on 0400 533 741  
Email [Terry.Caldwell8@bigpond.com](mailto:Terry.Caldwell8@bigpond.com)  
We are located at Greenfield Park, 471 North Street. Albury.

Our members are like an extended family so come along and try Table Tennis, you will never regret it.



Babies  
Breath

The Babies Breath baby and child first aid classes equip parents with lifesaving skills that are required in an emergency before medical help arrives. We offer public and private in-home classes, which are one off 2.5-hour classes that are practical, informal and delivered in a relaxed environment. We currently hold our monthly public classes at the Thurgoona Community Centre.

All classes are taught by Lauren Kendrick who decided to start Babies Breath after she had her second daughter, Georgia and kept hearing from parents and friends that they



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*Babies breath story continued*

would like to be more comfortable about what to do in an emergency or if their child was in need of first aid.

Lauren is a local and has worked as a Paediatric Nurse and Educator for over 13 years. She worked in the Neonatal Intensive Care Unit at Westmead Children's Hospital in Sydney and is currently the nurse educator at the Albury Wodonga Paediatric unit.

The classes are hands-on and cover

- Infant and child CPR
- Choking
- Seizures
- Water safety
- Allergies and anaphylaxis
- Burns
- Poisoning
- How to know your child is unwell

And lots more!

Classes are baby friendly as we find the families appreciate the flexibility of bringing the entire family to the class. We also run classes for community, mothers and playgroups. For bookings or more information head to our website [www.babiesbreath.com.au](http://www.babiesbreath.com.au) or find us on Facebook.

**Katrina Hackett**

When was the last time you had a beautiful family portrait taken? Or some gorgeous, professional photos of your kids?

Well here is your chance capture some great images of your family to treasure for a lifetime.

Little Kidlets Playgroup is running a fundraiser with Kidshotz Photography

on the **12<sup>th</sup> May 2018** at Thurgoona Community Centre. Everyone is welcome to participate.

For a booking fee of \$30 your family will have a 30-minute Box and Black & White sitting, plus a 20x25cm group photo. You will also have the option of purchasing photo packages which are reasonably priced and terrific value. All the proceeds of the booking fees go towards Little Kidlets Playgroup, plus a percentage of the sales. So, by simply booking a sitting you are helping to raise much needed funds for our Little Kidlets Playgroup, to buy much needed resources, toys and craft supplies.

Little Kidlets Playgroup runs Monday's 10am-12pm during School Term, at Thurgoona Community Centre.

To book a sitting for this fantastic fundraiser with Kidshotz **please call: 1300 309 776**

[www.kidshotz.com](http://www.kidshotz.com)



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## What groups are at the Thurgoona Community Centre (TCC) in 2018?

### Art Craft

#### Buds Art Group—Thurgoona

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

**Mondays** 10.00 am—3.00 pm in the hall. For more information please contact: Dawn: **6043 1006**

#### Red Rubies.... Craft or Not.

Our group is held at the Centre every second **Wednesday** from 10.00am to 1.00pm. 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**

#### 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.** 10.00 am—4.00 pm

8 week course Enquiries: **6043 1588**

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

### NEW TO TCC:

#### White Diamonds Patchwork Sewing

Bring your sewing machine and project and enjoy the company of other like-minded sewers.

Every **first and third Thursday** of the month from **12.30—3.30pm**

Cost is \$5 per head—maximum of 10 people. Tea/coffee provided. Ph **6043 1588**

### Social

#### Community Singing

Love to sing? Come along and join us! We will have weekly sessions that generally follow the NSW school terms

**Wednesdays** 6.00—7.30pm

\$4 per session or \$15 per month.

Mary: facilitator **0427 431 511**

#### 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: 1.00- 3.00 pm

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

A full list of films is available at the centre. Some coming up are: 12 April: Hamstead; 26 April: Paris Can Wait; 10 May: Paper Planes

#### Mates Morning Tea

Like a good yarn?

Enjoy great company in a relaxed and friendly environment?

Mates morning tea runs every **Friday** from **10.00 am—12 noon** just for men.

Come and meet new people. You can bring a mate or come on your own.

Cost: Gold coin donation

Tea/coffee and biscuits provided.

P: **6043 1588**

#### TCC Book chat/club

First **Tuesday** of the Month

1.30—2.30 pm \$2 per session.

Book chats are informal and relaxed.

Discuss books you have read or are presently reading. Ring **6043 1588**

#### TCC Social Club Events

Breakfast at Kinross Woolshed Second Saturday every month 8.30am. Cost from \$2.00, meet new friends and old.

Regular day trips to local points of interest. Reasonably priced.

Join our club for excellent friendship and activities. See notice board at centre for upcoming events or book for these events: Annual Fee \$5.00, contact the TCC office for membership and information on **6043 1588**.

#### Thurgoona Community Centre Coffee Shop:

**Tuesdays and Thursdays**

10.00am -12noon

Cost: \$4.00 cuppa and treat.

It's friendly, open to

everyone in the community. Staffed by volunteers. A great place to meet people, relax and keep in touch.



### Community Services

#### Anglicare Financial Counselling

Free and confidential at the TCC

Ring **6041 4227** or

Susan on **0427 792 735**

#### AWECC Albury/Wodonga

#### Ethnic Communities Council

First Tuesday of each month

9.00am—3.00pm Come for a chat

Phone: **6024 6895**

#### NEED a JP (NSW)?

For contact and to arrange a face to face service, ring the centre on **6043 1588**.

### Computers

#### 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—8.00 pm. 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!

**Mon:** Beginners 6.00—8.00 pm

**Wed** Advanced 1.00 - 3.00 pm

and Beginners 3.00 - 5.00 pm

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

**Individual tutoring also available upon request.**

### Fitness

#### Border Pilates

Improve your strength, flexibility and general fitness with a qualified physiotherapist. 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**

#### Real Girls Sweat

#### With Jo Parker

A fun, total body workout, suitable for women of all ages and fitness levels, which focuses on function and form.

Joanne runs Small Group PT sessions

**Monday Wednesday Friday 6.15am.**

Classes are designed to suit all fitness levels and ages (max class size of eight) 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 and supportive PLUS your first class is FREE! Bookings are essential and newcomers should arrive 10 minutes early to discuss their individual needs.

For more information please visit her website

[www.lifesparkwellness.com.au](http://www.lifesparkwellness.com.au) or call or SMS Jo on **0477 505 531**.

## Fitness

### Tai Chi With Kaye Deanshaw.

This is a Murrumbidgee Local Health District initiative.

**Thursdays** 9.00—10.00 am

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

### Twin City Stomp Line Dancing

**Wednesday:** classes 10.00am-1.00 pm

**Tuesday** 7.00—9.00 pm

Cost: \$10 per lesson

Contact **Bev Vinge 0407 947 353**

### 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: 6.30 pm - 8.00 pm **Monday**

Cost: \$10 per lesson **Janet 6043 2987**

### Young At Heart Fitness

with Heather Cahill

**Med-High impact Cardio/Strength (men/women)**

Tuesdays 8.00—8.45 pm \$6

**Low-Med impact Cardio/Strength (men/women):**

Tuesdays 9.00 —9.45 am \$6

**Low Impact circuit (men/women)**

Tuesdays 10.00—10.45 am \$6

**Low-Med Impact Cardio/Strength (men/women)**

Thursdays: 10.45—11.30 pm \$6

**Mixed Boxing for Fitness :**

Tuesdays 7.00—8.00 pm \$10

Thursdays 11.45—12.15 pm \$6

**AFL Active—for 16 yrs +**

Tuesdays 5.45—6.45pm (Mixed) \$10

**Sessions also at Glenecho Community**

**Centre.** Enquiries and bookings ring

**0419 312 593** Other classes in

Lavington/Glenroy

## Children/ Youth

### Little Kidlets Playgroup:

**Mondays** 10.00 am —12 noon

Interactive with activities to enjoy

Cost: \$5 per family per session NSW

school term P: **6043 1588**

### TCC Garden Group

A beautiful garden has been established at the TCC. Mums have started an informal group to grow vegetables and tend the garden. Contact the centre on **6043 1588**

### YAFF Young Adults For Fun

A service provided by Home Care for young people with disabilities to socialise. Wednesdays 6.00—8.00pm

## Starlings Dance Connection

**Monday**

5—7 yrs jazz @ 3.30—4.00 pm

8—11 yrs jazz @ 4.00-5.00 pm

12—16 yrs jazz @ 5.00-6.00 pm

**Wednesday**

4—5 yrs fairy ballet @ 2.30—3.00 pm

2—3 yrs mini movers @ 2.00-2.30 pm

5—8 yrs hip hop @ 3.00-4.00 pm

8—14 yrs Contemporary @

4.00—5.00 pm

8-14 yrs Song/Dance @ 5.00-6.00 pm

(includes lots of drama games and exercises)

**Saturday**

2—3 yrs mini movers @ 9.00-9.30 am

4-6 yrs hipity hop @ 9.30-10.00 am

4-6 yrs fairy ballet @ 10.00-10.30am

6—11 yrs ballet @ 10.30-11.30am

12—16 yrs ballet 11.30am-12.30pm

starlingsdance@live.com.au

Ring Allira on **0401 669 005**

## YOUTH PROGRAMS:

**Youth Leadership:** a fun and engaging teen program to develop confidence in speaking and listening.

Group Facilitator is Carmel McCartin

**Wednesdays 4.15—5.30 pm**

**Chill zone:**

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

Coordinated by the TCC Youth Guidance

Team. **Tuesdays 4.00—5.30 pm**

School buses drop off at the centre

Phone **6043 1588**

No weekly cost—food included. Some excursion costs involved

## Community Groups

### Albury Wodonga Lego User Group

Meets once each month on second Sunday of each month 1.00—4.00pm. Find them on Facebook

### 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.**

### Thurgoona Community Action Group (TCAG)

For people who are concerned about progress in Thurgoona. Meets second Tuesday of each month 7.00—9.00pm thurgoonaCAG@gmail.com

### Woolshed Thurgoona Landcare Group

First Monday of each month

7.00—9.00pm P: **6051 9781**

## Thank you to the Grapevine Team

**Feature articles:**

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Dr Noella Mackenzie

Darryl Starr

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Beth and Peter Burrell

Beth and Michael

Crouch

John Haydon

Russell and Petra

Grace

Cecily and John Willott

Keith and Sally Hendy

Bill and Julie Plant

Sally and Keith Hendy

## Good News: Free Help for Kids

### Child and Family Health Nurse

The nurses are 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.

**Thursdays** 1.30 - 3.30 pm:

Coming back in 2018—once every two months.

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 six weeks at the

Thurgoona Community Centre

10.30 am—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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# Community Groups Directory

## Alb-Wod Stroke Recovery Club

At: Thurgoona Country Club Resort  
When: Last Thursday of the month with guest speakers each meeting. Strategies for enjoyable living. Everyone welcome friends and family. Enjoy a chat and lunch at the club after the meeting.  
Time: 10.30 am Contact: 1300 650 594  
E: [strokerecoveryclub.aw@gmail.com](mailto:strokerecoveryclub.aw@gmail.com)

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

At: Thurgoona Country Club Resort  
When: Tuesdays, 7.00 pm  
Contact: Cheryl 0418 696 796  
E: [ian.moffat1@gmail.com](mailto:ian.moffat1@gmail.com)  
0412 890 742

## Thurgoona Bookclub

Running for over 11 years, has room for more members. Meet on the first Wednesday of the month at 7.30pm, to discuss the months book.  
Interested? Call Tracey 6043 1869 AH.

## Thurgoona Community Action Group (TCAG)

For people who are concerned about their neighbourhood.  
Meets: second Tuesday of every month at the Thurgoona Community Centre from 7.00—9.00pm  
E: [thurgoonaCAG@gmail.com](mailto:thurgoonaCAG@gmail.com)

## Thurgoona District Lion's Club

Meets on the first and third Monday of each month at the Thurgoona Country Club Resort 0438 463 732  
E: [thurgoonalions@gmail.com](mailto:thurgoonalions@gmail.com)  
Find us on the Web and Facebook

## Thurgoona Mens Shed

Where: Cnr Elizabeth Mitchell Drive and Corrys Road Thurgoona  
When: Tues, Thurs and Sat  
Times: 8.30 am to lunch (on the Web)  
Contact: Bruce Dyce 0428 432 413

## Thurgoona Tennis Club

Thurgoona Country Club Resort  
A and B grade mixed social Wednesday 7.00 pm and Saturday afternoon pennant competition  
Contact Bernadette O'Donnell  
[thurgoonatenniscub@gmail.com](mailto:thurgoonatenniscub@gmail.com)  
[www.thurgoonaresort.co.au](http://www.thurgoonaresort.co.au) (Link to tennis)

## Thurgoona Toastmaster's Club

Meets second and fourth Wednesday of each month at Thurgoona Country Club Resort 7.00 – 9.00pm.  
Contact Glenys 6043 3119

## Thurgoona VIEW Friendship Club

*Voice, Interest, and Education of Women* on second Wednesday of each month, Boomerang Hotel, Lavington. 7.00 pm  
Contact: Margaret 6069 9019  
Anne 6043 1968

## Woolshed Thurgoona Landcare

For upcoming events visit our website: [www.wtlandcare.org](http://www.wtlandcare.org) or "like" us on our Facebook page.  
To join our members list email [enquiries@wtlandcare.org](mailto:enquiries@wtlandcare.org) or contact Catherine Allan on 6051 9781

## Thurgoona Churches

### BREAD OF LIFE CHURCH ALBURY (BOLA)

Service: Saturday 6.30—8.00pm  
Chinese and English  
56 Merkel Street, Thurgoona  
P: 0448 721 548  
[www.mybola.org.au](http://www.mybola.org.au)

### FREEDOM CHURCH

Thurgoona Community Centre Hall  
10 Kosciuszko Road, Thurgoona  
Sunday evening 6.00—7.30pm  
E: [freedomchurchthurgoona@gmail.com](mailto:freedomchurchthurgoona@gmail.com)

### GO CHURCH

Service: Sunday at 10.00 am  
33 Hartigan Street, Thurgoona  
Pastor Rick Zago P: 6043 1422  
E: [admin@gochurch.org.au](mailto:admin@gochurch.org.au)  
W: [gochurch.org.au](http://gochurch.org.au) FB /Instagram

### IMMACULATE HEART OF MARY

20 Hartigan St, Thurgoona,  
P: 6043 2222  
Vigil Mass 6.00 pm  
Sunday Masses 9.30 am and 5.30 pm  
[www.thurgoonacatholicparish.com](http://www.thurgoonacatholicparish.com)

### ST JOHNS ANGLICAN CHURCH

288 Table Top Road  
Sunday Service 9.00am (except every second Sunday of the month at St Marks in North Albury 10.00 am)  
P: 6040 2188  
[www.anglicannorthernalbury.org.au](http://www.anglicannorthernalbury.org.au)  
Kid's Church—meets on first and third Sunday of each month of NSW school term.

### THURGOONA BAPTIST CHURCH

TCC Hall— 10 Kosciuszko Rd  
Nepali Service 10.00—11.30 am  
All welcome to stay for morning tea  
Bus pick up P: Hugh 0418 431 988  
[www.thurgoonabaptist.org](http://www.thurgoonabaptist.org)

### THURGOONA PRESBYTERIAN CHURCH

Service: Sunday 4.00 pm  
Thurgoona TAFE,  
97 Ettamogah Rd, Thurgoona  
[www.thurgoona.church](http://www.thurgoona.church)  
E: [mike@alburychurch.org.au](mailto:mike@alburychurch.org.au)

# Easter Message

Rev Mike Wong



**The Wong Family: Mike and Kara with children Ethan, Liam, Toby and Gabi.**  
(Left to right) Photo: Dad's family selfie

Our family loves Monopoly. We have a few different versions including the card game version, Monopoly Deal (I recommend it. It's shorter and lessens the fighting!). In the classic version, I always enjoy getting the card *Get out of jail, free*. You can store it up for when you need it.

The good news of Easter is that we are given a *Get out of jail, free* card. Jesus wins it for us, but at a high personal cost. You can read the gripping story in the Bible.

Jesus is standing before Pilate, the Roman governor, the judge. He is about to be sentenced to death on trumped up charges. But Pilate tries to set Jesus free. According to custom, one prisoner was released every year. Pilate suggests Jesus. But the crowd shout for Barabbas to be released instead, a murderer. Pilate is perplexed. But the crowd persist. They want Barabbas released and they cry out for Jesus to be crucified. Then we read this sentence, 'Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged, and handed him over to be crucified.' (Mark 15:15)

It's a terrible scene. The injustice is chilling. But that's what happened. Jesus goes to the cross to be crucified. Barabbas goes free.

It's no accident that this story is included in the Bible. It makes the point that we are like Barabbas. Jesus goes to the Cross for us. He dies in our place. He dies instead of us. Jesus is the ultimate substitute. Through his death, Jesus wins a *Get out of jail, free* card for us.

Every Easter, we have the wonderful opportunity to remember the death of Jesus for all humanity. We celebrate the fact that we can go free, enjoy forgiveness, receive eternal life. Jesus has won you a *Get out of jail, free* card. Will you use it?

This year, Albury Presbyterian Churches have started Thurgoona Presbyterian Church. We are celebrating Easter on Sunday 1st April, 4pm. We invite you to celebrate with us! Creche, kids and youth programs available. Followed by dinner. We're at Thurgoona TAFE, 97 Ettamogah Rd, Thurgoona.





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## International Toastmasters speech contest in Thurgoona

Toastmasters Thurgoona were the hosts of the Area 34 International Speech contest in February, which was held at the Thurgoona Country Club Resort and the day was packed with some wonderful speeches being given by Toastmasters far and wide.

People from as far away as Canberra, Tumut, Griffith, Wangaratta, Shepparton and local clubs from Albury/Wodonga, Thurgoona and Indigo Valley attended on the day.

These clubs are part of District 70 in New South Wales and District 73 which encompasses Tasmania, Victoria and South Australia. The friendships and the learnings from such a day tend to showcase what an individual can do when given the right opportunity, guidance, and in the right environment.

The winners on the day were, Bridgid Kilgour from Wagga Wagga Toastmasters for the International speech contest and Ilja Noordermeer from Tumut Toastmasters club for the Evaluation contest.

The winners from each club contest go forward to the Area contests and the winners move forward to the Division contests held in Canberra in March.

"The speakers were very worthy contestants and we would like to wish them the best of luck when it comes to their turn to speak in Canberra", said Glenys Clayton of Thurgoona who is also the Director of Area 34.

Toastmasters help in confidence building and public speaking and will be holding a short 6 – 8 week course at the Thurgoona Country Club Resort starting in April, so get your names in to Glenys Clayton (Thurgoona President) at [claytonge@outlook.com](mailto:claytonge@outlook.com) or phone 0408 404 254 for further information.



Toastmasters contestants at Thurgoona



## The new shed is on its way

Our new bigger and better shed has had the development application approved by the Albury City Council. Work will commence with the footings very soon with the complete erection of the shed and the fit out to be finalised by the end of the year. We can't wait as we have completely outgrown our current shed because the amount of active members has grown with around 60 men regularly attending the shed to do whatever they can or want to do.

Thurgoona certainly needed a Men's shed as we predicted when we started the shed with 25 new members in 2011. It has now grown to more than 80 and with our new shed we expect the membership to grow even more just as the district of Thurgoona grows. Some of our members have certainly come out of their shells because of their involvement in the shed and that is a great thing for Men's health.

Ian Crane



Thurgoona Men's Shed



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## Dreamfields commences shows for UK Creative Youth Exchange

Dreamfields continued its shows for the 2018 UK exchange earlier in March with Dreamfields Music Award co-winners Chelsea Knight and E.L.K. performing at Thurgoona Country Club Resort.

Dreamfields partners with Henty Machinery Field Days and Somerset Rural Youth Project.

Dreamfields is a creative platform for rural youth, with workshops in schools and an awards showcase at Henty MFD 2018.

In 2017, Kergunyah's Maidie Dawson and Jindera's Lachlan Mitchell travelled to the Somerset in the UK, where they played in Somerset schools. Donations through Australian Cultural Fund (ACF) assisted, tax receipts given to financial supporters.

*"Going to Somerset was more than I was anticipating. It was awesome to be welcomed, and they shared the same passion for creative rural youth as Dreamfields."* - Maidie Dawson

In 2017, Somerset RYP reciprocated for the exchange, sending talented duo Lauren and Oli to the Henty MFD Dreamfields showcase.

Both Staghorn Flat's Chelsea Knight, who attends Catholic College Wodonga, and Mullengandra's Nick Keogh, who graduated from Xavier High in 2017, won the Music Award and their upcoming 2018 UK Exchange in May-June.

Nick Keogh's E.L.K. and Chelsea Knight have recently recorded at David Wilson Recording Studios, in Wagga Wagga. 2018 workshop students in schools, shires and festivals will get free entry in the 2018 awards and festival at Henty MFD.



## Have you heard the buzz?

Pollinators are loving your backyards and paddocks with flowers continuing to bloom as Woolshed Thurgoona Landcare Groups plant give-away\* hits its third year.

The group has distributed over 8000 plants through two previous giveaways contributing to vital habitat across Thurgoona and surrounds.

There are many more great events and activities happening in your patch and new members and participants are always welcome.

Whether it is Sloane's Froglets, Squirrel Gliders, twitching (that's bird watching) or getting your hands dirty, Woolshed Thurgoona Landcare Group is bound to have an activity for you and your family.

Visit our website [www.wtlandcare.org](http://www.wtlandcare.org) or follow us on Facebook [www.facebook.com/wtlandcare](https://www.facebook.com/wtlandcare) for more information.

\*WTLG plant-give away is made possible thanks to funding from Murray Local Land Services



## AlburyCity Council Update

Thurgoona continues to be the key area of growth for Albury, with more than 8,500 people now calling Thurgoona home. This is an increase of 40% since 2011.

To help cater for the continued demand there are a number of residential subdivisions currently underway. Work continues apace on a number of large subdivisions along Kerr Road including Chisholm Park and Yarrabee Park as well as major works occurring for the Thurgoona Park North subdivision. Council is working with the developers and monitoring these developments to manage potential impacts upon existing residents and the environment during the construction of these subdivisions.

There has also been strong interest in new commercial facilities to service the growing population. Council has recently received an application for the further subdivision of the commercial site at the corner of Thurgoona Drive and Table Top Road. This is proposed to create additional commercial land for development as well as the extension of Diamond Drive to

connect with Thurgoona Drive. In addition, Council has received applications for the development of a Service Station and Take Away Food Premises at the corner of Table Top Road and Thurgoona Drive as well as the redevelopment of the Ettamogah Pub Village including a Medical Centre, Brewery and additions to the Barn. Finally, Council has an application for the development of a three storey Medical Centre at 299 Elizabeth Mitchell Drive (between the Grange and PE4K Child care Centre).

### WANTED: VOLUNTEERS TO HELP MIGRANTS UPSKILL THEIR ENGLISH CONVERSATION:

A local business has approached the TCC to help two migrant male workers to upskill their English conversation. Requirements; Australian resident with Aussie accent, able to complete a Police check with TCC. We have resources and ideas to help you develop individually tailored programs.  
Phone 6043 1588



## Biggest Morning Tea 2018

Sue Caldwell

The committee and volunteers are busy preparing for the biggest morning tea event for 2018; the date of the event is to be **Friday 18<sup>th</sup> May**, 10am to 1pm at the TCC Hall – cost for the event is \$10.00 per person, with all participants requested to bring a plate to share. On the day sandwiches, scones, jam and cream will be supplied with each entry



Jan Poy from TCC Photo: M Courtney

fee. Our guest speaker on the day will be Jenny Black, who is President of Bravehearts Dragon boats on the Murray.

We will have our popular trade tables with any donations for those tables appreciated; lucky door prizes, and a raffle will be held on the day with prizes for the raffle to consist of four prizes:

1. Fernwood Ladies Gym membership donated by Julie Nixon, owner.
2. Hamper, bottle of wine and meal voucher at Thurgoona Country Club Resort donated by Adam Fitzgerald, manager
3. \$50 Woolworths voucher donated by Jim Caldwell from the computer room.
4. Porcelain doll donated by Sybil Mills.

Last year the 2017 Biggest Morning Tea event raised a total of \$1,800 – a big thank you to all who participated and donated.

Due to the popularity and success of this event, we would appreciate early bookings by interested parties. Bookings and raffle tickets are available every Wednesday at the TCC. **Contact the centre on 6043 1588**

Upper right photo is TCC Volunteer Sylvia MacKenzie.  
Photo: Michael Courtney



## Biggest Morning Tea

Thurgoona Community Centre  
10 Kosciuszko Road Thurgoona  
Friday 18 May 2018 10.00am  
Cost : \$10 Bookings essential  
P: 6043 1588 Bring goodies to share.

## There's no place like home... in Thurgoona!

Ruthy Rawson

(Pre-holiday Hubby and Wife conversation)

"Have you packed the...?"

"Yes"

"Did you remember to...?"

"Of course"

"The whats-a-name's included isn't it?"

"Absolutely"

"Everything jammed into the caravan including a spare kitchen sink?"

"You betcha!"

"Ok!"

And with the check list checked, the tick-a-boxes ticked and the TO DOs all finally done we were off!

Off where? Off to explore the great blue yonder, off to complete the Aussie lap, off to do a million and one things and most of all just off to have a change from..... HOME, peaceful Thurgoona for the last 20 odd years. You know, 'Home' where life is normal and secure and routine and DULL! Oh what a lesson we had to learn!

In 2017 my hubby and I took 12 months off to explore awesome Australia. First we headed north. We camped by the coast, nearly boiled at Ballina, floated in the floods (at Mullumbimby) navigated Nimbin, get-a-wayed at the Gold Coast, whale watched in the warm waters, hot air ballooned below Brisbane, paddled at Port Douglas, drove through the Daintree, and feasted with family and friends along the way. Away for eight months was the break we needed and then we headed south again.

But wait, we still hadn't gone to the West (the original destination), so we decided on a week stay over in Thurgoona before the next stint.

And oh, it was so nice to see home again! Our family, our friends, the familiar shops and stops and weather that did the expected unexpected. It was all so comforting and... well, heck, we felt contented again.

But... the West beckoned and had to be heeded. Thousands of

kilometres later we fulfilled our South West bucket list dream: At Kalgoorlie we surveyed the Superpit, Australia's largest open cut mine; we wandered around Wave Rock; had our share of warm fuzzies with the quokkas on Rottnest; then ran out of names for gnomes when visiting the infamous Gnomesville – a location where over 8000 gnomes have gathered together from all over the world (it's true!)

No trip to the West would be complete without walking the 1.8km jetty at Busselton, driving through beautiful Margaret River and following the southern coast through Albany and Esperance. Oh! And did I mention staying in Walpole? (It's East of Albany). The locals consider it half way between the North and South Poles and therefore claim to be in the belly button of the world!

In all our travels did we find another place we would rather live? The beach? Up North? The Outback? In the West? No. Although we loved the break, a slow yearning for Thurgoona had been reignited in that one week furlough stop we had back home. Our return journey was not one of sadness of a holiday ended but one of eager anticipation that we were returning refreshed, renewed and ready to start the next ten years before retirement finally beckons.

We are "Home" at last, amongst friendly neighbours, with a peaceful lifestyle in a growing village atmosphere. We are happy and content to be back because... **there's no place like home in Thurgoona!**

**(Both John and Ruthy are now looking for part time work. Both are honest, reliable, and hardworking. John is a qualified Horticulturist and does garden and lawn care as well as rubbish removal. His ph: 0407 691 619.**

**Ruthy can assist students in homework/tutoring (she is a qualified teacher) and is an Organisational Whiz in anyone's home. If you need a hand in packing, decluttering, sorting or just getting your house organised call her on 0429 403 427, you'll be glad you did!)**



John and Ruthy Rawson



## Successful Thurgoona Renewable Energy Forum

Thurgoona residents responded enthusiastically to the community forum on renewable energy opportunities held at the Thurgoona Country Club Resort in late November 2017. Over ninety people attended and actively participated at the forum initiated by the Thurgoona Community Action Group (TCAG) and sponsored by the AlburyCity Council.

Speakers from Renewable Albury Wodonga (RAW), Totally Renewable Yackandandah (TRY) and Mondo Power presented their ideas and experiences to attendees. After a panel session a number of initiatives were proposed by attendees for further exploration.

These initiatives were:

- + a bulk purchase project that includes solar panels and batteries
- + a community solar farm with a large battery
- + a mini grid interconnected system in which a group of householders are equipped with individual solar panels and batteries and can work as a stand-alone energy community
- + establish a Community Energy Retailer to buy, sell and manage the Thurgoona energy generation
- + provision of further community information, education and planning sessions

The most popular initiative supported by the forum was a bulk purchase project that includes solar panels and batteries followed by a community solar farm and large battery.

Community energy is defined as being any renewable energy project initiated/developed by the community to deliver broad benefits to the local community.

A community energy project can also be delivered in partnership with a private developer or an independent power producer eg. the Australian Renewable Energy Agency (ARENA).

The mini-grid trial system at Yackandandah is an example of the community working in partnership with Mondo Power and AusNet Services.

Thurgoona Community Action Group is now planning to move these initiatives forward through the auspices of RAW Energy. RAW membership consists of TCAG, AlburyCity Council and Renewable Albury Wodonga.

All the forum attendees and other interested people are to be encouraged to participate in a follow-up forum with guest speakers related to each energy project. This forum would explore the suitability of each initiative, gather further community and agency support and provide additional information.

The purpose of the November 2017 Forum, initiated by the TCAG, was to gauge Thurgoona residents' interest in a community renewable energy project. It now appears that the community energy movement in Thurgoona is underway and this momentum can now be built on through strong resident participation.

The TCAG is delighted with the forum outcomes and wishes to thank all attendees for coming and participating on the night.

We are planning a follow up forum in early 2018 particularly to discuss people's preferences in regard to a project, and to decide on the next steps for this initiative. It is hoped that other areas in the AlburyCity growth area may join in a collective renewable energy project for Thurgoona, Table Top, Wirlinga, and perhaps other locations.

For further information on the renewable energy project, contact Renewable Albury Wodonga (RAW) at: [www.renewablealburywodonga.com.au](http://www.renewablealburywodonga.com.au)

Thurgoona Community Action Group (TCAG)

Renewable Albury Wodonga (RAW)

TCAG has a membership of interested local organisations and individuals and meets at the Thurgoona Community Centre. Meets: *second Tuesday of every month* from 7.00—9.00pm  
E: [thurgoonaCAG@gmail.com](mailto:thurgoonaCAG@gmail.com)



A very successful solar forum held at the Thurgoona Country Club Resort—a packed house!! Photo: Sherylyne Moran

## Making Music

The TCC is taking Expressions of Interest for a musician's group. Want to enjoy the company of other musicians and to play together a range of musical genres? Any instrument welcome. Ring TCC and leave your details. P: 6043 1588.



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## Kids with Dr Noella



Dr Noella

### Why does drawing and talking support early writing development?

Dr Noella Mackenzie (Ass Prof in Literacy Studies, Charles Sturt University)

Our brains seem to be hard wired for oral speech and young babies start experimenting with the sounds they can make from a very young age. Children develop a vocabulary of words very quickly with most putting two words together by two years of age (e.g. Me too?) and three words together by three (e.g. Me come too?). Partly this is because of the hard wiring, but also because from birth (or even before) children are surrounded by talking and parents expect their children to learn to talk.

Children see the power of speech and are provided with encouragement and models of talking every day. We talk to babies long before they can reply using words. Parents instinctively know that babble is an important step in learning to talk. Parents respond positively to children's attempts. We respond to 'da-da-da-da' and get excited because it sounds like 'dad'. We don't ignore them until they can speak with correct words and sentences. If we did, they would probably take much longer to learn or may even give up.

*Children also benefit from seeing those around them drawing and writing.*

Drawing, talking and writing are all important forms of communication. Today icons and logos are used as abbreviated, easy to understand messages. Alphabetic systems of language came long after pictograms and pictures, and most texts today have words, pictures and sometimes sound and movement.

*The relationship between children's early scribbles and writing may be likened to relationship between babbling and talking.*

Drawing is a creative process which most children instinctively engage with, if provided with opportunity, tools (texts, crayons, paper etc) and encouragement. There are no rules to follow. We can all draw. Our drawings do not have to look picture perfect!

*Drawing also helps children to develop fine motor control, pencil grasp (if given the right support) and concentration. These are all things that will help, when they begin formal instruction in writing.*

Writing in conventional English has many rules: print conventions (directionality, spacing etc); letter formation; spelling; sentence structure; punctuation; and text structure. Writing is a complex process with much to learn.

*Encouraging children to draw, and talk about their drawings supports writing development.*

The talking often adds complexity to simple drawings that hold more meaning for the creator than the viewer. When the child tells you about their drawing they let you into their thinking. For example, who are the people in the drawing seen in Figure 1, below? What are they doing? Where are they?



Figure 1: Two people

When children first start to write using letters and words, their messages may be limited, unless we also encourage them to draw and talk. For example, Figure 2, below was created by a child who could only just write his name, but what a great drawing. He had lots to tell about the turtles. In time, when he knows his letters and knows how to write lots of words, he will be able to write more of his stories using conventional English, but hopefully he will also continue to be encouraged to draw, paint and talk about his drawings.



Figure 2: The turtles

*A plastic tub with pencils, texts, crayons (non-toxic) and paper (blank scrap books) is all you need.*

Then you can teach children where they should draw (and where not). Try drawing with them (they will love it). Don't try to be an artist – just have fun. Pavement chalk is also fun and so is paint (if you have somewhere outside that can cope with the mess).

*If children have the right tools for drawing they won't be tempted to draw on the walls with mum's lipstick.*

## Thurgoona Public School

### Providing the foundation for life-long learning

During 2017, we had a large number of parents who volunteered in classrooms, community members who volunteered in the garden and extensive support from families at all P&C events. We sincerely thank you and our active and dedicated P&C members for their extensive and ongoing support of our school.

Term 1, 2018 sees a large number of new families joining our school community along with many new staff members. Every family is encouraged to be actively involved in all activities and opportunities at the school.

We welcome and congratulate Jodie Cunningham, Kelly Grohmann, Shannon Jacobs and Stephanie Stow on their permanent teacher appointments at Thurgoona Public School. Janet Conibear, Stephanie Stow, Nadene King and Jo Barber join the executive team as relieving assistant principals.

Lara Obbink, Lynda Joyce, Sandi Hunkin, Lyndall Brain and Tayla Carrol join the teaching team. In the office, we welcome Karin Tanner and Judith Mullins. Renée Jeffs and Brennan Maguire join the team of staff supporting teachers in the classrooms.

We also welcome Sasha, our Support Dog at Thurgoona Public School. Sasha is a Golden Retriever and is attending training to ensure she is prepared to be in a school environment.



Just two weeks into the new school year, our students attended a major sporting event - our annual swimming carnival. The weather was perfect for swimming and our students and staff had a wonderful day.

We are looking forward to a great year at Thurgoona Public School.

## VOLUNTEERS NEEDED

### at Albury Op Shop

Albury Op Shop are currently looking for more Volunteers for the Op Shop located at 453 Swift Street, Albury.

The Op Shop is run completely by volunteers and all of the proceeds are donated to Albury Wodonga Health Hospitals. You would need to be available for at least one shift on a weekly basis and have a reasonable level of fitness. Shift times vary. Please ring 60 51 7617 or email Elaine.Hill@awh.org.au for more information.



# Tennis Talk

Welcome to another new year of tennis!  
Once again, we have our popular tennis comps running again this year.



Larry loves his tennis—it keeps him fit!

Our Fun 4 Tennis comp on Monday nights from 6:30 – 8.00pm is for all abilities and players are welcome any week! No need for a team- just bring yourself and/or a friend or two to join in.

Each set, every player has a serve then everyone is swapped around to have a new partner and opposition. It's a great way to get to know new people in a fun format.

We also have our Wednesday night social tennis comp at 7.00pm. Form a team of two ladies and two men or offer to be an emergency player. We have both A and B Grades where anyone is welcome and can be included any time.

Become a tennis member at the Thurgoona Country Club Resort for just \$50 for the year, which provides you with free use of our tennis courts during daylight hours and cheaper comp fees.

We also have HoneyBee Coaching for children in which numbers are

constantly increasing.

So come and join us or contact us on Facebook- Thurgoona Tennis or [thurgoonatenniscub@gmail.com](mailto:thurgoonatenniscub@gmail.com)

See you on the court!

Bernadette O'Donnell

(Thurgoona Tennis Club president)



Picture far right: Fun 4 tennis group



Thurgoona's A grade grand finalists



Thurgoona's B grade grand finalists.



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