



Thurgoona Community Centre
P: 02 60431588
 10 Kosciuszko Road, Thurgoona NSW 2640
 E: reception@thurgoonacommunitycentre.org.au
 www.thurgoonacommunitycentre.org.au
 The Grapevine is delivered by dedicated volunteers



Summer 2018/19

The Thurgoona Grapevine

Supporting Thurgoona Families at TCC

Ruthy Rawson

Amidst the hustle and bustle that life delivers, a delightful morning was spent at the TCC hall for a delicious morning tea, on Friday, 5 October. The event was to honour the excellent service the Child and Family Health component of this facility has provided and to also raise money for needed improvements in the Child and Family Health Room.

Honouring the event was the presence of three of the past serving nurses, Mavis Perrin, June Billings and Elizabeth Burge. Between them over 40 years in service has been given to the Thurgoona community. Mavis Perrin was the first of these three nurses who happily fulfilled her duties for many, many years. Next was June Billings giving six years of service, followed then by Elizabeth Burge, who willingly continued to contribute more excellent knowledge and skill for another twenty or so years. How fortunate TCC has been to have these ladies in its history!

Arising out of the Child and Family Health service was the discovery of an urgent need to develop a post-natal support group in the area. So, under June Billing's initiative, Thurgoona Community Centre was the first place in all of Albury to offer a post-natal support group service to provide enormous support for new Mums in the area. This

allowed Mums to support each other in a safe and caring atmosphere.

From the Depression Support Group deep friendships were formed. The depth of such friendships is illustrated in the following story: One of the Mums had five children and was going to be married. The flower girl dresses were borrowed from a friend of the group, the bridesmaids dresses were made by a member of the group. Other members of the group were the bridesmaids and to top it all off, June Billings was given the role of Mother of the Bride! And where was the reception held? At the community Centre of course! Many of these ladies are still in contact with each other, now in satisfying and rewarding roles as grandparents themselves.

As time passed the post-natal depression group was transferred to the Parents and Babies Unit which had been then been functioning for a while. There, at the Mercy Hospital optimal care continued to be given.

The success of October's High Tea resulted in \$415 being raised. The event. The money will provide a much needed sunshield blind for the Child and Family Health Clinic at TCC. Mention must be made of Sue Caldwell the organiser and the excellent catering provided by Tea by Three, a family business from Chiltern. The food and service were outstanding!

The current nurses continue to provide excellent service for the families of Thurgoona and TCC wishes to express an attitude of gratitude to all who support our local community.



At the High Tea: L-R Kerry Davis, Susan Campbell, Kay Hazell and Joyce Chingwa . Photo: Michael Courtney

Kay is so happy because she was the winner of first prize in the raffle which raised \$181.

- Thanks to our generous sponsors: Kay won a Cafe Borella voucher for \$50.00 donated by Henry Honeysett.
- The Hair by Simone voucher donated by Simone of Lavington was won by Janet Clarke for best outfit;
- Funky Cutz Thurgoona Plaza voucher, won by Lorraine Terrett for Best Hat
- Wall Clock donated by Denise Jelbart, won by Michael Courtney for High Tea quiz question. Why is it called High Tea?



Child and Family Health Nurses from TCC. Left to right Elizabeth Burge, June Billings and Mavis Perrin. Photo: Michael Courtney

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 AlburyCity Council and their representatives.



Enjoy celebrating with your family those special milestones in your child's life locally.

TCC PARTY ROOM

- 1 Call 6043 1588 to book your date
- 2 Cost is \$27.50 per hour with a \$200 refundable deposit
- 3 Enjoy having a safe play area and outdoor equipment with kitchen facilities - so easily accessible.

CREATE THOSE LIFELONG MEMORIES

More than just surviving at work

Sherylyne Moran



Enthusiastic participants at the Workplace Bullying and Harassment workshop at TCC including a large Congolese contingency and representatives from Gateway Health and Thurgoona Woolworths management. Photo: S Moran

To help workplaces thrive, having a safe work environment both physically and mentally is one of the most powerful foundations for any successful business. Beyond Blue suggests that the cost to businesses for the impacts of workplace bullying could be as high as \$36 billion per year and is a serious issue in Australia.

At Thurgoona Community Centre an opportunity for support and information came through a workshop given by workplace relations expert and counsellor Rambayi Majuru. His education and helpful information on Workplace Bullying and Harassment for workers, volunteers, community members and employers was well received. The 24 in attendance included a large contingency from the Congolese community and representatives from Gateway Health and Thurgoona Woolworths management.

Rambayi is passionate about equipping people with skills and support to navigate the challenges faced in the workforce. Unfortunately, in some workplaces, there can arise situations where tension and conflict occur regularly. As a result of either personality differences or others being wilfully targeted, the recipient of workplace harassment or bullying can suffer more than the uneasiness of a difference of opinion. It can sadly significantly impact the person's mental health which in turn impacts the whole family with some never fully recovering from the oppressive effects.

At his awareness session at the TCC, Rambayi was able to outline the six different types of bullying that can occur and strategies for someone in that situation to deal with being targeted.

"I myself have been bullied at different workplaces both here in Australia and in my home country of Zimbabwe", Rambayi explained before the workshop.

"In each circumstance I was determined to address the issue rather than quit and run from it as soon as it arose. In one circumstance a worker was deliberately blocking a work process

that I was a part of which could have had huge ramifications for the safety of others. After I recognised what this worker was doing and how my inaction could mean other people would be at risk, I made a bold move which drew attention to the situation. This enabled me to address it and bring a halt to the safety breach before anyone was injured and this allowed it to be rectified. I was then in a good place to request a move to another department. My calm but direct response surprised everyone, especially the worker who was the bully, and at the same time alleviated a potentially dangerous situation".

"Now as a qualified counsellor specialising in workplace relations I can provide support and guidance for people who are feeling the impacts of workplace harassment. It's so important for both individuals and workplaces to have proper supports. The worker needs to be aware of what they can do in the situation and in turn organisations need proper processes for their staff to be able to proactively address issues as they arise. Workers can then be productive and fulfilled in their work life which flows into their homelife. In a competitive market, the healthy workplace culture of a business is a mark of distinction. In the end it's a great win-win scenario for everyone", he explained.

The workshop allowed many to share their experiences and to be aware of ways to cope in their respective workplaces. Bonita who attended commented on the day, "I think this workshop was wonderful. It's sad that there is so much bullying going on but Rambayi is doing something constructive. I believe that the Government should bring in criminal consequences for bullying in the workforce. If there were more severe reprimands, people might think twice about it. It destroys lives and affects so many", she said.

Does This Sound Like You?

- + In the past few weeks or months, have you had difficulties with anyone at work – a boss, co-worker, colleague, employee, customer, supplier or business partner?
- + Have you begun to have conversation in your head with this person, or arguments in your mind where you defend yourself or try to explain your side of the conflict?
- + Have you ever been inundated with thoughts about this individual when you are trying to fall asleep, or when you wake up in the middle of the night, or when you are trying to relax on the weekend or vacation?
- + Have you noticed that you are more irritable or impatient with your partner, or with your children or your friends as a result of your leftover frustrations from your situation at work?
- + Have you begun to dislike your job or have you thought about quitting as a result of this unpleasant situation with a difficult individual?

If you answer **YES** to one or more of the above questions, then you may be a victim of **Workplace Bullying**. So, don't wait until you are at your breaking point.

Take appropriate action to improve your work situation.

Break the silence and help yourself or your loved ones.

Group or Individual help sessions are available at Thurgoona Community Centre.

The aim is to relieve you of the emotional stresses like anger, fear, anxiety and depression that are associated with workplace bullying.

For a CONFIDENTIAL assessment and professional HELP please call Rambayi on 0419 474 166



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December

THURGOONA COUNTRY CLUB RESORT

 **CHRISTMAS TOY RAFFLE** **TUESDAY 11TH DEC**

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THIS IS OUR STORY



By Diane Martin

Where do I begin. Past, present or future. So much to write about. The Thurgoona Community Centre Social Club has had such a busy year and it's not over yet. This small number of people get together at least once a month.

Your bucket list for the year has been a pleasure for our small working committee to deliver.

RECAPING

Yarrawonga boat cruise. Hours of sunshine, food and the sparkling waters. Bliss.

Byramine Homestead this was time well spent.

The Red Stag Deer and Emu Farm, just the thought of this day brings a smile to my face as I'm sure it does to those lucky members that managed this trip.

Pumpkin Seed farm. I discovered the chocolate coated seeds on this trip. A must have in the pantry.

The mystery trip. Gold mines with an incredible view of deep holes in the ground. Chiltern as never experienced before. Hub62 a gourmet delight.

The river walk at Howlong, such a peaceful area to visit.

Wagga Wagga and what a trip this turned out to be. So many hot spots covered. Chapmans Homestead and the warm hospitality and delicious scones. The Glass Gallery how amazing.

I have to mention that we spent the winter breakfast get togethers in the warmth and hospitality of Café Borellas. Second Saturday of the month. Time 9am. Very enjoyable.

Beechworth and our special Bus Tour Guide Jennifer who shared her amazing knowledge of the back-street history. Humour from little snippets of information that only a local of Beechworth would know.

Christmas in July held at St Ives Hotel, we were made so welcome and wasn't the lunch and the company amazing. Ruthy's games were very popular.

The Winery tour at Wicked Virgin Olives and a stop at Tuileries (Rutherglen Wines) Buller's Winery. Then on to Winery Chambers, ask a TCC social club member the story of the cocky.

Albury Botanic Gardens, a history tour of nature at its best. Top marks to the groundsmen who maintain this idyllic place. We had lunch out in the beautiful sunshine. Well done Anne for arranging this event. Lunch was absolutely delicious—BBQ Salads and homemade cakes yum.....

Mystery Bus Trip. This was our end of October trip organised by our lovely Louise. Don't tell anyone that I told you, but I heard mention of baby goats, so cute.

Liz had this day away as a must do in November. We remember so well how much fun was had on the mystery outing she planned for us earlier in the year.

Finally, our end of year bonanza.

Christmas Party for our social club members will be held at the Commercial Club in the Red Room. 19th December. 11.30 for 12.00 noon start COST_ \$31

Book and pay Kerry at front desk of TCC, By 12 December.

Are you all thinking as I am, "Where did the year go?" We managed to fit some amazing adventures in didn't we. All of this while leading busy lives.

The Social Club Working Committee have listened to your requests and tried to put life to them.

We say a special thank you to all for being so committed to helping us make this a group that comes together and shares the joy of friendship and new experiences.

A special thanks has to go to Neil Drew who did an incredible job of driving our bus and his patient co-pilot Kay, could not have managed without them. A huge cheer from us all. ++



Pauline Sawyer and Pam Bryce enjoying Christmas in July in the Spice Room at St Ives Hotel on the Causeway. "Hohoho" these two are out for some silly fun one would think!

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GOLDEN OAT BARS

Ingredients

- 2 cups rolled oats
- 2 cups sultanas
- 1 cup wholemeal SR flour
- 1 cup raw sugar
- 1 cup desiccated coconut (or almond meal)
- 1 teaspoon cinnamon
- 300 g butter
- 2 Tablespoon golden syrup



Directions

Combine oats, sultanas, flour, sugar and coconut in a basin. Mix well separating any clumps of sultanas. Melt butter and golden syrup in microwave.

Mix into dry ingredients – mixture should cling together

Press evenly into a greased baking dish.

Bake in a moderate oven (175 °C) for 15 to 20 mins or until golden.

Cut into bars while hot, remove from tin when cold.

Sally Hendy

WANTED: VOLUNTEERS TO HELP WITH LITTLE KIDLETS PLAYGROUP:
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CITY COUNCILLORS FOR THURGOONA/WIRLINGA

**What's this about?**

Council elections for Albury City will be held in August 2020 – two years' time. Although Thurgoona/Wirilinga is the major growth area within Albury City and covers one third of the total Albury City area, there is no direct Councillor representation from this area.

In early 2019 an "expression of interest" for Albury City Councillor candidates

will be sought by the Thurgoona Community Action Group (TCAG) for potential candidates from Thurgoona and Wirilinga who are sympathetic to community concerns about liveability and sustainability in Albury's growth corridor. Draft policy platforms are currently being prepared by the TCAG to be used in the next Council elections.

Any Thurgoona residents who might be interested in standing for Council on a TCAG platform are encouraged to contact the TCAG for further information.

Why do we need this?

Albury City infrastructure expenditure does not match the Thurgoona/Wirilinga growth rate.

- Thurgoona's annual growth rate is 3.8% p.a. compared to 1.0% p.a. for Albury.
- However, Albury City Council infrastructure expenditure in Thurgoona is only 1.8%
- Thurgoona and Wirilinga population is expected to reach 50 - 60,000 by 2043.

People living in Thurgoona/Wirilinga frequently raise their concerns to TCAG members, such as:

- There is no direct representation from this area on Council.
- Most existing Councillors do not listen to our community regarding more balanced and sustainable development.
- Plans for major community facilities for all ages are a low priority and not being progressed despite the growth and need.
- Planning for school capacities, integrated transport, and traffic management in this major growth area is too slow, and tends to be reactive, not proactive.
- It appears that development applications are granted with few conditions to preserve native vegetation or to provide facilities for families.
- Recreational areas and open space in new housing developments are insufficient and the last thing to be developed.
- We are losing our signature old hollow bearing trees and birdlife from Thurgoona.
- Attractions such as Bells Travelling Stock Reserve (TSR), the Woolshed and Eight Mile creeks, are not being looked after and enhanced to form an environmental park linking Thurgoona to the Murray River.
- The intent of the Thurgoona Wirilinga Precinct Structure Plan of 2013 is not being adhered to by Councillor decisions.
- There does not seem to be any plan to create jobs for the future within the Thurgoona area.
- Why cannot Albury City have wards with Councillor representation from each ward? (Some Councils have "wards", which are designated areas within the Council area. Nominees for Council can stand for a particular ward. Each ward is allotted an equal number of Council seats, which means that representation is evenly spread). If Thurgoona was a ward, it would guarantee that we would have representatives on Council from our area.

Direct representation from the Thurgoona/Wirilinga area is a vital need for our community. In early 2019 we will be looking for people to speak up for Thurgoona when decisions are being made about Thurgoona.

Thurgoona Community Action Group

thurgoonacag@gmail.com—also find us on Facebook

Keeping Thurgoona Plastic Free

Sally Hendy

Thurgoona Community Action Group Bag making event was a great success!

Two or three people worked diligently over four Thursday mornings to create unique bags for Thurgoona residents to use instead of plastic bags. The main workers were Carole McIndoe, Janice Poy (even with a broken arm) Di Martin and Sally Hendy.

We made mostly shopping bags from recycled fabric – old sheets, doonas, pillow cases, and just pieces of leftover fabric – as well as a few produce bags for



Diane Martin and Carol Macindoe enthusiastic sewers of the shopping bags for Thurgoona

fruit and vegetables. Most of the bags have been printed with our new logo in green. We will see how well they are received before getting back to work to make some more for the community to use again and again.

They were handed out on our Clean Up Day around the Plaza on 30 September. If you missed out on helping or did not receive a bag, let us know on thurgoonacag@gmail.com and we will plan another working bee, possibly on a Thursday afternoon for 3 or 4 weeks. Join us and get involved if you would like to help Thurgoona go plastic free!

SMASHED YOUR PHONE?

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Mates unite over a cuppa

Sherylyne Moran

The guys at Mates Morning Tea are celebrating with their new designer mugs and accompanying business card which resident volunteer graphic designer Tyson Marcus allowed to become a reality. Tyson is

volunteering in another Friday group called Animagination which presently is a duo of himself and project initiator Tom Puns from Yackandandah. They are working on promotional material both in design and animation to help not-for-profit organisations and they hope to grow the group in the future with other enthusiasts.

Tyson has always liked the design aspect of movie posters and album art and so with his self-taught skills using photoshop and illustrator he enjoys making logos, album art and commercial material for local bands. He has also designed logos for businesses which have included a business in Citywalk and on Dean Street and now TCC material (see page 17 **Christmas banner**)

He has now helped the Mates with their desire to grow their group and develop a strong sense of identity through having their distinctive red labelled cups and eye-catching business cards. You can ring Tyson on 0432 383 404

Mates Morning Tea runs each Friday morning from 10.00am to 12.00 noon and is for guys to get together, have a chat, learn from a few guest speakers and network. There are plenty of men attending with advanced communication skills! Come along or bring a friend.



With the Mates—Tyson and Tom (left to right at the front)



**THURGOONA
COMMUNITY CENTRE**
10 KOSCIUSZKO ROAD
THURGOONA, NSW 2640
PHONE: (02) 60 431 588

**MATE'S
MORNING TEA**

CONTACT NUMBERS

DON CLAYTON
0428404254

BERT MOEN
0429060649

Thurgoona Kill the Clutter!

Ruthy Rawson

Before Christmas is the perfect time to attack the household clutter and have a clean-up. The following handy hints may help begin your journey to a relaxed, less cluttered home.

Set aside a block of uninterrupted time, say 30-60 min and put on your fave music.

Choose a small space in a particular part of your house to attack first.

Have 5 empty containers marked **Rubbish, Recycle, Remove, Remain and Rest** for the following purposes:

Rubbish - for broken, out of date, valueless items eg: empty toothpaste tube.

Recycle - for items no longer usable in your home but of value to someone else ex: wrong size clothing or outgrown bikes.

Return - items to be returned to the proper place ex: toys into the toy box etc.

Remain - items to keep which are regularly used in that area.

Rest - Items you wish to keep but put out of sight for a while eg. Items that don't suit the current style you wish to create or season (such as red and green cushions being stored after Christmas, autumn tones being used during March and April etc.)

Starting with one drawer (or cupboard) empty contents onto a bench or old sheet. Clean the empty drawer/ cupboard and leave to air and dry.

Then attack the contents on the bench by picking up each item and making a decision as to which on the five containers it goes into.

Decide **quickly**, your first response is usually the best.

Throw the **Rubbish** out.

Recycle to friends, the op shop or sell the items you don't need anymore.

Return your misplaced items to where they belong.

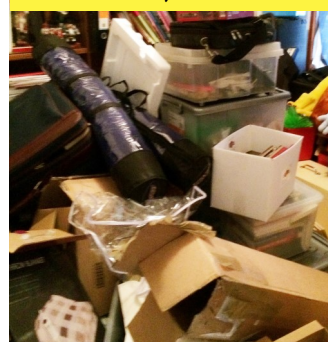
Clean/dust the contents in your **Remain** box and display appropriately.

And finally, clean and place all the items that need a **Rest** in a secure container and place in a cupboard or garage.

It's as simple as that! Your home is now less cluttered, easier to keep clean, pleasing to the eye and therefore has a more relaxed atmosphere. Now sit down and relax with your fave cuppa and congratulate yourself on a job well done!

(Like to be assisted with decluttering? Phone Ruthy 0429 403 427)

Let Ruthy sort this!



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A proud Thurgoona business

2018 NSW Senior Open Golf

The second annual Lincoln Place NSW Senior Open Golf Championship was held at Thurgoona Country Club Resort Golf Club on the last weekend in October. Players travelled from around the country, and indeed around the world, to come and compete for a \$100,000 prize purse.

Professional golfers who entered included world-renowned champions such as Peter Senior, Peter Lonard, Craig Parry, Peter Fowler, Peter O'Malley, Mike Harwood, Michael Long (the eventual champion), and many more. A field of this quality is rarely assembled in Australian Golf for any event, and this Senior Championship (open to players 50 years of age and older) is quickly becoming a highlight on the Australian golfing calendar.

The golf course – designed by the late Peter Thomson – was presented in impeccable condition by Greens Superintendent, Dean Lewis, and his staff. The players were unanimous in their praise for the layout and its conditioning with a great number of them remarking on how the event was world-class.

Conducted over 54 holes (3 rounds of golf), Day 1 on Friday was full of highlights. Many of these were provided by Australian Tour legend and stalwart, Peter Senior, who fired a scintillating 11-under par round of 61. This included a miraculous hole-in-one on the 16th, which happened to be caught on video by an enthusiastic spectator. In addition to this, Senior holed his second shot on the 8th hole for an eagle, adding to a long list of birdies on the day. The remainder of the field were left wondering if Senior had played a different course, as they battled with the tricky layout.

As the tournament continued into Day 2, the highlights continued to roll on, with Ben Jackson recording an albatross, holing his second shot on the Par 5, 7th hole. Peter Senior, playing in the afternoon groupings, was challenged with windier conditions and recorded an even-par 72 to lead by four shots from Kiwi, Michael Long, who carded a 5-under 67 to be seven under par, and a further shot clear of Mike Harwood on 6-under.

The final day was full of drama, and some truly world-class golf with Michael Long recording 6 birdies and an eagle to card another 67 and win the event by one shot from Peter Senior. Long's round was outstanding, highlighted by a stretch of eight holes that included five birdies and an eagle to take the lead.

A great crowd of spectators took up the offer of free entry to come and watch these legends of Australian golf, and they were not disappointed. The professionals were generous with their time, interacting with the crowd and contributing to a wonderful atmosphere.

A large contingent of volunteers, numbering almost 100, donning bright red shirts (known as the Red Rangers)



An elated Michael Long wins the day.
Photo: courtesy of Golf NSW

were instrumental in the smooth running of the event and are to be highly commended for their contribution to another successful tournament. As Captain of the Golf Club at Thurgoona, I could not be more proud of this outstanding effort and I look forward to working with this great group of people in preparation for next year's event.

After the tournament, player feedback was overwhelmingly positive and the entire field of professionals are already pencilling this event into their schedules for next year. Thurgoona Country Club Resort, Liverpool Catholic Club, Golf NSW, and the PGA Legends Tour have done an outstanding job of building a tournament that players and spectators alike can embrace and enjoy.

Adding to the enjoyment and value for locals, two instructional clinics were held. On Saturday, Canadian Tour Pro, Ken Tarling, hosted a Members Master Class, offering some wonderful insight to improving your golf game. During Sunday's final round, a Junior Clinic was attended by a large and

enthusiastic group of local Junior Golfers, and they were treated to a range of instructional activities including lessons and advice from leading Australian Tour Pro, Tim Elliot. Alongside these activities, a long drive competition was held, with many locals chancing their swing to see who could launch the ball the furthest. It was a festive and fun atmosphere that contributed positively to the overall success of the event.

If this event has inspired you give golf a try, come down to Thurgoona Country Club Resort and step out onto our practice range or the championship course. Perhaps talk to the staff about lessons and introductory packages. We would love to welcome you to the club and to the fantastic game of golf, which you can enjoy for a lifetime in a friendly, fun and social environment at Thurgoona.

Michael Lane—Captain

Thurgoona Country Club Resort Golf Club and Murray District Golf Assoc.

SUNDAY 23 DECEMBER 2018 6.00 PM

CHRISTMAS
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• • •

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CAROLS AND CHRISTMAS MESSAGE **JUMPING CASTLE AND GAMES** **CHRISTMAS SUPPER WITH PUPPETS**

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Carols in the playground

ACTIVITIES AT 5PM - CAROLS AT 6PM  Albury Presbyterian Churches

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Jason Anderson of Border Sharpening in Thurgoona

Tonic Kinesiology and Reiki has opened in Thurgoona!

Do you want to make positive changes in your life but seem stuck, repeating the same old patterns?

Do you want to improve your performance in sports, work or school, or improve your relationships, health and wellbeing?

Kinesiology and Reiki can help!

Hi I'm Toni, I'm a certified

Kinesiologist and Reiki practitioner based in Thurgoona and I work with people seeking to be the best version of themselves. Kinesiology can help enhance performance, learning, decision making, communication, determine sensitivities, and provide other positive changes to your health. Reiki is a Japanese technique for stress reduction and relaxation that supports your body's innate healing system.

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Phone: 0476 166 577. Membership fee is \$30 annually

Email: alburywomensshed@gmail.com



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Keeping Kids Calm workshop

Bringing up Great Kids
(One night per week for 6 weeks)

1-2-3 Magic



Serious coffee lovers from TCC would like to say a special thank you to *Julie and Bill Plant*. Our old coffee machine decided to become defunct. A mini crisis was felt at the TCC but the Plants came to the rescue and donated theirs. We thank you from the bottom of our cups and hearts.

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'IVA MAHONI – The Love of Music

'Iva Mahoni has only just turned 14 years and is well on her way to doing what she loves.... playing music.

'Iva is a singer/song writer/guitarist who has been playing the guitar since the age of about 4 years old (literally receiving lessons). For her tenth birthday in 2014, she was given her first full size fender semi-acoustic as a reward for her hard work and dedication. At that stage 'Iva showed signs of great maturity in her vocal abilities and so she started playing at open mic nights at the Kinross Woolshed, then by the age of 11 and she entered her first Eisteddfod and so a singing teacher was sought to ensure this was reigned in from a technical aspect. At the competition she played her original 'Remember Me' in which she came first. 'Iva that year applied to audition for the Albury Carols by Candlelight 2016 but was unfortunately struck down with pneumonia at the time of auditions and settled in the gospel choir. After 12 months of lessons, music writing and open mics, 'Iva (who's not one to shy away from a challenge) decided to enter 2017 Eisteddfod, but not in the U/12's section. She entered herself in several U/16's vocal categories where she took out a couple of first and seconds. She was acclaimed by the judge for having the best rendition of 'Waltz Sing Matilda' that the judge had ever been presented with. That year she applied for the 2017 Albury Carols by Candlelight cast where she was lucky to get a solo part singing 'O Come All Ye Faithfull'. After this she was left blown away from singing to a crowd of 7000 plus people. 'Iva now plays most weekends at Amici on Dean on either Friday or Saturday nights. She has come first in the 2018 Henty Battle of the Bands, runners up in the 'Freeza Push Start Comp' Wodonga 2018 and has also won six hours of recording time in Wagga where she laid down six of her originals and enjoyed the experience. She played at Henty Machinery Field Days as part of the DreamFields creative youth program and regularly plays at the Farmers Markets and Kiewa St Markets. She now also does private functions such as the Tafe NSW Open Day (Albury Campus), Rural Health Summit on the Border and has others booked. She has also been on ABC Goulburn Murray and has a Face Book Like page which you can follow.

'Iva hopes to make a career out of music and encourages young people like her to strive for what they aspire to be in life.

For Bookings call 0447 747 161 – ZSI Sounds



'Iva Mahoni —a Thurgoona young music talent.

Getting Bigger and Better As We Grow

Ian Crane

The Thurgoona Men's Sheds new shed is coming along very nicely thanks to the dedicated new shed committee that have worked very hard to put it together. This new shed will double our old workshop space both for the metalwork and woodwork areas. The shed will be able to be occupied by the end of November. Thanks to the AlburyCity for their help with this facility.



Thurgoona Men's Shed work area doubled with new shed

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Making Music

The TCC is taking Expressions of interest for a musicians group.

Want to enjoy the company of other musicians and to play together a range of musical genres? Any instrument welcome. Ring TCC and leave your details. P: 6043 1588.



TAMING OF THE SHREW
A SHAKESPEARE RETELLING
ALBURY
BOTANIC GARDENS
22 & 23 February
1 & 2 March, 2019
7.30 PM
Tickets:
trybooking.com.au/XTUE
The Other Theatre Company

Get online open day packs in a crowd to #try1thing

The much anticipated Thurgoona Community Centre computer room Open Day on 17 October 2018 arrived. The refreshing rain came down and the doors opened at 9.00 am. How proud we are to have such a vibrant volunteer base which includes; Jim Caldwell, Mervyn Brent, and Sue Caldwell. These volunteers, who coordinate the computer room, had joined forces to develop our first open day which showcased our newly refurbished computer room.

Thurgoona Community Centre supports



Thurgoona resident Joyce Chingwa with computer volunteer mentor Zan Morley at TCC #Try1thing open day.

seniors with computer programs and had been the recent recipient of two grants from the Federal Government. In total, through the Good Things Foundation, the Centre had received \$3,500. One of the projects to be funded was to host a #try1thing day during the Get Online Week. This grant payed for catering and equipment including the purchase of a projector and screen which was installed by Thurgoona based Jeff Tickell of Jewel Audio and Visual.

Our volunteers arrived to help organize an amazing buffet and treats to be shared by our invited guests. John and Janet Greenfield excelled with the sausage sizzle, distributing sausages with onion to all our Centre users on the day. Mervyn Brent cooked up his renowned chicken curry which was devoured with gusto by all and sundry. Pam Eddy again produced melt in the mouth home-made biscuits for all, Denise Jelbart was busy all-day making gourmet sandwiches and Dot Clark excelled in her job as a barista on the day. We also had the assistance of Anne Carmody, our work placement student, who did a brilliant job as our meet and greet on the door, recording the necessary statistics. In the mix was Michael Courtney who was busy taking photos all day, recording those funny moments and amazed looks as problems were solved, and questions answered. A

pleasing 67 persons and 12 volunteers attended TCC on the day.

Comments from some of our future enrolled students included one telling comment, "We have a Centre here who cares enough to support those seniors who don't want to be 'left behind' on their journey to use technology. Many want to be part of what's going on and know how to be gadget savvy and socialise as they go."

Feedback on the day really helps us understand how we as a Community Centre have and will support seniors. Thank you to the Thurgoona Community Centre and the Coordinator Sherylyne Moran for allowing us to have this successful day and thank you to all the amazing volunteers for their tireless work on the day which contributed to the outcome of the event.

Comments on the day:

Elizabeth – "I came here not even knowing how to turn a computer on".

Dot – "Learning computer helps me learn basic skills and meet new friends".

Denise – "I was a novice until Jim started to teach me computers and have made great friendships".

Zan – "I discovered that my camera can do so much more than just take photos".

Congratulations Eric B for winning the \$20 voucher for leaving your comments.

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Mercy opens its heart to the community

Mercy Connect annual Open Day allowed families and local community members to come and visit and meet the staff and participants who make the local organisation a wonderful place. Held at dusk earlier this year, it attracted more participants families and community members.

The participants excitedly set up for the event that included market stalls of handmade goodies all made by Mercy Connect participants. Stalls included craft, woodwork, planter boxes and seedlings.

Over 70 people enjoyed a performance from the Mercy Connect Music Abilities Choir, followed by a stand-up comedy skit by Ian and a thank you speech from Peter. Mercy Connect programs and day program outlets including Art space, Learning Centre and Catherine's Corner showcased the work they have been producing throughout the year.

Outside, a BBQ dinner and a bake sale from the onsite Bottlebrush Café was enjoyed. Mingling and chatting was accompanied by busking from Neville who raised funds for the farmers in drought. Even Mercy Connect CEO, Damian Lacey, joined in busking and had a go!

If you missed out on attending the event and would still love to visit Mercy Connect staff and participants, pop into St. Johns at 30 Bottlebrush Street, Thurgoona. They would love to meet you and welcome you to the Mercy Connect family. If you are looking for handmade goodies, pop into St Johns and purchase a range of goodies handmade by participants with love.

[Mercy Connect are a local not-for-profit Catholic organisation, delivering programs under the NDIS. They provide a range of services to support adults, children and older people with a disability to live independently and get actively involved in their community]



The Wild Choir Performing



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A big day out

Sherylyne Moran

Millie the Guide Dog puppy happily visited the TCC Coffee shop. Her trainer Kathy Doherty from Melbourne was in Thurgoona to drop Millie off for her holiday break with TCC volunteer Jenny Bannam. Listening to all the chatter in the room is a way for her to become accustomed to all the new places she would visit on her three weeks stay.

Kathy has been with the Guide Dog Association for 20 years and Millie is her fourteenth puppy. The dogs start training at the age of eight weeks old and stay until they graduate at 12 to 14 months. It's a great experience seeing the dogs progress through the various stages. Kathy has another labrador at home who provides companionship for Millie and helps Kathy with separating herself from the dogs once they go to a new owner.

"It takes a while for the puppies to develop into well-trained working dogs. We let them become accustomed to lots of different places", said Kathy.

"We take them out to the library, into the shops and they even visit with the trainer when they go to the doctor and dentist. We can take them for a walk and stop at a café for coffee. When they are about ten months old they can come to the movies as well. The dogs live inside with us and can't be left alone for more than three hours", she said.

"I'd forgotten how much work they are", said baby sitter Jenny. "Millie is used to getting up at 6.00 am in the morning so I'll have to be up as well", she laughed.

"The dogs also have to learn to toilet themselves on command. This is so that when they are out the trainer is in control", Jenny explained.

Socialising for the pups is important. Being comfortable with people is vital and the dogs can socialise with other guide dogs at a support group. However, they aren't allowed to "go wild" with other strange dogs in a park.



Kathy Doherty, Millie and Jenny Bannam. Photo: S Moran

This is so that the dogs don't have any scary experiences with aggressive dogs that might cause them unnecessary anxiety when they are out at work.

When a dog is working, they wear the distinctive vest. They aren't to be patted or paid much attention to at these times. "Millie knows how to behave when she is wearing her work vest but as soon as its taken off she's very different. As a typical pup she has a few cheeky things that she will do. We've had chewed furniture legs and her particular joy is to cart around shoes and socks. She loves to bring out so she teases me with them in her mouth. Her tail is wagging profusely and then she disappears waiting for my response. All typical puppy attention-seeking behaviour".

When the time for training is completed, the dogs are assessed for their suitability. If they can't be placed to work, there are other options for them to take. They can become companion dogs, and this is now happening for returned soldiers as well. They can also be offered back to the trainer.

If you are interested in applying to be a Guide Dog trainer in NSW phone 02 9412 9300

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What groups are at the Thurgoona Community Centre (TCC) in 2019?

Art Craft

Buds Art Group—Thurgoona

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

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

Red Rubies.... Craft or Not.

Our group is held at the Centre every second **Wednesday** from 10.00am to 1.00pm. We would like to invite you along whether you want to do some craft or just have a chat. Feel free to drop in any time. Each person brings their own materials, some morning tea to share and the cost is \$3. **6043 1588**

Stumpwork Embroidery

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

Wed. 10.00 am—4.00 pm

8 week course Enquiries: **6043 1588**

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

Social

Community Singing

Love to sing? Come along and join us!

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

Wednesdays 6.00—7.30pm

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

Mary: facilitator **0427 431 511**

Film and Friendship

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

Join us every **second and fourth Thursday of the month** at TCC: 1.00- 3.00 pm

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

A full list of films is available at the centre.

Mates Morning Tea

Like a good yarn?

Enjoy great company in a relaxed and friendly environment?

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

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

Cost: Gold coin donation

Tea/coffee and biscuits provided.

P: **6043 1588**

TCC Book Chat/Club

Tuesday Book Club

Where: TCC Sunroom

When: first Tuesday of each month at 1.30pm

What: Talk about a book you are reading or have read, in a relaxed informal atmosphere.

Cost: \$3.00 per session. Includes coffee

Thursday Book Club

Where: TCC Sunroom

When: second Thursday of each month at 1.30pm

What: Read and discuss the same book. Sets of books provided by Albury Library

Cost: \$3.00 per session. Includes coffee

Plus \$20.00 per half calendar year or \$40.00 per calendar year (library costs)

Ring **6043 1588**

JOIN ONE OR BOTH CLUBS

For further information see Marnie Woodham or leave a message on **0411 297 294**



TCC Social Club Events

Breakfast at Café Borellas Second Saturday every month 9.00am. Dates will be 8

December, 12 January, 9 February,

9 March 2019. 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:

Joining Fee \$5.00, contact the TCC office for membership and information on **6043 1588**.

Thurgoona Community Centre Coffee Shop:

Tuesdays and

Thursdays

10.00am—12.00noon

Cost: \$2.50 bottomless

cuppa which includes a Birthday celebration cake

on 3rd Tuesday each month. Also available is a tasty treat for \$2.50

It's friendly, open to everyone in the community.

Staffed by volunteers.

A great place to meet people, relax and keep in touch.

This project funds special needs at the TCC



Community Services

NEED a JP (NSW)?

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

Computers

Digital Photography Club

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

Thursday 6.00—8.00 pm. Cost: \$2

Seniors Computer Kiosk

Beginners Computer class

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

Mon: Beginners 6.00—8.00 pm

Wed Advanced 1.00 - 3.00 pm

and Beginners 3.00 - 5.00 pm

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

Individual tutoring also available

Computer Recycle

Is your computer dead?

John can help.

Don't throw it into

landfill—bring to TCC and

John will refurbish and give it to

charity. Drop off your computer to the

TCC and give it a new life. P: **6043 1588**



Fitness

Border Pilates

Improve your strength, flexibility and general fitness with a qualified physiotherapist. In NSW School terms

Monday Tuesday and Thursday

6.00 – 6.45pm

Sundays 4.15—5.00 pm

Private health fund rebates available.

\$16 per casual class or \$140 for 10 week term. (45 minute lessons)

For further enquiries please contact

Mikaeli 0408 229 751

Real Girls Sweat with Jo Parker

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

Joanne runs Small Group PT sessions

Monday Wednesday Friday 6.15am.

All classes are fun, friendly and supportive PLUS your first class is FREE!

Bookings are essential P: **0477 505 531**

www.lifesparkwellness.com.au

Tai Chi With Kaye Deanshaw.

This is a Murrumbidgee Local Health District initiative.

Thursdays 9.00—10.00 am Cost \$3 per session or \$27 for 10 week term at TCC Hall. (Beginners class 10.00—10.30 am - with enough enrolments) P: **6043 1588**

Fitness and Dance

Twin City Stomp Line Dancing

Wednesday: classes 10.00am-1.00 pm

Tuesday 7.00—9.00 pm

Cost: \$12 per lesson

Contact **Bev Vinge 0407 947 353**

Yoga Classes

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

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

Build on strength, health and happiness.

Time: 6.30 - 8.00 pm **Monday**

Cost: \$15 per casual lesson or

\$100 for 10 week term

Janet 6043 2987 or 0404 126 269

Young At Heart Fitness

with **Heather Cahill**

Med-High impact Cardio/Strength
4 Quarters of fitness (men/women)

Tuesdays 8.00—8.45 pm \$10

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

Tuesdays 9.00 —9.45 am \$7

Low Impact circuit (men/women)

Tuesdays 10.00—10.45 am \$7

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

Thursday: 10.45—11.30 pm \$7

Sessions also at Glenecho Community

Centre. Enquiries and bookings ring

0419 312 593 Other classes in

Lavington/Glenroy

NDIS Provider—ID 4050 026 166

Children/ Youth

Little Kidlets Playgroup:

Mondays, Tuesdays 10.00 am —12 noon

Interactive with activities to enjoy

Cost: \$5 per family per session NSW

school term P: **6043 1588 Volunteers**

needed— no prior experience required.

WWCC and Police Check through TCC

TCC Garden Group

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

YAFF Young Adults For Fun

A service provided by Home Care for young people with disabilities to socialise. Wednesdays 6.00—8.00pm P: **1300 271 420**

Number Club

Small group tutoring for 8 to 12 year old students to improve number sense and build confidence in maths foundations. At Thurgoona Community Centre.

Eleanor Pearson P: **0431 926 936**

Starlings Dance Connection

Monday

5—7 yrs jazz @ 3.30—4.00pm

8—11 yrs jazz @ 4.00-5.00pm

12—16 yrs jazz @ 5.00-6.00pm

Wednesday

4—5 yrs fairy ballet @ 2.30—3.00pm

2—3 yrs mini movers @ 2.00-2.30pm

5—7 yrs junior contemporary

@ 3.30-4.00pm

8—14 yrs Contemporary

@ 4.00—5.00pm

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

- lots of drama games and exercises

Friday

8yrs and under dance @ 4.00pm

9—16 yrs inter/snr dance @ 4.30pm

Saturday

2—3 yrs mini movers @ 9.00-9.30am

4-6 yrs hipity hop @ 9.30-10.00am

4-5 yrs fairy ballet @ 10.00-10.30am

6—11 yrs ballet @ 10.30-11.30am

12—16 yrs ballet 11.30am-12.30pm

starlingsdance@live.com.au

Ring Allira on **0401 669 005**

YOUTH PROGRAMS:

Thurgoona Youth Club: a fun and engaging teen program to develop confidence in speaking and listening.

Group Facilitator is Carmel McCartin

Wednesdays 4.15—5.30 pm

Chill Zone:

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

Coordinated by the TCC Youth Guidance Team.

Tuesdays 4.00—5.30 pm

School buses drop off at the centre

Phone **6043 1588**

No weekly cost—food included. Some excursion costs involved

Community Groups

Albury Wodonga Lego User Group

Meets on the second Sunday of each month

1.00—4.00pm. Find them on Facebook

The Other Theatre Company

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

For more information ring: **0407 942 106.**

Thurgoona Community Action Group (TCAG)

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

Woolshed Thurgoona Landcare

Group First Monday of each month

7.00—9.00pm P: **6051 9781**

At Thurgoona Community Centre

Thank you to the Grapevine Team

Feature articles:

Barry Young

Dr Noella Mackenzie

Ruthy Rawson

Photography:

Front Page:

Tamara Binder

Proofreading:

Debra Hargreave

Maurie Peters

Advertising:

Peter Hamilton

Editor:

Sherylyne Moran

Editing:

Ruthy Rawson

Delivery Coordinator

Sue Caldwell

Delivery:

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Keith & Sally Hendy

Bill & Julie Plant

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Townson

This newsletter is printed by Quantum Printing

Good News: Free Help for Kids

Child and Family Health Nurse

The nurses are available by appointment on

Monday, Wednesday and Thursday at the TCC

Ring **6043 1038** to book your appointment or

for any concerns.

Tucker Teeth Toys

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

Thursdays 1.30 - 3.30 pm:

Check TCC Facebook for dates

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

No cost. For more information ring Gabby,

Kirsty or Debbie on **6058 1800**

Post Natal Support Group

Mondays for six weeks at the

Thurgoona Community Centre

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

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

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

Community Groups Directory

Alb-Wod Stroke Recovery Club

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

TCC 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 at the TCC (10 Kosciuszko Road)
Come and meet new people. You can bring a mate or come on your own.
Cost: Gold coin donation
Morning tea and biscuits provided.
P: **6043 1588**

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

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

Thurgoona Community Action Group (TCAG)

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

Need a venue?

Thurgoona Community Centre is a facility that you can book for your family or community events.
Two great buildings available.
P: 6043 1588

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 District Lion's Club

Meets on the first and third Monday of each month at the Thurgoona Country Club Resort at 7.00 pm.
E: thurgoonalions@gmail.com
Find us on the Web and Facebook

Thurgoona Mens Shed

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

Thurgoona Tennis Club

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

Thurgoona Toastmaster's Club

For anyone who would like to improve their public speaking.
Meet second and fourth Wednesday of each month at Thurgoona Country Club Resort 7.00 pm.
Contact Glenys 0408 404 254

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

Thurgoona Churches

BREAD OF LIFE CHURCH

ALBURY (BOLA)

Service: Saturday 6.30—8.00pm
Chinese and English
56 Merkel Street, Thurgoona
P: 0448 721 548

www.mybola.org.au

CHRISTMAS SERVICE:

Saturday 22 December 6.00pm

FREEDOM CHURCH

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

CHRISTMAS SERVICE: Sunday 23 December at 6.00 pm. Includes fun activities for the kids. (see page 7)

GO CHURCH

Service: Sunday at 10.00 am
33 Hartigan Street, Thurgoona
Pastor Rick Zago P: 6043 1422
E: admin@gochurch.org.au

W: gochurch.org.au FB/Instagram

CHRISTMAS SERVICE:

Sunday 23 December at 10.00 am

IMMACULATE HEART OF MARY

20 Hartigan St, Thurgoona,
P: 6043 2222

Vigil Mass 6.00 pm

Sunday Masses 9.30 am and 5.30 pm

www.thurgoonacatholicparish.com

CHRISTMAS SERVICES:

Monday 24 December Christmas Eve: 7.00 pm and 12.00 midnight

Tuesday 25 December 9.30 am

ST JOHNS ANGLICAN CHURCH

288 Table Top Road, Thurgoona
Sunday Service 8.30am first and third Sunday of each month plus kids church during NSW school term.
Fourth Sunday Family Service with Communion P: 6040 2188

www.anglicannorthernalbury.org.au

CHRISTMAS SERVICE:

Tuesday 25 December at 9.00 am

THURGOONA BAPTIST CHURCH

TCC Hall— 10 Kosciuszko Rd
Nepali Service 10.00—11.30 am
All welcome to stay for morning tea
www.thurgoonabaptist.org

CHRISTMAS SERVICE:

Tuesday 25 December: Mirrambeena

P: Damber Rai: 0432 082 669

THURGOONA PRESBYTERIAN CHURCH

Service: Sunday 4.00 pm

Thurgoona TAFE,

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www.thurgoona.church

E: mike@alburychurch.org.au

CHRISTMAS SERVICES:

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Combined Christmas Services

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Tuesday 25 December 9.00 am



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“Back in the Day” Pay Back

Wayne Bashford

Nearly two decades ago I was working at the Hume Weir wall as part of a construction team. We were replacing the old heavy gates to full hydraulically controlled gates which are used to control flow to the turbines and valves. The gates are on the weir side of the wall and are opened when water is required to run the turbines for electricity or to maintain the weir or river levels through the valves.

We were working 12-hour afternoon shifts from 3.30pm to 4.00am, six days a week. The job was heavy work and require strength, endurance and especially a high degree of concentration to maintain a safe workplace. Most of the work was performed in confined spaces which added to the difficulty of the situation.

We also could be working up to 35 meters below the wall roadway, some of this distance being under the existing water level. Our access was a combination of approximately 25 meters of scaffold, five meters of a vertical fixed steel ladder and some tunnels just below the road level. To reach the very bottom took up to 20 minutes without carrying any tools or gear.

Fresh air was continually pumped in at such a rate that if you stood below the 1.5 -meter diameter pipe you would instantly have your hairdo rearranged. The job was hard, the hours were long, but the memories and mateship still endure.

One night my workmate Geoff and I were at the very bottom of the wall removing concrete waste by the shovel-full. Geoff was throwing concrete up to my level and in turn I would shovel that waste up into the skip bin. The teamwork was going along well until I ‘let one go’, and it was an SBD (Silent But Deadly).

I didn’t say anything because I thought the offending pressure release wouldn’t reach him..... my mistake. Quietly, at first, Geoff declares that he wouldn’t have thought concrete would smell so bad, he takes another scoop of concrete, throws it up to my level, turns back for the next shovel-full, hesitates, takes a deep breath, and roars, “#%#@#!!! That’s bad”!!

At that moment Geoff looks up and notices that I wasn’t shovelling away my share of the work, he saw me leaning up against the wall laughing uncontrollably. Realising now that the concrete wasn’t to blame, he redirected the abuse squarely at me, I was told without any concern to my opinion, that I could #&\$*%’n well finish off the job by myself.

He deserted his shovel and stormed off, as he was heading off up through the scaffold he was still swearing profusely about how much it stinks. He didn’t realise until it was too late that the fresh air being blown in was actually keeping him within the ‘cloud’ of gas all the way



up through the scaffold. One time he yelled out that it was so bad he could even taste it.

I waited 10 minutes to allow it to clear before I headed up for smoko, by the time I reached the smoko hut all the guys had heard about Geoff’s harrowing experience. Everybody had decided that they weren’t going to work with me ever again, I was kicked out of the smoko room in fear of any possible repeat performance.

Over the next two weeks Geoff vowed and declared, on a daily basis, that he was going to get me back. He then started a new concentrated diet of raw spuds, raw cabbage, brussel sprouts, dim sims, spaghetti bolognaise and pizzas with hot peppers added. This was all minced down with copious quantities of beer, wines and spirits, all in order to add to the fermentation process.

About three weeks later, oblivious of the previous two weeks of threats with daily progress reports, Geoff and I were driving the work ute to the Water Resources Commission office. We were on the down-hill run coasting along in second gear, it was two in the morning,

cold and wet, when all of a sudden
PAYBACK

In one motion, I partly pulled on the handbrake, opened the door and bailed out. With the momentum of the ute, I rolled away across the bitumen onto the cold and wet grass. I continued rolling around like a freshly wasted dog preferring to be cold, wet and smelling of lawn clippings rather than someone who had fallen into a sewerage pit.

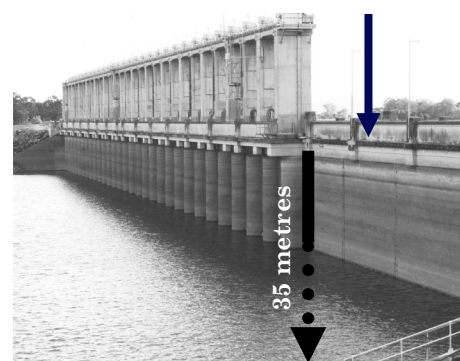
The now driverless ute continued slowly down the hill with the driver’s door wide open and Geoff in the passenger’s seat still laughing. At the bottom of the driveway was a corner and luckily the ute bumped into it and stalled.

Upon reaching the ute, I walked around to the passenger’s side, opened the door and swung it open and shut it in order to disperse any lingering stale air. When I got back into the ute, I noticed some dampness on the seat, on the dash, on the steering wheel and even on the door handle.

To this day, I still don’t know if it was because of the cold early morning dew of mustard gas fallout.

Do you have a funny story to tell? Would you like it recorded for posterity? Wayne is very happy to write your story so that others can enjoy a good laugh. SMS Wayne on 0428 213 427 and he’ll call to arrange.

Wall roadway
behind the barrier



Hume Weir (Dam) Work within the wall
up to 35 metres below the wall road.
Photo: Sherylyne Moran

Men’s Group for Cancer Support

When: 4th Tuesday of the month
Time: 10.00am—12.00noon

Where: Wellness Centre Meeting
Room - Albury Wodonga



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A Time of Giving Rev. Mike Wong

I love giving and receiving presents! It's one of the most exciting parts of Christmas. Kids love it. And adults love it too. This Christmas, imagine gathering around God's Christmas tree and exchanging gifts with God.

First, what present does God give us at Christmas time? In Matthew 1:18-25, we read about the very first Christmas.

'This is how the birth of Jesus Christ came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be with child through the Holy Spirit.' (Matt 1:18)

The writer, Matthew, wants to show us that Jesus is the Christ, God's promised king. But the birth of Jesus reveals even more than that. We learn that Jesus turns out to be God himself!

'All this took place to fulfill what the Lord had said through the prophet: "The virgin will be with child and will give birth to a son, and they will call him Immanuel"—which means, "God with us." (Matt 1:22-23)

Absolutely astounding! God doesn't send a postcard, he came into the world himself, in the person of his Son, Jesus. Most of the time, this gift is totally unappreciated. But the gift of God himself is the best present anyone could ever receive.

Second, it's our turn. What present do we give to God at Christmas time? What do you give to someone who literally has everything?! What do you give to someone who deserves utter perfection?

We all give God the same thing. Our present to God is basically our decent lives, wrapped in a nice bow. And then we try to convince God that we really are decent people. We do nice things. Or at least we don't do horrible things. We're better than other people. We go to church. We give to the poor. We're decent.

At this stage there is an awkward silence. God deserves perfection, and our decent lives don't cut it. In fact, our present is embarrassing, shameful and offensive to God.

But, third, there's someone we've forgotten. Baby Jesus didn't stay a baby. He grew up. He lived a perfect life, full of truth and love. He was able to offer God the perfect gift of his perfect life.

And so, gathered around God's Christmas tree, Jesus does something remarkable. He offers a swap. He offers to give us his present of a perfect life so that we can give it to God. He offers to take our embarrassing, shameful and offensive present. He even offers to take the punishment we deserve for such a woeful present. That's what happened at the Cross. And that's what Matthew mentions too.

'She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.' (Matthew 1:21)

In the end, despite what we tell our kids, Christmas is much more about receiving than giving. Christmas is about receiving the gift of Jesus. It's humbling. But it's amazing too. Will you admit your present doesn't cut it? Will you turn towards the generous gift-giving God of the Bible? Will you humbly accept the gift of Jesus this Christmas?

This year, Thurgoona Presbyterian Church was launched. We meet every Sunday, 4.00pm. We're a family-friendly church and we have programs for creche, kids and youth. Each Sunday we enjoy dinner together. We're growing followers of Jesus and we would love to welcome you into our growing church!

mike@alburychurch.org.au www.thurgoona.church

Facebook @thurgoona.church



Volunteers from TCC delivering gifts to Youth Services

THURGOONA COMMUNITY CENTRE GIFT TREE



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WHETHER FOR A BOY, GIRL AND
THE APPROXIMATE AGE OF
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Downsizing for over 55s delivers a new level of lifestyle benefits

Demand for community lifestyle living is growing as more seniors embrace the land lease model and downsize their family home, unlock their capital and live a brand new lifestyle.



The popularity of the model is its simplicity; residents purchase a brand new home and lease the land, eliminating the need to pay stamp duty and council rates, there are also no exit fees or deferred management fees, plus

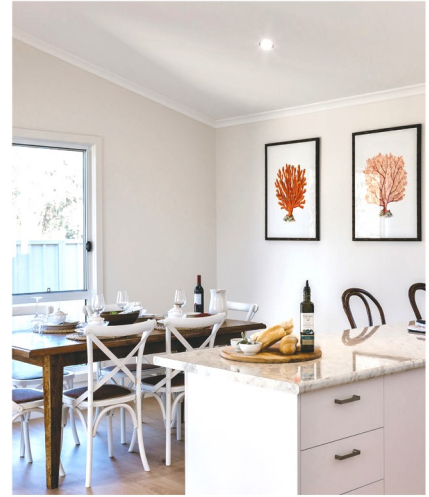
residents keep 100 percent of the capital growth on their home.

There's on simple weekly site fee to cover the rent of the land with eligible residents able to retain their government pension and claim rental assistance on the fees.

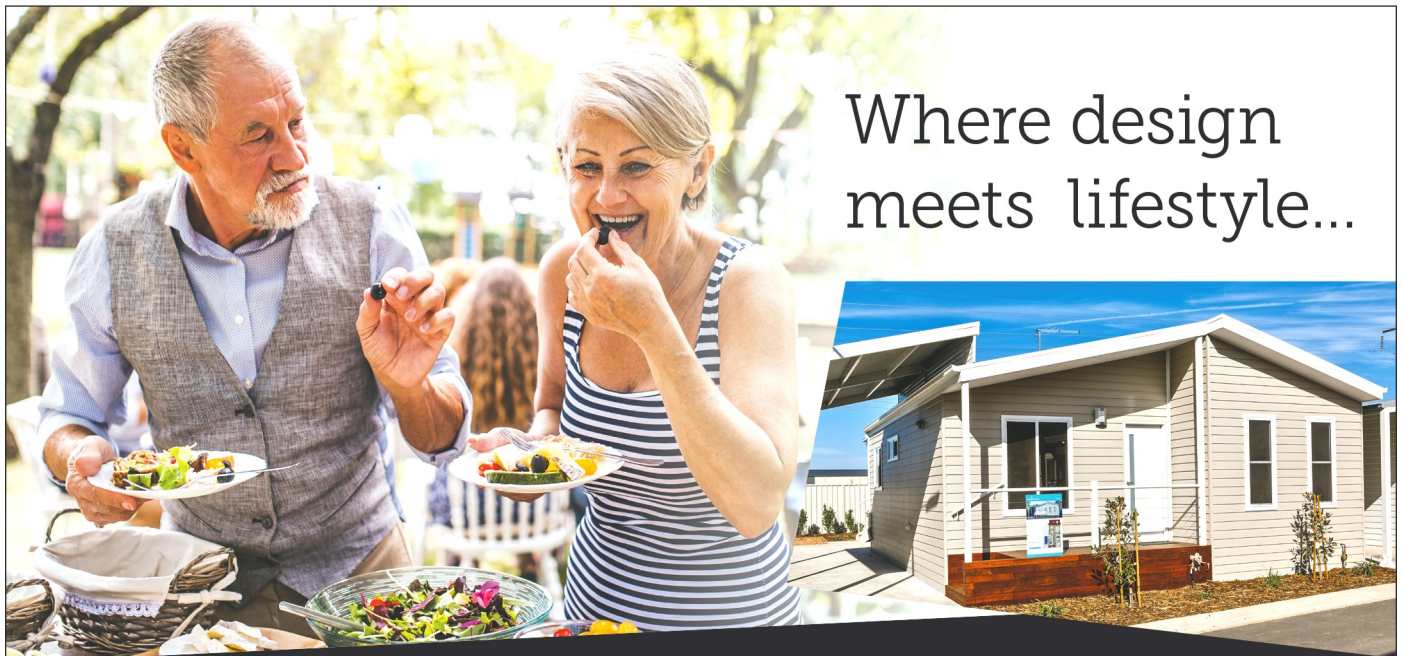
Project Sales Manager, Megan Collins said living in an Ingenia Lifestyle community is all about getting the most out of life, being active, and maintaining your independence and wellbeing.

"If you're like many Australians, you might be well in to your 2018 New Year resolutions and if downsizing the family home is one of them, there's now more incentive to keep progressing on with that goal." Megan said.

"With homes selling from just \$195,000 at Albury there is a real opportunity for you to downsize and free up you cash reserves that stay in your back pocket.



If you would like to explore the increasingly popular lifestyle-focussed land lease community model, please call Megan Collins for more information on 0459 955 122 or visit www.liveinalbury.com.au



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Four Dozen Roses

Who would have believed it. I went to prison and came home with 4 dozen roses. That's right – 4 dozen roses. Never before in my life have I ever held 4 dozen roses prior to my time spent in prison.

The roses of all different colours came to me not as a gift, but as a showing of what one man had learnt whilst behind bars, and I could not believe it. They are reds, pinks, yellows and white as well as a couple each of black, blue and green.

'What was I doing in prison,' you may well ask. And the answer is simple, I made friends in prison. As a Toastmaster from Thurgoona, I met eight of the loveliest guys and they were so appreciative of the time that I spent with them. One of the guys showed me a copy of the artwork that he had done, which went on show in Wangaratta earlier this year in September.

When I left the prison on that last day, I held on to 48 roses, a dog, elephant, rabbit, pot plant, a ball, crane, spinning top and a buddha. Origami items, but beautifully done.

Of course, the speeches and the evaluations that they gave were out of this world. To see the confidence, self-esteem, the trust that they had for each other after six short weeks was amazing. So much so, was the emotions and feelings from these guys delivering their speeches on our last day, that the prison staff were reduced to tears.

Well of course I am going back to prison, I cannot believe that the next course has already booked out and people were coming to peek at what was going on today, our last day in the six week Speech Craft course.

I must be the luckiest girl in the world today. Those guys improved out of sight and they could not thank me and my helpers (Graham Fuller, Anne Shaw and Connie O'Connell) enough, for the time and effort put into motivating and inspiring them to be the best that they can be.

They are a group of guys that are now interested in each other and each other's stories. Friends, able to share so much

of themselves, and to grow with each week that passed by. Prepared and motivated, ready for the outside world.

Glenys Clayton
(Speech Craft Co-Ordinator)

Thurgoona Toastmasters

Ph: 0408 404 254



Glenys Clayton the happy recipient of a precious gift.

Toastmasters in Thurgoona

Why not come along to a Toastmaster's meeting and become involved with self-confidence building. Find that spark to ignite what you have inside of you to be the best that you can be.

We will have a six week Speech Craft course starting in early February 2019.

Numbers for the course will be limited, so put in an expression of interest now.

In two weeks you will feel it, in four weeks you will see it and in six weeks you will hear it!

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7 Zeil Circuit

Thurgoona residents urged to have a say

AlburyCity launched a campaign to engage with the Thurgoona-Wirringa community to help plan for high levels of growth in the area over coming decades.

The aim is not only to inform residents about the works and projects that will take place but also to invite residents and business owners to join a conversation and tell us about their visions and aspirations for Thurgoona. The campaign began with a 'Speak Out' session at the Thurgoona Plaza in September, when residents were invited to drop in for a chat with Councillors and AlburyCity staff to discuss what's happening already, as well as what should happen in the future. An online survey allowed for further responses to be collected. AlburyCity Mayor Kevin Mack said the aim is to have the community become involved in the future of an area expected to grow by 50,000 people over the next 50 years.

"We want to have an open conversation with our community, not only about where Council should build assets like roads, sewerage systems, and parks and gardens, but also about how Council can work with other levels of

government to improve facilities such as schools and healthcare service," he said.

"The 'Speak Out' session is helping ensure we as a council listen to people's concerns and aspirations and use that information to design a future for the benefit of everyone."

Major works to meet growth demand are already under way, with the stage four extension of Kerr Road nearing completion, new cycle and walking trails developed, and funding allocated in council's budget for roundabout improvements to ease traffic congestion on the Elizabeth Mitchell-Thurgoona Drive intersection.

"We're aware that easing that traffic pressure is just one step we need to take to cater for Thurgoona-Wirringa's growth but with community input we can also plan the best outcomes for new roads, parks and other services by tailoring those designs to the people who will use them the most – so please come along to the plaza and tell us your ideas for the future", Cr Mack said.

At Thurgoona Plaza Councillors David Thurling, Amanda Cohn, Sherylyne and Geoffrey Moran. Photo: Mayor Kevin Mack



History Of Thurgoona

By Barry H Young OAM.

Our St Hilaire

The wine industry began in Albury in the 1850's. The prominent vigneronns were Frauenfelder, Schubach, and Rau and can be traced back to 1851.

St Hilaire was a vineyard established about 1878 by Francis Gaston Leonce Frere. It became one of the three main commercial vineyards in the area. The vineyard produced a variety of wines namely reds from malbec, shiraz and cabernet. Production of wines was run by a steam engine working machinery by a system of belts and pumps and was producing 615 gallons to the acre. The vineyard when in full production had 32 acres (where the housing estate is now). Frere built a system of dams and windmills sufficient to supply 2000 gallons of water a day for six months if no rain fell. Francois Frere was born in France. An Albury vigneron, J T Fallon, met Frere in Paris and engaged him to work, which he did for eight years taking charge of the Murray Valley vineyard. Frere then established himself at St Hillaire.

In the mid- 1870s Leonce Frere produced Australia's first champagne, it was thought by using grapes from the Fallon Murray Valley vineyards. After the death of Leonce in 1909 the vineyard was run by his son Georges Pierre Frere.

The vine disease Phylloxera Vasteris first appeared in the Rutherglen area in 1899. The disease was to wipe out production at St Hilaire but Georges replanted with disease resistant American vines. Phylloxera again wiped out the vines in 1913 but Georges yet again replanted with resistant varieties. The vineyard was closed in the mid-1940's (not 1930 as reported). The cellars were dismantled and all items of wine making sold at auction to other cellars in the district with much going to the Rutherglen area.

The house was built in two sections - French style. The bedrooms and lounge in one section and dining room, pantries kitchen and offices in another section. St Hilaire in it's heyday was considered by many to be the social centre of Albury. In 1913 Georges Frere was the Mayor of Albury and in the grand avenue of trees grown in front of the main dwelling, many lavish parties were held. Georges and his wife Madeline were the leading lights in early Albury amateur musical comedy shows staged in the Federal Theatre on the corner of Kiewa and Stanley St (long gone). After it's sale the dwelling became run down but now gracefully returned to it's former glory. The land, except for the residential block was acquired by the AWDC and sub-divided for housing. St Hilaire today is a wonderful circuit of streets and open places and is an important gem of our great place to live - Thurgoona.



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Dr Noella

Kids Learning with Dr Noella Mackenzie

Learning to look at print

Adults who are proficient readers and writers take the way they access and use print for granted. The eye does not photograph the detail in print and transfer it to the brain. **The child must learn to attend to print detail in certain orders for letters and for words.**

Written language is culturally bound, and languages present their written forms of language differently. In English, we need to learn that written language is presented on a page (or screen) from **left to right, starting at the top left-hand side of the page.**

We read (or write) **across the line from left to right and when the line runs out we return to the left-hand edge of the page to continue.** Of course, some texts are not exactly presented neatly in this way – think about comics.

Not all written languages are presented in the way that English is, for example, Arabic is written from right to left and Japanese is presented from the top of the page to the bottom.

So . . . we write from left to write adding letters to build a word and then we leave a space and start a new word. Then we add punctuation to a group of words to help the reader to know how to read our text. Easy - when you know how.

Let us consider the English alphabet – we have 26 letters and they are represented in both lower case and upper case which makes 52 shapes to learn. Then we have a couple of extras due to the common use of some fonts – ‘g’ can be ‘g’ and ‘a’ can be represented as ‘a’. **That means we have 56 letter**

shapes to learn to read and 54 to write. Then we add punctuation (. , ; ‘ ’ “ ” ? !) for a few more details to learn.

Not to distract us but to help explain the complexity, our **26 English letters make 44 sounds and these sounds are represented by more than 120 different combinations of letters.** Some letters make one sound, but others make many sounds. For example, read the following and note how many different sounds are made by the letter ‘a’: *tan, cake, said, ask, saw, care, tea, was, away.* Is it any wonder that English spelling (a topic for a future column) is so tricky?

Now let’s consider some of the letters that are very similar to look at, for example: **a, d, b, p, q** and **g** in lower case form, are all just *circles with sticks* – the length of the stick is important and the side that the stick is placed – perhaps that is why so many children confuse lower case **b** and **d**, **p** and **q**. Likewise, many children are confused by **r**, **n** and **h**; these letters are formed in the same way but again it is the height or the stick of the curved part of the letter that is different. Of course capital **I** is made difficult by the fonts that represent it as **I** (how should I read I’ll? – the same shape is making 2 different sounds in this word).

Capital letters are easier to learn to write (mostly straight lines) than lower case letters and are often seen on signs and advertising, but in Australia we start by teaching the lower case letters. This is different to Finland, where teachers teach the upper case letters before the lower case letters.

So, remember, to read and write in any language, requires an understanding of how to **look at and re-create the printed form** of that particular language.

Arabic hello: **مرحبا** Nepali hello: **नमस्ते**

Chinese hello: **你好** Lao hello: **ສະບາຍດີ**

Parenting 101

Rev Mike Wong

Parenting is one of the greatest but hardest things that anyone can ever do! That’s why the Albury Presbyterian Churches invited author, counsellor, teacher, Mel Hayde, to run two parenting workshops. They’re all finished now but I thought I’d share the highlights reel!

0-5 year

Mel started by showing us a mother duck and baby duck. Who is in charge? The mother duck, of course! But how often do we let our children run the show. It was a challenging idea to kick off.

Before going any further, Mel encouraged us to enjoy our children, to have fun with them, to plan time in our busy schedules to relax with them. A great reminder.

The heart of Mel’s parenting philosophy is two things: positive modelling and intentional training. I found both of these aspects very challenging but also very true. Our children copy so much of what we say and do. Mel suggested 80% of our parenting is modelling - kindness, listening, patience... or... anger, ignoring, selfishness. Ouch!

Intentional training covers everything - training kids to share with their siblings, pack their lunchbox, manage their emotions. This makes so much sense but it’s hard to find the time. Mel suggested it doesn’t have to be too much extra time if we include training in everyday life.

5-12 years

We began this workshop by imagining our children’s 21st birthday party speech. What do we want our children to be like? What characteristics do we hope for? Mel encouraged us to model and train for these things now.

We spent time looking at many practical characteristics and how to develop them in our children. I’ll share my top three.

First, kindness. If we want to foster kindness, we need to model it and work on it. We could try a marble jar for kind words for everyone in the family and then work towards a meal out when the jar is full.

Second, patience. A key sign of success in life is showing self-control, to be ok with delayed gratification. It’s a tough lesson! We could try chores that build towards a toy, or playing board games, or being firm with “no”.

Third, responsibility. So often I do things for my children instead of encouraging them to do it themselves. I hope my children will be washing their clothes and packing their lunchboxes soon!

Feel free to contact me if you want to talk more about these ideas!

At Thurgoona Presbyterian Church, we believe following Jesus helps us in parenting. In fact, we aim to equip people in every area of their lives. We would love to welcome you into our growing church. We launched this year. We’re a family-friendly church and we have programs for creche, kids and youth. Each Sunday we enjoy dinner together. We meet every Sunday, 4.00 pm, at the Thurgoona TAFE, 97 Ettamogah Rd, Thurgoona. Come along!

Rev. Mike Wong mike@alburychurch.org.au

www.thurgoona.church Facebook @thurgoona.church



Rev. Mike Wong and his fabulous family

Border Christian College

Ruthy Rawson

Solar Car Challenge

Once again this year BCC students have planned, designed and constructed a remote control car to enter into the annual Solar Car Challenge which has been held annually since 2011 on the Border. Over a dozen schools participate in this unique event.

Milspec engineering is the mentor of the BCC students. At their workshop the pupils meet engineers and see the industry at work. Students have been able to print 3D parts for their car from the Milspec Workshop experience. We are thankful for local industries, like Milspec, which give such wonderful opportunities into future career pathways in engineering.

BCC Students Serving Others

A vital component of BCC is to serve others. Students have various opportunities to do this during the year. The following is just a couple of the activities they choose to be involved in:

Weekly visitation to Estia Aged Care allows cross generational friendships to develop as students spend time visiting the elderly, chatting and playing games with the residents. At times special musical items are also presented. In turn the residents look forward to sharing their life stories and connecting with the younger generation. Strong bonds are developing as both generations look forward to their regular time together.

Teens and Tiny Tots enjoy spending time together as the High School students help out in Pre Kindy, reading them stories, playing games and enjoy outdoor activities together.

Raising Funds for Farmers

BCC students held a casual day, based on a farming theme, to raise money for Aussie farmers who are doing it tough. Students donated money for the privilege of coming dressed as farm animals or farmers with the whole school, from Kindy to Year 12, participating in this worthwhile event. All the money raised was then sent to help those in dire need.

Grandparents Day

Again this year BCC hosted its annual Grandparents Day. Teachers and students put on a concert for all to enjoy, followed by a lunch provided by the Home and School Association. A huge thank you goes to Thurgoona Bakery who donated the bread rolls and to Thurgoona Woolworths for donating \$50 towards the lunch. Profits for the day, along with book fair sales, amounted to \$1200. This will be used to purchase new library books and shelving.



High Schoolers help raise funds

Thurgoona Public School

Providing the foundation for life-long learning

It's amazing how much Thurgoona Public School fits in to a term. To complement the teaching in the classrooms, there are considerable opportunities that exist for our students. Additional opportunities include dance, drama, choir, gardening, chess, debating, craft and an extensive sports program. These activities would not be available to our students if it weren't for the dedication of staff who spend additional time organising them.

Last term saw students in Stage 1 participate in weekly gymnastics sessions, Jump Rope for Heart activities occurred across the school and our students enjoyed additional sport options every Friday. Our school also hosted the interschool debating and chess competitions with students from both public and private schools travelling to Thurgoona to participate.

Tremendously Positive Student Reward Day

All Kindergarten students who made positive choices with their behaviour during the term were rewarded with a movie and pyjama day.

Celebrating 100 Days of Learning

Kindergarten students were encouraged to dress up as mature-age citizens in celebration of their first 100 days of school. Students compared what they couldn't do 100 days ago with what they can do now, drew what they would do with \$100 and decorated 100 cupcakes. Walking sticks, old-fashioned clothing and lots of fun were the order of the day. Here's what some of our young scholars had to say about their first 100 days at "big school":

I have learnt how to read. – Annabelle, Jonah, Archer and Logan

I have learnt how to write by myself. – Raynaaz

Education Week Barbecue and Open Classrooms

It was lovely to see Thurgoona Public School abuzz with families visiting our school to share in their child's learning at this year's Education Week barbecue breakfast and open classrooms. Staff members cooked the barbecue and thanks to those families who donated gold coins, we raised \$1000 for the farmers!

NAIDOC Day Celebrations-

Thurgoona Public School was humming with activity at our annual NAIDOC Day celebrations. Many parents helped out on the day with cultural activities in the classroom, cooking the sausage sizzle and serving. Our Aboriginal education committee worked tirelessly preparing for the special day. They learnt about Aboriginal culture from guest presenter Lucas Proudfoot, our local cultural guests – Kerrin Parkes and Shane Murray, our Aboriginal Community Liaison Officer (ACLO) – Mrs Cathie Egan, our cultural advisor Di Williams and our Aboriginal students who shared stories about their family at the morning assembly.

Book Week Parade— a wide range of characters were on display at our parade. Many students had put a lot of



thought into their costume with known figures were brought creatively to life. We had a lot of guests join us for this special occasion.

Thurgoona Preschool

We have had a busy year so far at Thurgoona Preschool. Each year our program takes us in a different direction, depending on the needs and interests of the children in each group. Each child comes to preschool with their individual ideas, thoughts, values, strengths and needs. The educators get to know each child through engagement and the gathering of observations to provide opportunities to meet each child's needs.

Through the year the groups have participated in a variety of opportunities to complement the program, such as Simultaneous Storytime, Visitors Week and Pirate Pete who visited our preschool once again. We participated in school transition visits to Thurgoona Public School and some groups participated in the Woolworths Discovery Tours. We have had visits from the fire brigade, a postie visit, footy day and nature walks. In September we had a farmer week to raise money for the farmers suffering in the drought. The educators and children dressed up and we had a visit from some lambs.

The children have helped to nurture our preschool vegetable garden, growing vegetables such as potatoes, beans and corn. They help to weed and water the garden, plant the seeds and pick the vegetables when ready.

Currently we are working on some additions to our preschool yarning circle and enhancement of our preschool playground.

Karen Collins

Director

29 Bottlebrush Street, Thurgoona NSW 2640

Phone: 0260431633





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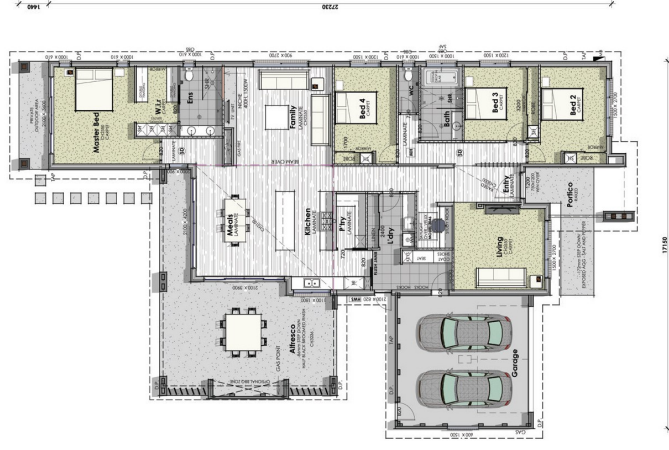


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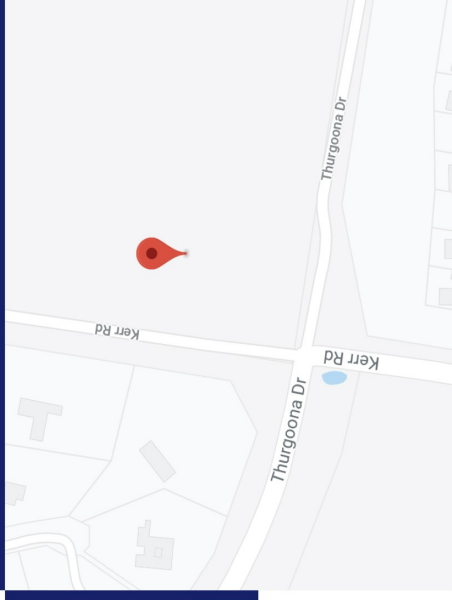


Features:

- Open plan design
- Mudroom
- Dual living area
- Study nook
- Alfresco dining
- Feature gas fireplace
- European appliances
- 7.1 star energy rating
- Private master courtyard

Specs:

Living: 234.6m² = 25.3 sq
Garage: 41.6m² = 4.5 sq
Alfresco: 52.0m² = 5.6 sq
Portico: 11.5m² = 1.2 sq
Outdoor Area: 7.3 m² = 0.8 sq
Total: 347.0m² = 37.4 sq



Open home details:
Saturday & Sunday, 12 - 4pm
29 Yarrabee Drive, Wirlinga
(Off Kerr rd Thurgoona)

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