



Thurgoona Community Centre P: 02 60431588
 10 Kosciuszko Road, Thurgoona NSW 2640
 E: reception@thurgoonacommunitycentre.org.au
www.thurgoonacommunitycentre.org.au

The Thurgoona Grapevine

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



Thurgoona beauties with much in common



Thurgoona residents left to right: Louise, Rimma Chikota, Bhagyamma Babu and Swapna Pullagura. Photo: Tamara Binder

By Sherylyne Moran

These lovely ladies have contributed significantly to the colourful life at the Thurgoona Community Centre. Their centre of commonality has been their rich experience as migrants and now residents of Thurgoona. Each has told humorous stories about how Aussie culture has been both a surprise and a delight, and quite often a challenge.

Though the figures from the last census aren't available as yet, the 2011 census showed that 717 people who were living in Thurgoona were born overseas and 20% of these had arrived in Australia within the five years prior to this. The number of

overseas arrivals in an area is impacted by the cost of housing, availability of jobs and pre-existing community networks available.

Of our lovely ladies pictured, Louise has come to us from the UK, Rimma from Russia, and Bhagyamma and Swapna from India. They each knew English before coming to Australia. However, upon arrival had found the Aussie accent and colloquial words very difficult at first to comprehend.

We at the TCC have gained so much from meeting these ladies and hearing their stories. We greatly value what they have already offered to our community and look forward to getting to know each even more.



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

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.

Hope in the Country

Tayla Slade a valiant member of the TCC Youth Guidance Team ventured off in the Riverina Redneck car rally this year with her aunty Christine Priest of Griffith. Country Hope Children's Fund aids very sick kids with the help of this exciting and



Tayla Slade and Christine Priest at the TCC in the early days of preparing for the rally.

Pic: Sherylyne Moran

innovative adventure. Her fellow Youth Guidance Team members were keen to help her fulfil this dream and supported her to raise funds.

Here is her story:

"The rally was a fantastic experience. At times we

could not see because the dust was so thick on our eyelashes, we showered mostly in bore water and we hope to do it all again next year!

Day 1 – Leaving from **Darlington Point** we drove to Hillston via the dirt roads of course, followed by Ivanhoe, Booligal, and on to Menindee where we stayed the night.



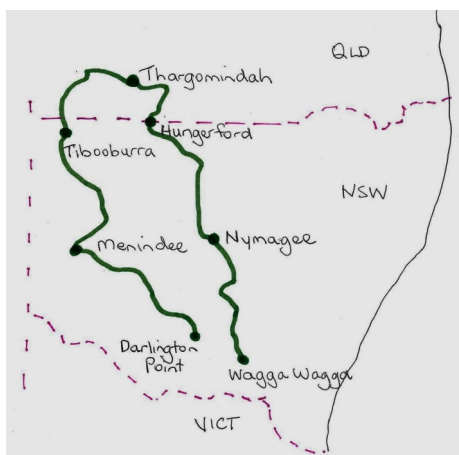
Day 2 – Up bright and early we left Menindee and headed for **Tibooburra** via White Cliffs where we spent half the day in the underground bar!

Day 3 – Leaving the red dirt and Tibooburra behind we crossed the NSW/QLD border and headed for **Thargomindah**. We were the only car in team 3 to make it this far with no car issues! Day 3 our luck ran out, blowing one tyre early, followed by overheating, a further two tyres and issues with the steering!

Day 4 – Leaving Thargomindah early we were headed for **Hungerford**, rain was predicted and there was genuine concern from the organisers we would be stuck here for up to a week. Hungerford was also extremely worried about how they would feed so many people for up to a week!

Day 5 – It rained. All teams voted to drive in the mud to Cobar, Bourke and finally **Nymagee** for our final night.

Finally, we made it to our last destination **Wagga**, were Country Hope had a presentation for all participants.



We would like to thank everyone who supported us with donations and sponsorship. The Riverina Redneck Rally raised \$123,114 with around \$50,000 spent in the small remote communities we travelled through. An enormous effort. Our own TC Crew raised \$2744 which was a team effort between Thurgoona and Griffith where my aunty lives".

Worthy Volunteer Prize winner

Our wonderful TCC artist Jennifer Hamilton generously donated one of her artworks for the raffle towards the TC Crew. We were delighted that our TCC volunteer Sue Caldwell won the prize.



Jennifer Hamilton with Sue Caldwell

'Revegetation of Woolshed Creek' project

This year the Woolshed Thurgoona Landcare Group is conducting a revegetation project along the Woolshed Creek on private land south of the Riverina Highway, Thurgoona.

The project involves fencing a 4.3 ha site adjacent to the creek, installation of a water trough (to provide livestock with water access away from the creek) and planting 2200 plants indigenous to the area including River Red Gum, Yellow Box, Silver Wattle, River Bottlebrush,

River Tea-Tree, Tree Violet, Sweet Bursaria, Carex and Tussock grass.

The goal of the project is to provide habitat for woodland species local to the area such as a range of woodland birds and Squirrel Gliders. This will be achieved through the establishment of new habitat, protection of existing mature trees and increased habitat connectivity and thus wildlife movement through the Woolshed Creek system.

In preparation for planting, the site was slashed and ripped in March and fenced off in May. Planting will be in late July to early August by community members

together with assistance from the Holbrook Landcare Network Skillset Green Army team.

If you are interested in assisting in planting keep an eye out on our Facebook page: www.facebook.com/wtlandcare regarding a date for a community planting day or send an email expressing interest email to: enquiries@wtlandcare.org

Many thanks to Murray Local Land Services by making the project possible through funding from the National Landcare Program and to the Wolki family by generously providing the site.



Contagious Passion to Help Others

By Janet Greenfield

Photos by Michael Courtney

A couple of months ago whilst at the Thurgoona Community Centre I saw a flyer for the 'Australia's Biggest Morning Tea,' to raise money for the Cancer Council. The event was to be held at the TCC hall on 19 May 2017. I was keen to attend the event as I thought it would be good to have a lovely morning tea whilst raising money for a great cause!

I saw the volunteer event coordinator Sue Caldwell and offered my help. She said that would be great and explained there would be scones, sandwiches, tea, and coffee provided. Attendees would also bring plates of food to maximise the funds to be raised. There would also be a trading table with donated items, proceeds also going to the Cancer Council.

It was then arranged I would go to the centre on the day before the event and my husband would also come to assist. I arrived at the hall to find things in action, sandwiches were being made, tables being set up, cups and saucers being arranged. The trading table was being organised by Sybil Mills with a large array of interesting items being sorted and the raffle prizes displayed. I was so impressed with the way it was all happening!

The next morning, I arrived early and once again the hall was a hive of activity. The scones (made and donated by Regina Welsh) were being topped with jam and cream and the sandwiches cut and the food arranged.

At 10 o'clock people started arriving and many cups of tea and coffee were made and the delicious food was being consumed. There was lots of chatter and the atmosphere was incredible! The guest speaker for the morning was Marie Williams from Albury Wodonga Health's Older Persons Mental Health. She spoke on ways to keep healthy and active as we

grow older. She outlined programs run by the organisation and spoke on the importance of keeping social interactions up as we age to assist our mental health. Going by the chatter going on at this event this box was being ticked!

Sue Caldwell organised the inaugural event last year and thankfully, she wanted to do it again this year! Sue will say it worked so well because she had so much help. This is true, but the hard work started months before with Sue organising all the willing volunteers. So, a massive thanks Sue! I spoke to her the Monday after the event and she already has ideas for next year!

Thanks to all the volunteers, everyone who brought a plate of delicious treats, donated raffle prizes and items for the trading table. Woolworths Thurgoona donated \$50.00 which paid for all the sandwich fillings, the Thurgoona Bakery provided the bread and Burgen Brothers Wholesale in Wangaratta the cream for the scones. Thank you!

An amazing total of \$1,800.00 was raised with over 100 people in attendance!

A great day was had by all and I am certainly looking forward to next year's event. This can be your first event on your 2018 calendar: Friday 18th May.

Biggest Morning Tea Facts:

\$500 can help fund a support group where people meet and share their experiences in a supportive environment

\$1000 can help support ground-breaking research into new and better ways to prevent, diagnose and treat cancer, with the potential to save thousands of lives

Event organiser Sue Caldwell with Deputy Mayor Amanda Cohn



Thank you Thurgoona Bakery for your support. Pic: James Caldwell



Lively chatter from members of Healthy Living. Pic: M Courtney



Heather Johnson and Dawn Craig enjoying their time together.



Left to right - Lynette Emmett, Stacey Packer and James Conlon NSW SES Murray Region. Pic: M Courtney



Tasty Sweet Tea at TCC

The **Biggest Morning Tea** at the Thurgoona Community Centre (TCC) on 19 May was very tasty. This is thanks to Asha Heer, a recently arrived Thurgoona resident. She with her husband Abu Shankar Babu, daughter Anika and mother-in-law Bhagyam, moved from Melbourne this year as Abu was transferring with the Army. Now she is keen to share her Indian cuisine by starting her own business Asha Foods, Indian Sweets and Snacks.

Asha with Bhagyam were invited to the Biggest Morning Tea to share her cuisine which was well received along with the traditional scones, jam and cream.

When the family first arrived, they were keen to help Bhagyam improve her English conversational language by visiting the TCC to see what was available. She was very happy to join the senior's computer class and also has been helped with her English language by work placement students and volunteers at the centre.



Bhagyam at Biggest Morning Tea Pic: Michael Courtney

Bhagyam's enthusiasm to interact with the locals has been greatly praised and she is a wonderful role model for others.

Why not try Asha Foods Indian Sweets and Snacks.
M: 0430 812 224 or
E: ashafoods@yahoo.com

Local Charity supports Thurgoona Youth

By Sherylyne Moran

The Adventist Development and Relief Agency (ADRA) has had a long history of helping communities in need and has a very successful Op Shop on David Street in Albury.

Shop manager Ruthy Rawson works hard to ensure that the clothes are properly colour coded with the help of her volunteers. She also has a great way to unwind out of shop hours. So, she says its "just for fun" that she comes to work at the TCC and provides her services to declutter and re-sort.

If you use our centre kitchen or the toys in the storage area, you may have realised that there are labels and order. This has been the work of Ruthy and now Heather Bruce (as well as Jim and Peter).

After over 20 years in her ADRA role, Ruthy and her husband are having a good rest. In her time at TCC Ruthy had enjoyed seeing the work achieved in the Youth Space and upon hearing about our need for continued funding in 2017, she advocated for program

funding through the ADRA organisation.

Thank you ADRA for supporting our youth in Thurgoona with your generous donation of \$2000. This has allowed us to employ our marvellous youth worker, firstly Mitchell Hayes and then Kodi Callesen.



TCC Coordinator Sherylyne Moran receives the ADRA Youth Grant cheque for \$2000 from ADRA manager Ruth Rawson. Pic: Geoffrey Moran

Cooking up a Storm

By Sherylyne Moran

When the youth space at the Thurgoona Community Centre was constructed in 2014, it was always hoped that the lovely outdoor area would house a BBQ. Now thanks to a Clubsgrant from the **Commercial Club Albury** this dream has become reality. Thank you so much.

The area is used for our youth and also other groups enjoy the space too during the day. It is also available for hire for any happy occasion which could be nicely accompanied with a movie on the bigscreen. Why not give us a ring on 6043 1588?



Youth Leader Sheldon Smith Pic: S Moran

TCC Youth Programs

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

Prestigious Award Achieved

Congratulations Sheldon Smith on receiving your **Queen's Scout Award** in May this year. This is a very prestigious award for Venturer Scouts with high standards of achievement required.

It involves achieving goals in four areas. Adventurous Activities, Community Involvement, Leadership Development and Personal Growth. Only a few achieve this award and their names are listed on the Queen's Scout Honour Roll.

Sheldon was one of three to receive the award this year two coming from his own 3rd Wodonga Venturer Scout club and one from 1st Baranduda. They are the first Queen's Scouts for the area since 1997, so the club are delighted and very proud of these latest award recipients. Each Venturer Scout is required to undertake 300 hours of community work. Sheldon has planned and has undertaken many environment projects such as a bushfire awareness program, tree planting and weed eradication as well as countless other hours of community service.

During the ceremony, the Queen's Scouts also presented badges of appreciation to their parents acknowledging the support that they had received from them.

We have the great privilege to have Sheldon as a youth leader with the Youth Leadership Toastmasters Program which is convened by Carmel McCartin. Sheldon moved to Thurgoona with his parents from Wodonga and has been a great asset to our program.



Queens' Scout Sheldon Smith pins support pin on his mum Margaret Wyseman at the awards ceremony.

Youth Supporters;

Youth Guidance Team



Fruit for our programs



Fun Farewell with Flair

By Sherylyne Moran



The children of the Chambers family have all visited Elizabeth at the TCC clinic. Pictured are Emma and David Chambers with their kids. Oldest to youngest are Isabella, Thomas and Alexander.

Elizabeth Burge enjoyed a wonderful time of laughter, catch-up and farewells with staff, family, friends and members of the local community. After over 20 years service as our Child and Family Health Nurse, it was her desire to use her retirement farewell grand finale to raise money for the Royal Children's Hospital. Thanks to the generous support of volunteers, her family and donors, the night was a great success.

A surprising \$1005 were raised with guessing games, raffles and a competitive team game of Pictionary.

Special thanks to all who helped (too many to name) including the lovely Thurgoona Lions Club Ladies, and prize donors Marji Passey (Dartmouth Mountain Retreat), Jan Poy, Jim and Sue Caldwell, John Greenfield, Karen Brown from Nanny Anytime, Albury Hobby Centre and Who What Why.



Above: A very competitive team from Albury Wodonga Health working to win. Pictured right: the crowning of Elizabeth for a night to remember.

All photos of the night by James Caldwell



Thurgoona Lions Ladies Jill Wadsworth, Helen Holland-Steer and Lyn Jacobson



MC extraordinaire Katherine Flood



Nurses at the celebration left to right: Carly Thompson, Colleen Drum, Judy Wright, Liz Crane, Danny Baxter, Doug Dennis, Debbie Sanger, Robyn Byrnes. Seated is Elizabeth Burge. Photo: James Caldwell

Mates Morning Tea

By Sherylyne Moran

Accompanying a mate to a play starring well known actor John Woods and Lifeline's Chris Pidd developed in Don a passion to help others. Don Clayton's eyes were opened by the issues raised around men's mental health whilst watching *Carpe Diem* in Beechworth last year.



Don Clayton at TCC for Mates Morning tea. Pic: Sherylyne Moran

"I went along to support an old friend whom I'd known some 50 years," said Don. "I still help him on the farm during harvest time".

"We went with our wives and I did not know what was ahead for me. I learnt a hell of a lot that night", he said.

"My mate is a bit of a workaholic. At the age of 80 he still works from daylight to dark and finds it hard to stop and go out. So, I went to encourage him to stop for a while".

At the event, a man from the audience spoke up for the forum that followed, and described how he had started a men's coffee morning which had been very successful. I thought this is exactly what we need in Thurgoona. If men just sit down and have a chat, as time goes by other more important issues would naturally arise. In the company of "mates" support would be naturally there," he said.

Each participant was issued a book which Don found very enlightening named 'Matters for Men: How to stay healthy and keep life on track' by John Ashfield.

"The booklet showed the stats for suicide and mental health and these were scary. More men die of prostate cancer than women of breast cancer. This is not known widely as women's health seems to be more in the forefront. Maybe this is because women are freer when chatting with others", he mused.

"My idea is to provide an opportunity for men to get together as "wise boys". The older I get, the less mateship there seems to be available. Life changes as you go along and I think that unless you're in a career like the Forces, mateship doesn't seem to be as prevalent as it used to be. I'm not sure if it's a change of life or society – I don't know", he said.

Don has started 'Mates Morning Tea' at the Thurgoona Community Centre. It will run each Friday from 10.00 am. All are welcome to come along. There is an honesty tin for the \$2 towards the costs.

For more information ring the centre on 6043 1588

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.

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“Back in the day”

- TRUE STORIES by Wayne Bashford

Cop that

A few years ago, in 1974, I managed to qualify for my learner's licence for the motorbike. Back in the day the L-plates were made of cardboard, and on a motorbike the only place to put the pretty yellow and black L-plate was to wedge it behind the bike's number plate.

Shortly after precisely wedging the Weetbix box thickness cardboard plate behind the actual number plate, you knew it stood no chance of survival in the short term. Especially at speed, or if it rained, or a combination of both. The remnants that were left covered you if a cop was to ask why you weren't displaying the "L's".

One fine day, two mates and I decided to go fishing and the nominated mode of transport was the bikes. My bike was a brand-new Honda 360 twin and Potsie's bike was a 125 something. It was a bit of a bit and it looked like Potsie had found his bike at the tip.

It was burnt, bent, and busted, the rear wheel was offset to the front wheel by nearly the width of the tyre. That same rear wheel had several kinks in it to the extent that it wore out both sides of the tyre in several places at the same time.

Shorty, the third member of the fishing party, refused to go pillion passenger on Potsie's boomerang bike so therefore I took Shorty with me. Shorty didn't have a motorbike licence and as you know, dinking a passenger on a motorbike without a full licence on your learner's licence is illegal. No worries mate, the sogged off L-plate is invisible, no one will notice, we'll be right.

Our fishing trip was a success, we caught ten red fin and all were a good size of up to a kilogram and better. The return trip was on the highway out where the Ettamogah Pub is now, the weather was fine, no wind or rain, a bright sunny day.

As we were cruising along, I noticed a flash come across both mirrors on the bike, so I knew someone was behind us with their headlights on. It was soon obvious that it was the local copper on his motorbike.

Being a law-abiding citizen, I sat on exactly 100 kilometres per hour, not one more, not one less. Expecting to be soon pulled over and asked for my licence, I sat exactly in the middle of my lane completely innocently riding along.

The cop came roaring up to us, speeding of course, I know this because I was on the speed limit, which I may have mentioned before. He pulled up in my blind spot so I couldn't see him..... yeah right, I can see you, peekaboo!

Moments after the cop started playing hide and seek, my motorbike started rocking from side to side and sometimes surging forward and backwards. What the and what a time for the bike to play up especially when I knew I was under close surveillance.

Concerned that there was something wrong with the bike, I looked closely at the condition of the road surface in case it was upsetting the bike, but no, it was fine. Maybe the wind was gusting, but again no, the trees on the road side were still, so possibly a tyre was going flat, no, even checked the rear tyre by looking down on my left, not the right side where the cop was hiding.

Just as I was considering pulling up, the bike came good and at the same time the cop sped up and pulled up alongside. What do I do now? Only thing that came

to mind was to look appropriately astonished at the sudden presence of Mr Plod. We looked at each other for several moments and I gave him a little nod, he gave me a little nod and with that sped off ahead and pulled over Potsie on the Boomerang bike.

Shorty and I kept going because I would have lost my licence for sure. Once we arrived home I asked Shorty if he knew what the hell happened before the cop turned up.

Well..... Shorty told me that when officer Sneaky turned up, he had startled Shorty and with that he accidentally knocked the bail arm up on one of the reels which released the line. The rods were two-piece rods and once the tension of the line was released, the end of the rod, aided with 100kms/hour of wind, flicked up over his shoulder and immediately released hundreds of metres of line sporting several hooks and a weighty sinker. The sinker and hooks were bouncing wildly along the highway and Shorty was acutely aware that he was under close scrutiny by the nearby officer. When eventually the hooks and sinker were closing in on the bikes, as Shorty frantically reeled them in, they became airborne and began swirling around in the air in ever widening arches. The copper possibly thinking that he was about to be clobbered and gaffed repeatedly, decided to pull up beside me out of range.

Back at home we were having a laugh about the whole situation and then we began to think of what had happened to Potsie. He was taking a while to get back and we were beginning to think we might have to bail him out. Potsie finally turned up and the only reason he got pulled up was because the cop couldn't see his rego sticker which was on the left hand side of the Boomerang, as was mine.

The cop told Potsie to replace the rear wheel because it would wear the tyre unevenly and pose a danger to him.

We all reckon that we would have been the story of the day or maybe the week at the local Cop Shop.





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A taste of Aussie for CSU

By Antonio Leung and Angela Lui

Two very adventurous international students studying at Charles Sturt University, Antonio Leung and Angela Lui arrived at the Thurgoona Community Centre needing to complete 30 hours of community work for their course. Having only arrived in Australia just a few weeks previously from Hong Kong, they were quick to develop a program that would benefit fellow students from other countries. This is their story:

It wasn't hard to find other CSU international students this April who were willing to come to the program we developed and enjoy new friendships and learn from locals. A local resident, John Greenfield, firstly shared with us the history of ANZAC day and we were quick to reflect on the impact of war on people. Lis McLaren demonstrated from one of her recipes how to make ANZAC biscuits which were awesome. For lunch, we made some pizzas and tried some cold MILO for the first time. To introduce us to some Aussie culture and history we watched the movie "Australia" It is a movie about Australia



Anzac biscuits, milo and Pizza in the kitchen with TCC volunteer Elisabeth Mathews-McLaren. Photo: S Moran

around WWII which stars well-known actors Nicole Kidman and Hugh Jackman. A local British immigrant Louise watched the movie with us and afterwards being very helpful showed us Lake Hume where we saw a stunning sunset view. For dinner, we returned to the TCC and had a tasty BBQ. We all enjoyed the whole day.

On the second day of our program, we held a DIY activity and created a large thank you for the residents who had contributed so much to our program. Then we shared some of our own cuisine together.

The program aimed to strengthen the bond between international students and to share our own cultural experience and food. We wanted to help those who were experiencing homesick as well as introduce some Australian culture to the participating students. Furthermore, by holding the program at the TCC, we wished to introduce to international students the functions and interest groups of the TCC, encourage them to get involved in the community and to build bonds with other residents.

Throughout the program, both the participating students and the local volunteers gained a lot. Locals enjoyed having chats and interacting with the international students and sharing our cultural differences. We also learned a little of the Aboriginal Australian history through the movie and the stories shared by the volunteers. We found that the TCC is a lovely place with a relaxing environment and friendly volunteers and staff who are supportive.



Antonio and Angela present their creative thank you card to TCC volunteer Heather Bruce. Photo: S Moran

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Get a Real Job

By Barry H Young – OAM



Barry Young.
Pic: Tamara Binder

Barry Young our Thurgoona Grapevine historian and feature writer was asked to speak at the recent Vogel Awards about the decline of Australian writers. Barry is a self-taught writer who started writing at a mature age.

This is a short precis from the evening"

When I was a child, books were thrilling. This was because all one had to listen to then was "The Perils of Pauline" or "Courtship and marriage" or "Hi Ho Silver, The Lone Ranger" on the wireless whilst you

leisurely picked the scabs off your knees or the flakes of skin from a sunburn back. Naturally I was drawn to writing and thought what a wonderful easy career that would be. I've since learnt it would have been a disaster or a delusion.

So today do young people want to be writers anymore? The answer is no. They are more discerning. Why put up with the frustration, the indignity, and the poverty that it brings? There are more pleasant ways to be miserable and hopeless like washing windows at an intersection or if one wanted to know real despair, working for the N S W Government! So, to stick at writing of that famous novel you dream of, you need to be happily ignorant of the cost.

Victor Hugo said, "Writing is boring and hard". He found it so boring that he used to strip naked and make his servants hide his clothes so that he couldn't climb out the window and "entertain" the street. It took him 17 years to write "Les Miserables" and many years of romping around naked!

And what of Virginia Wolf – she became so bored with writing that she filled her pockets full of stones and walked into a river never to be heard of again!

Let's delve further. For 30 years, the Vogel Prize for new voices in Australian Fiction under the age of 35 is recognized as the launching pad for successful young writers. But having been acclaimed the winner, dazzling revues, and predictions for a bright future when we look back at the Vogel winners after winning this prestigious award how many have been ever heard of since. Have they now a real job?

In support of what I say – Margaret Mitchell the author of "Gone With The Wind", Harper Lee the author of the celebrated "To Kill a Mockingbird" and one of the Bronte's who wrote "Wuthering Heights" all never wrote another published novel. William Gaddis at least was published 20 years after his first novel.

Did they get a proper job?

And let's take a minute to examine the graveyard of all writers – Rejections.

Every writer knows the doom and gloom of rejections and is the cause of many giving up and searching for a real job.

The history of rejections is fascinating.

J K Rowling of Harry Potter fame was rejected five times, Margaret Mitchell's "Gone With The Wind" 18 times, Stephen Kings first five novels were rejected several times, Lee Harper's "To Kill A Mockingbird" seven times, Dr Suess was rejected 23 times, Norman Mailer's "The Naked and The Dead" was turned down 20 times, Richard Bach's "Jonathan Livingstone Seagull" 17 times, John Grisham suffered 18 rejections. By the way the longest shown TV epic "Mash" 29 production companies said "go away"...

Rejections are just a standard part of being a frustrated writer.

Writing is boring, hard, and thankless and can lead to one becoming paranoid, ungrateful and snippy to your loved ones.

So, what I suggest to young people who have a dream of becoming a bestselling world renowned author is to get a "proper job". Writers need to have a proper job because writing isn't a really a job. Remember jobs give you status, a future and money- none of which can be reliable.

But if you wish to continue in misery and poverty then don't write novels but write tuppence a dime television scripts, commercials or loopy complaints written to your local council about – excessive dog barking, the high cost of water, potholes, or the sewerage system.

But keep writing - you might be lucky but get a real job as well.

Note

Barry has written seven novels five which have been officially published - his 'Funeral Celebrants Handbook' a text books sells in seven world countries and his sequel "Saying Farewell To Those We Love" now in 3 countries.

He is recognized as the major author of Western Frontier Fiction Novels in Australia and New Zealand. His many short stories have been acclaimed. His 2011 novel "The Undeclared" was a finalist in the prestigious "Spur" award in the United States the first Australian Author to be nominated. His current novel "Colours of The Wind" is selling well.

He did not commence writing until he retired, never had a lesson, and has never relied on royalty income from his novels to survive for as he writes he had a "real job". And what he has received from successful bookselling worldwide is pocket money. Barry had a real job 38 years with the Gas and Fuel Corporation of Victoria.

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All hours/Emergency/After hours
6056 1544

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Councillor Corner

Cr. Graham Docksey, OAM, JP



Greetings and welcome to the shorter days of winter and the brisk mornings, but still a great time to be out walking around the walking paths.

From the Community and Cultural Team:

If you have a great idea and need some financial assistance to make it happen, then why not apply for an AlburyCity Community and Cultural Grant?

In previous years, we have funded a diverse range of groups and projects such as theatre in the gardens, health and disability programs and community group projects.

For more information and to apply go to www.alburycity.nsw.gov.au/grants

If you would like to talk to a council staff member about your idea and application call Community Development Officer, Elizabeth Sayers on 6023 8260 or Cultural Development Coordinator Narelle Vogel 6023 8753.

From the Engineering Team:

+ \$1.9M is being spent on Stage 3 of the Kerr Road reconstruction which will see another 650m of the road improved with widened pavement and extended sight distances. The job scope will also incorporate the installation of a 600mm water main to service the future development in the area. The project will involve substantial landscaping work to incorporate retaining walls and the establishment of wallaby grass on the road verge,

+ Table Top Road bike path between Riverina Highway and Kensington Gardens has been completed,
+ Footpaths are being constructed

throughout Mitchell Park Estate,
+ Thurgoona Drive/Travelstop Way roundabout has commenced,
+ Fairway Drive playground is being constructed, and
+ Stabilization of gravel roads in the Thurgoona area including - Thurgoona Drive and Ettamogah Road.

From the Economic Development & Tourism Team:

AlburyCity Council, in consultation with key creative industry stakeholders, has developed the draft Albury Creative Economy Strategy, which was on public exhibition in May. Albury and the surrounding region has a longstanding, active and vibrant creative sector which, in its own right, makes a significant contribution to the local and regional economy. The region is well placed to take advantage of the current impetus of the growth in creative industries both nationally and at a state level. As a result, the draft Albury Economic Development Strategy has been authored in order to identify mechanisms to support growth in the industry; maximise the effective use of existing creative spaces; and establish collaborations and awareness of the industry throughout the broader community.

Recommendations have been identified that will provide the greatest positive impact on the growth of Albury's creative economy. They are a combination of activities already funded and undertaken by Council as well as those that may be considered for implementation in the event additional funding is forthcoming, such as through state, federal or industry grant programs.

Submissions were being received until 19 June 2017 in relation to the draft Albury Creative Economy Strategy. Copies of the draft Strategy are available for download from the AlburyCity website or in hardcopy from the Customer Service Centre at

553 Kiewa Street, the LibraryMuseum and the Lavington Library.

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

Just a reminder that shortly construction will start on a major expansion project at the Albury Airport which will see the airport terminal building's footprint more than double in size, the total project budget including design costs is \$4.7M. This is being jointly funded from the Restart NSW Fund (\$3.3M) and by Council (\$1.4M). Key features of the project include: a bigger arrivals hall, dual baggage carousels, larger departure lounge, an outdoor courtyard, and a reconfiguration of the café/bar.

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

Singing is food for the soul

By Sheryllyne Moran

The Thurgoona Community Centre singing group have sadly said a very fond farewell to their wonderful, enthusiastic and charismatic singing leader Libby Clark. Libby has been their wonderful inspiration for the past three years. Libby leaves these beautiful surrounds for the equally lovely but cold Canberra to further her career.

As a CSU lecturer of Speech Pathology, she didn't have to travel far to conduct the group. With all the melody in a cappella the group enjoys the uplifting experience that singing provides. Who could not leave feeling happier after such a melodic and harmonious group?

The group farewelled Libby at the Kinross Woolshed Restaurant and were quick to take up the roving mic opportunity to perform on the night. With much gusto and harmony, the woolshed rung with the group's favourites.

Not easily discouraged, the group continues to meet on a Wednesday night. They have not quickly forgotten the wonderful songs they love and **are looking for their next singing leader. (Contact the centre if interested 6043 1588)**



TCC Community Singing group at the Kinross Woolshed saying farewell to singing leader Libby Clark who holds her luggage gift.

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

Pilates

Improve your strength, flexibility and general fitness with a qualified physiotherapist. All levels of experience welcome. In NSW School terms

Monday Tuesday and Thursday

6.00 – 6.45pm **Sundays** 4.30—5.15pm
Private health fund rebates available.
\$15 per casual class or \$120 for 10 week term. (45 minute lessons)

For further enquiries please contact

Mikaeli 0408 229 751

Red Rubies.... Craft or Not.

Our group is held at the Centre every second **Wednesday** from 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**

Guitar Lessons—

In our previous newsletter, we had a wonderful guitar teacher willing to give lessons. Thanks to all who rang.

Unfortunately, due to a personal injury, our teacher is no longer available.

TCC Social Club Events

We have breakfasts at the Kinross Woolshed on a Saturday morning. Bus trips are organised in the warmer weather.

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

Ring the centre for information on

6043 1588 Annual fee: \$5

If you would like your name included on our contact list, please join the group for \$5 at the TCC office or ring 6043 1588

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
We offer to:

- + Assist you in assessing your current financial situation.
 - + Provide you with options and their implications.
 - + Negotiate on your behalf with your creditors.
 - + Provide ongoing support and refer you to other welfare services.
 - + Assist with insolvency options.
 - + Advocate for you and your legal right to get relief from debt.
- Ring 6041 4227 or
Susan on 0427 792 735

Twin City Stomp Line Dancing

Wednesday: various classes

10.00am-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



At Thurgoona Community Centre:
Tuesdays 5.30—6.30pm

AFL Active

Get fit like an AFL athlete without having to kick, handball or mark a footy. For all 16 years and older. Built on the principles of having variety in your workout by using the unique combination of endurance, speed, strength, agility and dynamic movement. Why not try—four eight minute quarters of fun and fitness.

Experience something different?

Heather has a passion for good health and wellbeing and would love to help you gain more energy, sleep better, lose excess weight or just feel happier and healthier. Heather is registered member of Fitness Australia
Call Heather at Young at Heart Fitness on **0419 312593**

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**
(Subject to finding a new choir leader)

TCC Book chat/club

1st **Tuesday** of the Month
1.30—2.30 pm \$2 per session.
Book chats are informal and relaxed. Discuss books you have read or are presently reading. Ring **6043 1588**

Tai Chi With Kaye Deanshaw.

This is a Murrumbidgee Local Health District initiative.

Thursdays 9.00—10.00 am
6043 1588 Cost \$25 for 10 week term:
Thurgoona Community Centre Hall

NEED a JP (NSW)?

TCC is developing a local JP register.

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

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

Young at Heart

with Heather Cahill

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

Tuesdays 9.00 —9.45 am \$5

Women's Low Impact strength circuit:
Tuesdays 10.00—10.45 am \$5

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

Thursday: 10.45—11.30 pm \$5

Mixed Boxing for Fitness :

Tuesdays 7.15—8.15 pm \$10

Thursdays 11.45—12.15 pm \$5

AFL Active—for 16 yrs +

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

Thurgoona Community Centre Coffee Shop:

Tuesdays

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.



Life Spark Wellness

With Jo Parker

A fun, total body workout, suitable for women of all ages and fitness levels, which focuses on function and form. Joanne runs Small Group PT sessions
Monday's and Friday's @ 6.15am.
Classes are designed to suit all fitness levels and ages (max class size of 8) to meet your individual needs and provide a personalised service. There's no yelling and no burpees – It's just not Joanne's style. All classes are fun, friendly and supportive PLUS your first class is FREE! Bookings are essential and newcomers should arrive 10 minutes early to discuss their individual needs.

For more information please visit her website

www.lifesparkwellness.com.au 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

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Chester Merrick

Sue and Steve

Thornton

Jean and Bernard

Townson

Chris and Viv Rane

Janice and Lindsay Poy

Jim 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:

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

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

No cost. For more information ring Gabby, Kirsty or Debbie on **6058 1800**

Post Natal Support Group

Mondays for 6 weeks at the

Thurgoona Community Centre

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

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

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

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 for 2017

July—Christmas lunch

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 every Tuesday 6.00 pm (daylight) and Friday at 6.00 am. Meet at Thurgoona Community Centre carpark. Find us on Facebook or on our webpage

Thurgoona 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 7pm
Sat arvo 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

Thurgoona Preschool

Term Two at Thurgoona Preschool has been very busy and full of fun and learning. At the start of the term we had a visit from Pirate Pete, a children's performer, who kept us all entertained with his pirate antics. He got all the children, parents and educators involved in his show.

We have had community engagement with Rachel from Bunnings Albury who came along to do some craft with the children.

Vision screenings were conducted at preschool through the Statewide Eyesight Preschooler Screening program which provides a great opportunity to detect vision problems early.

We celebrated National Families Week in May with our preschool families coming for lunch and joining in our preschool program through the week. We got to wear our pyjamas to preschool for Asthma Awareness Week in May. We had a very cosy day, while raising money for the Asthma Foundation.

With assistance from one of our wonderful parents we planted some



Happy in the garden at preschool

beans, peas, carrots, and other vegetables in our preschool vegetable garden. The children watered and checked on them regularly, watching them grow.

We are now collecting names for our 2018 and 2019 waiting lists. A waiting list form can be completed on our preschool website, or phone the preschool on 60431633.

We also have vacancies for the remainder of 2017 in our three and four-year-old groups attending on a Monday or a Friday.

Thurgoona Churches

ALBURY COMMUNITY CHURCH

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

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

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

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 Service 10:00 -11:30 am
All welcome to stay for morning tea
Kids church 10.00 -11.30 am
Bus pick up P: Hugh 0418 431 988
www.thurgoonabaptist.com

You're Invited to.... Thurgoona's newest church



Thurgoona Community Centre hall.

10 Kosciuszko Road Thurgoona



Sundays 6.00—7.30pm

E: freedomchurchthurgoona@gmail.com

www.freedomchurchthurgoona.com

Like us on Facebook

Recently Sold

Address	List Price	Sale Price			
1047 Koonwarra St, NTH ALBURY	\$235,000	\$225,000	3	1	3
30 Crackenback St, THURGOONA	\$269,000	\$260,000	3	1	1
144 Plover St, NORTH ALBURY	\$274,000	\$272,500	3	1	2
19 Gallagher St, THURGOONA	\$395,000	\$392,000	4	2	2
463 Kotthoff St, LAVINGTON	\$247,500	\$245,000	3	1	1
1-4/382 Alana St, EAST ALBURY	\$729,000	\$705,000	BLOCK	OF	UNITS
3 Dirru Court, LAVINGTON	\$374,500	\$374,500	4	2	2
10 Kennedia St, THURGOONA	\$249,500	\$240,600	3	1	2
1398 Carlyle St, GRANYA	\$170,000	\$180,000	3	1	3
348 Shirleen Cr, LAVINGTON	\$175,000	\$175,000	4	2	1
70 Riverboat Drive, THURGOONA	\$379,000	\$379,000	4	2	2
4 Redbox Drive, THURGOONA	\$394,000	\$385,000	4	2	2
9 Stockton Crt, THURGOONA	\$314,500	\$314,500	4	2	3
40 Carstens St, LAVINGTON	\$429,000	\$425,000	4	2	2

We have been listing and selling properties so quickly we have nearly sold everything on our books! If you would like to get your property SOLD or LEASED, call us today to discuss

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

(TCC supporting local business)

If you are a Thurgoona resident or business, you can put in a story for no cost. Allocation varies depending on space availability. Give us a ring on 6043 1588

Jesmry Counselling Services

Kate Macnamara has lived in Thurgoona since 1990 and has run Jesmry Counselling Services here since 1999. As a qualified, registered and experienced counsellor, psychotherapist, author and retreat facilitator Kate provides very professional, confidential and holistic support for:

- + loss and grief
- + relationships
- + trauma
- + depression
- + anxiety
- + stress
- + psychosomatic illnesses
- + confidence and self esteem building
- + self awareness and empowerment
- + deep transformational counselling

In addition Kate is presently one of four who has studied overseas and is bringing to Australia the new support of Biodynamic Breath Trauma Release Systems for healing trauma and its affects.

Kate reveals,

"After many years of my own healing journey, training and professional practice I've discovered that I'm deeply passionate about supporting and journeying with others to address their concerns and challenges, to heal, to create lasting positive change, to become empowered and awaken their own inner/innate wisdom and to live an inspired life if they so choose."

I have a holistic and integrated approach drawing on wholehearted presence and unique blend of modern psychology, ancient wisdom's, philosophies and principals with practical, proven tools, professional skills and many years of experience.

Creating a safe, private, compassionate and empowering atmosphere and space for you is important to me. To listen to you so as I can understand your concerns and challenges, to identify the healing or change you desire and then support you and work with you to bring about your goals."

Kate Macnamara BA Couns.

Dip.Prof.Couns. MASC(Ad.CS) BSYA(Mn) MACA

Jesmry Counselling Services

www.jesmry.com.au Email: kate@jesmry.com.au

P: 6043 1232 M: 0410 046 148



TCC enjoys peace not pandemonium

By TCC Coordinator Sherylyne Moran

Managing several projects and events at once can feel overwhelming if you are relying on your own multitasking capacity (some say women are better at this—but is there solid evidence for this?)

Well as for me, my mind seems to have a limit to how much it can manage at once. One way to manage a lot on your plate is to focus on one thing at a time and shut out the rest or to work to deadlines without properly thinking about the big picture. The problem with these tactics is that you might miss doing important steps along the way as well as living with maximum stress. So with these old tired strategies ready to be re-examined, I just loved discovering new ways to get important tasks done on time with minimal stress thanks to a complementary workshop with ActionCOACH.

Phil Badura from ActionCOACH has some great tools to managing the multiple tasks that occur in businesses as well as in our rapidly expanding community centre. Thanks Phil—you've given us life-long tools for success.

Phil is a certified business coach. Phone him on 0419 867 638.

His tools for management helps you keep your projects on task and on time.

His practical tools are logical and easy to use.

Fail to plan and plan to fail!!

Phil Badura with Sherylyne Moran and James Caldwell working on a progressive plan for the many projects at the TCC



Butterfly Lounge:

Theatre by the Community and with the Community



Award-winning local community theatre group, The Other Theatre Company, is pleased to present Butterfly Lounge – An original play written by local playwright Alexander Gibbs, complimented by an original score composed by a talented young composer Katja Jorgensen assisted by Stephen O'Connell OAM.

Chicago, Christmas Eve 1928. Elliot 'Lio' Byrne is drowning his sorrows at the Butterfly Lounge, an illegal speakeasy in the most dangerous neighbourhood in town. The staff

know him well: there's Nancy the waitress, Ernie the bartender, Ralph the pianist and Leroy the doorman. Unfortunately, someone else in Chicago knows Lio's in town, a mysterious and powerful gangster by the name of Charlie Drinkwater, and rumour has it Drinkwater wants a word with him. As if that's not bad enough, his wife Maggie, teenage daughter Amy and best friend Cal wouldn't mind a word with him too: they'd like him to come home to New York. In 2017.

Rehearsals will take place at the Thurgoona Community Centre from July and performances will be at The Butter Factory Theatre on Gateway Island at 7.30pm on 13 and 14 October 2017.

Need a job or education?

Finding it hard to get a job or study because life is too stressful?

For more information contact Recovery Support

Worker Tayla on 0435 644 025

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



Glenys Clayton

Clinical Hypnotherapist

Ph: 0408 404 254

www.alburyhypnosis.com

glenys@alburyhypnosis.com

Who profits business or community??

Working with the community and supporting social initiatives has seen large amounts of finances flow from the business sector into the community sector in Australia. Many businesses pride themselves in the role they play to help alleviate societal issues. According to the Federal Government's first Giving Australia 2016 report, in 2015-16 large business gave \$9 billion and small and medium enterprises gave \$8.5 billion.

There are various models for funding including pure philanthropic donations or corporate social responsibility funding. This has been a one way passage for financial investment yielding a positive social gain. It relies on the goodwill of the business towards the social problem being addressed. But is there a better more sustainable way for business and community to work as partners? Is there something that the community sector, from its rich human resources, can offer to business with a profitable outcome both socially and financially?

The answer according to financial specialist Phil Preston from the Collaborative Advantage is YES. Its called **Shared Value**. This innovative concept communicated by Phil Preston set off excitement for a wide spectrum of the community and local businesses at the Thurgoona Community Centre breakfast held in May. Allowing a business to identify areas that the community sector could support with a profitable outcome both socially and financially engaged much interest.



Delys Webster with Michael Monaghan at the TCC Pic: Tamara Binder

Councillor Alice Glachan, Council's representative for the Northside Chamber of Commerce attended as well as prominent business owners and managers and leaders from the Department of Family and Community Services (FACS)

Acting Manager for Thurgoona Woolworths, Delys Webster, was able to relate to the group a program that Woolworths had recently developed which helped

improve the workplace experience for Aboriginal employees. Training other staff in cultural values pertaining to the Aboriginal people helped alleviate workplace tension and misunderstandings and provided for a more harmonious and inclusive workplace. Its an example of where experts in the community sector were engaged to improve the productivity of staff and overall workplace culture.

At the Thurgoona Community Centre we will be striving to see if Shared Value can be piloted to bring a win-win situation in a community-business partnership.

For more information on Shared Value, visit philpreston.co or contact Phil on M +61 408 259 633 or E: phil@philpreston.co



Back: Hugh Hargreave (TCC), Tony Moyle (Alatalo Bros), Rob Petzke (Uniting Care), Phil Preston (Collaborative Advantage), Delys Webster (Thurgoona Woolworths), Sue McMahon (FACS) Michael Monaghan (Bendigo Bank), Wendy McPherson (FACS) Middle: Heather Bruce (TCC), Katrina Passey (TCC), Greg Wood (Wood Real Estate), Peter Nicol (RSM), Cr Alice Glachan (AlburyCity) Front: Sherylyne Moran (TCC), Donna Argus (FACS), John Greenfield (TCC) and Janet Greenfield (TCC) Photo: Tamara Binder


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Thurgoona Community Action Group (TCAG)

What have we been up to lately??

A lot really! We have been writing letters and submissions to council about local developments, particularly Murray Gardens and Thurgoona Park North.

As a result of the community's input we have ensured a few modifications in the Development Plans, trying to protect the environment while allowing for developments to take place and keep the look and feel of Thurgoona! Not an easy task, but a few changes for the better have occurred.

Several old growth hollow bearing trees have been saved and a cat containment policy is being put in place for new developments next to environmentally sensitive areas. One significant condition is the requirement for the development to comply with ANCOLD Australian National Committee on Large Dams and the decision of the Dam Safety Committee. Flood concerns were the subject of an expert report provided by TCAG and still have relevance to development in Thurgoona.

We would like to see clearer guidelines that help developers, council and members of the community share similar expectations. To help construct these we are planning to run a workshop on **Sunday 7 August**. Please put that date in your diary. The title of the workshop is **"Advance Thurgoona Where?"** The purpose of the workshop would be to "explore socially and environmentally responsible urban development for Thurgoona". Once we have input from a broad section of the community we would then present a submission to Council for inclusion in their future planning documents.

We have already had a preliminary discussion with Council and they are supportive of our ideas to be proactive with respect to Development Applications. We want to develop clear criteria that reflect community expectations and ensure infrastructure and developments meet community expectations. We plan on engaging a guest speaker to discuss some different ideas about sustainable development.

This would also be an opportunity to voice what you would like to see happen or not happen in our area. What would you like to see as a vision for Thurgoona? What extra services, facilities or infrastructure do we need / want? How can we achieve those goals?

Proposed Workshop Date

7 August 2017,

1.15 – 4.30pm

Facebook: Thurgoona Community Action Group

thurgoonacag@gmail.com

Consultative Member Groups:

Albury Conservation Company

National Environment Centre

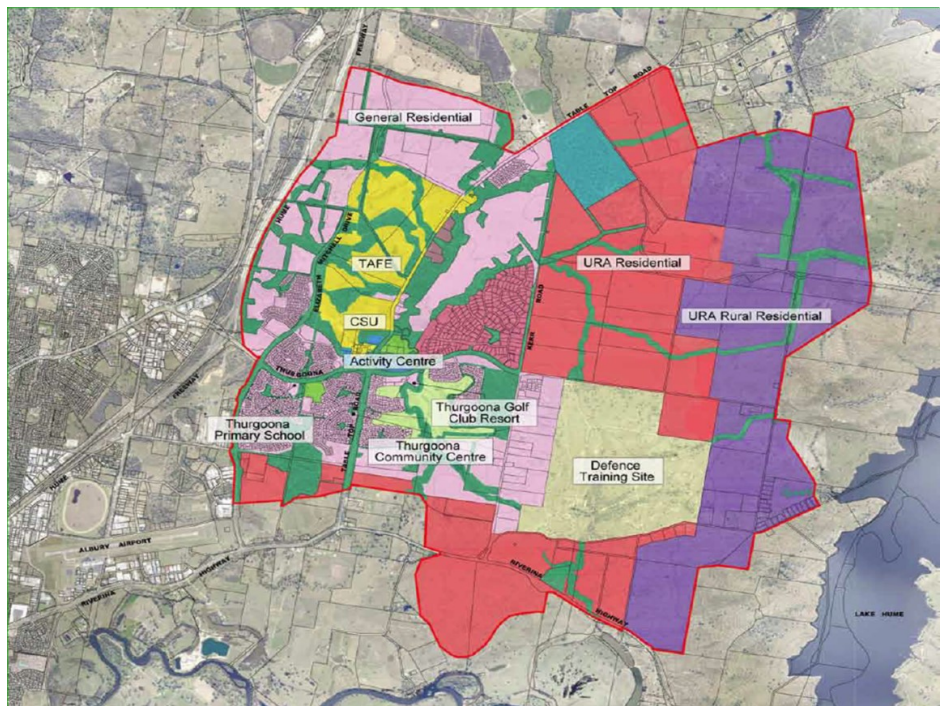
Woolshed-Thurgoona Landcare Group

Thurgoona Progress Association

Thurgoona Community Centre



Should future developments maintain the semi-rural feel and look that Thurgoona presently has with native vegetation and connecting pathways?



The Thurgoona Wirlinga Structural Plan outlines areas for development that are the growth corridor for Albury. Expected population to be 30,000 in 30 years. See AlburyCity website.

TCAG meets at the Thurgoona Community Centre every second Tuesday from 7.00—9.00pm.
E: thurgoonacag@gmail.com

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‘CREATING WILDLIFE FRIENDLY GARDENS’ event

By Damian McKenzie-McHarg

The Woolshed Thurgoona Landcare Group held an event at Marie and Reg Petts' property at 68 Kerr Road on Saturday 6 May.

The creating wildlife friendly gardens event was part of the Native Plants for Urban Yards project funded by Murray Local Land Services. The project aims to encourage and support residents in the Thurgoona / Wirlinga / Table Top areas to incorporate native plants into their residential yards with the overall goal of urban yards contributing to the support of wildlife in the area.

The event consisted of a tour of Marie and Reg's wonderful native garden and a native plant stall run by the Australian Plant Society Albury-Wodonga.

There were also presentations by two local native plant and animal luminaries, Lou Bull from Aquila Gardens at Table Top and Karen Retra, a native bee, insect and pollination expert. Both Lou and Karen gave talks on the local Thurgoona district landscape known as Box Gum Grassy Woodland, the challenges it faces with increased residential development and the role of native plants in fostering ecosystem health and providing habitat for terrestrial mammals and other significant species like the Sloane's Froglet and the Squirrel Glider. There were also some ideas on how to encourage insects and bees through appropriate local native plantings.

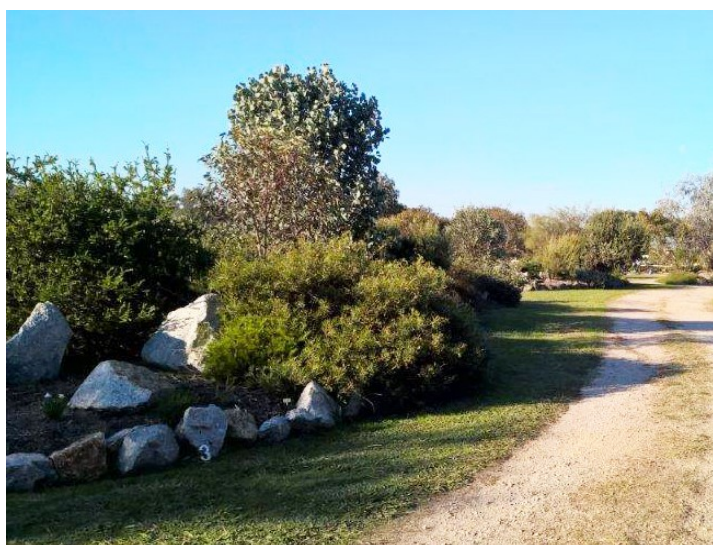
Visitors were also given the opportunity to sign up to the Native Plant Giveaway, an annual event run by the Woolshed Thurgoona Landcare Group, which has become very popular with locals. The native plant orders are available in June for all who have ordered plants on the Woolshed Thurgoona Landcare Group website.

Afternoon tea was provided and visitors had the opportunity to wander over the property and get advice on different species of native fauna that Marie and Reg have planted during their 12 years at Kerr Road. A glorious autumn day meant that about 70 people enjoyed a wonderful event.

Thanks again to Marie and Reg for offering the community the chance to share their wonderful native garden.



Marie and Reg Petts



Marie and Reg Petts garden displaying a wide variety of native plant species - guests had the opportunity to wander the garden and ask questions about the wide variety of species incorporated into the garden.

Book/Chat group TCC Meetup



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Speaking to impress

Thurgoona and District Lions Club held its annual Junior Public Speaking competition on 5 June at the Thurgoona Golf Club Resort. It was a great success with standard of the speakers continuing to impress everyone.

Thurgoona Public School won both sections but the judges had a very hard job deciding who would win due to the high standard demonstrated by all.

Cassie Kreutzberger won the year 3/4 grade and Emily Cogdell won the year 5/6 grade.

Our gratitude and sincere thanks go to the judges Paul Velikans and John Dent for their positive and constructive feedback to the speakers.

The event will be held again next year so start practicing kids.



Above: Emily Cogdell
Below: Grade 3/4 speakers
at Thurgoona Lions Junior Public Speaking competition



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Ring TCC office on 6043 1588 or

E: coordinator@thurgoonacommunitycentre.org.au



Young at Heart Fitness

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

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

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

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

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

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

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

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RECORD 2017 LAKE HUME CYCLE CHALLENGE (LHCC) - GOOD FOR THE ALBURY WODONGA REGIONAL CANCER CENTRE

Wow! The 2017 Johnsons MME Lake Hume Cycle Challenge was a huge success with record participation in four of the five rides. Bellbridge-Lake Hume Rotary Club Treasurer Rob Lees says the 2017 donation from the ride will be close to \$20,000. This boosts the cycle event's total donation to the Albury Wodonga Regional Cancer Centre to over \$100,000. Amazing!

The Lake Hume Cycle Challenge (LHCC) was held on 25 February attracting close to 900 riders (600 on roads and 300 on town trails). The weather was mild and riders had a great day. Out of town visitors were all smiles praising the stunning scenery of the Kiewa Valley and relaxing riverside Noreuil Park 'Chillzone'.

Ride Director, Colin Maginnity, offers a big thank you to the members, partners and friends of the Rotary Clubs of Bellbridge-Lake Hume, Albury North and Wodonga Central, who all pulled above their weight. High 5 to the Ulysses Motorcycle Club for the professional escort role they played out on the roads.

Our new 'Thurgoona Tour' 25 km ride was well supported with over 100 riders. A big shout out to our Albury Wodonga Pedal Power friends, for escorting the riders around, and Thurgoona Bakery, who offered a muffin voucher to riders buying a coffee.

Congratulations to Jayco Albury-Wodonga for winning the 'Corporate Challenge', and St Patrick's Albury who won the 'Primary School Challenge'.

It all costs money to run, so thanks to our major sponsors; Johnsons MME, Drummond Real Estate, Jayco Albury-Wodonga, Commercial Club of Albury, and Albury City Council; and also the business who kindly donated equipment and prizes

Finally, thank you to our local riders and all the motorists who were very patient and looked after our riders and visitors on the day. The Event has become a major fundraiser for the Border, also bringing new visitors to the area spending substantial tourist dollars at local hospitality businesses. It's all worth it when you see the facilities that the ride has helped provide in the now operational Wellness Centre.

Would you like to see this event become the premier recreation cycle event of inland SE Australia? Your ideas to improve the event are welcome, as are volunteers to help organise next year's ride.

We would love more helpers and active Sponsors. If you are interested, or can think of someone, please contact Colin on 0438 264 365.



Albury Wodonga Regional Cancer Centre (AWRCC) houses modern cancer treatment facilities; it unites cancer services under one roof offering a place to educate, support, research, diagnose and treat all forms of cancer.
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Thurgoona Tennis News

Interested in playing tennis in Thurgoona?

We, as Thurgoona residents, are fortunate to have sixteen all-weather synthetic turf courts, ten of which are fully lit for night tennis, provided for us by Thurgoona Country Club Resort (TCCR).

Currently, our club has an A and B grade mixed social competition on Wednesday nights at 7.00pm during the school terms. Persons interested in becoming a part of this social night are very welcome, either as an emergency player or putting in a team.

We also have players involved in a Saturday afternoon pennant that has Section 1 ladies, Section 2 and 3 men's teams which begins at 1.00pm in the afternoon (1.30pm in the summer). Once again, if you would like to be involved, you would be very welcome.

Currently, it is only \$27 to become a tennis member, which includes social membership at the TCCR until the end of this year, so only \$20 if you are already a social or golf member of TCCR. This membership offers you free use of the tennis courts anytime during the day, reduced fees in our night social competitions, as well as all the privileges that come with being a member of the TCCR, eg. discounted meals and drinks, draws, courtesy bus etc.

I, as a Thurgoona resident, moved here with my husband and children seventeen years ago, not knowing anyone in the area. At that time, being a keen tennis player, I happened to read in the Thurgoona Grapevine about a ladies' tennis coaching morning and thought I would give it a try. As a result of that decision, I have since got to know many like-minded people and formed great friendships. Our children have also been involved in coaching programs and round robins, as well as the Saturday pennant competitions over the years.

The tennis committee is keen to see more competitions happening at our courts, such as more social competition nights, mornings, coaching for both children and adults, mini round robins and/or a shortened format of tennis, but would



Left to right: Bernie and Bernadette O'Donnell, with daughter Rachael, son in law Ryan with daughter Emma.

like to know what you as Thurgoona residents would like to have. There is an Interested Tennis Player's Form available for you to complete at the Tennis Clubhouse, The Thurgoona Country Club Reception, The Thurgoona Community Centre and online at the website below.

We are attempting to cater for all levels of ability and ensure that fun is had by all.

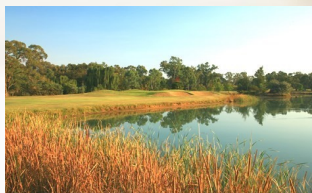
For further information, follow the links at the end of this article. We look forward to meeting you,

Bernadette O'Donnell

(President of Thurgoona Tennis Club committee - thurgoonatennisclub@gmail.com)

thurgoonaresort.com.au (link to the Interested Tennis Player's Form)

Explore Thurgoona Country Club Resort



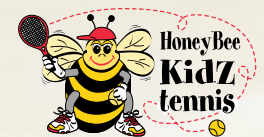
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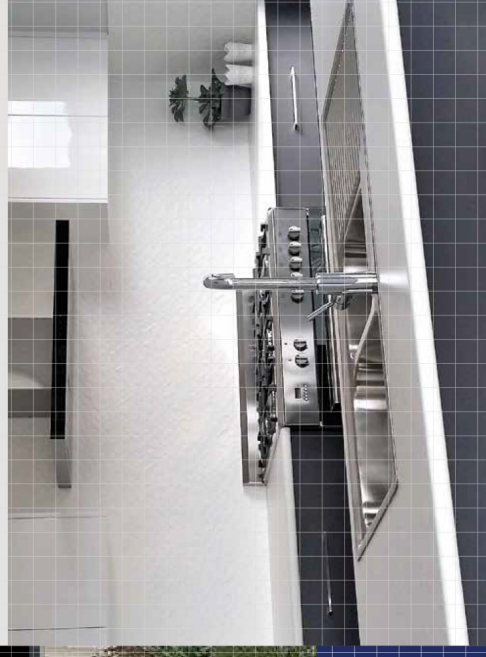
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