



**Clothes
Swap/Style**
page 25
7 Oct



**Garage
Sale Trail**
page 24
21 Oct



Thurgoona Community Centre

P: 02 60431588

10 Kosciuszko Road, Thurgoona NSW 2640

E:reception@thurgoonacommunitycentre.org.au

www.thurgoonacommunitycentre.org.au

Postal Plebiscite: (page 9)

Post your vote by

6pm on 27 October

(to be received by 7 Nov)

Need a replacement form?

They're available to 18 Oct

The Thurgoona Grapevine

The Grapevine is delivered by a dedicated team of volunteers quarterly

Spring 2017

Little Kidlets' future secured

Sam Neall Playgroup Coordinator

Thurgoona Community Centre's Little Kidlets Playgroup is very excited and thankful to have received funding from AlburyCity Council which will see the program secured for the next twelve months.

Little Kidlets Playgroup is a program aimed to benefit children aged 0-5 and their parents/caregivers. It provides children with the opportunity to take part in arts and craft, sensory play and themed play-spaces which they can enjoy and explore. The playgroup was established after local Child and Family Health Nurse Elizabeth Burge saw the need for a local interactive playgroup that provides children, with the aid of their parent/caregiver, opportunities to learn and develop physically, socially

and emotionally through the joys of play.

Deputy Mayor Amanda Cohn is very supportive of the program especially from a medical perspective.

"Interactive play is so important for healthy brain development in kids – it has been shown to improve cognitive ability as well as dexterity and creativity", Cr Cohn said.

"Playgroups can also help parents to learn to communicate more effectively with their children. AlburyCity is proud to support such a beneficial community initiative", she commented.

The playgroup pilot program has gone from strength to strength since commencing in February of 2016. Mondays, when the group runs, are undoubtable, the community centre's noisiest morning with over 20 children and their caregivers regularly attending. We've been able to provide families with a supportive, fun and

interactive environment which is wonderful. The high demand we've experienced has highlighted the need for such a program to exist and hopefully to expand into other days in the future. This will require sponsorship from other benefactors.

Local Thurgoona mum and regular playgroup attendee Hayley Ferguson says Little Kidlets Playgroup, 'Is wonderful because of the great crafts, exciting activities for the children, the well-organized coordinators and the great children and parents that attend. It's a wonderful way to start the week'.

A very special thanks to the volunteers and families who have helped the playgroup grow into such a huge success.

Little Kidlets runs Mondays from 10.00 am-12 noon during NSW school terms, with a cost of \$5 per family.

WANTED: Volunteers to assist with the Interactive Playgroup. P: 6043 1588

Back row left to right: Ninka & Natalia, Matilda and Hayley, Sam and Libby.

Front Row left to right: Zoe and Renee, Jane, Clara, Claudia, Miranda and Katrina, Evelyn and Caroline. Picture: 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.

Wrapped in Love

by Diane Martin

This is an article that was a pleasure for me to write.

It begins with a group at the Thurgoona Community Centre who had some beautiful knee rugs donated to them. We wanted to hear more about who was behind the colourful, very warm, and much appreciated gifts.

Two very close friends, who had made it their mission to keep as many people wrapped warmly each winter, were found. They have now seen twelve years of knitting rugs and sending them out to where they are needed such as nursing homes, hospitals, and medical centres. These quiet achievers are very modest about what they do, and as lovely friends, support each other in the quest

to keep as many people as warm as possible.

Lois Chambers originally lived at Thurgoona, Grace Hoffman moved from Walla. They decided when meeting up at Eureka Mardross Gardens, where they now live, that there was something they could do together. With a shared passion for knitting, teamed with a desire to help others ... their concept of the knee rugs began, and what a journey.

Lois has to deal with the challenge of failing eyesight. She now knits by feel but has a tension that many top knitters would be proud of. Grace struggles with arthritis but loves to knit and says she is also on hand to pick up the odd stitch for Lois. The final result is worked out with input from both ladies, so the rugs look as good as they feel. Working on this labour of love is a task of determination.

To complete each rug the squares are laid out on the floor to get a full visual. This is where Grace is in charge matching the colours, but because of extreme arthritis, she is unable to get down onto the floor to sew the squares together. Lois can't match colours with her impaired eyesight but can bend, so her task is to sit on the floor and join the squares together.

An old saying ... 'Where there's a will there is a way', comes to mind.

Lois and Grace say they will continue to knit as long as they can hold knitting needles! Anne Martin, the Eureka Mardross Village Manager, says it is a pleasure to see the bond that these

women share and also how the act of helping others brings so much joy to all involved.

The cost of wool has escalated over the years so any kind donations of 8 Ply wool would be appreciated. If you have some, you can drop them into the Thurgoona Community Centre.



Lois Chambers and Grace Hoffman working together at Eureka Mardross Gardens.
Pic: Diane Martin



Left to right: Lois Chambers, Anne Martin and Grace Hoffman supporting a great idea.

Peards Garden World

LANDSCAPING SUPPLIES

123 Riverina Hwy, Albury
(02) 6041 1877



Raised Garden Tubs

*Almost any size, colour or shape
made while you wait.*



BIG DISCOUNTS ON Heavy Duty Hot Dipped Galvanised Sleeper Posts



VISIT US ONLINE @ www.peardsgardenworld.com.au

Great Individuals—pride of Thurgoona

The Thurgoona and District Lions Club warmly applauded worthy recipients of the Thurgoona Citizen's 2017 awards presented by Past President Vailia Brushe at their annual changeover dinner. The club has worked in partnership with the Thurgoona Community Centre for these awards.

The Youth Award, also called the **Local Hero Award**, went to **Kodi Callesen**, a 17-year-old lad who has volunteered as a Youth Leader at the Thurgoona Community Centre. Kodi has also been heavily involved with voluntary work of various kinds since he was 14 years old in America in raising money for the construction of a local skate park. Since coming to Australia, Kodi has been involved in his local church, helping in the construction of the Better Living Centre and is now involved at the Thurgoona Community Centre in the "Chill Zone" Youth Project since June 2016.

The **Senior Local Hero Award** went to **Greg Davis** who has been heavily involved as a volunteer in the local community as part of the Woolshed Landcare Group since 2006. Much of the success of this group has been down to the financial and



Alan Brink, Kodi Callesen and Vailia Brushe.
Pic: Ernie Sainsbury



Vailia Brushe, Lyn Jacobsen and Alan Brink

business skills of Greg which has enabled the group to develop and carry out projects for the protection and development of the local flora and fauna.

An additional special award from the Thurgoona Lions Club known as the **Chris August Award** went to **Lyn Jacobsen** for her long time and tireless work for the Country Women's Association (CWA). While not necessarily a Thurgoona organisation, it is seen that the CWA has beneficial effects across the broader Riverina Community and it is due to this that Lyn's work since 1967 within that group is appreciated and recognised.

Awards coordinator Vailia Brushe said, "The recipients of these awards have set a very high standard for volunteering and in helping their local communities to develop and succeed. Together with Sherylyne from the Thurgoona Community Centre and our Awards Committee, we hope to run this program again next year so everyone here should keep their eyes and ears open for possible nominees for next year."



SPRING SPECIAL



FOR 6 MONTHS ON SELECTED WALK POWER MOWERS*

FOR 1000 DAYS ON SELECTED TIMECUTTER + TITAN HD MOWER RANGE*



DISCOUNTS ON SELECTED WALK POWER & RIDE ON MOWERS IN STORE AT CADMAC!



CADMAC
Leaders in Machinery & Service

233 MCKOY STREET WODONGA VIC 3690

CALL 1300 CAD MAC

*terms and conditions apply; see in store for details

Lighting the way

Brent and Sally Innis have called Thurgoona home since 2006. Sally from a dairy farm in the Upper Murray and Brent from a small town on the NSW South Coast enjoy the country feel that the Thurgoona lifestyle offers.

Sally is a Chartered Accountant and holds a Bachelor of Commerce from the Australian National University in Canberra. Sally is completing an Advanced Diploma of Agriculture. She has 11 years' experience in business advisory, working with the team at Crowe Horwath, servicing small to medium enterprises within various industries, with a specialised focus on the development and sustainability of the agricultural sector. Sally enjoys working closely with clients and focuses on a holistic approach to building family wealth. Sally is the 2017 recipient of the Albury Wodonga Business Awards, Outstanding Young Business Person. Sally has previously been involved at the Thurgoona Community Centre serving as Treasurer and committee member.

Brent has 15 years' experience in the electrical industry. After deciding to start their family, Brent and Sally commenced their own electrical business spearheaded by Brent, Bright Spark Electric Services. Bright Spark Electric Services is a licensed electrical business offering electrical services across domestic, commercial, industrial and rural markets. At Bright Spark Electric Services people are their focus, they pride themselves on being reliable, cost effective and friendly. They intend to provide their clients with the best electrical services from beginning to end.

Brent and Sally are both driven by a



desire to invest in their family and ensure they both have the flexibility to achieve this. It is important to Brent and Sally that their family has a community conscience and understand local issues and challenges.

"Thurgoona is an ideal place to live and raise our family. With friendly neighbours and an engaging community, we are thrilled to call Thurgoona home. The Thurgoona Community Centre provides an essential hub to connect and grow alongside each other. Our daughter Scarlett enjoys dance classes at the centre and the centre provided the platform for our mothers group where lifelong friendships have been formed. We are driven by our strong family values and believe in keeping life simple. We have an amazing support network that enables us to grow our business, career and be actively involved in the community and our family's lives. We are genuine, honest, and kind with a passion for enriching others' lives. For us the ability to connect and build strong, meaningful relationships built upon trust and mutual respect is what life is all about".

Call Brent: 0409 800 925 or
Sally: 0419 999 510

Getting To know You Profile - Sally Innis.

An interview with Barry Young OAM.

My guest this Spring issue is a very successful young lady who gives of her heart, mind and capacity in her career and to our community, and one who has a most challenging and interesting life.

Where born?

Wodonga Hospital, Jan 1984. I grew up on a dairy farm 10 km east of Walwa. I attended both Corryong Primary and Secondary schools.

Any interesting details about your youth, growing up and schooling memories?

I was born with stigmatism; my left eye was up and not centred. I had some operations which though not totally successful were able to bring my eye down so it looks as though my eyes work together. I also wore a patch on my right eye to strengthen my left eye. My parents invested a lot of their time into eye exercises and ball skills when I was younger. It was very frustrating as I often felt unbalanced and uneasy wearing the patch. Eventually through practice, I could play netball and tennis for many years. Tennis I found difficult but with netball I ended up being a goal attack. It was very surprising that I could shoot a goal. Even though I was only average it was a huge achievement to my family and me.

I was a naturally curious child/young adult, I would buy business books to read about leadership and organisational behaviour and I had an awesome rock collection!

What about your family?

I was one of 32 great-grandchildren on my dad's side and one of 21 on my mum's side.

Continues next page



RELIABLE, COST EFFECTIVE AND FRIENDLY

Brent Innis

0409 800 925
brent21@live.com.au

DOMESTIC • COMMERCIAL • RURAL

VIC REC:25177 NSW:2825467
ABN 23 569 582 036



Like us on
Facebook



JAKE. 0427 841 136
PROFESSIONAL LANDSCAPING & GARDEN MAINTENANCE



Like us on
Facebook

Continued from previous page

As a child I was taught that it was never about me, to 'get over myself' and to 'get on with it'. Our parents helped us believe we could do anything. We were always given honest and robust feedback and we knew in our hearts what we were good at and where our challenges lay.

We would say we were extremely wealthy but it had nothing to do with money. Beautiful farm, strong family values; honest, genuine, kind and hardworking and we all knew how to have a whole lot of fun together. We felt safe, loved and connected to who we are, we were always proud.

Without realising it at the time, our parents gave us the greatest gifts of all a positive mindset, a belief that anything was possible and that together is always better.

Married to Brent Innis who owns and operates Bright Spark Electric Services. Brent and I have a lovely, kind and cheeky daughter Scarlett. Number two is due in late November!

My parents are Paul and Jane Daly who live at "Rocklea" Walwa. My brother Mark lives in Fairway Gardens Thurgoona and my sister April is building a new home with her husband Pat in Myrtleford. I have a beautiful and happy niece Lara.

What do you enjoy most about giving so much time to our Thurgoona Community Centre?

The diverse range of personalities brings such different ideas to the table. Our ability to come together and provide a service to the community is what it is all about and their ability to lift their eyes above the horizon, away from themselves, to simply serve. It is refreshing to work with such passionate people who lead from the heart to strengthen our community. Presently I have taken a break from the Treasurer role and my workmate Hope is the current Treasurer. I look forward to my family contributing to the progress and success of the centre in the future.

What do you most like about living in Thurgoona?

Coming from small country towns my husband and I believe in knowing and being involved in your community and how important this is for children. To understand local challenges and have the default mindset as a young adult to respond with 'what can we do to help' is important for the community and important in life. The ability to go to close local schools and be connected with close local sporting clubs. This encourages connection and teaches us what we can achieve when we come together. The community spirit in Thurgoona from our experiences is strong. It is just lovely walking down our driveway to collect the mail and Scarlett is waving at the neighbours, she is always keen for a chat. Our

Border Collies also love the affection from the neighbours!

What are your other interests and hobbies outside your busy career?

I love to run and enjoy participating in local running events to raise money for the community. It is also a great way to get out and see the region regularly. I enjoy the quality/creative time I have with our daughter whilst she is so young, time I will never get back. We visit my parents farm regularly and we enjoy bushwalking, the Murray River and our time helping out on the farm. I also like getting back to Corryong and Walwa and catching up with familiar faces. We also enjoy quick trips away, only a couple of nights every so often, to see or do something new. Brent and I are both very disciplined in not being all work and all family, we also invest time in finding new adventures to encourage Scarlett to be curious.

In your busy life have you time for any sporting interests?

Brent loves playing hockey and has done so since we moved here in 2006, Brent also enjoys touch rugby with a group of mates. I run and play netball with a Thurgoona mum's group here and there between second bubs and I love to get out bushwalking and exploring.

Favourite film

Not into movies!

I am more into TED talks and documentaries. I find TED talks provide short powerful messaging that you can gain and build ideas from very quickly. I have the app on my phone and use it regularly. What I like about it is that I don't have to find time, you can easily make time while in the car or exercising.

Favourite film star/stars

Not into celebrities!

Here are some people I respect and admire -

Simon Sinek is a motivational speaker and he blew me away with his 'How great leaders inspire action' TED talk. I receive daily doses of inspiration from Simon Sinek in my inbox and I always find them thought provoking. This morning I received 'Authorities have control. Leaders have legacies'. I always want to hear and learn more from Simon. To live life with purpose and understand your 'why' is unbelievably empowering.

Sir David Attenborough's ability to be so innovative in his film-making and take a power of knowledge and deliver it to an audience that can be captivated at all ages is beyond impressive. His longevity and passion for nature is admirable.

Monica Meldrum is the owner of Whole Kids, which is an Australian-owned organic food company. It was created by Monica and her husband James. They found a market for healthy yummy snacks for kids and I can confirm they are yummy! They found a gap in the



Sally Innis: 2017 recipient of the Albury Wodonga Business Awards, Outstanding Young Business Person.

market and took a massive journey. It was brave and bold but they wanted to create a healthy happy world for kids and they continue to do so.

Best Book/Books read

Together is Better – Simon Sinek

Have you a favourite meal

I'm a healthy eater, since I was a child and love the local farmers markets. Good fresh local produce makes me happy as I can create at home with Scarlett! I also love a really good coffee, I'm usually not too fussy but when it comes to coffee I find I am!

Any bad habits

Terrible nail-biter, helps me think, lol. I probably could wash my hair more often!

Any other details of interest

Favourite quote – 'Walk with the dreamers, the believers, the courageous, the cheerful, the planners, the doers, the successful people with their heads in the clouds and their feet on the ground' – Wilfred Peterson.

There is always time for music! We love our music and to sing and dance, music is good for the soul!

Thank you Sally - we are very proud of your achievements and being one of us in our lovely Thurgoona Village.

Barry Young

Hearts Warmed by Happy Souls

Learning and remembering how to use a computer can be a challenge for a generation who depended on typewriters and Gestetner printers, with those carbon sheets, to mass produce information. These were the technology of the day before the advent of computers, the internet, digital printers, and then smart phones. A library book provided you with information, the phone book gave you your friends contact number, now everyone's talking about google. You wrote letters which you posted to friends to stay in touch, now you can talk to them on Facebook messenger or Skype or just simply text instead of chat. Then what's this snap chat – is this a cranky reply?



The power of 'Pea and Ham' served with computer power

At the TCC we depend on the patience of our volunteer tutors and their accompanying support workers to help teach these new technologies. A wonderful partnership is at play here with husband and wife team Jim and Sue Caldwell. In the computer room on Wednesdays a lot is happening, with Jim providing patient and caring tuition to computer learners, and Sue happily serving tea and coffee and her monthly soup lunches. In August this year, they extended their hospitality by inviting previous as well as present students with a warm and hearty response of thirty-three attendees.

It's quite a lunch menu with Pea and Ham soup, Chicken soup and Chicken Curry; toasties and an ice cream cone. The lunches have been run once a month for four years and this allows all the different computer groups to meet up, socialise and make new friendships.

Zan Morley commented, "A bowl of soup is the friendliest meal in the world"!

Dot Clark commented, "I have been a member of the computer room for five years, Wednesday's lunch is overwhelming with the laughter, a room full of conversation and the soup was 'yum'. Thank you for your caring and compassion you provide for all in the computer room classes".



Many hands makes light work on computer soup days at TCC.

Rocking in the new

A "Rock and Roll" dinner/dance night was a colourful way to welcome in the new Lions Club of Thurgoona and District board for the 2017/2018 year at the Thurgoona Country Club Resort. Leading them up as President will be Ian Crane who has long experience in Lions and has held this position before.

Ian said, "I look forward to the coming Lions Year in which I hope to make some small structural changes to our Club. We must re-think how we can best serve our community and set some long and short-term goals. I also hope to introduce some new club initiatives to increase our presence within the Thurgoona community and attract new members".

The other executive positions sworn in were Ernie Salsbury as Secretary and Irene Salsbury as Treasurer. Vice Presidents are Alan Brink (1st VP), Liz Crane (2nd VP) and Trish Ray (3rd VP).

Outgoing President Lyn Taylor said, "Thurgoona and District Lions Club have enjoyed a very productive year in 2016/17 with our community barbeques and Golf Club Raffles to raise funds for the Thurgoona community. Our Christmas Carols bring a warm community atmosphere to a traditional family gathering and we look forward to more extensive community involvement in the coming year."

Carrying out the installation process was Past District Governor Peter Poels from the Lions Club of Benalla.

The guest speaker on the night was Di Thomas who is currently the chief of staff for Cathy McGowan MP but is probably better known as the former Editor for the Border Mail Newspaper, a position she held for many years. She spoke enthusiastically about her journey in life and the many challenges she overcame to fulfil her drive to achieve in many areas of her life.

The night was a light-hearted event which included dressing up, Rock and Roll music and dancing, the latter being well "choreographed" by the MC, Charlie Leaney of Lavington Lions Club.

Contact

Alan Brink

0419 110 831



Left to right: PDG; Peter Poels, Lions Board 17/18; Lyn Taylor, Trish Ray, Irene Salsbury, Liz Crane, Lyne Jacobsen, Ian Crane, Ernie Salsbury and Alan Brink.

A SOLAR ENERGY COMMUNITY POWER CELL FOR THURGOONA YES OR NO?

The Thurgoona Community will have an opportunity on **29 November** to decide, at a public forum, if they wish to support the development of a community solar energy project for Thurgoona. This concept of an alternative solar project for Thurgoona originated with the Thurgoona Community Action Group (TCAG), who are working closely with Renewable Albury Wodonga (RAW). RAW are presently driving the Wodonga Community Solar project feasibility study, and are also keen to be involved in a project on the Albury side of the border.

The community forum to be held in November this year is designed to gauge what level of support there is within the Thurgoona community for such a project. If the community support and enthusiasm is forthcoming, then the TCAG will proceed to further the research and development of a suitable alternative energy project to be introduced into Thurgoona.

Albury City Council has written to the TCAG indicating their support for the proposed forum, and has allocated \$5,000 in funding to help publicise and organise the event. It will be held on 29 November at the Thurgoona Country Club Resort

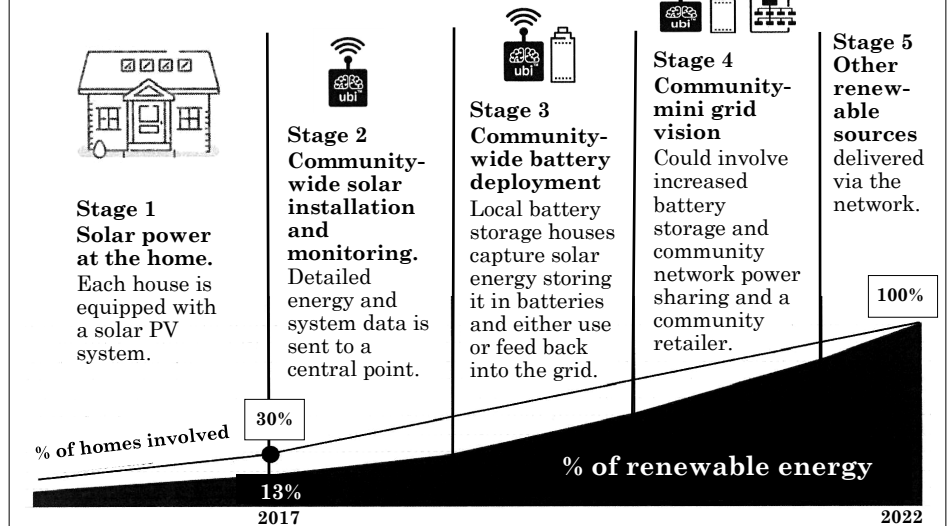
IT IS VITAL THAT THIS PUBLIC FORUM IS WELL ATTENDED BY THE COMMUNITY TO ACCURATELY GAUGE THE DEGREE OF SUPPORT OR OTHERWISE FOR THIS SUSTAINABLE ENERGY PROJECT FOR THURGOONA.

Residents of Thurgoona and all areas of Albury are encouraged to attend.

The aim of this public forum is to:

- give an update on the local alternative energy scene
- explore alternative energy options applicable to Thurgoona and how they would work
- outline potential funding sources
- assess the degree of local interest
- obtain meeting approval or not, to pursue a project at Thurgoona

THE MINI GRID VISION



- if approved by the forum, “what happens now outline”
- It is timely to consider an alternative energy project at Thurgoona with high and rising power prices, and the widespread community interest in solar and other alternative energy sources. Potential benefits from such a project at Thurgoona could be:-

- reduced energy bills for participants
- lower capital costs for energy components (e.g. batteries, solar panels) through large scale community buying orders
- not being captive to energy market dictates
- community ownership and control of energy produced from the project
- access to alternative green power

The TCAG has formed a small sub-committee to explore an alternative energy project for Thurgoona. Members are, Arthur Latta, David Sexton, Katrina Passey, and Mark Davis, with Matthew Dudley, Group Leader Natural Environment at Albury City Council as an ex-officio member.

This TCAG sub-committee is working closely with Renewable Albury Wodonga

(RAW), which is the cross-border group undertaking a \$100,000 feasibility study for a community energy project in Wodonga. Both Albury and Wodonga Councils, and the TCAG are also members of RAW.

Moreland Energy Foundation Melbourne is conducting the RAW consultancy with their recommendations possibly available in December 2017.

Another alternative energy project is progressing at Yackandandah, where the aim is to have 100% solar power in their town by 2022. They are working in conjunction with Ausnet Commercial Energy Services (brand name MONDO). One of the models being trialled at Yackandandah is a solar mini-grid system which could also apply to Thurgoona. A mini-grid trial system is being established in a street of seventeen (17) houses to assess its workability, over a twelve month period at Yackandandah. This is a power sharing trial between the houses that are connected to the one transformer and is an essential part of their aim of 100% solar in the town by 2022.

North East Water, which is based in Wodonga, is actively involved in the RAW energy scheme at Wodonga, and would be a major energy user, powered from a potential three (3) Megawatt scheme. They could also provide a site on their land for such a power project, where two (2) hectares of solar panels would be required for each (1) Megawatt generated.

Land availability at Thurgoona for an alternative energy scheme is a major consideration. Funding sources are available from Federal, State, and Local Governments, as well as private enterprise.

There are exciting times ahead for Thurgoona, particularly with the collaboration of Albury City Council, Wodonga Council, RAW, and hopefully the Thurgoona Community. The community forum will be held at the Thurgoona Country Club Resort (Golf Club) at 6.00pm on Wed 29th November **PLEASE ATTEND!**

TCAG Energy Sub-Committee



TCAG Energy Sub-Committee: (left to right) David Sexton, Katrina Passey, Arthur Latta and Mark Davis. Photo: Sherylyne Moran



FOR SALE - 16 Brigalow Court, Thurgoona

INVEST NOW

\$340,000

This home comprises 4 bedrooms or 3 bedrooms & a study, ducted cooling, split system A/C, gas log fire, semi-formal dining or office area, full modern bathroom & master bedroom with an en-suite. Modern kitchen with 900mm gas stove, dishwasher & meals area. There is a spacious undercover entertaining area, outdoor in-ground spa & gazebo. This home is currently let at \$375 per week.



FOR SALE - 56 Riverboat Drive, Thurgoona

SPACIOUS FAMILY HOME

\$395,000

This near new home consists of 4 bedrooms incl. master with walk-in robe & en-suite, large formal lounge & separate 2nd family room. The modern kitchen features a breakfast bar, gas cooktop, electric oven & dishwasher, and there is ducted heating & cooling throughout. For investors a potential rental yield would be in the vicinity of \$400 - \$420 per week.



FOR SALE - 15 Weissel Court, Thurgoona

STYLISH NEW HOME

\$399,000

Featuring 4 bedrooms incl. master with walk-in robe & ensuite, modern kitchen with marble benches, butler's pantry, 900mm gas stove & dishwasher, tiled meals & family area, alfresco dining area, formal lounge, ducted heating & cooling, separate laundry & full main bathroom. There is rear access, a double lock-up garage & the home is situated with easy access to transport, schools, university & Thurgoona Shopping Centre.

SPRING IS HERE!

Call Greg today to utilise his 19 years-experience in Real Estate, and discuss how we can get your property SOLD this Spring



Know your phone and iPad better at the TCC

Is your smartphone/iPad your friend or foe?

What areas are you struggling with?

Tell me what you want to learn.

I design classes specifically for you, only 4 in a class to give you one on one focus and handouts given.
Tuesdays 9.30 - 11.00am
1.5hrs = \$20pp

Call Coral 0402807619
Designed for you.

At the Thurgoona
Community Centre



Elizabeth's Home Preserves

Elizabeth is a local Thurgoona preserve maker who has maintained the age-old techniques of delicious home recipes. There's nothing quite like home-made jams and relishes which commercial production can't replicate.

This business is now five years old with council approval. Every jar is thoroughly sterilised before use. Elizabeth can then get to work to make a large variety of jams and relishes. She also has quince and plum paste products and cucumbers. All beautiful with cheese and biscuits for any occasion.

Elizabeth will also recycle your empty jam jars.



VOLUNTEERS NEEDED

Café V at the Albury Hospital is manned by volunteers and they are looking for new volunteer staff.

This is a great opportunity to support our community. If you are looking to enter into the hospitality industry, this would be great work experience for introduction to kitchen hygiene and customer service. Café V is situated in the main entrance of the hospital and operates from 8.30am to 2.30pm. Monday to Friday.

Each shift is about 3 hours and the duties include serving customers, making hot drinks and selling food. (There is no food preparation)

This role does require a reasonable degree of fitness. Handling money and some experience would be helpful. Please ring **6051 7617**

Elaine Hill: Volunteer Coordinator
Albury Wodonga Health.

Process for Australian Marriage Law Postal Survey

From Australian Bureau of Statistics website:

Completion of the Survey

The survey form asks only one question: "Should the law be changed to allow same-sex couples to marry?"

Return of Survey Forms

Only one survey response is accepted for each eligible Australian. ABS strongly encourages eligible Australians to return the completed survey to the ABS address on the return envelope by 6pm on **27 October 2017**. ABS cannot accept surveys received at the address after 6pm on 7 November 2017.

Secrecy

Survey responses will be anonymous and protected under the secrecy provisions of the Census and Statistics Act 1905.

Completion is voluntary

Each eligible Australian is responsible for the completion of their own survey form. The ABS encourages people needing assistance to complete their survey form, to seek help from someone they trust.

Those *who choose to not* complete the form are encouraged to destroy it by tearing it into two or more parts.

Replacement of Survey Forms

Lost or spoilt survey forms can be replaced. Requests for replacement materials will only be accepted until 6pm **18 October 2017**

Publishing Statistical Information

The Australian Statistician will publish the statistical information on **15 November 2017** through the ABS Website.

http://www.abs.gov.au/websitedbs/D3310114.nsf/home/AM_LPS+-+Process

i-Fix it!

Have a smashed or damaged iPhone, iPod or iPad?



Give us a call today!

Parts in stock-ready for:

iPhone 3G / 3GS / 4 / 4S \$40-\$80

iPod 2nd, 3rd and 4th \$40-\$80

iPad 1st, 2nd, 3rd \$99-\$199

iPod(Black)4th SPECIAL \$55

Can't make it to us?

No problem! Local pick up and drop off is free.

**Call - SMS Hamish
0410517762**

Back in the day...

Fully Licenced

by Wayne Bashford

At the age of 16 years, 11 months, and 2 weeks, I decided that I should get my P plates before I was an old man. Down at the police station a time was set and I grabbed another drivers licence booklet to refresh my memory, just in case.

Two weeks later a senior constable was delegated the task of assessing my driving skills. It turned out to be an adventure for both of us. After the written assessment, the senior asked where the car was parked, I told him it was next door in the council car park, which is where the Court House is now.

He asked me how the car got there when I was only on my learner's licence, I assured him that I had borrowed my mates car who had a full licence and had been teaching me how to drive. Righto, let's go, on the way we chatted like mates, he was a great bloke.

Luckily, I was asked how the car arrived at the car park because as I started the car, it lurched forward and bumped into another car that was facing ours. That's it, drivers test over, I'm done for.

Embarrassed, I sheepishly looked at my new mate hoping this wouldn't change anything and to my surprise it didn't bother him at all. Simply said, he told me to tell my mate that next time he parked a car he should use the handbrake and put in neutral. With the comfort that I wasn't been held accountable I also told him I would always in future put my foot on the clutch.

Away we go, I putted through the car park, made it obvious that I looked to the right and left then give it a boot full as we head off along Olive Street. I drove like I was in a hot rod, one hand on the steering wheel, one hand on the gear stick.

Racing through first and second gear I soon reached 60 km/hr, so I just slipped it into third gear and coasted along at the legal speed limit. At the next corner, I used the racing change back down to second gear, then first if I had to stop, this continued through my assessment.

One time we came roaring up to Dean Street where I had to give way to my right. As I was waiting for the car I was tempted to continue but lucky someone was on the pedestrian crossing, I had to wait.

The last and only right turn I had to navigate was from Dean Street into Olive Street and then left again into the car park. We came to a screaming halt, I put on the hand brake, selected neutral and turned the car off... up to this point

I noticed that the senior never wrote anything on his check list - must have been too busy staying upright.

Sitting quietly the senior constable began ticking and writing comments on his paperwork, I was thinking maybe I drove a little too quickly. Stacking the car before we even got out of the car park, driving too quickly, nearly not giving way, I'm doomed.

Worried that the paperwork was taking longer than the drive, the sighs before some of the written comments, maybe my learner's licence might be on the line. Gratefully my new best mate turned and looked at me with a grin, and commented, that next time I should use both hands on the *#@'n steering wheel.

While we were on good speaking terms, I took the opportunity to ask if I could book in for my motorbike licence too... please..., he said come back in two weeks. As the senior handed over my licence he said again see you in two weeks, I shook his hand, what a nice guy.

Two weeks later I was back. I parked the bike between two cop cars. The council signs indicated between the arrows police vehicles only, no mention of motor bikes.

At the entry to the cop shop there were two doors so I pushed open the left door to enter, at the same time a bloke in a suit pushed the other door outwards as he was exiting. We both hesitated and looked one another up and down, I said G-day with a nod, he was obviously the

'D' (Detective).

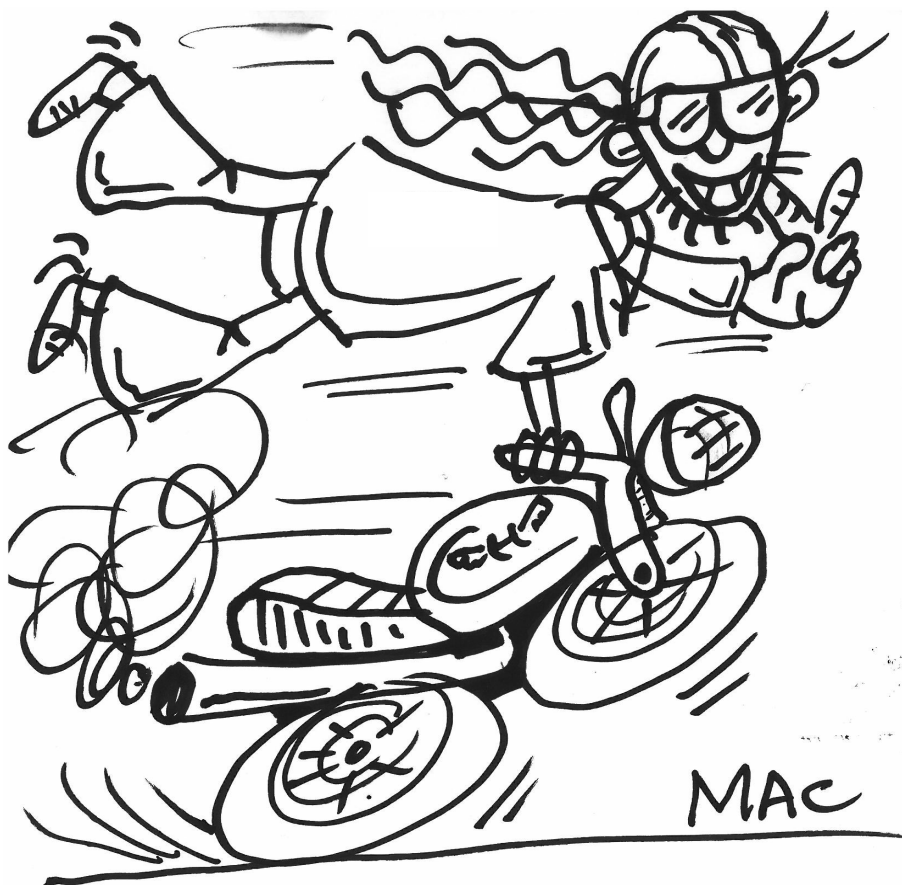
Continuing on the 'D' stopped and asked me if I was here to get my motorbike licence, surprised that he would know what I was there for. I cautiously said yes. With that he motioned with a tilt of his head to the left towards the bike and said, "Get on your bike, ride around the block and if you get back within one minute or not back within ten, you don't get your licence".

He would have noticed my initial confusion and hesitation, with an OK mate I sauntered over to the bike repeating in my mind what I had just been told. As I rode off it dawned on me, oh yeah, if I got back within one minute I would be speeding and if I didn't get back in ten I have thrown it away.

On my way around the block I rode steadily, not speeding, actually giving way and obeying the road rules. It was the first and only time in my life I was hoping for red lights, damn lights, hope he wasn't standing there when I got back.

So far so good, he wasn't standing out front when I got back, I parked the bike back between the cop cars again. As I swung my right leg over the bike and swivelled on my left leg and now facing the police station the 'D' was standing there, he handed me my licence, smirked, and said, bugger off with the same left tilt of his head.

Now licenced I popped a wheelie and roared off into the distance.



A place called home

Sherylyne Moran

Russian born Rimma was swamped with a peculiar feeling that she had finally come home, when she arrived in Sydney in October 2011, on a blossoming spring day. It was very different from the wintery Russia she and her small family had left. Though she was a native Russian, she had never felt quite settled living there and after many years of dreaming to leave, she with her husband Boris and adopted son Sasha enjoyed the feeling of their new adventure ahead.

In her dreams, she originally had pictured herself as a city dweller but as new migrants, they had to start their Aussie experience in a regional area. They moved to Albury at the suggestion of Boris. Rimma hadn't even looked at any photos of her new hometown and in her mind thought that people in Albury lived in those charming underground homes she had seen on an outback documentary. When they passed through a nearby small town, the quaint shops reminded her of an American western and her mind raced with worry about how backward Albury might be. They entered the regional city and she was reassured to see the Mercedes Benz car sale yard. "It couldn't be that backwards after all", she thought.

The cost of immigration had been extensive and had taken many years of preparations. There were also the couple's aging parents to care for which

she lovingly did. Sadly, over a three-year period, Rimma lost all major family members but this negative experience also opened the possibility for her family to leave Russia. The process of immigration was the most stressful in her life. Her biggest problem was her lack of English as she could only say "hello" and "goodbye" with any confidence.

Even though Rimma originally thought that they would move to a city, she has since fallen in love with this area. The children's school, their family church, and their love of Thurgoona, as well as Boris being able to secure a job here, has meant they now call Albury home.

Initially being a migrant was very difficult. As they had no rental history, they had to pay six months' rental for a small flat in town. It was very tough at first in a small one-bedroom unit. Rimma tried to secure a job as a medical receptionist, but was told she was overqualified. In Russia, she was a paediatric medical doctor, however, here in Australia her qualifications weren't recognised. She decided to stay home and look after her son when the cost of kindergarten for their child proved too expensive.

In 2013, they commenced the process of adopting their daughter Natasha. Rimma moved back to Russia for one year to complete the process of bringing her to Australia. Equipped with three suitcases and lodging with relatives, she managed to just miss a civil war in the Ukraine at one of her stopovers.

In Australia learning the language and culture has seen a few meltdown experiences.

"There are huge walls of fear that come along the way", she said. "My husband has been very supportive to help me break through these walls and continue".

"It's hard to know where you fit in. With my friends in Russia I don't feel Russian and here in Australia I don't feel quite Australian. When I first came here I felt very isolated and it was a bit like being imprisoned. I can understand how hard it is for mums who are with their kids 24/7 and feeling stuck with no way to socialise", she said.

At first, Rimma thought she would pursue medicine again but has decided to study in community services. She has always wanted to be in a "helping" profession. The Thurgoona Community Centre was very fortunate to have Rimma as one of our work placement students along with Mowava Lawrence. These ladies were greatly assisted by our Work Placement volunteer coordinator Heather Bruce. Rimma's studies with Wodonga TAFE have allowed her to progress with her English and now she would like to work with Indigenous people. After reading Australian history, and with her own sense of displacement, she feels she would like to serve in this area with a heart for people who feel disassociated and to also work with children.



Work placement students; Rimma Chikota (far left), Mowava Lawrence (far right) with Heather Bruce Placement Coordinator.
Picture: Tamara Binder

Make a fresh start; \$1,500 Refinance Offer¹

Get more from your savings, pay less
on loans and cut down on fees.



¹Hume will waive or pay up to \$1,500 of the set up costs, which includes application fee and may also include costs such as registration and discharge of mortgage fees, settlement costs, and second valuations, but excludes costs incurred from your current provider. Refinance offer only available on Principal & Interest loan amounts over \$100,000. This offer may be withdrawn without notice at any time, at which point only approved loans funded within 3 months of the offer end date will continue to be eligible. Terms, conditions, fees and normal lending criteria apply. Hume Bank Limited ABN 85 051 868 556 AFSL No. 244248.

Hume Bank



Apply online
humbank.com.au

For Friendly, Quality Pet Care

ON CALL 24 HOURS!!



HUME ANIMAL HOSPITAL

Corner of Mate St & Swan St, North Albury
All hours/Emergency/After hours
6025 4088

MELROSE ANIMAL HOSPITAL

Corner of Melrose Dr & Brockley St, Wodonga
All hours/Emergency/After hours
6056 1544

general@hmah.com.au
hmah.com.au



Proudly
supporting
Thurgoona
Community
Centre

Expert Local Providers for:
+ Business Equipment Solutions
Copy, Print, Fax and Scan
+ Point of Sale Systems
+ Interactive A/V Solutions
Touch Screen Displays
6021 5866

Established on the Border
for over 40 years

www.daro.com.au

Councillor Corner

Cr. Graham Docksey, OAM, JP



Greetings and welcome to the warmer days of spring and the fewer brisk mornings, but still a great time to be out walking or riding.

AlburyCity would like to thank the residents of Thurgoona for their understanding and words of gratitude following the water outage in the area on Thursday 20 July. AlburyCity staff worked tirelessly in challenging conditions to reinstate the water supply after a large tree fell and ruptured the water main. Thank you.

Enhancing Habitat for local fauna in Thurgoona.

The Hickory Street entrance to Corry's Woodland Reserve and the storm water detention basins on Litchfield Drive and Stirling Way in Beaumont Park and Iluka Views Estates are a little greener thanks to the efforts of local school students, the local community and AlburyCity Council Staff.

An enthusiastic group of students from Trinity Anglican College teamed up with staff from AlburyCity to plant native trees and shrubs in the Corry's Woodland reserve. The plantings will provide valuable habitat for woodland bird species and food sources for the threatened Squirrel Glider.

Tree planting with AlburyCity has become an annual event for Trinity Anglican College with the school children participating in previous tree planting events at Apex Park Lake Hume and on Elizabeth Mitchell Drive last year.

Several Trinity students also attended an additional schools tree planting day event at 'Waterview' AlburyCity's Water treatment plant as part of National School Tree Planting Day. Around 300 school students pitched in over three days to help plant approximately 2700 native plants which marked the beginning of a large

scale revegetation program to restore the Waterview site to natural bushland. Students also participated in a broad range of environmental education activities including Halve Waste, cultural awareness sessions and activities to help students learn more about our local threatened species populations.

Local residents dug in and with the assistance of AlburyCity staff helped to plant approximately 450 local native plants around the stormwater basin on Litchfield Drive on Sunday 30 July as part of National Tree Day events. These plantings will provide valuable habitat for local bird and frog species. It was fantastic to see so many young families in attendance. Staff from AlburyCity's Sustainability and Environment and Vegetation Management Teams were on hand to provide the community with information on how to connect with nature through activities such as bushwalking, cycling, gardening and bird watching. Attendees were also treated to a barbeque lunch and received a free copy of the newly revised "Along the Bush Tracks" booklet which contains up to date information about local flora species and the vast network of walking tracks through our nature reserves such as Nail Can Hill.

From the Engineering Team:

The construction of the Push Pit at the Albury Waste Management Centre commenced in mid-April and is on schedule to be completed by September 2017. The installation of a push pit will cater for the general waste stream, that is, all material that cannot be recycled. The push pit will be an undercover facility for residents and allow multiple cars and trailers to reverse and remove any general waste from their vehicle. The facility will allow for improved Work Health and Safety functions, separating large and small vehicles, improving traffic flow, removing potential flammable or hazardous products prior to disposal, minimise exposure for the public to large plant and provide additional opportunity for product recovery and recycling.

The Roundabout at Thurgoona Drive and Travel Stop Way, which is currently under construction, is programmed for completion during September.

Kerr Road Stage 3 is currently being constructed and is programmed for completion during October.

The 2017/18 Capital Works Program has recently been developed. Significant projects within the Thurgoona area include

1. Kerr Road - Stage 4;
2. Table Top Road bike path; and
3. Water and sewer augmentation

works to facilitate growth in the area.

Albury Airport Terminal Expansion Project is in full flight. The transformation of the Albury Airport Terminal commenced in June this year, with a works program that will see the airport terminal building's footprint almost double in size. The total project budget is \$4.7M, which is being jointly funded from the Restart NSW Fund (\$3.3M) and by Council (\$1.4M). Key features of the project include:

1. A bigger arrivals hall that will include dual baggage carousels,
2. A larger departure lounge,
3. Improved meeting room facilities,
4. An outdoor courtyard, and
5. The reconfiguration of the café/bar.

The upgrade will alleviate passenger congestion, especially in the arrivals and departures areas during peak periods, as well as to accommodate for future passenger growth as a result of projected increases in visitors to the region.

Demolition work of the old arrivals section of the building has now been completed, in readiness for the new concrete slab and structural steel work that will be that will soon follow. Work is due to be completed in 2018, and the airport will remain open and fully operational during the construction period.

*Please remember if you have issues with footpaths, roadways, gutters and drains or the like, please phone **AlburyCity Customer Service on 60238111**, don't think that someone else will, make the call and have the job registered.*

If you see anyone dumping rubbish please record the details (photograph if possible) and report the incident to Council. The illegal dumping of rubbish must stop. This is a fast growing, vibrant and friendly community with an exciting future, so please become involved in the community by volunteering at a local level.

Best wishes Graham.



At the Thurgoona Community Centre we have different spaces and facilities for hire for a variety of events. Come and enjoy this marvellous centre.

Phone: 6043 1588



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

TCC Volunteers Thank You Party

Saturday 25 November 6.00 – 9.00pm
At: TCC Hall. Entertainment by Mark Hayes
Country singer and dance music. BBQ and salad provided. BYOG if desired.
Soft drink, nibbles, tea/coffee and cake.
Line dancing demo by Bev Vinge - plus you can join in. Dance the night away or just listen to the music.
\$20pp for TCC non-volunteers.
Christmas raffle to raise funds for new urn.
Prizes are painting worth \$250 and \$50 Woolworths voucher.
RSVP TCC 6043 1588 by 17 Nov.

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**

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** NSW

school term



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**

Know your phone and iPhone better

Is your smartphone/iPad your friend or foe? What areas are you struggling with? Tell me what you want to learn.

I design classes specifically for you, only four in a class to give you one on one focus and handouts given.

Tuesdays 9.30 - 11.00am

1.5hrs = \$20pp

Call Coral **0402 807 619**— designed for you.

TCC AGM
13th Nov 5.30pm
All Welcome
RSVP 10th
P: 6043 1588

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**

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**

ANGLICARE
RIVERINA

Financial Counselling

Free and confidential at the TCC
Ring 6041 4227 or
Susan on 0427 792 735

NEED a JP (NSW)?

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

Twin City Stomp Line Dancing

Wednesday: various classes

10.00am-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 program, focusing on increasing the skills of older people using the computer and the internet.

Beginners are VERY welcome!

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.

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

TCC Social Club Events

Breakfast at Kinross Woolshed Second Saturday every month 8.30am. Cost from \$2.00, warm venue, 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:
Friendship afternoon: 22 Sept 2.00—4.00pm
Bus trip to Bright: 11 October 8.30am—4.30pm
Christmas lunch at Commercial Golf Club— 6 December
Annual Fee \$5.00, contact the TCC office for membership and information on **6043 1588**.

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**

NEW TO TCC:

White Diamonds Patchwork Sewing

Bring your sewing machine and project and enjoy the company of other like-minded sewers.
Every **1st and 3rd Thursday** of the month from **12.30—3.30pm**
Cost is \$5 per head—maximum of 10 people.
Tea/coffee provided. Ph **6043 1588**

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

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.
No need to be a talkative person—some in the group are very skilled at telling interesting yarns!!
Cost: Gold coin donation
Tea/coffee and biscuits provided.
P: **6043 1588**



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

AFL Active—for 16 yrs +

Tuesdays 5.30—6.30pm (Mixed) \$10

Sessions also at Glenecho Community

Centre. Enquiries and bookings ring

0419 312 593 Other classes in

Lavington/Glenroy

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.



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'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 or call or SMS Jo on **0477 505 531**.

YOUTH PROGRAMS:

Youth Leadership: a fun and engaging teen program 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 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**

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:

Hugh Hargreave
Sue and Jim Caldwell
Katherine Flood
Julie Fair
Elizabeth Flood
Mervyn Brent
Anne Simmonds

Sylvia MacKenzie

Julie and Rebecca

Sefton

Mikaeli Weddall

Del Crawley

Peter Hamilton

Val Martin

Bridget O'Connor

Chester Merrick

Sue and Steve

Thornton

Jean and Bernard

Townson

Janice and Lindsay Poy

Jim and Stephanie

Mansell

Diane Martin

Ron Martin

Frank and Bernice Plas

Beth and Peter Burrell

Beth and Michael

Crouch

John Haydon

Russell and Petra

Grace

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:

5 Oct and 16 Nov.

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.

Community Groups Directory

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
Feb—Nov meeting year period for 2017
Nov—Christmas lunch

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

Where: Thurgoona Country Club Resort
When: Tuesdays, 7.00 pm
Contact: Cheryl 0418 696 796
E: ian.moffat1@gmail.com
0412 890 742

Thuggers A running community for Thurgoona Joggers. Come to our weekly running group that caters for all interests and abilities. Weekly runs are held - check in on Facebook for current times. Meet at Thurgoona Community Centre carpark.
Find us on Facebook or on our webpage

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

Thurgoona District Lion's Club

Meets on the 1st and 3rd Mondays of each month at the Thurgoona Country Club Resort 0438 463 732
E: thurgoonalions@gmail.com
Find us on the Web and Facebook

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

Thurgoona Tennis Club

Thurgoona Country Club Resort
A and B grade mixed social Wed 7.00pm
Sat afternoon pennant competition
Contact Bernadette O'Donnell
thurgoonatenniscub@gmail.com

Thurgoona Toastmaster's Club

Meets 2nd and 4th 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

Woolshed Thurgoona Landcare

For upcoming events visit our website: www.wtlandcare.org or like us on our Facebook page.
To join our members list email enquiries@wtlandcare.org or contact Catherine Allan on 6051 9781

A legacy of service

GO Church, formerly known as Albury Community Church, is Thurgoona's home-grown church. Pastors Rick and Helen Zago, who have been the church's leaders for more than a year, have just launched their new Vision and Mission for Thurgoona; Connect.Grow.Serve.Go. The members of GO Church have been active within Thurgoona for more than 25 years. A dedicated Special Religious Education (SRE) team have been voluntarily teaching bible stories to children at Thurgoona Public School which has resulted in rewarding connections between the families of Thurgoona. For Thurgoona, it's a sense of community and connection that reach far more

than a weekly Sunday meeting.

GO Church invites you to join them on Sundays at 10.00am. More info. about their services and events can be found on Facebook or Instagram.



Follow us...


 Keep up to date with our services and events!
 33 Hartigan St, Thurgoona
admin@gochurch.org.au
 02 6043 1422

Thurgoona Churches

FREEDOM CHURCH

Thurgoona Community Centre Hall
10 Kosciuszko Road, Thurgoona
Sunday evening 6.00—7.30pm
Praise and worship, kids program, Gospel message, real life testimonies, supper
E: freedomchurchthurgoona@gmail.com

GO CHURCH

Service: SUN: 10.00 am
33 Hartigan Street, Thurgoona
Pastor Rick Zago P: 6043 1422
E: admin@gochurch.org.au
W: gochurch.org.au
Follow us on FB and Instagram
IMMACULATE HEART OF MARY
20 Hartigan St, Thurgoona,
P: 6043 2222

Vigil Mass 6.00 pm
Sunday Masses 9.30 am, 5.30 pm
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
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 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.org



SRE teachers from left; Mary Esler, Jeanette Deanshaw, Nathanael Spannari, John Deanshaw, Andrea Spannari, Helen Zago, Joanna Zago and Sam Marotta.

Community Singing

Meets at TCC
Every Wednesday
during NSW school term
6.00—7.30pm



Olwen Steel

After a fond farewell to Libby Clark singing coach extraordinaire our Thurgoona Community Singing for Fun folk, the search was on for a new coach! Our group, led capably by fellow member Pam, ploughed on through what we had been learning for the next eight weeks.

Just as hope was fading we'd ever find a new volunteer coach with similar heart and soul for community singing for fun, Olwen Steel arrived and enthusiastically accepted the position. Olwen has been singing in choirs for years, has a teaching background, and has experienced singing in many genres including Community Music Victoria which is the style we have been learning in. It includes, short songs we can learn in a night, a cappella rounds, partner songs and chants for community singing, as well as any favourites brought along by members to try out. Olwen seamlessly joined in with our emphasis on "having a heart for singing", "everyone can sing in a group", "not worrying about mistakes" and most of all having "fun, fun, fun". Olwen brings her unique, encouraging style of coaching and a treasure chest of new arrangements for us to try, all the while honouring what we have learnt.

Folk are **most welcome to join in any Wednesday night from 6.00pm—7.30pm**. We meet in the wonderful youth room at the community centre. First night is free and after that an affordable \$4.00 per week. We have a "Nosh Night" once a term, where we extend our evening to 8.00pm. We break half way through to enjoy soup, bread, fruit, and a chat, usually followed by more singing around the table.



Fond farewell at Kinross

For any further information about singing for fun, contact our facilitator Vicki on **0456 786 926** or singing coach Olwen on **0415 200 026**.

Thurgoona Preschool

This term we have participated in the Woolworths Earn and Learn promotion. Thanks to everyone who has supported the preschool by collecting stickers. It is a wonderful opportunity for us to get some extra resources for the preschool. We were also very lucky to receive a delivery of delicious fruit from Thurgoona Woolworths to kick off the Earn and Learn promotion.

Through the term our children attending school next year participated in some transition

to school visits. These visits provide opportunity for the children to become familiar with a school environment and supports a positive transition to school.

We are currently taking enrolments for 2018. Please contact the preschool on 60431633 if you are interested in a position for your child.

If you would like to add your child to our preschool waiting list this can be done via the link on our preschool website- www.thurgoonapreschool.com



**POLICE CITIZENS
YOUTH CLUBS NSW**



What's on at Police Citizens Youth Club Albury?

BOXING FOR FITNESS – Mon Tue Wed Thurs 5.15—7.00pm

KARATE – Monday Junior 4.30—5.30pm. Senior 5.30—7.00pm

JUDO – Wednesday Junior 5.30—6.30pm. Senior 5.30—8.00pm

AFTER SCHOOL SPORT- Wednesday 5.00pm—6.00pm

WEIGHTS AND CARDIO GYM – Mon – Fri \$20 per MONTH

ARCHERY – Monday 4.30pm—5.30pm

AIKIDO Wed, Thurs 5.15—7.15pm

ROLLER DERBY – Weds 6.00—8.00pm

VACATION CARE (School holiday programs available) see website for more details

SAFER DRIVER COURSE (allows young people to get 20 hours in log book) see website for course dates

TOIP (Traffic Offenders Intervention Program) See website for course dates.

VOLUNTEERS WANTED

Becoming a volunteer at PCYC NSW we have numerous opportunities from admin to instructors for activities and much more.

Some of our volunteers come once, some come once a week and some come once a month – we are happy to fit in with your schedule.

If you have a free weekday or Saturday morning and would like to join our friendly PCYC team, now is the time!

Requirements:

Working with Children Check

Police Check And be a member of PCYC

For more details email – albury@pcycnsw.org.au

Glenys Clayton

Clinical Hypnotherapist

Ph: 0408 404 254

www.alburyhypnosis.com

glenys@alburyhypnosis.com



Cook's Corner

Welcome everyone to our new segment in the Grapevine.

We thought it would be great to have a "Cook's Corner" where any of us can contribute by sending in a favourite, simple recipe to our community centre which will then get chosen to be printed in our wonderful, community newsletter. It can be a slice, biscuits, savoury dish or snack etc, whatever you would like to do.

This will add a bit more variety to our already information packed newsletter. So, get those old favourites out or your handwritten bit of paper with a scribbled recipe on it and send it in. Just make sure its not a copyrighted one.

Here's to happy cooking.

Janice Poy.

Aunty Lorna's Date Loaf.

1. In a large bowl, add 60g melted butter.
2. Add 180g Sugar, 225g chopped Date, 60g chopped Walnuts.
3. Lightly mix with a wooden spoon and add 300ml of boiling water.
4. Stir well and cool.
5. Add 285g sifted Self-Raising Flour, 1 teaspoon (level) Bicarb Soda, 1/2 teaspoon salt and 1 teaspoon Allspice.
6. Mix well and put into a large greased, lined loaf tin or 2 small oblong tins 8cm x 25cm.
7. Bake in a moderate Oven 170 F/F or 180 deg. for about 30-40 mins.
8. Test at 30 mins.



Enthusiasm, Passion, Energy

Sherylyne Moran

The Thurgoona Community Centre (TCC) is gearing up for another progressive and productive end of year with help from our planning session with ActionCOACH Phil Badura.

Our time with Phil was a great opportunity to think about our business highs and challenges over the past three months and work on what lies ahead.

At the TCC we are celebrating. We've been successful in securing three new grants from AlburyCity. Two will enabled us to run our Playgroup and Youth programs and the other is to develop a public BBQ and recreational area on our grounds. Other wins are that we've engaged more amazing volunteers who are providing great services for the community, we've had great networking support for a Regional Arts Grant project and are looking at a Work for the Dole project developing to refurbish the interior of the centre. We are also developing ideas around programs to cater for recipients of the NDIS (National Disability Insurance Scheme). These will include a cooking program, a "gizmo" program and fitness courses.

With all this growth comes the challenges of managing change and supporting an ever increasing volunteer workforce. We are looking into how to best cater for the needs of a fast growing and dynamic community.

Phil Badura as a business coach has some great tools to help think back on what has happened and arm you with a clear plan for projects that are underway. Without a plan of action, management systems can become overloaded and good ideas can come to an abrupt halt because steps for their execution have not been properly thought through.

We would like to progress the Centre even more so that we can meet its full potential whilst maintaining a harmonious, creative and passionate community oozing with energy. No burn-out allowed!!

These qualities are so vital for a thriving community where innovation and people's



Picture left to right:
TCC Coordinator Sherylyne Moran,
ActionCOACH Phil Badura and
TCC Volunteer Heather Bruce

ideas and views can see thoughtful consideration and development with support.

This has been so evident in programs such as Don Claytons' Mates Morning Tea (Fridays at 10am). Don's passion to help and develop mateship has seen him actively recruiting mates including advertising his group on the community radio. His easy manner, friendly personality and his determination have greatly progressed his wonderful idea.

You can contact Phil Badura on 0419 867 638



Don Clayton speaks with radio announcer Grant Pratt on 2rem Fm.

YARDS



APART

Landscaping & Irrigation

- + Landscaping Design
- + Edging & Paved Areas
- + Water-wise Irrigation Systems
- + Property Maintenance
- + Retaining Walls
- + Drainage Solutions
- + Artificial Turf
- + Pool Surrounds

Alex Vigar M: 0428 250 102
www.yardsapart.com.au

Maintenance Handyman

Minor carpentry &
General Repairs

Mild steel welding, tap washers, iron cladding
Gutter cleaning and down pipe alterations.

Minor Painting

Fully closed trailer for tip runs

Call Tim Rowston

0488 431 939

Trading as Rowston Art

BORDER DIMENSIONS

Back in 2017: Saturday 7 October! Celebrating sci-fi

Rotary Club of Albury Wodonga Sunrise Inc. is pleased to present the second annual Border Dimensions event on Saturday 7 October at the Albury Entertainment Centre! The day will be packed full of activities and fun for the whole family, celebrating all things sci-fi, gaming, anime, comics, toys and of course, cosplay! Great prizes to be won for the children's and adults cosplay competitions and the children's colouring competition!

The event is organised by the Rotary Club of Albury Wodonga Sunrise. Rotary's Jen Bond said, "Our Rotary Club identified a real need in the local community for an event such as this. Sure, you can travel to Sydney or Melbourne for events like Oz Comic-Con or Supanova, but not everyone is able to afford to do this.

We were thrilled with the success

of our first Border Dimensions in 2016, and hope the 2017 event will be bigger and better".

Stallholders include Transformers Collectors Club of Australia, Luck of the Draw, Halftone Productions, Super Ready Battle Armour, Drawing in Circles, Foxface, Games Workshop, Monumental Ice-cream and more.

Don't miss the presentations during the day and lucky door prizes! Entry only \$10, children \$2, family tickets for two adults and two children only \$20. More information available at www.borderdimensions.com



Border Dimensions 2016 Cosplay winner with special guest 'Hex'

AT THURGOONA COMMUNITY CENTRE

LET'S COOK ...A NDIS... LIFE SKILLS WORKSHOP

Come learn from a qualified Chef the tips and tricks to preparing great food.
Bookings essential

RING DANE SMITH
ON 0418 349 042

4- WEEK INTRODUCTORY
COURSE AT THE TCC
MONDAYS FROM 1 - 4PM




John Hossack
FUNERAL SERVICES

Fully serviced Function Room
and spacious Chapel.
Pre-arranged funeral plans.
Insurance products and
funeral bonds.

**Albury Holbrook Howlong
Corryong Beechworth
Myrtleford**

Ph: 02 6041 3855

435 Wilson Street, Albury

www.hossackfunerals.com.au

Stroke Recovery Clubs

Albury Wodonga Stroke Recovery Club is a meeting place for people to share their knowledge and experiences of Stroke. It provides an opportunity for group activities, speech practice, exercises, and outings. The Club is an excellent source of companionship for all those affected by Stroke including family and carers.

Here are some member's comments:

"The camaraderie and support of a group of like-minded people is invaluable".

"Joining the Club is one of the best things I have done for myself".

"It got me back on track after my Stroke".

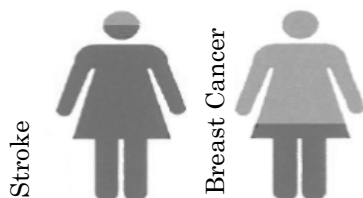
"I find that the Club builds on my confidence to do other things. Club activities are combined with other routines that I do".

"Since joining the Club I can see Stroke is more prevalent than I realised, and found the members very friendly which has helped me cope with my condition".

People need time to assess their situations. Stroke Recovery comes into its own after patients have left hospital and settled back into some form of normal life. That's when they need the support of Stroke Recovery Clubs the most.

The committee tries and get various speakers at the meetings, all to do with Stroke-related problems. According to figures of the National Stroke Foundation there are almost 440 thousand Stroke-affected people in Australia today, with approximately 50,000 new sufferers each year.

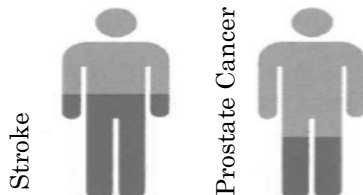
The members would like to see more people enjoying the benefits of Albury-Wodonga Stroke Recovery Club. They meet on the **last Thursday** of the month at 10.30am. Thurgoona Country Resort Club is the venue and they often have lunch there. If you would like more information call **1300 650 594** and they will tell you how to contact them.



More women than breast cancer

STROKE KILLS

More men than prostate cancer



My personal experience with stroke;
Lynne Brink

My stroke happened while looking after my grand-daughters in Albury. Fortunately, they were in bed and my husband Alan was nearby. He immediately recognised what was happening and called the ambulance. As it was diagnosed at the Albury Hospital as a bleed in my brain, I was soon flown to Melbourne by Air Ambulance.

I don't remember anything about my stay in St. Vincent's Hospital in Melbourne – I saw photos of me though. Goodness, gracious, I didn't realise that I could look so bad! My hair was shaved at the front, I had on a hospital gown and I was feeding my cheek instead of my mouth! That was me for weeks.

I went then to St Georges Rehab Hospital at Kew in Melbourne for about 12 weeks and learned again how to walk round and round the ward on a walker and of course went to the physio department and the kitchen to see how I would cope at home. I didn't quite like that, as I had to work and I was quite enjoying being looked after hand and foot. I was having many visitors and



Margaret Bashford and Lynne Brink

Alan, my husband, was coming just about every day and taking me for walks around the hospital and drives around Melbourne.

Eventually I was transferred to Griffith Hospital in NSW, near my home town of Leeton, once again by Air Ambulance. There I was placed in a general ward going to the rehab rooms each day. I thought that they were maltreating me in the general ward, as they hardly came near me. What they were doing of course, was preparing me for home and after about four weeks that's where my husband took me. I tried to live just as normal a life as I could. I found I became really tired and I still get tired now, but I don't seem to sleep during the day. Fortunately, I sleep well during the night though and can go to bed at 8pm and wake up at 7am.

Exercise is still a regular activity for me as I keep trying to get back to what I was, even though I know that will never fully happen. I walk, do Tai Chi and carry out various stretching, balance and visual exercises each day.

I have since moved to Kensington Gardens, an Over-55 Village in Thurgoona and enjoy life there. We have made a lot of friends already and have discovered that Albury always seems to have plenty to do. I am much slower at doing things, but it doesn't seem to bother anyone but me. Life is as good as it can be and my hope is that Alan and I get to do all the remaining things on our "Bucket List".

The community joined Margaret Bashford and Lynne Brink (pictured) during Stroke Awareness Week 11–17 September.

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. It's easy to learn, is safe and fun and effective for good health. Increase your flexibility and balance, increase muscle strength and heart/lung capacity. Improve posture and memory while you destress and relax. Feel and live better.
P: 6043 1588



Carpenter

Lic: 256473C

House Repairs & Maintenance

Fences & Privacy Screens

Pergolas & Carports

Decks & Renovations

Bathrooms & Kitchens

Renovations

Gates

Shed Kit Assembly

Free Quotes

Mob: 0429358695



* all general services and repairs

* pre purchase inspections

* Vic and NSW Roadworthy

* exchange engines supplied

and fitted

(02) 6021 5869

E: newpower@internode.on.net

www.newpowermotors.com.au

Kathy Jacobs Hair & Beauty



Kathy Jacob

Kathy Jacobs Beauty Therapy was started by Kathy Jacobs in 2011, with the concept of offering beauty treatments to clients looking for a flexible service with competitive prices.

Kathy Jacobs Beauty Therapy was started as a home based business that allowed clients the ability to book treatments outside of work hours that remained competitively priced compared to the salons in Albury.

From these beginnings the business grew over the years and now has a client base of over 400 loyal clients.

Over the next six years working from home and with a dream of

one day operating from a purpose built salon, in December 2016, the dream became a reality and a new purpose built salon with a French Provincial Style at 35 Slattery Place, Thurgoona.

With the completion of the new build in December the salon also expanded its ranges of services and now offers Hair Styling, Sports & Remedial Massage and Beauty Therapy.

Along with a brand new building, the name has also changed to Kathy Jacobs Hair & Beauty. The salon has two purpose built treatment rooms along with Hair stations and Reception area.

Kathy Jacobs has been joined by hairstylists Sharon and Rachael as well as Tammy Boland (Remedial Massage Therapist).

Kathy Jacobs Hair & Beauty now offers a full range of products and services catering for the needs of the Thurgoona community.

The French Style salon has easy parking, flexible booking times, a large variety of services for every member of the family along with highly trained professionals.

Kathy Jacobs Hair & Beauty is now a prominent business in the Thurgoona landscape.



For
Appointments
please contact-

Kathy-
0428 261 426 or
6043 2111

Real Girls Sweat!

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

Joanne holds these sessions at the Thurgoona Community Centre (Mon and Fri: 6:15 am) and they are designed to suit all fitness levels and ages with a maximum of 8 clients, so that she can meet your individual needs and provide personalised service.

It might seem early – but it's the perfect way to make sure you 'get it done' before work and feel energised and ready to face the day (we all know how comfy that couch feels after a busy day work!)

Each class can be adapted to your level of fitness and will consider any limitations you may have. Joanne understands that everyone is different, and may experience limitations from time to time, or be ongoing.

What better way to start your day, than with a small group session that is adapted to your needs. These sessions are suitable for anyone, but are especially perfect for:

- Building a solid foundation
- Ensuring your technique is correct
- Starting or returning to exercise
- Recovering from injury
- Exercising during and after pregnancy
- Working at your own fitness level while being encouraged to progress to the next level and beyond in a fun, supportive and non-intimidating environment.

Here is what 'Real Girl' Kylie has to say about Joanne's sessions:

"Real Girls Sweat at the Thurgoona Community Centre is a great way to start and end the week. Jo's sessions have variety and anyone of any age, ability or fitness level should come along.

Jo is extremely patient and encouraging and thankfully doesn't do that 'yelling, screaming' stuff that I'm not a fan of!

All the ladies are very supportive and, best of all, no need to dress up as we all look like we've just jumped out of bed.

Thanks Jo for providing a wonderful program and keeping me on track during these cold winter months."

Class sizes are limited to a maximum of 8, so please call or SMS 0477 505 531 to book now!

Find Real Girls Sweat on Facebook and at realgirlssweat.com.au



**BOOKKEEPING for
Tradesmen/Subcontractors**

*Registered BAS Agent and
Qualified Bookkeeper*

M: 0408 463 068
juliemwalsh@bigpond.com



Kathy Jacobs
Beauty Therapy

www.kjbeauty.com.au

Diploma of Beauty Therapy

**Waxing, Massage,
Pregnancy Massage,
Remedial Massage,
Facials, Products,
Shellac Nails,
Hair Services**

T: 02 6043 2111 M: 0428 261 426
35 Slattery Place Thurgoona
E: info@kjbeauty.com.au

Ray Walsh
Acoustics, Noise & Sound

**Environmental and
Occupational Noise
Assessments**

**Road Traffic Noise &
Building Acoustics**
M: 0419 446 100

E: ray_walsh@bigpond.com

Dreaded Old Age

By Barry H Young OAM.

I have always dreaded old age and cannot imagine anything worse than being old. How awful it must be to have nothing to do all day long but to stare at the walls or watch the 'Bold and the Boring' on T/V.

So recently when a member of our Thurgoona Community Centre suggested that we all celebrate Senior Citizen Week by cheering up a Senior Cit, I decided I would call on my new neighbour, an elderly widowed gentleman, and who I presumed had moved in with his married daughter because he was too old to take care of himself.

My wife baked a batch of scones, and without bothering to ring (some old people can't hear the phone) I went off to brighten this old guy's day. When I rang the door bell this old guy came to the door dressed in tennis shorts and top. "I'm sorry, I can't invite you in," he said, "but I am due at the Thurgoona tennis club at 2pm. I'm playing in the semi-final today.

"Oh, that's alright," I said, "My wife baked you some scones". "Great", he said, "just what I need for the The Young at Heart Cardio/Strength session tomorrow at the Thurgoona Community Centre - we have to bring a plate, thanks so much".

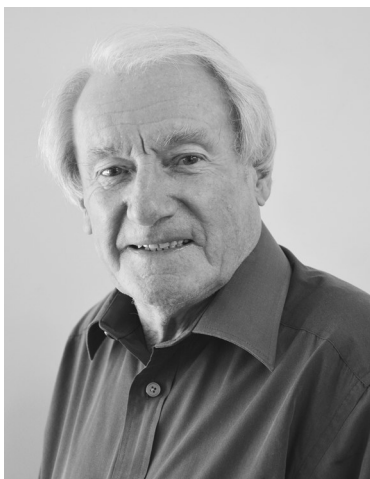
"I just thought I'd visit you," I said, "but that's okay, I'll cross over the street and visit Granny O'Grady" aged 85.

"Don't bother", he said, "Gran's not home, she's out getting her hair done for the Twin City Stomp Line Dancing at the Thurgoona Community Centre this evening."

So I went home and called my Mother's cousin aged 83 but she was at the Albury Hospital working in the gift shop. I called my Aunt Martha aged 79 but I forgot she was on vacation in China. I called my Wife's Uncle Bill aged 84 but he was out playing Golf with the Murray Grey Veteran Golfers at the Thurgoona Golf Club. Then I called my Aunt Elsie aged 82 but I forgot it was Tuesday and she was at the Shop Coffee Hour at the Thurgoona Community Centre. I called my Uncle Keith aged 79 but I forgot he was on his honeymoon.

I still dread old age more than ever.

I just think I'm not up to it and I am only 80!



Barry Young.
Pic: Tamara Binder

The Other Theatre Company inc
FAMILY IS STRANGER THAN FICTION...

BUTTERFLY LOUNGE

13 & 14 OCTOBER, 7:30PM

THE BUTTER FACTORY THEATRE, WODONGA

• ADULTS \$35 • CONCESSIONS \$30 •

BOOK NOW + hothouse theatre.com.au ☎ 02 6021 7433

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 the Thurgoona Community Centre and leave your details.
P 6043 1588.

Quantum
PRINT SERVICES PTY. LTD.

Offset & Digital Printing
Design Service • Binding & Finishing
Business Cards • Letterheads
Corporate Stationery • Flyers • Brochures
• Annual Reports • Books • Magazines
Magnets • Large Format Posters

49 Catherine Crescent, Lavington
Fax: 6040 8999 • Email: sales@quantumprinting.com.au

6040 3300

www.quantumprinting.com.au

HoneyBee Kidz Tennis returns to Thurgoona Tennis Club



Barbara Honey-Martin with her Red Group at the HoneyBee Kidz Tennis Free Fun Day

Thurgoona resident and Tennis Australia & ATPCA Coach, Barbara Honey-Martin, has returned to Thurgoona Tennis Club with her **HoneyBee Kidz Tennis** business after a 10-year break. She's now back teaching the next generation of tennis players at Thurgoona Country Club Resort's tennis complex.

Barb's specialty is introducing tennis to kids aged from four years and above and making it an enjoyable learning experience for them. Her goal is to motivate young players to develop their skills in a fun environment and encourage an ongoing love for the game. She uses modified equipment such as small racquets, mini-nets, low-compression tennis balls and other special teaching aids – assisting children develop skills according to their age, size and ability.



Kiersti and Donna with the Orange Group enjoying the Free Fun Day on 25 June.

Barb and her team successfully operated **HoneyBee Kidz Tennis** programs in Albury and Thurgoona from 2001 to 2007

– but everything was put on hold when family commitments and a serious ankle injury kept her out of the game for an extended period. Barb was born into a tennis-playing family and has played tennis most of her life. She is passionate about spreading the love of the game and has also coached children for several years in Sydney with Champions Tennis School and Tiny Tots Tennis. Barb is pleased to be back at Thurgoona and recently completed a couple of refresher coaching courses with ATPCA and Tennis Australia. She is keen to implement some new ideas learnt into her already successful programs.

A Free Fun Promotional Day and sausage sizzle was held at Thurgoona Tennis Club on Sunday 25 June where approximately 30 children enjoyed an introduction to the modified tennis program with Barb and her team of assistants (Donna, Bunt, Mahnee and Kiersti).



After school lessons have been running since then on Tuesday and Thursday afternoons. Barb will be offering lessons on additional afternoons and Saturday mornings from Term 4 onwards. She also plans to run a Junior Competition on Saturday mornings and a School Holiday Clinic on Monday 25 and Tuesday 26 September. Newcomers are invited to join the fun and try out **HoneyBee Kidz Tennis** at the School Holiday Clinic. If these newcomers subsequently enrol in Term 4 lessons they will receive a 10% discount on the total cost of the 8-week program.

Contact Barb at **HoneyBee Kidz Tennis** on 0438 130 100 or email tennis@honeybee.net.au to enrol in the School Holiday Clinic or Term 4 program. Hurry, as numbers are strictly limited!

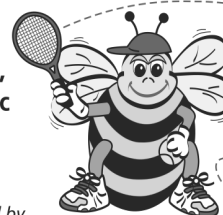
Join the fun!

Introductory and development tennis programs at Thurgoona Tennis Club for kids aged from 4 years

Enrol now for next term's lessons, school holiday clinic and junior comp.



Proudly supported by
Thurgoona
Country
Club Resort



**HoneyBee
Kidz
tennis**

Enquiries 0438 130 100
Email: tennis@honeybee.net.au



Garage Sale Trail

**Saturday October 21st
at Thurgoona
Community Centre**

Time: 9.00am to 3.00pm

Do you need to declutter? Would you like to support local families while doing it? An event will be held for The Garage Sale Trail in conjunction with fundraising for a new project initiated by two local mums. Book a stall or come along and shop. Join the reuse revolution and support this community event

This new community minded project is starting through TCC in an effort to support local families.

With the cost of living expenses increasing, sometimes an offer of a nutritious meal and healthy school lunches can help ease the burden.

Thurgoona Food Relief Program has blossomed through an interest in the community garden. Co-founders Katrina Passey and Emma Chambers say many food relief programs offer pre packaged, processed, often out of date foods. We hope to provide families with a fresh, healthy alternative.

The aim is to grow fresh vegetables in the TCC community garden to distribute to families in Thurgoona, as well as provide basic ingredients to cook their own healthy meals at home.

The group held a toy sale as a fundraiser in July and all monies raised went towards buying staple ingredients for food parcels.

In the future, we hope to hold cooking sessions at the centre to encourage families to get back to basics with cooking and to offer support in a friendly environment.

Our next major fundraiser is the Thurgoona Community Monster Garage Sale, held as part of Australia's biggest garage sale, on **21October** from 9.00am to 3.00pm. Sites

are available for \$5 and we encourage community members to come along and sell their unwanted goods and help raise more funds for the Food relief Program and Community Garden.

To book a stall, Contact Emma on 0417 081 038

If you would like to donate fresh foods, staple ingredients or personal care products please contact Emma on the above number.

If you or someone you know needs help with food parcels please email at thurgoonafoodrelief@gmail.com or find us on Facebook.



Event organisers Katrina and Emma enlist the help of Alexander to collect oranges at the TCC

Need a venue ??

Thurgoona Community Centre is a facility that you can book for your family or community events. Two great buildings available.



Help us get the word out. Income from hiring helps support the wonderful programs offered at the centre. This is such a win-win for everyone.
Cost: \$27.50 per hour with a \$200 refundable deposit.



The Price Of Fashion And How You Can Help!

By Nicky McMillan

Did you know that six tonnes of clothes are thrown out every 10 minutes? In an hour, that's 36 tonnes!

More than half a million tonnes of textiles and leather are dumped in landfills each year.

It's costing charities such as the Smith Family nearly a million dollars each year to offload tonnes of clothes that can't be recycled.

The fast fashion industry is largely contributing to the problem with the mass produced, poor quality garments regularly tossed out and often unsuitable for reuse, except for rags.

Disturbingly, it takes 2700 litres of water to make one t-shirt alone.

So what can we do about it?

Start by participating in the upcoming **Clothes Swap & Style event at the Thurgoona Community Centre on Saturday, 7 October**, from 11.00am to 2.00pm.

Bring your unworn clothes and accessories to swap with someone who'll love and look fabulous in them.

All items must be clean and in good condition.

Nicky McMillan from *What's My Style image consulting* will be there to help you find and style clothes that flatter your body shape and share helpful tips.

To complete your look, Lauren from *Lauren Shain's Style* and Carly Woods of *Beauty Escape* will be providing hair and beauty advice.

At just \$10 a head, there'll also be lucky door and raffle prizes. Proceeds go to the Thurgoona Community Centre to provide vital services to the local community.

So now that you're booked in for the Clothes Swap & Style event, other ways to take action in the meantime include:

- ◇ Shop wisely by learning how to dress to your body shape and personality.
- ◇ Invest in well-fitting and quality clothes.
- ◇ Support brands accredited by Ethical Clothing Australia (ethicalclothingaustralia.org.au) and the Baptist World Aid's Ethical Fashion Guide (<https://baptistworldaid.org.au/resources/2017-ethical-fashion-guide/>)
- ◇ Support your local charity op shops and markets.
- ◇ Buy consignment. Pop in to visit the lovely Liz at My Changing Room in City Walk Arcade, Albury; Simone at the Chic To Chic Boutique in Townsend Street, Albury; and Helen from The Clothing Carousel who'll have a pop-up store at the event in support of local charities. (<https://www.facebook.com/theclothingcarousel/>).
- ◇ Recycle or repurpose your clothes to get more wear out of them.

Not only will you save money, you're helping to cut waste.

Let's all make a commitment to do this.

CLOTHES SWAP & STYLE



Swap your unwanted clothes and accessories for those that flatter, while supporting the environment. Get styling, hair and beauty tips to complete your new look!

Also designer rack clothes supplied by 'My Changing Room' and 'Chic to Chic' boutiques and vintage and new clothes including designer pieces and jewellery/accessories from 'The Clothing Carousel'.

**Saturday, 7th October
@ Thurgoona Community Centre (TCC)
10 Kosciuszko Road 11am—2pm
Lucky door & raffle prizes - \$10 a head.**

All items for the swap must be clean, in good condition and dropped off at the TCC between 3rd to 6th Oct; 10am—3pm. P: 6043 1588

At the clothes swap, local stylists will give tips on what looks fabulous;

Nicky McMillan from *What's My Style*, Lauren from *Lauren Shain's Style* and Carly Woods of *Beauty Escape*

Don't miss this great opportunity—a FIRST in Thurgoona



Nicky McMillan



Chris & Melissa Pargeter

Ph 0438 252 112

Termites, Rodents, Spiders, Wasps & more

Servicing all your Pest Control needs in Thurgoona



Fast, Reliable Electrical Solutions

Simon Hoppe

PO Box 931, Lavington NSW 2641
NSW Lic 190222C • VIC Lic 20137

0438 692 277

THURGOONA TENNIS CLUB NEWS

Well, much has happened in our club since the last Grapevine! Two new competitions have now begun as a result of people's requests.

FAST 4 TENNIS – Mondays at 6.30pm

For those that are time poor and wanting no commitment

For all abilities!

Fun way to meet new people

No need for a partner or team

This comp is a fun, fast format where after playing five games, partners are swapped and begin another short set. Number of sets played depends on time. The night ends at 8.00pm at the latest.

SINGLES – Mondays at 6.30pm

For those wanting a more serious challenge

Players play a few singles sets –shortened format to save time

No need for a partner

Once again, great way to meet others!

This comp gives you a real workout due to the singles format. Opponents are swapped after each set and also ends around 8pm.

We also have our popular original comps: -

MIXED SOCIAL DOUBLES – Wednesdays at 7.00pm

Teams of four consisting of two men and two ladies

A and B grades

Three sets played for the night

Great group of people playing!

This comp consists of one ladies' doubles; one men's doubles then two mixed sets are played. Join at any time, as new

players are always welcome! Put your name down as a reserve or join a current team if on your own.

SATURDAY PENNANT – 1.00pm Men's teams and ladies' teams of four

Sections 1, 2 and 3

Three sets are played with each team member

Form a team with your friends, join an existing team or put your name down as a reserve. Once again, new players are always welcome.

We now also have resident children's coach, Barbara Martin at Honey Bee Kidz Tennis, providing many fun, various activities.

So, come and join us for some enjoyable exercise!

Contact us at thurgoonatenniscub@gmail.com or Facebook.

We look forward to hearing from you soon.

Bernadette O'Donnell

(President of Thurgoona Tennis Club)



THURGOONA TENNIS

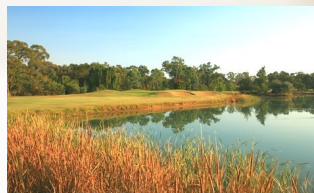
Singles-Mon 6:30pm
 Fast 4 Tennis-Mon 6:30pm
 Mixed Doubles-Wed 7pm
 Saturday Pennant-1pm
 Coaching for Kids

Contact us:-
thurgoonatenniscub@gmail.com

 Find us on Facebook



Explore Thurgoona Country Club Resort



- + 18 Hole Championship Golf Course
- + 16 Synthetic Tennis Courts
- + 26 Room Resort Motel with Pool & Spa
- + 20-200 Seat Function & Conference Facilities
- + Gymnasium
- + Bar & Bistro Open 7 days per week lunch & dinner
- + Social Membership only \$7!



1 Evesham Place, Thurgoona NSW 2640

Motel +61 2 6043 1666 motel@thurgoonaresort.com.au

Club +61 2 6043 1411 club@thurgoonaresort.com.au

Pro Shop +61 2 6043 1902 golf@thurgoonaresort.com.au



Tennis Coaching

is also offered at our club
Enrolling now for Term 3!

Fun new introductory & development programs
 for kids aged from 4 years



Join the fun!

Phone Barb 0438 130 100

link real estate

Your Local Property Management Team



Your local Property Management team from Left to Right

Back Row:

Karen Linton Property Manager
Stephanie Neal Property Manager
Natalie Dawson Property Management Assistant / Receptionist
Rebecca Forsythe Property Manager
Michael Tilders Senior Property Manager

Front Row:

Leeann Lincoln Property Management Assistant
Shontel Rogers Property Management Assistant
Vicky France Property Management Assistant



4 | 2 | 2
 8 Warbler St Thurgoona



4 | 2 | 2
 95 Ava Avenue Thurgoona



3 | 2 | 2
 7 Briece Court Thurgoona



3 | 2 | 1
 7 Cobbler Court Thurgoona

- ◆ We Support The Local Community
- ◆ Residential Sales & Management
- ◆ Rural & Lifestyle Sales & Management
- ◆ Commercial Sales & Management

link
 real estate

(02) 6043 3322

www.linkrealestate.net.au
 Shop 7 / 10 Shuter Avenue,
 Thurgoona

NEW DISPLAY HOME

Enviro 9: 104 Stockman Circuit, Thurgoona



8.8 Star Energy Rated Home

Open for inspection:

Saturday & Sunday 12 to 4pm



Alatalo Bros

Quality Builders & Developers

LICENCE NSW: 43135 LICENCE VIC: DBH-U5715



Call Michelle 0422 599 866 or
Matt 0421 670 959 | alatalobros.com.au



DMIM645212-08