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29 April 2017

Autumn 2017



**Thurgoona Community Centre P: 02 60431588**

10 Kosciuszko Road, Thurgoona NSW 2640

E: [reception@thurgoonacommunitycentre.org.au](mailto:reception@thurgoonacommunitycentre.org.au)

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

# The Thurgoona Grapevine

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



*Biggest Morning Tea*

## Thurgoona Leadership Supported



### By Barry H Young OAM

The AlburyCity Australia Day Award celebrations held on Australia Day at Noreuil Park was an outstanding success honouring many Albury residents for their meritorious achievements in our community. One of the finalists in the Citizen of the Year award, a list of nominations described as exceptional, was our Thurgoona Community Centre Coordinator Sherylyne Moran.

Six years ago Sherylyne was interviewed for the position. Sherylyne's past experience and a refreshing outlook on how to engage with the community led to her appointment.

### Barry Young with TCC Coordinator Sherylyne Moran nominee for Albury Awards 2017 Photo: Tamara Binder

The previous six years had seen six coordinators come and go and the door to the centre seemed to be shut more than open. Programmes once well attended had fallen away and important health services to adults, children and particularly babies required more of the centre's support.

Sherylyne set about with infectious enthusiasm in her effort to restore the centre to its former glory. This was achieved by her resurrecting past needy programmes and instigating new ones

with excellent leadership and volunteers.

AlburyCity supported Sherylyne in her quest and soon the Thurgoona Community Centre was up and running and making a real impact for the Thurgoona residents. Many new volunteers came on board inspired by her dedication and her ability to get things done.

A vibrant committee was formed and once again programmes, social and family activities became a source of togetherness and enjoyment.

The once proclaimed Thurgoona Grapevine, the centre's magazine, was reborn and today is a wonderful magazine, even colour added, with a readership of over 5000 and produced at a break even cost supported by prominent advertising.

Building renovations and outside ground improvements were part of Sherylyne's vision and became a reality supported by AlburyCity and today complement the centre's many activities.

The Thurgoona Community Centre today is a thriving pulse of the Thurgoona community and this is due to Sherylyne Moran's unbelievable capacity for innovation, hard work, dedication and excellent management.

Congratulations Sherylyne you have done us proud.



*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.*



## A culture where the success of many is celebrated

**Sherylyne Moran TCC Coordinator**

My journey at the Thurgoona Community Centre as its Coordinator has been a very humbling one. The centre has developed into a place where the success of all is celebrated. We all have unique qualities which can find expression here. We also have a wonderful community asset to enjoy because of the generous support of AlburyCity Council which funds the centre.

Here we are able to engage and support local residents' ideas for programmes that are distinct and reflect the needs of the community. We also foster a collaborative relationship with other community-minded organisations such as the Thurgoona and District Lions Club, the Thurgoona Men's Shed, the Thurgoona Community Action Group, the Thurgoona Country Club Resort and the Murray Grey Veteran Golfers amongst others. We also have a variety of essential services provided by agencies such as Albury Wodonga Health.

Nothing could be achieved without the joint efforts of many. I prize seeing the compassionate and enthusiastic investment that people have made for the betterment of others. Laughter and enjoyment are essential ingredients in our programmes where people gather to develop friendships and make meaningful connections.

The centre has the enthusiastic efforts of my co-worker Kerry Gosstray, who is the Community Support Worker. She provides a listening ear to the many who visit and she is also known for her sense of humour which is medicine for the soul.

We are supported by the leadership of the TCC Committee of Management who work passionately, the services of a strong volunteer base and the benefits of well organised and diverse user groups and agencies.



**TCC Committee members 2017 with TCC Coordinator.**

**Left to right: James Caldwell, Elizabeth Burge, Sherylyne Moran, Hope Rockliff (with Bella) Hugh Hargreave and Katrina Passey. (Absent: Peter Hamilton and John Greenfield) Photo: Tamara Binder.**

One of our past committee members, Teju Chouhan this year was awarded Wodonga's Citizen of the Year. We have greatly benefited from Teju's four years on our committee and are so pleased for his award. It recognises the many community services that he has given to benefit the community at large as well as his own Bhutanese community.

The Thurgoona community is developing an amazing sense of place and belonging. This is hugely demonstrated by the existence of strong and vibrant local organisations. As the community expands, these organisations will help to support socially the ever expanding community networks.

I was greatly inspired by the representation that Thurgoona residents made to AlburyCity Council concerning the Thurgoona Park North development. The council allowed the community to make submissions regarding their

concern about the proposed subdivision. At the forum in the Council chambers, I have no doubt that the dignified, respectful but passionate presentations would have left a lasting impression on all involved. The public gallery was filled to capacity and each speaker presented a well researched and thoughtful viewpoint. This peaceful process will allow for proper consideration by all. What an amazing country we live in.

On a personal note, I am very grateful to Barry Young who nominated me for the Albury Award. He is a wonderful example of a Thurgoona resident who puts so much into supporting others. This spirit of a generous life abounds in Thurgoona.

We live in a world today where many look to the spiritual side of life for strength. Freedom to do so is a cherished Australian liberty. For me this strength comes through my Christian faith.



**Teju Chouhan and Barbara Manley from the TCC Committee. We said a grateful thank you to these lovely people when they finished their roles at the end of 2015. Teju served for four years and Barbara as secretary for five years. Photo: S Moran**



**Each year the TCC holds a Thank You Volunteers Christmas party. Here pictured are some of the happy crowd flanked by Peter and Caroline Hamilton. Photo: S Moran.**



# Elizabeth Burge says farewell

Sherylyne Moran

Our wonderful Child and Family Health nurse Elizabeth Burge (Flood) has recently retired after working at the Thurgoona Community Centre for over 20 years. A wonderful leader in her field and supporter of young families for so many years, her work through Albury Wodonga Health has left an amazing legacy for Thurgoona. She thankfully will continue at the TCC as a volunteer within the TCC Committee of Management and her portfolio of community engagement.

Elizabeth wrote:

*I would officially like to thank the families of Thurgoona and immediate surrounding area for their engagement into the Child and Family Health Service staffed by Albury Community Health Centre. This engagement has been a long outstanding contribution to the health and wellbeing of families and improving healthy outcomes for the community.*

*For me as the nurse at this clinic for over 20 years it has been a privilege to be associated with this wonderful community. I thank you from the bottom of my heart. I have thoroughly enjoyed my connection with you all. Good bye, farewell au revoir.*

BUT we are not letting Elizabeth get away that easily..... So we are planning with her daughter Katherine's help, a fun event that the community can also attend to celebrate her wonderful career. Yes, in keeping with Elizabeth's merry personality, our event will leave you happy and refreshed from all the endorphins you produce through laughter. Elizabeth would like to use our merriment, to raise money for the Royal Children's Hospital.

Here are the details:



PROUDLY SUPPORTING  
**The Royal Children's  
Hospital Foundation**

## *Fun with Elizabeth— Royal Children's Hospital Foundation Fundraiser*

**Saturday April 29**

Thurgoona Community Centre Hall  
10 Kosciuszko Road Thurgoona

**6.00pm—9.00pm**

**Cost: Individuals \$5 Families\$10  
(pay on the night)**

**For sale: sausage sizzle, cakes  
and drinks**

**Bring your own drinks/nibbles**

**Fun and games**

**Raffles and prizes.**

**RSVP TCC 6043 1588 by 24 April**



**Mothers with their babies in the New Parents Post Natal Educational Programme which runs at the TCC for 6 weeks. Elizabeth was their instructor.**

**Pictured are left to right Mel with Milla, Kaitlyn with Taine, Kamali with Sarthak, Kristy with Lachlan and Brooke with Ashton. Picture: Tamara Binder**

## A dream coming true

One of Elizabeth's great passions has been to see a supported interactive playgroup commence at the centre. Last year saw the commencement of a pilot project which has been coordinated by Samantha Neall with the help of her trusted volunteers Katrina Hackett and Jane Dunleavy.

"As a nurse, I see these playgroups as extremely important for families, as they are able to connect with their children and others in play. The strong connections that families make are the foundation of our society. Through this interaction there are many health benefits for both the child and caregivers in growth, development, and social - emotional health", Elizabeth said.

The concept of this playgroup is to facilitate an opportunity for parents to creatively interact with their children through play. Historically, when families were large and there was greater accessibility to the extended family, parenting was much easier with many to help in the task. In today's busy work environment with smaller family units, there is less opportunity for parents to play with their children because of the large demands of family life. The

playgroup aims to encourage healthy interactive play between parents and children to nurture strong bonding and healthy child development. Parents are free during this time to concentrate on their children without the competing demands of the piles of laundry, the shopping list or the unwashed dishes.

"Historically, the TCC playgroups have come and gone with the volunteer mothers who run the groups unable to continue because of their busy lives. Mothers have been forced to seek playgroups in other suburbs which I see as a real tragedy when we have a growing community here in Thurgoona", Elizabeth said.

The TCC is currently looking for sponsorship of this programme to employ a coordinator. We have such wonderful facilities with the supplementary services provided by Albury Wodonga Health. Corporate or grant support would allow for the programme to be sustained and to grow into other days.

The nurses provide such an incredible service to Thurgoona. Not only do they see individual parents with their children for regular check-ups, they also visit new parents in their home, soon after the birth of their first child. These visits allow for the parents to allay any concerns they may have and to learn about feeding and settling of their new baby. The nurses are also able to monitor the progress of the family and help refer to other services if needed. The increase in babies in the area have meant that nurse Kate Jelbart can provide a second day for appointments. The service has seen on average 100 babies from the area each year. In addition to this, the nurses run an educational programme for first mothers at the centre each Monday for six weeks and there is a "Tucker, teeth toys information session" offered every second month.

We at the centre are very grateful to

*Continues next page*



**Kylie and Ian Dennis spend time with Doug and Alistair at Little Kidlets. Sam Neall helps with baby Miranda Hackett  
Pic: S Moran**



From previous page

Elizabeth for her dedication and passion for her work in Thurgoona and she is a joy to work with.

For more details about Child and Family Health services, visit our website at [www.thurgoonacommunitycentre.org.au](http://www.thurgoonacommunitycentre.org.au)

Our Facebook post on her last day received more response than any other post we've had with many lovely comments:

**Sarah Clark:** What an incredible lady!! With such a big heart! Will be sad you go Liz...thank you for all your advice, and guidance. It won't be the same without you...xx

**Carly Woods:** How blessed we are to have had you guide us through possibly one of the hardest most challenging moments in every woman's life. Thank you! Now off on the next chapter of travel and gardening!!

**Jade Knox:** Congratulations Liz! Thurgoona will not be the same without you, thank you for everything you've done over the years, not just for us! You're such a wonderful, kind, caring, loving and beautiful person! Much loved xx

**Mez Morgan:** Congratulations Liz you have been such an inspiration to me and it has been a privilege working with you. Enjoy the next chapter of your wonderful life.

**Lynne Morey:** Gosh my babies are 27,25 and 21 and Liz was our amazing, beautiful, talented maternal health nurse. Liz you have blessed and touched many families in our community... congratulation on your retirement, I know you will be dearly missed.

## Men step in to help

Playgroup coordinator Sam Neall was overjoyed that her father-in-law Gordon was visiting from the UK. She had a "lightbulb" moment because she knew of Gordon's great handyman skills. "Why not pack your tools", she cheekily joked. Though the tools didn't come, Gordon was very happy to assist with his granddaughters' enjoyment at playgroup and with his son's Danny's help constructed the new clothes rack which allows the dress-ups to be so well hung ready for play.

Thanks Granddad.

We also put the Thurgoona Men's Shed to work by commissioning the construction of our new kitchen furniture. Great additions to our growing interactive playgroup.

## Thurgoona Woolworths supports youth and children at the TCC

Our local supermarket has come to our assistance and provides fruit each week for our playgroup and youth programmes. Our valuable volunteers Samantha Neall and Sheldon Smith are also two of the wonderful store staff. Supermarket Manager Greg McNaught was very happy to help the TCC in this way as promoting healthy eating in young people is a strong message given by the store.



Sam (Playgroup Coordinator) and Danny Neall with daughter Libby, friend Murphy and playgroup creative director Katrina Hackett seated holding Miranda.



Thurgoona Woolworths Manager Greg McNaught with TCC Youth Leader Sheldon Smith and Playgroup Coordinator Samantha Neall.

## Corporate Sponsor wanted:

Are you a business looking for a community project to invest in???? Our Interactive Playgroup would love to expand into other days and is seeking funding from interested parties. For more information ring 6043 1588

**WANTED: Volunteers** to assist with the Interactive Playgroup. Ring 6043 1588 for more info. It's a great way to help our local families. Skill requirement—cutting fruit and enjoying young kids. (Please provide a WWCC number)

## Oz is in Town

Starlings Dance Connections have been asked to provide dancers for the Wizard of Oz show that is showing on Thursday 13th April at 10.30 am at the Albury Entertainment Centre.

The Wizard of Oz Show recently returned from the "This Is Australia Festival" in Shanghai, China on its International Yellow Brick Road

Tour. Celebrating over 4,000 performances worldwide, the show is brighter and wackier than ever as it tours through Melbourne, Regional VIC and NSW during the April school holidays with a Children's Hospital Toy Appeal and pre-show Drama Workshops for children.

Children can rap with the Tinman, roar like a Lion, wake up sleepy Shakey the Scarecrow and dance with Dorothy in this interactive, new adaptation of America's best loved fairy tale. Live action comes together with 3D animation on screen, catchy tunes and loads of interactive fun in this toto-ally Oz-some treat ideal for 2 to 8 year olds.

Presented by Sydney-based company [Youngstars2.com](http://Youngstars2.com) in collaboration with Rainbow Crossing Inc., The Wizard of Oz Show is about more than giving kids a good time. It spreads a message of hope and self-esteem to the young.



Maddy Newnham with the girls



## Tick that one off the Bucket List girls!



Bev sailing down

Bev Vinge is a vital, young at heart resident of Thurgoona. She has five children, 15 grandchildren and eight great-grandchildren. If that is not enough to keep her busy, she is also a line dancing teacher and plays competitive table tennis.

In the past 20 years, Bev has held an annual line dancing social to raise money for cancer research and in that time has supported charities such as

The Victor Chang Heart Foundation, Victorian Black Saturday Bushfire Appeal, Nepal Earthquake Appeal, Albury– Wodonga Stroke Recovery Club and Albury Wodonga Prostate Cancer Support Group.

To Skydive on her 80th birthday has always been on her bucket list. Bev has had friends lose their battle with ovarian cancer and after learning of the Border Ovarian Cancer Awareness Groups' Fundraising Skydive, it gave her the perfect opportunity to fulfil her dream and at the same time raise money for this worthy cause in her 79th year.



Bev enjoyed the support of the community and made the big plunge on 4th March with 63 well wishers. As she descended her line dancing class were dancing in her honour to the music of Geronimo. A huge 32 people jumped for the cause with Bev's jump inspired donations to reach \$2188. Bev said about the day:

*"A big thank you to everybody who supported me throughout this fund raising campaign, and to see such a big turn up on the day, was truly wonderful. To hear Geronimo playing as I was coming down, and to see you all dancing made me so happy. Love you all. xxx"*

A fellow jumper on the day was Janet Greenfield from TCC. She was inspired to participate after hearing a radio broadcast.

Her husband John commented, "She loved the TV show the 'Flying Nun' as a child but didn't have the 'hat' until now".

Janet said, "I was sold on the fact that it's a local charity and so deserving of support. It was also a great opportunity to do it in Albury."

If this is something you might like to consider participating in for 2018, go to Border Ovarian Cancer Action Group webpage for more information.



Janet Greenfield makes a safe landing. Pic: James Caldwell

## THURGOONA

### COMMUNITY AWARDS 2017

It is time to **CELEBRATE** our **Volunteers.**

There is a celebration and a gift to acknowledge the services of the volunteers to our community.



These Awards are open to any local community service or resident of Thurgoona; to nominate the most deserving volunteer or just to acknowledge the time and effort put in by a member of your club or service or association.

The awards are sponsored by **IPLEX** and **Staffpower.**

Iplex are sponsoring Thurgoona Community Award and Good Neighbour Award. Staffpower is sponsoring the Youth Volunteer award.

Sylvia MacKenzie was nominated last year and celebrated with the Lions Club at the Annual Changeover night, with a dinner, music and games. Sheldon Smith picked up the Youth award.

There are three (3) award categories:

**Thurgoona Community Award** - to a person who has had a positive impact on the Thurgoona Community.

**Good Neighbour Award** - (Unsung Hero) to a person who assists their neighbour/s.

**Youth Volunteer Award** - is all of the above and under 25 year olds.

It is easy and there are three different ways to nominate.

Just pick up a leaflet at the Plaza or in the Grapevine in June; fill it out and drop it in at the Community Centre or email to

[reception@thurgoonacommunitycentre.org.au](mailto:reception@thurgoonacommunitycentre.org.au).

This can be done anonymously.

We would love to receive as many nominations as possible. There can only be one winner but it is a huge honour having your name put forward for these prestigious community awards.

Thankyou

Award Committee



(A Thurgoona and District Lions Club initiative in partnership with Thurgoona Community Centre )



### Biggest Morning Tea

At Thurgoona Community Centre  
10 Kosciuszko Road Thurgoona  
Friday 19 May at 10.00am

**Guest Speaker: Marie Williams**  
**Presentation by Heather Cahill**

**Entry:**  
**\$10.00 per head**  
**(BYO plate to share)**

Devonshire teas and High Tea sandwiches supplied with entry fee

**Trade Table Available - (Donations required)**  
**Lucky Door Prize/Raffles Prizes**



## Diligent service recognised

On Wednesday, 22 February 2017, a group of friends gathered at the Thurgoona Community Centre to congratulate Bill Morley who was presented with The National Police Service Medal at a ceremony at the Albury Police Station on 9 February. This medal recognises the special status that sworn police officers have because of their role protecting the community. When the medal was established its purpose was "to accord recognition for the unique contribution and significant commitment of those persons who have given ethical and diligent service as a sworn member of an Australian police service".



Bill Morley and his wife Zan with daughter Carolyn at his celebratory lunch

Bill served thirty years as a police officer, the last four years in Albury. His wife created a special plaque for the occasion which was presented to him by James Caldwell.

Bills wife Zan is an enthusiastic member of the photography club that meets each Thursday. What Zan loves about this group is its one of the only hobbies in which you can "shoot" people, "cut them down to size" and "not go to jail"!!

As you can see one of the qualities required for joining this group is a sense of humour.

## Book/Chat group TCC

All Welcome



Meetup

A special group with friendship and lots of laughter, each member reads their own individual book and makes

comments on it whether it be, excellent, good, OK or not worth reading. Men are very welcome and no secret women's business is discussed! Meets 1st Tues of each Month 1.30—2.30pm . We also discuss films and DVD, Cost: \$2 Phone 6043 1588

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## ReConnect Communications

# THE NBN EXPERTS

In early April 2017, NBN Fibre to the Node will be available in parts of Thurgoona\*. These areas include:

Thurgoona Park, Beaumont Park, Fairway Gardens, Huntingdale, St Johns Green, St Johns Hill, The Elms, Corrys Wood, St Hilaire, Mitchell Park plus more.

Moving to the NBN is easy when you do it with your locally owned Telstra Partner. Visit our stores in Lavington Square, David Street - Albury or High Street - Wodonga and our team of experts will be there for you from the start until the day you are connected.

\* NBN not available at all addresses. NBN activation dates accurate at time of printing and are subject to change.

ReConnect Communications is a proud supporter/sponsor of Thurgoona Public School P&C, Thurgoona Community Auskick, Thurgoona Country Club Resort & "Battle of the Border's" Equestrian event.



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## Thurgoona Resident Wins Again



**Sharon Strauss**

'Style with The House of Strauss' of Thurgoona/Albury has won 'Best of Service', on Houzz®, the leading platform for home and

interior design. 'Style with The House of Strauss' was one of the design award winners who were the most popular among some 40 million monthly users on Houzz. The Houzz community comprises more than one million active home building, renovation, and design industry professionals.

"To be recognized through Houzz for my passion in Staging and Styling homes to sell or restyling to stay, is such an honour", said home stager Sharron Strauss. "This award brings with it the most amazing feeling of recognition and credibility for my business. This is my second year for achieving this magnificent award. I'm very grateful to all my clients who posted a review on Houzz."



Call 0422 595 738

Style with The House of Strauss, real estate property styling business, specializes in Staging and Styling homes and investment property for sale, shaping interiors to resonate with the target market and maximise sale price.

"My business has expanded to include Beechworth, Yarrawonga, Mulwala and surrounding areas", said Sharon, "I have also had the pleasure in Staging and Styling homes in both Melbourne and Sydney".

"During my previous eight years' experience of selling real estate, I realized that many homeowners who wanted to sell their homes, needed assistance in preparing them to sell so that they stood out from their competition. The homes required that 'Wow' factor", she said. "The emotional feeling you have when you walk into a display home and say to yourself, 'I love this home, this is just perfect, exactly what we need, it ticks all our boxes and I can see myself or my family living here', is what I try to achieve through working with my clients", she explained.

"In my clients' homes, I like to utilize their furniture and decor. For vacant properties, I supply the furniture, art work, linen and accessories on a rental arrangement. Staging and Styling your home is a worthwhile investment to increase the value of your home which is your most valuable asset and may sell 80% faster than a home that is not".

"We're so pleased to award Best of Houzz 2017 to this incredible group of talented and customer-focused professionals, including Sharon Strauss", said Jason Chuck, Managing Director Houzz Asia-Pacific. "Each of these businesses was singled out for recognition by our community of homeowners and design enthusiasts for helping to turn their home improvement dreams into reality".

Follow Style with The House of Strauss on Houzz or visit Sharon's website: [www.stylewiththehouseofstrauss.com.au](http://www.stylewiththehouseofstrauss.com.au)  
E: [sharon@stylewiththehouseofstrauss.com](mailto:sharon@stylewiththehouseofstrauss.com)

## Classic Cars at Kinross

The Riverina Sports Car Association's annual Picnic Day was held at the Kinross Woolshed in February this year. Close to 100 cars attended which made for a great event with the weather on their side.

Photo: Harry Greenhalgh.



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## Concerned residents

AlburyCity have engaged responses to the new proposed Thurgoona Park North Development over the past few months. Meetings have been very well attended where lively discussion has allowed residents and organisations such as Thurgoona Community Action Group (TCAG) and Albury Conservation Company to air their concerns. Council received 31 submissions from the public with formal presentations to council occurring on 20 February this year to a full public gallery.

Council will be presented with the final staff report and a decision made in late March.

One presenter was resident **Bohdan Janczuk**

"I'd like to thank AlburyCity Council for the opportunity to present at the very important community forum which was held in February. I spoke to the issues around the new proposed Thurgoona Park North Development from a personal perspective. I have lived in Thurgoona for the past 25 years after moving from



**AlburyCity's Micheal Keys addresses 50 residents at Thurgoona Country Club Resort.**

Central and North Albury. Before this I had grown up in the post-war sprawl of the south-western suburbs of Sydney. I feel a sense of urgency now because of the very rapid pace of change that is enveloping the whole of Thurgoona with multiple active development sites.

I previously expressed my concerns to Council about the future development of the Thurgoona Wirlinga area through a letter that I submitted in 2015. In their response, they stated that "Albury City staff are currently reviewing existing Council planning policies with the intention of implementing new provisions that promote greater consideration of interface treatments between new and existing residential estates". It is precisely the quality of the 'interface' of this proposed development that I explored at the forum.

Newcomers are welcomed to come and enjoy the promise that Thurgoona offers. The quality of this distinct area was captured in an earlier survey of local school students. The students said that what they valued was the qualities that are unique to Thurgoona; the native fauna and flora and most importantly, the open spaces..... and the whole area

## The Thurgoona Grapevine Autumn 2017

brings with it a sense of belonging.

The current development plans for Thurgoona Park North, I believe, threaten these qualities. An example is the clearing of up to 1400 native trees classified of 'low value'. They will need to be bulldozed to make way for small building lots with homes that will take up most of block. This INTERFACE between new and existing residential estates is incongruous because the proposed development of Thurgoona Park North will not have a 'PARK' feel to it!

The new development will not resemble neighbouring Thurgoona Park. It has been developed over the previous 30 years with paddocks converted into wide tree-lined boulevards which are largely native. A lot of forward planting was implemented by the AWDC with the rest by residents who were given up to 200 native plants from their nursery to place around their building envelope for screening and gardens. The result was a built environment nestling harmoniously with nature and a wide variety of bird life and other native species flourishing there. The felling of 1400 trees will denude the current built and natural environment, robbing Thurgoona Park of its character.

Kevin McCleod, famous for his TV programme *Grand Designs*, says we humans should have a "low impact" on the environment – that we need 'inspiration' and 'vision' in our designs to put 'nature before human nature' **OR** we build unimaginatively to maximise profit by allowing the development of thousands of small building lots. In my opinion, we may risk creating in Kevin McCleod's words, 'Grim Little Grey Boxes with no Trees.'

We can do better! We have space in Thurgoona to create liveable, sustainable environments that are in harmony with nature. We don't just have to fill up every available space with a housing block similar to where I grew up in South Western Sydney with the frenzy of post-war development. This whole area was hurriedly built in a mass of unimaginative repetitive concrete, fibro, roads and telegraph wires. There were no nuanced reminders of a past environment. For the first twenty years



of my life, I thought the only birds in Australia were dull grey and brown coloured pigeons and sparrows.

AWDC, who originally planned Thurgoona, had a vision for Thurgoona Park North. A map of the area by the AWDC around 1992 specifically marks a "future lakes project" behind Thurgoona Oval and Kinross Woolshed. This indicates that AWDC was aware of flood and water issues as well as the need to create a vibrant area for native fauna and flora. Moreover, this is confirmed on the map by the green markings, that signify room for "open space and sport" beside the lakes project that go from Thurgoona Drive and past Kinross.

Finally, Kerr Road is an important link road as part of this Development. Currently, because it is a quiet residential road with an engaging rural aspect, it is well used by joggers, walkers, cyclists, dog walkers, pram pushers and young children learning to ride and teenagers learning to drive. Without forethought, these healthy activities will disappear just like the fauna and flora.

When people have shared values about the place they live in and a sense of belonging, they will willingly contribute to the betterment of their environment in sustainable and thoughtful ways. Additionally, they will be proud of where they live especially if they believe that their place has unique qualities. Thurgoona will grow well if Council and Developers are sensitive to the concerns and needs of current and future residents."

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## Alan Buckley guitar teacher

I learnt to play the guitar at age 13 and throughout the 1960's played in "pop" a group. From the end of the 60's I started to go to Folk Clubs in the UK and became very keen on the music.

I started to teach guitar during the 70's and have taught more or less continuously since then, mainly for local education authorities.

In 1982 I went to perform at the beautiful Warwick Castle in the middle of England ([www.warwick-castle.com](http://www.warwick-castle.com)), I went on a six gig contract in 1982 and left in 2005!!

I emigrated to Australia in 2005 and began teaching at Somerville Community House where I taught until moving to Albury in September 2015.

## Guitar Lessons:

With Alan Buckley

Thurgoona Community Centre



Mondays between  
1.00—3.00pm

Tuesdays between  
7.00—9.00pm

Cost: \$5 per lesson.

40% of proceeds to be  
donated to Cancer  
Council.

## Thurgoona Preschool

Thurgoona Preschool is a community based, not for profit preschool situated in Bottlebrush Street, Thurgoona. The preschool is set in a beautiful natural setting, which promotes exploration and discovery for the children and an engaging learning environment. The educators are dedicated, experienced and caring and all our teachers are university qualified. The quality preschool programmes developed are based on the Early Years Learning Framework. The preschool provides enrolment for children from three years to five years of age.

At Thurgoona Preschool we have limited positions available in our three year old groups that attend on a Monday or a Friday between 8.45am and 12.45pm. Please contact the preschool if you are interested in a position for your child.

We have recently seen the addition of two Aboriginal murals to our preschool playground. These were created by Aboriginal artist David Dunn. Our 'aboriginal yarning circle' is also well underway. We have the yarning circle in place, and are now working on the bush tucker garden. Thanks to everyone who has been involved in these projects.

We have lots of events planned for through the year, including a visit from the firetruck, a Bookaneer Book Fair and Pirate dress up week, special visitors and performers to the preschool, and involvement with our community including Bunnings Albury and Halve Waste... just to name a few!

If you are interested in your child attending Thurgoona Preschool in future years, please complete a waiting list application form. This can be done after your child's first birthday. Please email or phone the preschool, or complete the waiting list on our preschool website.  
Contact: 6043 1633

## History of Thurgoona

Barry Young OAM.

The Vision that made our Thurgoona

Let's go back to 1991-

Thurgoona was thriving- with housing estates such as St Johns Green, St John's Wood, St Hilaire, and Corry's Wood. Existing population of 2300 was expected to double in the next ten years as existing estates expand and new ones develop. We had shops, two schools, a golf club, a church or two and heaps of sporting facilities and park lands but the question was-**Do we have a Village?**

The feeling of "Togetherness" was missing, blamed largely on the shape of Thurgoona and the way its estates had developed. The estates were mainly a collection of cul-de-sacs and feeder roads but did not connect to each other. Some of the oldest houses built by the Albury Wodonga Development Corporation (AWDC) were now 12 years old. Shortcomings in estate design were



Barry Young  
P: T Binder

apparent as Thurgoona continued to grow at a rapid rate.

**So, what to do to bring a feeling of "Togetherness."**

A workshop comprising residents, planners, AlburyCity Council and the AWDC was formed. It was paramount that residents had a say and would work with the council and the corporation.

Evan Jones from the Corporation was appointed the committee's project Manager and the Albury council the planning authority. Arising from the workshop were many proposals. An essential was a system of connecting roads, for example, to link the existing and new estates with connecting roads. Footpaths were to be considered. A new estate would be built in an arch from St Hilaire to the then Old Sydney Road (now Table Top Road). Upmarket Thurgoona Park was then not considered part of the village but is now a vibrant part of Thurgoona.

The residents were challenged to form a Thurgoona Action Group to set tasks and priorities. A community centre was planned with the existing Browns store being targeted. Planning controls were set in place to ensure preservation of the environment and social controls maintained for the sake of growing children and to provide the best facilities close to home to preserve a strong family way of life.

All that was planned in 1991 and those responsible certainly got it right for look what we have now!

A fantastic shopping centre, connecting roads, many churches, three schools, medical and support services, a community centre rated as outstanding, premiership football and netball clubs, a splendid resort club with yummy meals, a prized event golf course, new housing estates well planned and retirement homes. All we need now is a swimming pool and a petrol outlet.

We should be so proud and pride ourselves that we have a wonderful village in which we live and call our home.



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## “Back in the day”

– TRUE STORIES by Wayne Bashford.

# Duck Season

Mow and I decided that we couldn't miss duck opening. To clench the deal, we promised the girlfriends several meals of duck, hoping this alone would be enough reason to let us go. Thinking about it later, the girls were probably glad to see the back of us so they too could have the day off!

The location of this latest adventure was near the old Tallangatta rail crossing out at the Hume Weir. Mow had asked the farmer on the Tallangatta side for access via his property. The farmer not only allowed us to enter his farm, but also was gracious enough to leave a spotlight on at the house for our convenience.

We arrived at the weir before 5 am, drove around the farm house and onwards towards the water. We pulled up approximately 100 meters short of the water because Mow didn't want to scare the ducks. He told me that we had to “tippy toe” around and only whisper. He didn't hear me roll my eyes.

Quietly we unstrapped the tinnie and carried it off towards the water. I “tippy toed” half a dozen steps and realised that the damp sand made no noise. Mow wouldn't know. Back and forth, back and forth we walked until all the gear was set and ready on the water.

The rowlocks and oars were ready so we could row out and not motor out because we could hear the ducks quacking somewhere in the dark. Mow climbed into the middle of the boat and quietly dipped the oars into the water ready for action. After strategically getting into position ready to go, to our disgust the boat had bottomed out from all the weight – big heap – we were not yet afloat! So, I told Mow to move to the back of the boat so I could launch SS Minnie Tinnie because pushing him out would be like pushing a bogged tractor backwards. That was met with less than a favourable response.

He moved, and I managed to launch us off into the total darkness of the weir, with continuing quiet, in stealth mode, the “big heap” started to row. I noticed a curious thing, the farmers spotlight seemed to move around and around and around. Hello, we were still only metres from the bank and then we realised that we had been going around in circles!

Thinking that I should mention this observation to Mow, I commented on his inability to keep a straight line. He stopped for a moment and then splashed

me with a wack of the oar in the water. His verbal rhetorical comments were predictable. He said I was a “this” and a “that” and that I wasn't capable of anything else and was a waste of good oxygen. All this angry abuse was at full whisper and he couldn't see me grinning at him in the dark.

Finally, we rowed off but this time in a straight line. Just then, some fool over at the other bank started his outboard motor – well – the abuse continued only this time directed at someone else and at full volume. In pure frustration, Mow started up his 4-horsepower outboard and we roared off at full speed.

At sunrise, travelling at warp speed of approximately 3 ¼ kilometres per hour, Mow relied on my navigational skills to avoid any submerged obstacles. Simply by pointing left with my outstretched arm, Mow would know to bear left, the more I wriggled my wrist, the more he would turn left. If I retracted my arm altogether, he would continue straight ahead. This system was a good one but it was about to be tested.

With tears streaming across my face from the cold wind, I could just make out the farmer's fence line heading down into the water and disappearing becoming submerged out of sight. At the end of the fence line, I could see something large which looked like a tall strainer post, so I steered us left to avoid the strainer.

In no time at all we would have passed the strainer post but I couldn't believe my eyes, it had moved. So, I steered Mow a little to the left again. But again, the strainer post moved and now we were bearing down right on the partially visible post. We were within three of four meters of the moving post and to our disbelief we realised what it really was. It was a shooter pushing a car tube along with his gear on the tube in at least a metre of water.

Mow could also now see the shooter who was almost up to his neck in water. At the same time, he turned and saw us; he was probably wondering where all that noise was coming from. The shooter was having a smoke and when he turned and saw us about to run him over, he took a big nervous drag on his smoke which made his face light up like a light house.

Still moving at warp speed, I quickly pointed left for Mow and leaned left as far as I possible could. At the same time, Mow slammed the outboard hard left. We missed the bloke by about half a metre but sent a tsunami wave in his direction. Even over the roar of the motor, we could still hear his smoke hiss out, we never saw him again.

By now, it was a sunny cloudless day and already the ducks had taken flight and were out of range. We chased the ducks around and they would fly back the other way and then would be ambushed by the shooters on the other bank. They were hidden under crudely made branch hide-outs shaped like tepees.

Hours later, and getting nowhere, we were about to give up when we noticed that one of the shooters on the bank had illegally shot a Pelican. He proudly held it up by the neck telling his mates that he had shot the biggest duck. It was nearly as long as he was tall.

Mow expressed his disgust but then he noticed that there were ducks floating in the water that the land-bound shooters couldn't get but we could in our boat. We figured the ducks were a result of us scaring them in their direction, so we raced around and scooped up the ducks.

We took home eight ducks without firing a shot.

*Mow and I had another great day.*

(For information about Duck hunting you can go to Duck-Game Management Authority [www.gma.vic.gov.au](http://www.gma.vic.gov.au))







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## What groups are at the Thurgoona Community Centre (TCC) in 2017?

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

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

### Little Kidlets Playgroup:

**Mondays** 10.00 am —12 noon

Interactive with activities to enjoy

Cost: \$5 per

family per session

P: **6043 1588**



### 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**

### Bills, Fines and Debts Day!!

Thursday 18 May

10.00 am to 3.00 pm

At Thurgoona Community Centre

Bring your electricity, gas and water bills, NSW fines, accounts and bills you would like to discuss payment options. For more information check out TCC Facebook page or ring Susan from Anglicare on

**0427 792 735**

### TCC Social Club Events

The club has started the year with a trip to Holbrook. 11 club members enjoyed a trip round the Submarine museum followed by lunch in the café, shopping or visiting the other museums before returning via Culcairn.

We have had two breakfasts at the Kinross Woolshed so far on a Saturday morning.

The social club urgently requires people who are willing to participate in the organisation and the running of the club. It is your club and we require more input from the members.

Ring the centre for information on

**6043 1588** Annual fee: \$5

**Wanted: Volunteer for event management contact Sherylyne on 6043 1588**

### 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 11.30-12.30pm

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 10.00-1.00 pm

**1st Sunday** of month 1.00 -5.00 pm

**Tuesday** 7.00—9.00 pm

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—8.00 pm. 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!

**Wed** 1.00—3.00 pm Advanced

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

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.** 10:00 am—4:00 pm

8 weeks course Enquiries: **6043 1588**

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



## NEW to Thurgoona Community Centre:

### Guitar Lessons with Alan

Buckley

Cost: \$5 per lesson

**Mondays** 1.00—3.00 pm

**Tuesdays** 7.00—9.00 pm

Cost: \$5 per lesson with 40% of proceeds going to Cancer Council

Ring **6043 1588** for more information.



## New to

### TCC:



## Connecting Young Parents

A FREE programme for those who are 24 years or under and either a parent or pregnant. For all enquiries please contact Deb or Helen **0447 046 360** or Gateway Health on **6022 8888**

Keep up to date with what's happening through Facebook: Gateway Health—Connecting young Parents.

**Tuesdays** 1.00 -3.00 pm fortnightly.

## 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

\$4.00 per session or \$15.00 per month.

Mary: facilitator **0427 431 511**

## TCC Book chat/club

1st **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**

## 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

## 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**.

+ JPs interested in participating in this programme please phone or text Peter on **0427 508 888**

## Young at Heart

with Heather Cahill

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

**Tuesdays** 9.00 —9.45 am \$5

**Women's Low Impact strength circuit:**

**Tuesdays** 10.00—10.45 am \$5

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

**Thursday:** 10.45—11.30 pm \$5

**Mixed Boxing for Fitness :**

**Tuesdays** 7.15—8.15 pm \$10

**Thursdays** 11.45—12.15 pm \$5

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**Sessions also at Glenecho Community Centre. Enquiries ring 0419 312 593**

## Thurgoona Community Centre

## Coffee Shop:

### Tuesdays

10.00am -12noon

Cost: \$3.50 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.



## Life Spark Wellness

### 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'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 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**.

## 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—5.30 pm**

### 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—5.30 pm**

School buses drop off at the centre  
Phone **6043 1588**

## Thank you to the Grapevine Team

### Feature articles:

Barry Young

Dr Arthur Frauenfelder

Darryl Starr

### Photography:

Front Page:

Tamara Binder

### Proofreading:

Debra Hargreave

Maurie Peters

### Cartoonist:

MacNally

### Advertising:

Peter Hamilton

### Editor:

Sherylyne Moran

### Delivery Coordinator

Sue Caldwell

### Delivery:

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Julie and Rebecca

Sefton

Mikaeli Weddall

Del Crawley

Peter Hamilton

Val Martin

Bridget O'Connor

Chester Merrick

Diana Elliott

Maggie Elliott

Blake Elliott

Jean and Bernard

Townson

Chris and Viv Rane

Janice and Lindsay Poy

Jim Mansell

Diane Martin

Ron Martin

Frank and Berdice Plas

Beth Burrell

Beth and Michael

Crouch

John Haydon

Russell and Petra

Grace

Allira Cordier

Russell Douthat

Cecily and John Willott

## Good News: Free Help with 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:

1 June , 20 July, 31 Aug, 5 Oct and 16 Oct.

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 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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- ◇ 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](http://www.alburycommunitychurch.com.au)  
E:apostolic1@bigpond.com P: 02 60 431 422

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## Councillor Corner

Cr. Graham Docksey, OAM, JP



Hello and welcome to my first article for 2017 with much happening across your Local Council Area. What a change in the weather over the past month.

### Some items of interest:

- \* Planning is well progressed to improve water and wastewater services to the growth areas of Thurgoona. This includes the installation of major water and sewer pipe systems between Table Top Road and Kerr Road,
- \* The next stage of the Kerr Road upgrade has been awarded to Excell Gray Bruni and will continue the new roadway from the earlier stages to Pickworth Street,
- \* A new network of footpaths is currently being constructed in Mitchell Park Estate,
- \* A 1400m section of Table Top Road is being rehabilitated including the Table Top Reserve Road bend,
- \* The extension of the bike/walking path in Table Top Road from the Riverina Highway to the front of Kensington Gardens is programmed for April so now let's see the cyclists and

walkers active and enjoying the great new extension,

\* The Albury Waste Management Centre opened a Recycling Centre in November 2016. This facility consists of three sheds, the first a drive through undercover recycling facility, the second building processes and stores materials and the third shed is the Upcycle and Recycle shop operated by Aware Industries where you can purchase a range of second-hand items,

\* The Albury Recycling Centre also has a household problem waste section. Council, in conjunction with NSW EPA established this section to allow residents to bring in all those hazardous items around the home for FREE, so bring along your old paints, oils, batteries, chemicals, fluoro lights, gas bottles, fire extinguishers and many more items to ensure these are all sent off for recycling. For more details on what can be a household problem waste refer to the Albury City Council website and search for Household Problem Waste or contact the Albury Waste Management Centre Customer Service Team on 6043 5860,

\* From mid-2017, construction will start on a major expansion project at the Albury Airport which will see the airport terminal building's footprint more than double in size, the total project budget including design costs is \$4.7M. This is being jointly funded from the Restart NSW Fund (\$3.3M) and by

Council (\$1.4M).

Key features of the project include:

- a bigger arrivals hall;
- dual baggage carousels;
- larger departure lounge;
- an outdoor courtyard; and
- reconfiguration of the café/bar.

Following an extensive public consultation process AlburyCity, in conjunction with consultants Positive Solutions, has developed a draft Creative Economy Strategy. Public consultation included surveying the community, one on one interviews with key stakeholders, numerous focus groups with creative industry leaders and a workshop with active participants from the consultation process.

The Strategy aims to encourage the active and vibrant creative sector already present in the region, as well as strengthen the industry's economic impact and explore avenues for collaboration with supporting industries. Realising the full and effective use of the available creative spaces, maximising future capital investment and job creation and driving creative and cultural growth are all recommendations to come out of the Strategy.

*Please remember if you have issues with footpaths, roadways, gutters and drains or the like, please phone **AlburyCity Customer Service on 6023 8111**,*  
**Best wishes Graham**



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## Sales success at Ingenia Lifestyle Albury as downsizers snap up homes



As the demand for more affordable homes in regional areas soars, downsizers have snapped up 70 percent of stage one at Ingenia Lifestyle Albury, with stage two now fast-tracked to meet the growing demand for regional lifestyle living.

The number of people aged over 65 years making the move to areas outside of capital cities, like Albury, has grown by 60 percent between 2010 and 2015, prompting Ingenia Lifestyle to also launch its First Choice Club, to provide interested downsizers a chance to reserve their desired home within the new stage.

Project Sales Manager, Megan Collins said prospective buyers could register their interest as a part of the First Choice Club to reserve their ideal home in the stage two release.

"The community's popularity among downsizers, from both the local region and those seeking a tree change is on the rise, and our First Choice Club has seen more than 30 percent of homes already reserved", Ms Collins said.

"Our most popular home, the Hibiscus sold out before it even hit the ground, with three bedrooms and one bathroom, it is one of our most versatile homes".

Brand new homes are available from just \$189,000 for a one bedroom home and there is a range of two and three bedroom floor plan designs all featuring modern entertainers kitchens, open plan living and dining areas with integrated outdoor space.

Ingenia Communities Chief Operating Officer Nikki Fisher said the demand for Ingenia Lifestyle Albury was at a time when many Australian seniors are facing the issue of downsizing while the majority of their wealth is still tied up in the family home.

"Our model is unique in that buyers purchase a new, architecturally-designed manufactured home and lease, rather than own, the land which eliminates the need to pay stamp duty", Ms Fisher said.

"This ensures a much more affordable entry price point and means new residents are often able to free up a substantial amount of equity raised in the sale of their previous home".

Ingenia Lifestyle residents are experiencing first-hand the benefits of downsizing to maximise a more active lifestyle, with land lease communities offering a variety of other financial benefits, such as no entry or exit fees, which contributes to more money in their pockets.

For more information, please call Megan Collins on **0459 955 122** or visit the sales office at 508 Wagga Road, Lavington.



## Young at Heart Fitness

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

Heather specialises in both personal and group fitness sessions, including Boxing for Fitness.

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

Low impact cardio and strength classes are held on Tuesdays at 9.30 am and Thursdays at 11.30 am at the Thurgoona Community Hall.

Boxing for fitness is one of the most popular training methods to date. Along with being a high intensity and all over body workout, boxing (done right) is said to drastically improve the body's core strength, endurance, cardiovascular system, balance and coordination.

Boxing For Fitness sessions are held on Tuesdays at 7.15 pm and Thursdays at 12.30 pm at the Thurgoona Community Centre.

If you would like further information on these and other sessions please give Heather a call.

Phone: 0419312593.

Email: [yahfitness@outlook.com](mailto:yahfitness@outlook.com)

Web: [www.youngatheartfitness.com.au](http://www.youngatheartfitness.com.au)



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## Save your back in Pregnancy

**\*\*6 Quick tips on How to Lift Correctly to Look After Your Back During and After Pregnancy\*\***

Back pain in pregnancy is very common! An important way you can look after your back when pregnant is to learn to lift correctly.

This can feel awkward at first, and may be hard work for your muscles, but it is extremely important to practice this technique often throughout and after pregnancy. Incorrect technique places you at a much higher risk of back problems in pregnancy.

- 1. Bring the object as close as possible to you.** Reaching forward puts a lot of extra strain on your joints
- 2. Have a wide base of support.** Keep your toes facing forward or slightly toeing out. If you have pubic symphysis or groin pain, keep your feet no wider than your hips to reduce strain.
- 3. Turn on your transverse abdominis** (deep abdominal muscle). You can learn to do this "pulling your bikini line into your spine", at about 20% of maximal capacity. This is a very important muscle, and you should practice using it often. Maintain this contraction throughout the lift.
- 4. Squat down and bend your knees.** Stick your bottom out like a duck, and importantly, keep a flat back with a slight inward curve. Do not bend forward from the waist!
- 5. Don't twist! Take steps instead.** Don't rotate or twist to put the object down. Instead, take a series of small steps with your feet, keeping your shoulders, pelvis and feet all stacked in alignment straight on top of each other, facing the same way.
- 6. See a professional physiotherapist experienced in pregnancy/postnatal related back pain.** If you are still experiencing back



Natasha Russell at TCC Little Kidlets

pain, you may need professional help. Remember – pain is not normal in pregnancy and is a sign of a dysfunction.

A note on **Heavy Lifting During Pregnancy**: I don't advise heavy lifting during pregnancy due to the shift forward in the centre of mass, the decrease in balance, and increased risk for falls and further irritations of less than stable joints. Even carrying a few bags of heavy groceries puts a lot of downward pressure on the pelvic floor muscles and organs. Women often develop organ prolapses due to carrying heavy weights or children. It's best to keep lifting to under 5kg.

Natasha Russell is a Physiotherapist at Mothers Moving Well. Find us on facebook or at [www.mothersmovingwell.com.au](http://www.mothersmovingwell.com.au)

### Canoe For Sale Rosco Bass Catcher Extreme

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## Thurgoona Churches

### ALBURY COMMUNITY CHURCH

Services: SUN: 10.15 am and 6.30 pm  
33 Hartigan Street, Thurgoona  
Pastor John Simpson P: 6043 1422  
[www.alburycommunitychurch.com.au](http://www.alburycommunitychurch.com.au)

### 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 9am except every 2nd Sun of the month at St Marks Nth Alb  
10.00 am P: 6040 2188  
[www.anglicannorthernalbury.org.au](http://www.anglicannorthernalbury.org.au)

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

### THURGOONA BAPTIST CHURCH

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

## Community Groups Directory

### 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

**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 6.00 pm (daylight) and Friday at 6.00 am. 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: 8.30 am to lunch (on the Web)

Contact: Bruce Dyce 0428 432 413

### Alb-Wod Stroke Recovery Club

Where: Thurgoona Country Club Resort  
When: Last Thursday of the month with guest speakers each meeting.

Times: 10.30 am Contact: 1300 650 594

E: [strokerecoveryclub.aw@gmail.com](mailto:strokerecoveryclub.aw@gmail.com)

Feb—Nov meeting year for 2017

July—Christmas lunch

Nov—Christmas lunch

### 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 Toastmaster's Club

Meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 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 Wed. of each month*, Boomerang Hotel, Lavington.

7.00 pm **Contact:** Margaret 6069 9019

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](mailto: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](mailto:ian.moffat1@gmail.com)

0412 890 742



## Thurgoona Rural Fire Brigade

Neil Gillespie Thurgoona RFS

Summer 2016-2017 has so far been really friendly to us as members of the Thurgoona RFS. After a very wet spring, the season started off with the potential of being a very bad fire season with the prolific grass growth and the speed in which it cured to become fine fuel waiting for a spark. One of our biggest problems is that people tend to think that it is only a grass fire, but in fact they can be more dangerous than a forest fire as they have the potential to move more quickly and catch you unawares.

More about us. Our members and the RFS community received a challenge from the NSW Police. They were collecting non-perishable food to deliver to Food Bank and put out a challenge to the RFS to match them. Their theme was to fill their chopper with food, but fire fighting helicopters are a little bigger than Police choppers. It was great that as emergency services we can all pitch in and help those that are more unfortunate than us. Just for the record, the the RFS collected 7000 kg of food stuff.

Our Brigade was jolted back into reality with a call to assist with a large grass fire burning out of control at Oaklands. We supplied one large tanker with crews to work on two 12 hour shifts. They were lucky to be able to observe the capabilities of the Very Large Air Tanker (DC10) doing it's stuff.



McHappy day is a big fundraiser for Ronald McDonald House and many members of our community have used this facility, so we were more than happy to assist at East Albury Macca's.

One of the most important jobs for the year was to deliver a very important person to the Thurgoona Golf Club for Carols on the Fairway. Yes, Santa needed a ride as his reindeer were having a rest and he thought we were the next best thing. Santa, as Santa is, asked us to help him to meet the kids in the Thurgoona- Lake Hume area on Christmas Eve; I don't know who enjoyed it more.

The Thurgoona Rural Fire Brigade is not all about fighting fires, although that is what we are there for, but to protect



our community from all facets of fire and also assist with motor vehicle accidents and storm damage. We enjoy being part of the community and joining in with the good times and rise to the occasion in the bad times.

So far this season our call outs have been kept to a minimum even though we have had some very dangerous conditions. A lot of this goes down to the care and vigilance of you the members of the community. The hot weather hasn't finished yet and we still have worrying times ahead, but with your help we all can enjoy the rest of the season.

We the members at Thurgoona RFS are very community minded and would like to get to know more of our community. Our Station is open at 6.00 pm on the second Wednesday and the last Thursday of the month for training, and 8.00 am every second Saturday morning we are there for equipment checks and maintenance. If you see the trucks out the front or the doors open we would love to see you drop in and say G-Day and to see what we do. I think the little ones would like to check out the trucks and spray a little water around.

As Christmas, has passed and summer has ended, this only means that Easter is just around the corner. Once again, we will be on the road with all our family and friends collecting for the Royal Children's Hospital Good Friday Appeal. For many years, we have walked the streets of Thurgoona and Table Top collecting donations so that unfortunate children can have the best care available to them. So when you hear the sirens and a knock on your door please dig deep as these kids are our future.

Our Community Engagement team would be more than happy to talk to you or come and advise you on making your property fire safe. ***Be fire wise and stay safe.***

## Tai Chi Classes

Join the group at the TCC Thursdays from 9.00—10.00 am \$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.

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**6043 1588**





# Local Thurgoona Businesses—here is a place to tell your story

## Creative Keepsakes

Hi everyone,

I'm pleased to announce that my art studio will reopen in late March 2017 in a lovely studio. My name is Carmel Baker and I'm a resident of St John's Hill. I'm a qualified teacher with the Decorative Artist Society of America, experienced in teaching for over 25 years.

Studio name is Creative Keepsakes and some will remember I had a retail store in Kiewa Street. Hope this is enough of an introduction.

Classes available in Watercolours, Acrylics, and mixed media.

Monday 7.00 to 9.00 pm

Watercolour

Intermediate level.

Tuesday 7.00 to 9.00 pm

Mixed media.

Thursday 7.00 to 9.00 pm

Acrylics. Intermediate level.

Course runs in 5 week blocks cost \$75.00.

Some supplies available.

Deposit is \$15.00 non-refundable.

Address: St. John's Hill Thurgoona.

Phone: 6043 2015 after 6.00pm or 0409152370



## Albury Hypnosis



Glenys Clayton

Glenys Clayton has lived in the Albury region for a number of years, having moved here with her husband and young family. Buying into Thurgoona fifteen years ago, and completing her studies in 2010, she is a qualified Clinical Hypnotherapist.

'Albury Hypnosis' assists people in overcoming problems and issues quickly and easily by showing you the way.

Hypnosis, Glenys says can be likened to a fly inside your car wanting to escape, continually bashing itself against the window. The fly can be set free by opening a window to allow an escape route and the same can be done for any number of personal issues, by using hypnosis to find a simple way of changing the situation.

Through hypnosis it is possible to change habits and learned behaviours, enabling a person to live the life they choose, instead of the life which is ruled by their unwanted habits.

Also qualified in – 'Sleep Talk for Children', Glenys offers help for children aged two to 12 with issues affecting their ability to learn and participate fully in family and school life.

[www.alburyhypnosis.com](http://www.alburyhypnosis.com) or to speak with Glenys, Phone: 0408 404 254 or email: [glenys@alburyhypnosis.com](mailto:glenys@alburyhypnosis.com)

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*Glenys Clayton*

Clinical Hypnotherapist

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

[glenys@alburyhypnosis.com](mailto:glenys@alburyhypnosis.com)

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## Thurgoona Junior Golf Club A Fantastic Project

By Barry H Young OAM.

The Thurgoona Country Club Resort has always had a strong junior following over many years but now with record numbers thanks to many wonderful members who help promote the game to our young Thurgoona residents.

This was evident back in the early nineties when Des and Glenys Ratcliffe ran weekly junior clinics for many of the local kids. They made the game fun in a safe and friendly environment.

One of those young girls was Lindsay Wright who started golf at the age of nine and went on to have a stellar career both as an amateur and a professional. As an amateur she represented Australia in the 2003 team that won the World Cup then turning Pro in 2003 went on to win the Womens New Zealand Open in 2011/12 as well as having lots of top ten finishes in world events.

Thurgoona has developed some very fine golfers, many of them starting off at the Thurgoona Junior clinics.

Penny Graeber who is a teaching professional, has excelled in the position of junior co-ordinator and with the help of other volunteer coaches, runs the junior clinics on Sunday mornings in school terms one to four.

The programme is for juniors up to the age of twelve and teaches them basic golf skills. It is fun based around developing

their balance and coordination. To view kids as young as five swing a tiny club is a sight to behold.

The girls and boys muster on the putting green at 8.30 am. Penny has a quick chat and then it's into their groups for the fun and games. The youngsters rotate between two activities for the session which finishes at 10.30 am. Some kids love driving, others putting. At least they don't lose the golf balls like the members of the Murray Grey Vets do!! The highlight of the morning is a lolly treat however only if they have helped pick up the golf balls!

The Junior Academy is for the older and more advanced kids who play regulated golf competitions and believe me there is an Adam Scott and Lindsay Wright waiting in the wings. Penny also runs this and is delighted with the talent and enthusiasm by all involved. This group meet after school for coaching sessions, girls on Tuesdays and boys on Wednesdays. As well as playing in club competitions these young players often travel away to both junior and senior events throughout the Border region to enhance their golfing skills.

Every school holidays the Thurgoona Murray Grey Veteran Golfers invite the juniors to play with them in an Ambrose team event. It is always a wonderful fun day the juniors interacting and socialising with the senior golfers. The Vets with a membership of 100 plus do a fantastic job helping and supporting the

juniors and Penny is extremely grateful for their contribution to our junior clubs.

The Thurgoona Country Club Resort under the guidance of Adam Fitzgerald also provides great support and is very strong in promoting junior golf within the club. They provide equipment and offer financial assistance when required. Penny says golf has a myriad of wonderful qualities. It teaches many life skills, they meet new friends, learn to enjoy the great outdoors and best of all learn a great game to play for life.

Penny would like to invite juniors and teenagers to join our great club so just ring the Pro Shop 6043 1902 and one of the friendly staff will give you all the info you need to get started.

We in Thurgoona are very proud to have Penny Graeber teaching our young people not only golf skills but lessons on good living—she is a lovely dedicated lady - a Thurgoona gem.



## Thurgoona Country Club Resort



**TUESDAY 11 TH APRIL**  
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## Thurgoona Football Netball Club

### FOOTBALL

Welcome to the 2017 season for the Thurgoona Football Netball Club that provides an opportunity for over 200 young people to play footy and netball locally. Early indications have shown a great deal of enthusiasm and excellent numbers at training as the season commences.

We also have the exciting news of a Thurgoona U17s girls Squad entering the Northeast Border Youth Girls Competition with five other teams. The Tim Madden led squad are fit and enjoying the opportunity to play local football for the Bulldogs. Support the girls in their inaugural year. There will be some amazing footy on show.

And don't forget that the AUSKICK is available for primary age kids in the Thurgoona area and is in its thirteenth season at the Thurgoona oval.

So obviously, it is a busy place at the Clubrooms on Tuesday and Thursday evenings, starting around 4.30 pm with some of the Juniors to 6.00 pm when Senior training kicks off. We always love to see people come along to watch training, enjoy a beer and on Thursday nights stay for a meal cooked by the Master Chefs of Thurgoona.

There are some amazing functions and social activities being organised to occur this season. We hope lots of local families take advantage of the opportunity to catch up at one or all of these events. Everyone is welcome. Each year, we have a membership drive to assist the Club's fundraising base. It is not a great cost to become a member at \$80 per single or \$130 for a family (two adults) and for Student/Pensioners, membership is just \$50 and this is recouped by not having to pay for your entry to home games. No membership is required for kids as under 18yrs entry is always free. We also have a special \$100 family membership for parents with only U12s kids playing at the club. Other member benefits are special discounts from sponsors and half price hall hire. Member prices for food and drinks on Thursday nights are fantastic and another good reason to venture down to watch training. Obviously, at Thurgoona, we appreciate the loyalty and pride our members take in being part of the club by buying and wearing club merchandise. To become a member of the Thurgoona Bulldogs, just come up to the bar on a Thursday night or on Saturday or ring Heather on 0428 324 159 and we can email a membership form.

If you would like to take the 'loving being part of your footy/netball club' one step further, talk to us about volunteering for one day (or all nine) on a home game Saturday. Do a two hour stint in the canteen or help with one of the footy or netball grades. It is very rewarding – the club is happy and appreciates your help once a year, but you may also get hooked because it is fun being involved and you will meet some great people. Age is no barrier. We admire the character of young people who bound umpire or run water, and the experience of older people helping around the club has an awesome affect on the atmosphere and character of the club and there are committee members just waiting to help if you need.

Kick off at the Kennel at the start of the season is lots of fun for the young families and the whole community is welcome to attend and enjoy the carnival atmosphere, with free jumping castle and other activities for kids.

We thank our amazing sponsors, many of whom are long term supporters of the club, but every year we see some great new companies come on board. So early in the season, nothing is finalised (not even all the coaching positions) but by the time this goes to print – the season will actually be under way. Whether each team wins a few games or takes out the ultimate 'Premiership flag' the club is also proud of the players, the coaches, the workers and supporters who make playing sport at Thurgoona a real joy – whether the involvement is on the field/court or off. Come and be part of the fun. Good Friday is on 14 April and there is no Tallangatta League footy that weekend.

Rd 1 1 April Thurgoona plays Mitta Utd at home.

Rd2 8 April Thurgoona teams head to Rutherglen

Rd3 22 April Thurgoona plays Barnawartha at home

Rd4 29 April Thurgoona teams play at Tallangatta

Rd5 6 May Thurgoona teams play at Kiewa SC (on the Mother's Day round).

See you at the footy.

## The Girls are Back in Town.

North East Border Bushrangers Girls Under 18 Representative Squad are back in form for 2017 and enjoying the Thurgoona football facilities. All the best for this year.



Thurgoona's new U18 Girls NEBAFL team at their first training run with inaugural coach Tim Madden, and featuring All Australian player Alyce Parker



## At Thurgoona Community Centre: AFL Active

Get fit like an AFL athlete without having to kick, handball or mark a footy. For all 16 years and older. Built on the principles of having variety in your workout by using the unique combination of endurance, speed, strength, agility and dynamic movement.

Why not try—four eight minute quarters of fun and fitness. Experience something different?

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

Heather is registered member of Fitness Australia

Call Heather at Young at Heart Fitness on  
**0419 312593**

## Need a job or education?

*Find it hard to get a job or study 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 Programmes**



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## DONNA DUNCAN

INTO OUR RESIDENTIAL SALES TEAM



Donna is a passionate and customer focused sales agent having worked in real estate in Albury for the past four years. Together with her husband and two children Donna has resided in Thurgoona for more than a decade and she is a committed local community member. She currently lives in her 29th home and has a vast experience with all matters regarding buying, selling, renting, investments, building and renovating. Her motto is "the client's real estate experience commands all of my attention" as a result Donna is the recipient of multiple awards in customer service.



3 1 2

5 Denny Court, Thurgoona  
SOLD



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SOLD



3 1 3

6 Cedar Court, Thurgoona  
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51 Felstead Circuit, Thurgoona  
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# HOUSE & LAND PACKAGES



Lot 126 Stockman cct Thurgoona (752m<sup>2</sup>)

## 7.7 Star rated home

Living 202.0m<sup>2</sup> = 21.7sq  
Garage 40.0m<sup>2</sup> = 4.3sq  
Alfresco 21.8m<sup>2</sup> = 2.3sq  
Porch 7.0m<sup>2</sup> = 0.8sq

### Inclusions

- Under construction house and land package
- 7.7 Star rated energy efficient home
- Double glazed windows
- 2550mm High ceilings
- R7.0 Ceiling batts
- R2.5 Wall batts
- LED Downlights throughout
- 3 x Pendant lights above island bench
- Ducted heating & cooling
- 2 Pak kitchen
- 900mm Freestanding cooker & canopy rangehood
- Carpet to bedrooms & lounge
- Quickstep laminate flooring to remaining areas
- Boundary fencing
- Letterbox
- Blinds
- Landscaping not included
- Plus standard inclusions



**\$439,000**



Lot 206 Edmunds st Wodonga (782m<sup>2</sup>)

## 7.1 Star rated home

Living 201.4m<sup>2</sup> = 21.7sq  
Garage 41.4m<sup>2</sup> = 4.5sq  
Alfresco 18.8m<sup>2</sup> = 2.0sq  
Porch 5.2m<sup>2</sup> = 0.6sq

### Inclusions

- Under construction house and land package
- 7.1 Star rated energy efficient home
- Double glazed windows
- 2550mm High ceilings
- R7.0 Ceiling batts
- R2.5 Wall batts
- LED Downlights throughout
- 3 x Pendant lights above island bench
- Ducted heating & cooling
- 2 Pak kitchen
- 900mm Freestanding cooker & canopy rangehood
- Carpet to bedrooms & lounge
- Quickstep laminate flooring to remaining areas
- Boundary fencing
- Letterbox
- Blinds
- Landscaping not included
- Plus standard inclusions



**\$420,000**