



Winter 2019



**Thurgoona Community Centre**

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The Grapevine is delivered by dedicated volunteers



# The Thurgoona Grapevine

## Reaching for the Sky

**Sherylyne Moran**

How could anyone ride a bike to the top of Mount Kosciuszko at night? Not many except for two young men with loads of energy, a passion for adventure fuelled with an instinctively crazy but exhilarating idea. So, on the highest mountain in Australia, TCC Youth worker Kodi Callesen and mate Laurence Hake chose to see the sun rise and then later descend with a story to tell and memory to share.

Sharing stories is one of the mentoring techniques that Kodi will learn to utilise in a new pilot male program funded through NSW State Government which has been developed by Dr Arne Rubinstein of Rites of Passage and author of 'The Making of Men'. The program is called Future Legends and has been brought to Albury initiated by Glenecho Neighbourhood House Coordinator Tamara Nelson. She had witnessed a few years ago the sad development of an 11-year-old boy who lacked a solid role model in his life. This

isolation with his sensitive vulnerabilities lead to firstly self-harm and later his dysfunctional behaviour ended him with time in the prison system. Tamara was determined that this issue of the "lost boys" should be addressed, and through persevering passed two unsuccessful grant applications with the help of AlburyCity Elizabeth Sayers joyfully succeeded with their third attempt.

Dr Rubinstein has 30 years of experience working with teens and families and is an expert in adolescent development. Through his programs he has supported many young Australian girls and boys to reach their full potential.

To be a healthy man psychologically, his book describes a person who doesn't see themselves as the centre of the universe, who does what they believe is right, who can work with others for the good of the community, understands they are mortal, takes responsibility for their own actions, can be comfortable with their emotions and seeks healthy relationships



**Author of 'The Making of Men' and founder/director of Rites of Passage Dr Arne Rubinstein with TCC Youth Worker Kodi Callesen. Photo: S Moran.**

with others. It's a great read.

Kodi is also looking forward to seeing his own idea Friday Night Live program come to a reality with funding from AlburyCity Council. Kodi when previously experiencing his own turbulent teen years was very grateful to youth worker Dan Leeworthy from Gateway Life church whom he met one day at the skate park and who over time became a steady and dependable friend and help.

"I was going through a messy time in my life and didn't have friends with good lives and Dan helped me so much. Now I want to be that good influence on the lives of others. I want to show them that they can still have heaps of fun without drugs and alcohol. I still have contact with the boys who have grown out of the Chill Zone program that I lead at TCC. I've had some ring me at all times even at 1.00 am in the morning with problems they are having, and they just want someone to talk to. I'm able to be there for them at that time and keep them on the right path", Kodi said.

Kodi is developing a team of older males to create his new energetic program to run on Friday nights at the TCC.

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**On top of the highest mountain in Australia, Mount Kosciuszko, Kodi Callesen watches the sun rise. Photo: Laurence Hake**

*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.*

## Amazing result for 2019's Biggest Morning Tea.

Sue Caldwell

Once again, I am personally in awe of the volunteers who are so willing to contribute their time and hard work in order to make the day the success that it was. We all met at the hall the day before the event to set it up; this was at least three hours of everyone's time. On the day of Biggest Morning Tea, each volunteer donates between two to six hours of their time to make the event successful; the list of volunteers is endless. Too many to name individually. However, some like Dot Clark give their time just to wash the dishes during and after the event. We seated seventy people this year, everyone had pre-booked and paid well before the day – that way we know how many cups, plates, sandwiches and scones are needed. The WILD CHOIR once again entertained us with their singing which everyone enjoyed and joined in. Our local businesses and community members again came together to help, support and raise money for the Cancer Council; hopefully one day we may help to find a cure.

A big thank you for our sponsors WOOLWORTHS Supermarket Thurgoona, Thurgoona Country Club Resort, Hair by Simone Lavington, James Caldwell, Janice Poy, Sybil Mills, Judy Edwards, Judy Mead, Thurgoona Murray Grey Veterans Golfers and Thurgoona Plaza Bakery

As we the volunteers sat down for a well-earned break with a coffee and chat after the day came to an end and the housework was completed, I personally could see and hear from our conversations how proud we all were to have the

opportunity to be part of a Community Centre that allows us to take control of the event and to use all of their facilities for such an emotional day.

I commenced managing this event in 2016 when we raised \$791.05; in 2017 we increased that total to \$1800.00, and in 2018 we raised \$2642.75. This year, we raised \$1960.60. That gives us a grand total of \$7194.40 that has been raised as a result of the efforts of a large dedicated group of volunteers.

Thank you to everyone involved ..... Sue



At the Biggest Morning Tea L-R Jenny Larkin and Maz Clarke with Annie Stephenson at the rear.  
Photo: Ray Tobin



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## The Eyes Have it.

**Sherylyne Moran**

Sandra Dare works as a colour chemist with layers of coloured pastels to capture the life and soul of the people in her portraits.

"I can capture the liquid beauty in people's eyes. I especially love my African subjects, it's through their eyes that you can see through to their shared vulnerability. Eyes I believe are the mirrors to the soul."

Sandra was absolutely delighted to win first prize this year at the prestigious Corowa Federation Art Competition receiving generous prize money and a medal. Her subject was a young North African from the Samburu Tribe pictured just before his initiation into manhood. "This was my first competition in NSW as I've just moved to Thurgoona from Mt Evelyn in Melbourne. So many good things have happened to me since moving here", Sandra said.

Soon after arriving, Sandra joined the TCC Buds Art Group which she thoroughly enjoys.



**Buds Artist Sandra Dare at TCC.**  
Photo: Peter Smith

"This is the friendliest artist group I have ever experienced. As soon as I arrived, I was welcomed by the very friendly Dawn Gibbs. She is one of those type of people who lights up your day and I really enjoy spending time there with the other artists. They all have their own genre and skills and are never critical of anyone else. The TCC hall is such a comfortable space to work in and I enjoy seeing what other people are achieving, each of them I admire and respect. One day I was totally inspired by another pastel artist who sits near



**First Prize won by Sandra Dare.**

me. He had the capacity to create an incredible artwork, his "rusty ute", with energy, colour, personality and wonder all in 15 minutes. His natural skills were so amazing that in jest I told him I was going to have to break his pastels to slow him down. All the artists in the group are different and they are happy to share ideas which makes being there very inspiring", she said.

Surprisingly, Sandra has never had a formal art lesson. "I remember drawing from eight years of age. Over time my skill developed as I continued to draw because I enjoyed it so much and a sense of achievement encouraged me to go further."

One of Sandra's greatest challenges in her work was how to reproduce the tangible qualities of skin.

"My mother for my 30<sup>th</sup> birthday gave me a box of half-stick Rembrandt Pastels. At the time I wondered what I was going to do with them as I hadn't used them before. Now I can't thank Mum enough. With the advent of new paper technologies, pastels are wonderful to use, and you can layer colour on colour to create a portrait where you can show the perspiration on the person's skin and the reflecting light.

Drawing for Sandra is like creating a sculpture. She starts with a detailed

**Buds Artists at TCC.**  
Photo: Peter Smith



drawing in pastel pencil. Then she uses warm colours which stand out and cool colours which recede to create a three-dimensional shape. She is using colour to sculpt the curves which she does instinctively. Each colour on top of the other blend to make different shades and tones. So that a green will be a mixture of blues and yellows. If you have a look at the drawing of the Samburu man, you can see that it is not just one colour but layers. This is what creates the reality in the artwork.

"I like deep shadows and light in my artwork", Sandra said, "They bounce together so that they create realistic contours rather than a flat image".

For Sandra settling into Thurgoona has been greatly helped by the support of the Buds Art Group at the TCC because of their generous spirit of inclusion and shared appreciation of art. This type of care and concern for others is what makes for a healthy community.

## A Walking Waffle House



Enjoying a win at the Chiltern Art Festival was Adrien Lawrence Parnaby whose father Colin is also a Buds Artist. Adrien was very pleased to win the Highly Commended award for the Young Artist Category for people aged 15 to 25 years. Art is very important to



**Adrien Lawrence Parnaby with father Colin in front of Baba Yaga's Waffle Hut. Photo: S Moran**

Adrien who would like to enter the illustration field. The awarded artwork was made using the digital painting of a folklore hut, where an old witch named Baba Yaga lived, which walked around on chook legs. Adrien thought it a funny adaptation to make it into a Waffle House.

Digital painting is an emerging art form in which traditional painting techniques such as watercolour, oils, impasto, etc. are applied using digital tools by means of a computer, a graphics tablet and stylus, and software.





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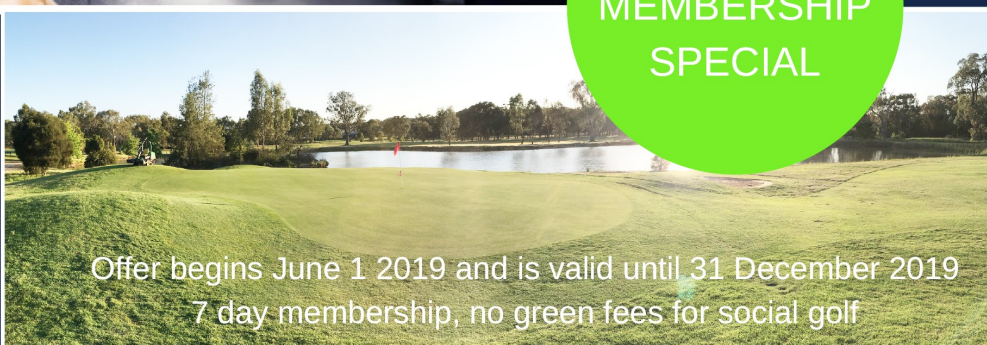
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## Partnership in Thurgoona

Sherylyne Moran

Community support is part of the ethos of the Thurgoona Country Club Resort and so the TCC has been a grateful recipient through ClubGRANTS from our local Thurgoona golf club. In conjunction with donations from the Murray Grey Vets, over the past four years the TCC has received \$16,443 towards our BBQ recreational area, computer room extension, defibrillator, mounted baby change table and play equipment.

A shared volunteer between the two organisations, the very community minded, retired but very busy Peter Hamilton invited TCC Liverpool Catholic Club President, Michael Coffey OAM and Thurgoona CC Resort Manager Adam Fitzgerald to see how their investment had benefitted the community and to meet many of the volunteers who make the TCC a thriving community.

The TCC would also like to congratulate Adam Fitzgerald on the birth of his son Fergus and wish he and his wife, Beth, many happy days ahead. We are really pleased that Beth will be able to use the TCC Child and Family health clinic for support and nurture.

## How does your Garden Grow?

Sherylyne Moran

Thurgoona seniors in need have been feasting on 'organically' grown greens from TCC. The community garden is flourishing with garden produce donated by Nic Mensinga from Howlong Nursery and lovingly tendered to by TCC volunteers. A big thank you to all for helping to keep TCC supplied and seniors nourished.



Howlong Nursery manager Eva with TCC committee Secretary James Caldwell. Photo: Sue Caldwell garden coordinator

## Thurgoona Lions Help Local Kids

Alan Brink

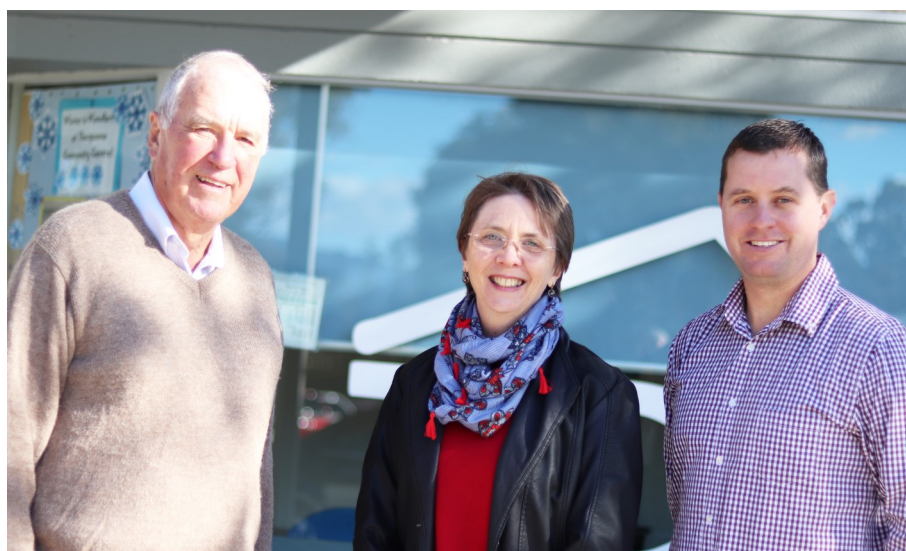
The Thurgoona and District Lions Club took very little time in deciding a part of its annual end of financial year disbursements. This part was to the Thurgoona Public School to provide financial assistance to needy children for certain educational costs such as specific school events and uniforms. The donation, made on 3<sup>rd</sup> June, was \$2,000.00. It will be called the "Thurgoona Lions Club Program Contribution Fund".

President of the Thurgoona Lions Club, Ian Crane said, "We felt that a good way to put back into our community was to ensure that certain local children do not miss out on some school events such as excursions or clothing such as sports or school uniforms. When brought up at a recent Board Meeting, the suggestion was soon approved by the Club".

Principal of the Thurgoona Public School, Theresa Kane said, "The generosity of our local Lions Club is certainly appreciated. We see these type of activities that this funding targets, as being a fundamental part of a child's development and education. All children should have the opportunity to attend excursions and feel part of their school in what they wear. Parents who feel the need to access some of this funding should apply directly to the school and of course, this will be highly confidential".



President Ian Crane together with Lions Club member Tricia Ray presenting the cheque to Principal Theresa Kane and Deputy Principal Jessica Brooker.



L-R Michael Coffey OAM, Sherylyne Moran and Adam Fitzgerald  
Photo: Peter Smith

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# Community Connections

**Samantha Neall**

You've just moved to town and know no one, you have two very young children, where's your first port of call to meet new people? The Thurgoona Community Centre of course. That's exactly what Kathleen and TJ Oldfield and their two young children Tony (three years) and Sophie (18 months) did. Kathleen and her two children first attended the ever growing Little Kidlets playgroup on Monday mornings. Here she made some wonderful connections with other local mums who she enjoys catching up with on a regular basis and her children too, soon made wonderful new friends. Since attending, Kathleen has also noticed her son Tony's speech development improving and her daughter Sophie becoming more outgoing and exploring more with play.

Kathleen could see the importance of the playgroup program and has since become an invaluable member of the Little Kidlets' volunteer team. She has made wonderful friendships with fellow volunteers Janet, Jane and Sandra. It didn't take long for Kathleen and fellow volunteer Janet Greenfield to realise they had a little more than a love of working with families in common. Through the playgroup they found they also shared an address, that's right they're neighbours!

Kathleen having no extended family in the local area knew the importance of meeting new people, and now she knows if she's ever in need of a cup of sugar, help with a broken down car or a shoulder to lean on, Janet and husband John are only a door knock away. Janet also enjoys the sounds of



**Neighbours Janet and Kathleen met at Little Kidlets . They enjoy their time with Sophie. Photo: Peter Smith**

children playing and being greeted with mischievous grins whenever Tony and Sophie spot her in the garden. Kathleen and Janet's story are a perfect example of how the Thurgoona Community Centre and Little Kidlets fits into Albury City Councils Strategic plan for a caring community. Little Kidlets is fulfilling council outcomes such as intergenerational engagement and providing supportive programs and facilities to increase positive social outcomes available for children and young people, just to name a few. Recently, AlburyCity Council conducted a service and efficiency review of community centres. A wonderful outcome from the review is that the playgroup and youth group will be permanently funded in future years.

AlburyCity Mayor Kevin Mack said the council was delighted to be able to support local families.

"Kathleen's story is a good example of how we can all work together to welcome new families into our community and it's fantastic that we were able to play a part in helping great friendships to start", he said.

"Albury really is a welcoming community and it's especially rewarding to be able to help young families in the Thurgoona growth area as more and more people begin to call the area home".

Little Kidlets playgroup runs Monday and Tuesday Mornings from 10.00 am-12.00 noon during the NSW school terms and is open to children from 0-5 years, with a small cost of \$5 per session per family.

Volunteers are also needed for Tuesday mornings. For more information call 60 431 588



Preparation before playgroup is 'therapy' says the volunteers of Little Kidlets. Pictured L-R Kathleen Nagengast, Sandra Smith, Sam and Danny Neall, Janet Greenfield and Jane Dunlevey. Photo: Peter Smith.

Would you like to be a volunteer for the Tuesday session? All that is required is a love of children and young families and a NSW Working with Children's Check number. A police check can be conducted by TCC P: 6043 1588

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## You're never too old.

Sherylyne Moran

Engaging seniors in using computers has become a 10-year passion for Thurgoona volunteering couple James and Sue Caldwell with their support tutor Mervyn Brent at the TCC.

"You are never too slow or never too old to learn in our computer room", explained Sue after a very successful computer open day. The event attracted a community engagement grant of \$1500 to purchase a new laptop for the room from Good Things Foundation who are encouraging seniors to connect with the Be Connected Learning Portal. Joining the classes offered at TCC also fosters a sense of community belonging and reduces social isolation. At the open day, a host of volunteers provided 61 meals to the people who attended to have an understanding of what the computer tutors could offer.

"When people came to the computer open day event, some expressed that they feel too old to understand the technology", Sue said. "To help people to overcome this fear, we help them meet others and develop friendships and then they discover that they are not alone. If someone is really struggling, we can offer one on one tutoring so that they feel confident to join the class experiences. One of Jim's pupils is 96 years of age and has been able to buy his own laptop. He has reached the stage where he can confidently learn new skills at home. He's used the Be Connected Learning Portal but now can also use Google and Gumtree. It's such a pleasure to see how excited he is – he has a skip in his step.

We have retired people attending who have been very influential in their lifetime but feel left behind as far as technology goes. Life is so fast now that



Delma Hawkins with computer tutor James Caldwell at TCC Open Day

quite often family members don't have the time to spend teaching seniors. Here we take as much time as necessary and allow people to progress to the stage that suits their lifestyle. Some of our students have been here for six years. It's not good when some people feel they are "left on the scrap heap" because they don't understand the computer. There is so much change happening with even simple business transactions occurring online now.

We've helped in a variety of situations. There have been seniors who have taken on management positions in volunteer organisations and needed to use email for that role. We have seniors still employed as professionals who need to keep up with computer skills to fulfil their job roles. A small businessman also came to class as he wanted to be able to keep the

office functioning if his administration staff were absent.

When people come, they are not just learning new skills, we support them personally so that they don't feel overwhelmed. It's about building confidence so that learning doesn't become a barrier and then it becomes an enjoyment to them as they socially interact with others. This we foster through providing social occasions and supper accompanied with encouragement", Sue said.

If you would like to join the computer room or come to the open day in October ring TCC on 6043 1588. The Theme during Get Online Week is "Make the Most of the Internet". All are welcome.

## Beanies for Warmth

Sue Caldwell

A big thank you to Sybil Mills who has been very busy knitting once again, 22 beanies, plus bonnets and scarves for a very special project. our Thurgoona Community Centre Winter Tree Project. Sybil has helped me look after our children and families for many years with donations. All the winter woolies have been distributed to help comfort those in need. Two ladies, Lois Chambers and Grace Hoffman from Madross Retirement Village, regularly knit and donate. The rug on Sybil's knee is a donation from them.

We are so grateful for our Community who help others in need. We always need support in winter for our families and children in need and care. Anyone can help by donating new clothes or toys for all ages.

The Thurgoona Community Centre Christmas tree will be in the Thurgoona Plaza from 15 November until Christmas eve; any enquiries, contact the TCC on 60431588.



A Thurgoona treasure—Sybil Mills



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## Mates Morning Tea—dream come true

Sherylyne Moran/Peter (Parra) Montgomery

Developing a successful program for men in Thurgoona didn't enter Don Claytons' mind when he agreed to support a mate and attend a play called Carpe Diem (Seize the Day) in Beechworth highlighting the issues surrounding Men's mental health. However, by the end of the play during discussion time, a man from another town spoke about a successful men's coffee morning he had started and how when the men just sat and chatted issues that concerned them would come to the surface and the mates provided a naturally supportive environment.

His initial idea to provide Mates Morning Tea at the TCC for men to get together as "wise boys" took a lot of effort on Don's part. He distributed flyers and posters wherever he could, spoke at the Thurgoona Men's Shed, and to his wife's great amusement and shock, spoke on the local community radio about the group.

It first started on 12 May 2017 with himself and one other. From there in seven months there were 17 men and then another seven months attracted between 18 to 23 who now meet on a regular basis. They certainly don't have any issues with conversation as their low masculine tones can be heard resonating throughout the TCC building.

Don now has a new adventure as his dear wife Glenys has secured a new job which means they are moving from the area. This isn't going to stop Don's involvement with the group as he will return once a month to catch up with everyone.

"The group has become a vital link for many and there are some who have difficult life situations that rely on meeting once each week for personal support and encouragement". Don said.

The group is a team effort with others willing to help by coming early to set up and filling in when Don has been absent. Bert Moen, his 2IC has been a regular and solid support to Don having joined the group shortly after it commenced. Bert and his wife have also decided to move from the area to the sunny north and will be sorely missed.

Filling the boots of Don and Bert will be a hard task. They are a 'dynamic' double act to follow, but the group has decided to continue to carry on the fine standard they set.

**John Lacovich** has put his hand up to become The GodFather of the organisation, the new "Don" so to speak, while Bernard Campbell and Darrell Richards have both put their hands up to take up the role of henchmen to replace Bert.

John brings plenty of enthusiasm to the task.

"Don has created something special here, and the great attendance that is achieved each week is testament to that.

Plus Glenys (Don's wife) has been a terrific help, organising 'birthday treats' for members, and penning articles about the individuals and the 'gatherings' for the "Grapevine"



L-R: Terry Betts, Peter Kreshler, Albert Wayenberg, Bert Moen, Don Clayton. Photo: Peter Smith

newsletter.

We wish Don and Bert and families many thanks and best wishes for the future", John concluded.

Bernard in farewelling 'the dynamic duo' spoke of how the Mates Morning Tea group had helped him settle into Thurgoona after moving into the district a couple of years ago.

"The group welcomed me with open arms.

I have been pleased to find myself volunteering for other little things for the community - like driving the bus for TCC outings and other little tasks Sherylyne (Moran) finds for me", Bernard said proudly.

### Diverse Group

The Mates Morning Tea group are a diverse lot, but all get on well together. The Elder Statesmen, Alan (Chummy) Adams, Jimmy Jarratt, and Digger Burgun, are a wise group who oversee the proceedings.

Digger presides from his big red chair at the top of the table, and has been dubbed 'The Pope' of the gathering

Chummy is in his nineties, and The Pope celebrated his 89th birthday recently.

The class 'clowns' are Wayne Klose and Bob Moffit. They keep the group on their toes with their weekly jibes and 'teasing of each other'.

The regular 'visits' by organisations to address the group are much appreciated by all who attend, and the men are kept up to date with issues that affect their day to day living.

Speakers in the past twelve months have included representatives from Interreach, CSU Podiatry, Diabetes, Prostate Cancer Awareness, Mayor Kevin Mack, and Member for Albury Justin Clancy MP. and Bec from Service NSW, who spoke about the services available in the Albury office.

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## Creative with Photographic Flare.

Sherylne Moran

Being creative comes naturally to Thurgoona resident Tamara Binder who has so graciously been our Thurgoona Grapevine (GV) front-page photographer since 2011 until last year. Thank you Tamara for your wonderful patience and all the different people you have captured on the GV pages. For some 'Thurgoona reminiscing' we will provide favourite photos in the coming issues of people who have gone before. We also welcome our new photograph creative Peter Smith who has provided some great shots in this issue.

In the photo pictured to the right is Kate Jackson on her wedding day when she married Trevor Nelson in 2011. In those earlier days, the whole GV was in black and white and this was Tamara's first Grapevine photo.

Kate was featured as she was a young mum who had used the TCC Child and Family Health Clinic and new parents group. As a beautiful bride, she arrived behind an entourage of Harley Davidsons at the Albury Race Course. It was a very memorable day for everyone.

Kate recalls, "I remember getting ready with my beautiful bridesmaids, my mother, my grandmother and daughter Olivia which was very special. After the ceremony Olivia's dress was annoying her so she started stripping off her dress, her little over-nappy pants, all the way to her shoes. We have photos of her looking so proud of herself strutting around in just her nappy. She definitely took the limelight! Olivia doesn't necessarily remember the day as she was only 14 months old but loves looking at the photos. It was great connecting with other mothers at the community centre on a weekly basis as being a first-time mother it was important to get support and advice from others in the same situation".

The Child and Family service has been a valued Albury Wodonga Health service that has operated in Thurgoona since the early days of the TCC opening back in the 1980s.

Today the nurses on duty are Kate Jelbart and Carly Thompson with a new exciting breastfeeding hub program starting soon on Monday afternoons.



Kate Jackson's wedding photo by Tamara Binder

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Chris and Sabrina

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## Social Club Trips are Fabulous

*The TCC has a wonderful group of volunteers who organise trips or outings once each month for its members. All are welcome to join.*

**Annie Stephenson**

Below are just a few of our recent outings. Why not come along and join the fun?

### Bright

Absolutely at its best in Autumn, so no surprise that we'd organise a scenic tour to take in the beauty of the season. The views had us pause for breath. At our first stop at Myrtleford, we stretched our legs before visiting Goats and Lyons, a small original building nestled into the surroundings just before Bright. An unforgettable treasure containing an Art Gallery and Blacksmiths, where Craig used the old traditions to create his amazing forged pieces. Kellie creates beautiful and unique stone pictures which were a hit with our Social Club members. Next stop, the Bright Community Art Gallery to view the annual Autumn Exhibition. One thousand amazing works of art were on display – so easy to imagine one or two pieces hanging on a wall back in Thurgoona! The next highlight was a beautiful garden that was especially opened for our visit. Elm Haven Gardens. Christian has a quarter acre nestled at the end of the street where huge elms give the impression of protecting this lovely home and garden. Christian has achieved this place of wonder in only four years; each area has its own diverse charm that shows how gardening is the passion that drives this lovely lady. Her art collection adds a timeless dimension to this beautiful garden. Another bus trip that has covered a diverse range of experiences. Thank you everyone for your company and incredible support of the activities that we run each month.

### Beechworth

Our first stop was Billson's Brewery. Their charming brewer, Tony Paull, a

local chap from Thurgoona, kindly gave us a tour of this beautifully renovated building, which also included an historic National Trust Carriage collection.

Afterwards, in the café upstairs, we all took morning tea, relaxing by the roaring open fire, and tasting amazing cordials and beers. I highly recommend the Clove Cordial - yum! We are hoping to organise another visit here soon for an afternoon in the new Speakeasy cellar room – so plush and inviting with luxurious leather Chesterfields scattered throughout. Next, we were off to bring out our inner Italian and take a fun gnocchi making class with a local Italian cook. Our skills may have left a little to be desired, but we all had great fun and our meal, which included bruschetta, meatballs/gnocchi with salad and tiramisu, was delicious. En route home, we visited Valley Nut Groves in Gapsted, where Gillan, the enchanting owner captivated us all with the history of her farm and the progression of walnuts from tree/paddock to plate. Loaded with goodies, we headed home – another wonderful tour under our belt and on which new social club members were introduced to new friends.

### Tolpuddle Farm

Recently, our adventures took us south. An early start, and we were on our way to Milawa for a delectable morning tea at the Milawa Kitchen. Some of us popped over to Milawa Cheese for a wicked tasting or two. Our next stop, Walk About Apiaries, and the charming Jenny Whitehead (who set up the apiary with her husband Don over 40 years ago), tells us all about their business and lots of us sample the amazing varieties of honey. So, so delicious that we came away with many goodies. Lunch nearby in Tarrawingee at the gorgeous Tolpuddle Farm where Melissa and Donovan raise the cutest white goats. Melissa produces the most delicious goats' cheese. The weather was fabulous, and after a short tour of the farm with Donovan, we enjoyed a scrumptious lunch in their lovely garden, which included their delicious cheese and local wines, with a chorus of their tiny goats bleating in the paddock alongside. From here, it was off to the adorably small, but incredibly well stocked, Eldorado Museum, for an informative yet humorous talk on the history of Eldorado and the Museum (an old schoolhouse). In contrast, our last stop was the huge Eldorado dredge that was used to mine gold and tin until 1954. This was one of the largest dredges in the southern hemisphere. Another great day with friends!



## Thurgoona Community Action Group Ian Crane



The Thurgoona Community Action Group (TCAG) is a group of individuals who are very concerned about establishing a sustainable living environment with a village concept that offers all members of its community convenient and affordable access to a wide range of recreational, educational, residential and employment opportunities. An inclusive community that has access to efficient public transport, contains adequate and effective necessary infrastructure services which are regularly reviewed and improved as necessary. A community that is provided with and contains, access to a network of passive and open space and recreational facilities. A community that lives in an area which has a sensible balance between development, the environment, and biodiversity retention for now and the future.

(Reference: Thurgoona Wirlinga Structure Plan – March 2013)

The Thurgoona Wirlinga Precinct Structure Plan was prepared by a design team lead by RPS for AlburyCity in 2013. Based on extensive community consultation and feedback, it was to provide a framework for future development with an anticipated population of 50,000 by 2045. In 2013 the growth rate of Thurgoona was 3.5% compared with Albury's 1.0%. Now only six years later the growth rate is nearing 5% and the TCAG believe that the council has not taken all the recommendations of the consultants on board, especially with regards to the open areas recommended. TCAG also believes that the council is not providing the infrastructure required to meet the demands of this growth rate. The sensible balance between development, environment and biodiversity is also in question as developers remove significant quantities of trees including old hollow bearing trees that are needed for all kinds of creatures.

Yes, the council has been able to support a new and improved intersection at Thurgoona Dr and Elizabeth Mitchell Dr with the proposed installation of a set of traffic lights and left-turn lanes planned, and that will be great when it is completed. Kerr Road has had plenty of money spent on it as well, but I feel that more will need to be done very soon. The one public school in Thurgoona has been at capacity for some time, and while the building of a new school is not the local councils responsibility, I believe discussions with the NSW Department of Education should have started in earnest in 2013 when the Structure Plan was developed. In fact, discussions with the Education Department to have a Public High School built now so that the primary school students can move in when it is built should have commenced.

The Thurgoona Community Action Group would like to gain better representation on AlburyCity Council in the future to support this developing and vibrant suburb and it is my intention to seek to represent our community with their endorsement.

Regards  
Ian Crane



Gnocchi making with happy smiles



## Pets Corner—Arthritis

**Arthritis is a disease** affecting the joints of pets as it does in humans. The cartilage lining of the joint wears down; the lubricating fluid in the joint decreases and the capsule around the joint thickens and becomes hard to stretch. Bony protrusions occur on the edge of this joint. Arthritis can occur in all ages and sizes of dogs. However bigger breeds of dogs are especially affected. Hips and elbows are the common joints affected.

Arthritis leads to a gradually worsening state of pain which can be minimised so that our friends do **not have to suffer and can lead a normal life.**

Remember that arthritis cannot be cured but the side effects of stiff joints and pain can be controlled.

### Signs

*Any or all of the following:*

**LAMENESS;** the most obvious sign, it most often happens when they get up and walk around after lying down for a while, (especially if it is cold). Often these cases “warm out of it” after moving around for a short period. Sometimes it only appears after exercise beyond a certain limit.

**DIFFICULTY RISING** from the laying/sitting position and in bad cases they may be unable to get up by themselves. Stiffness indicates a problem.

**DISINCLINATION TO JUMP** up and

down from the bed/car, or they may stop standing on their hind legs to greet you, or especially have difficulty climbing up or down steps.

**BUNNY HOPPING** in the hind legs when running – that is where the hind legs move forward and back at the same time instead of one leg leading the other.

**FINDING IT HARD TO MAINTAIN THE TOILETING POSITION** for long enough to finish toileting in one go.

**SLOW AND OLD** with reduced activity and general stiffness

**POOR GROOMING** – most noticeable in old cats with spinal arthritis where they don't groom around the tail base and lower back.

### IMPORTANT NEWS ABOUT YOUR PETS ARTHRITIS

#### HOME TREATMENT FOR ARTHRITIS

##### Weight Reduction

**Reduce the chill;** keep our friend off the cold ground or tiled floor and onto a mattress, doona or a trampoline bed. Need not be warm just out of the cold including a breeze under the door.

**Regular Exercise;** preferably 20 – 30 minutes 4 – 5 times a week with a reduced amount as the severity increases.

If your pet is showing signs of pain or struggling to exercise, have your veterinarian examine your pet before

you continue with their exercise.

**Neutraceuticals;** such 4 Cyte granules as Joint Guard or Pernease Powder and mobility support food can have a beneficial effect with natural ingredients.

#### VETERINARY TREATMENT FOR ARTHRITIS

**Anti-inflammatories;** These come as injections, tablets or a mixture and aim to reduce the effects of arthritis by decreasing the swelling, stiffness and pain around the joint. Some of these have severe side effects in animals especially the human preparations and should only be used under veterinary supervision. These only have a short term effect while they are in the body.

**Physiological help with Pentosan** where the naturally occurring plant substance is given as a series of four injections a week apart. Pentosan counters the effect of arthritis by increasing the amount and quality of joint fluid, softening the capsule and lubricating the joint. The attractiveness of this treatment is that its effect can last for 3 – 18 months with success in 80% of dogs.

**Acupuncture** has a long lasting effect as it does in people. Ask us if you are interested in using Acupuncture.

**Please call your Veterinarian clinic and chat to one of the staff about the best help for your pets Arthritis**



You'll have peace of mind that your pets are in the most caring, friendly and professional hands.

#### HUME ANIMAL HOSPITAL

Cnr Mate & Swan St  
North Albury NSW 2641  
All Hours 6025 4088

#### MELROSE ANIMAL HOSPITAL

Cnr Melrose & Brockley St  
Wodonga VIC 3690  
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# Community Groups Directory

## Alb-Wod Stroke Recovery Club

At: Thurgoona Country Club Resort  
 When: Last Thursday of the month with guest speakers each meeting. Strategies for enjoyable living. Everyone welcome, friends and family 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](mailto:strokerecoveryclub.aw@gmail.com)

## Honey Bee Kidz Tennis

Introductory and development tennis programs at Thurgoona Tennis Club for all abilities—from age four years. Enquiries 0438 130 100  
 E: [tennis@honeybee.net.au](mailto:tennis@honeybee.net.au)  
[www.thurgoonaresort.com.au/1267](http://www.thurgoonaresort.com.au/1267)

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

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

## Thurgoona 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](mailto:thurgoonaCAG@gmail.com)

**Need a Bus?** The Department of Transport and Infrastructure have agreed to a trial bus service of the 908 route to include a stop near the gates of Kensington Gardens. It is anticipated that the trial will start in August and Martins has agreed to run three buses a day three days a week. Times have to be finalised but at the moment the bus looks like running on Monday, Tuesday and Thursday. Pick up at Kensington Gardens around 9.30 am, 12.00 noon and around 4.00 pm.

## Thurgoona Bookclub

Running for over 11 years, has room for more members. Meet on the first Wednesday of the month at 7.30 pm, 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](mailto:thurgoonalions@gmail.com)  
 Find us on the Web and Facebook

## Thurgoona Men's Shed

Where: Cnr Elizabeth Mitchell Drive and Corrys Road Thurgoona  
 When: Tues, Wed, Thurs and Saturday  
 Times: 8.30 am to lunch (on the Web)  
 E: [thurgoonamensshed@gmail.com](mailto:thurgoonamensshed@gmail.com)

## Thurgoona Tennis Club

Thurgoona Country Club Resort  
 + Fun 4 Comp 6.30—8.00 pm Mondays  
 + A and B Mixed Social Team Competition 7.00 pm Wednesdays  
 + Two Hour Tennis 3.00—5.00 pm Saturdays  
 + Saturday Pennant 1.00 pm Saturdays  
 Contact Bernadette O'Donnell  
[thurgoonatenniscub@gmail.com](mailto:thurgoonatenniscub@gmail.com)  
[www.thurgoonaresort.com.au](http://www.thurgoonaresort.com.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](http://www.wtlandcare.org) or "like" us on our Facebook page.  
 To join our members list email [enquiries@wtlandcare.org](mailto:enquiries@wtlandcare.org) or contact Catherine Allan on 6051 9781

## The Alb-Wod Aphasia Choir

A choir for people who have experienced a stroke or acquired brain injury.  
 Marion Vile 0425 852 702  
 Libby Clark 0411 864 199

## Need a venue?

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

## Commercial Club: Murray Cod Swimmers Albury

Swimming, fitness, fun, social interested in having an enjoyable time that involves a bit of swimming?  
 When: Friday 6.00 – 7.30 pm (May to September, December to February)  
 Where: GT Aquatic Indoor Heated Pool – Wagga Road Lavington  
 Who: Anyone (Over 18 years) - (Kids welcome with swimming adult)  
 Cost: \$20.00 annual fee; Adults \$5.00 (\$2.00 for children) per night. (entry)  
 Ring: Ted Woodbury - 0478 140 111 or Graham Dickie - 0417 556 724

## Thurgoona Churches

### BREAD OF LIFE CHURCH

#### ALBURY (BOLA)

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

### FREEDOM CHURCH

Thurgoona Community Centre Hall  
 10 Kosciuszko Road, Thurgoona  
 New time: 10.00—11.30 am  
 E: [freedomchurchthurgoona@gmail.com](mailto:freedomchurchthurgoona@gmail.com)

### GO CHURCH

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

### IMMACULATE HEART OF MARY

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

### ST JOHNS ANGLICAN CHURCH

288 Table Top Road, Thurgoona  
 Sunday Service 8.30 am first and third Sunday of each month plus kids church during NSW school term.  
 Fourth Sunday Family Service with Communion P: 6040 6457  
[www.anglicannorthernalbury.org.au](http://www.anglicannorthernalbury.org.au)

### THURGOONA PRESBYTERIAN CHURCH

Service: Sunday 4.00 pm  
 Friendly and welcoming.  
 Sunday school for the kids.  
 10 Kosciuszko Road Thurgoona  
[www.thurgoona.church](http://www.thurgoona.church)  
 E: [mike@alburchurch.org.au](mailto:mike@alburchurch.org.au)

## Womens Shed Albury "Because We Can"

*Keen to learn new skills:*  
 Open: Monday and Friday 10.00 am to 1.00 pm  
 Wednesdays 4.00—7.00 pm and Saturday 2.00—4.00 pm  
*You are welcome to drop in for a chat*  
 567 Smollett Street Albury  
 Find us on Facebook.  
 Phone: 0476 166 577.  
 Membership fee is \$30 annually  
 Email: [alburiwomensshed@gmail.com](mailto:alburiwomensshed@gmail.com)





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

### Art Craft Music

#### 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 10.00 am—1.00 pm. 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

#### Making Music Jam Group

Love to play music? Come along and join us!

We have weekly sessions each **Tuesday** 1.30—3.00 pm Mary Hunt **0427 371 441**

### Social

#### Community Singing

Love to sing? Come along and join us!

We have weekly sessions that generally follow the NSW school terms

**Wednesdays** 6.00—7.30 pm

\$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**

#### 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 1.30 pm

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 1.30 pm

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)

P: **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 9.00 am. Dates will be 10 Aug, 14 Sept, 12 Oct, and 9 Nov 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 social club newsletter available 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—staffed by volunteers

10.00 am—12.00 noon

Cost: \$2.50 bottomless cuppa which includes a Birthday celebration cake on 3rd Tuesday each month.

Also available is a tasty treat for an extra \$2.50

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

#### Thursday mornings—self service.

\$2 for a cuppa and bite to eat

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

This project funds special needs at the TCC **6043 1588** for more information



### 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.

**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** 6.00—6.45 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 6.15 am.**

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**

### Community Services

#### NEED a JP (NSW)?

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

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 for men and women**

**Med-High impact Cardio/Strength  
4 Quarters of fitness**

Tuesdays 8.00—8.45 pm \$10

**Low-Med impact Cardio/Strength:**

Tuesdays 9.00 —9.45 am \$7

**Low—Med Impact circuit**

Tuesdays 10.00—10.45 am \$7

**Low-Med Impact Cardio/Strength**

Thursday: 10.45—11.30 pm \$7

**Stretch and Roll**

Thursdays: 12.00 noon—12.45 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.**

**Junior Jivers:** bookings essential

**Fridays** 10.00—11.00 am during NSW school term in the TCC hall.

Sing/dance/move/story for preschoolers

and their carers—\$20/term/family—

juniorjivers@alburychurch.org.au

A Thurgoona Presbyterian Church

initiative.

### YAFF Young Adults For Fun

A service provided by Home Care for

young people with disabilities to

socialise. Wednesdays 6.00—8.00 pm

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 TCC

Eleanor Pearson P: **0431 926 936**

### Starlings Dance Connection

**Monday** 5—7 yrs jazz @ 3.30 pm

8—11 yrs jazz @ 4.00 pm

12—16 yrs jazz @ 5.00 pm

**Wednesday** 2—3 yrs mini movers @ 2.00 pm

4—5 yrs fairy ballet @ 2.30 pm

4—5 yrs Hipity Hop @ 3.00 pm

5—7 yrs Contemporary @ 3.30 pm

8—16 yrs Contemporary @ 4.00 pm

8-14 yrs Theatrical @ 5.00 pm

**Friday** 2—3 yrs Mini movers @ 3.00 pm

4—5 yrs Hip Hop @ 3.30 pm

6—7 years Hip Hop @ 4.00 pm

8—11 yrs Hip hop @ 4.30 pm

12—16 yrs Hip Hop @ 5.30 pm

**Saturday** 2—3 yrs Mini Movers @ 9.00 am

4—5 yrs Fairy Ballet @ 9.30 am

4—6 yrs Hipity Hop @ 10.00 am

6—7 yrs Ballet @ 10.30 am

8—16 yrs ballet 11.00am

starlingsdance@live.com.au

Ring Allira on **0401 669 005**

### YOUTH PROGRAM:

#### Chill Zone:

A fun and energetic program for young teens and pre-teens 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

twice each term

## Community Groups

### Albury Wodonga Lego User Group

Meets on the second Sunday of each month

1.00—4.00 pm. 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—9.00 pm

thurgoonaCAG@gmail.com

### Woolshed Thurgoona Landcare

**Group** First Monday of each month

7.00—9.00 pm P: **6051 9781**

At Thurgoona Community Centre

## Thank you to the Grapevine Team

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Harry Flood

Elizabeth Flood

Peter & Gwen Ford

Russell & Petra Grace

Peter Hamilton

Hugh Hargreave

Keith & Sally Hendy

Julie & Rebecca Sefton

Anne Simmonds

Sylvia MacKenzie

Jim & Stephanie

Mansell

Ron & Diane Martin

Val Martin

Chester Merrick

Bridget O'Connor

Bill & Julie Plant

Frank & Bernice Plas

Janice & Lindsay Poy

Bernard & Jean

Townson

Mikaeli Weddall

Cecily and John Willott

*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, Tuesday 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. Dates for 2019 are

29 August, 10 October, and 21 November.

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—12.00 noon. 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.





Albury  
Conservation  
Company



**Squirrel Glider Monitoring in the spring**

In 2018, Albury Conservation Company kick-started a long-term **Squirrel Glider Monitoring Program** across Thurgoona / Wurlinga, to start tracking how Squirrel Gliders and other local threatened species we're responding to a rapid urban expansion of Albury into the area. We self-funded year

one of the program, including employing a wildlife ecologist to undertake the surveys.

Year 2 of our threatened species monitoring is now underway, made possible via a three-year financial commitment from AlburyCity Council. Our ecologist Dylan McWhinney (DM Ecological) has completed the autumn 2019 monitoring, covering over 60 sites using our 30 motion-sensing wildlife cameras that we purchased thanks to a grant from Wettenhall Environment Trust, and the generosity of over 100 individual donors.

**Key stats from Year 1 of the monitoring program:**

+ In Winter 2018, 65 sites were monitored with Squirrel Gliders positively identified at 27 of those sites (detection rate of 41.5%).

+ In Spring 2018, 64 sites were monitored with Squirrel Gliders positively identified at 21 of those sites (detection rate of 33%).

Squirrel Gliders were detected at all land-use types surveyed, with detection rates in 'remnant' sites being highest, and 'riparian' sites being lowest.

In summary, Year 1 of the program has provided valuable baseline data for species in Thurgoona / Wurlinga. More insight into whether the populations are increasing, stable or declining will be gained in subsequent years of monitoring and the comparison of data. We have also continued to actively engage our local community and key stakeholders in the project. This includes negotiating access to monitoring sites, generating media coverage and via hosting of three community events that attracted 100 participants. These were two spotlighting/stagwatching nights at Bell's Travelling Stock Reserve (Table Top) and a workshop at Charles Sturt University to sort through the 500,000 images taken by our cameras in the Spring 2018 monitoring.

Want to find out more?

Visit [www.alburyconservationco.org.au](http://www.alburyconservationco.org.au) to sign-up to our e-newsletter and download the monitoring reports ('resources' section)

## James Fallon High School Snap Shots



Picture above: Year 12 Community and Family Studies (CAFS) class organised a community collection drive to support foster children.

Picture above right : Students and staff have benefited from the companionship of our dog Fallon, who regularly attends class to check in on the students. Year 12 appreciated a visit from him in the lead up to their exams! Fallon enjoyed the tummy rub!



Picture below right : Our Wiradjuri Dance Troupe has been sharing their culture through performances, such as at the recent Winter Solstice event and through classroom visits to regional schools and day care centres.

James Fallon High School  
P: 6025 1688  
<https://jamesfallon.nsw.edu.au/>



# Tennis Talk

Welcome to the winter season!

Even though it is winter, our tennis activity still continues!

Every Monday night our Fun 4 comp takes place from 6:30—8.00 pm, even during the holidays. This is a competition for all abilities and is open to players from 13 years upwards. No need to play every week and no team needed! Just turn up ten minutes beforehand to register. This is a great way to meet people especially if you are new to the area or haven't played tennis for a long time. Many of our players played as children and have decided to give it a go again! Each player is paired with another, to play a short double set then swapped to have a different partner to play another set. We normally play about five sets and have a novelty activity at the end if there is time.

Our Wednesday night mixed team tennis comp runs from 7.00 pm during the school terms. Teams of two ladies and two men join either A or B grade and play three sets each week; one men/women's doubles set then two mixed sets. If



you don't know anyone, just contact us and you can either play as an emergency player or ask to join a team. All are welcome!

On Saturdays, we run a two-hour tennis comp that is a similar format to the Fun 4 on Monday nights every week. Once again, all playing abilities are welcome and no commitment is necessary—just turn up ten minutes beforehand when you are available. This is ideal for those that have busy lives yet want to have a bit of enjoyable exercise thrown in!

We also have Saturday Pennant teams that play with the Albury Tennis Association from 1.00 pm during the school terms. Just ask to join either our Section one women's team or Section two or three men's teams. This competition suits those players that would like a bit more of a challenge with commitment.



Our club also offers coaching for children and adults with our resident coach, Barbara Martin from Honeybee KidzTennis. Like our membership, these numbers have grown considerably since its onset, involving many of the young junior players in our area!

So come and get involved in our vibrant expanding tennis club!

Look forward to seeing you on our courts!

Bernadette O'Donnell

(President-Thurgoona Tennis Club)

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## Mercy Connect partnering with FoodShare to make meals that matter

Mercy Connect's Bottlebrush Café opened in early 2017 at its Thurgoona Head Office. Bottlebrush Café is just one of several day programs that Mercy Connect provide to people with a disability to live a connected and meaningful life. Opened two days a week, participants learn to develop skills in the kitchen. The participants enjoyed making healthy fresh meals and they decided to share their love of cooking in the kitchen early this year. This occurred when Mercy Connect partnered with FoodShare in Wodonga to provide meals to those in the community in need. Each Thursday, three participants and support staff pick up ingredients from the FoodShare warehouse. They then spend the rest of the day preparing meals in bulk. The participants have the opportunity to be creative and come up with recipes on the spot because they never know what they will collect from FoodShare.

The meals they cook are frozen and the following Tuesday, fellow participant Robbie and DSW Annette provide Mercy Connect Outreach participants with a home cooked meal. Some have included curried sausages, shepherd's pie, lamp chop bake, and chicken casserole.

Albury Wodonga Regional FoodShare is a not-for-profit company which began in 2011. They share rescued food and meals with welfare agencies, schools and neighbourhood houses in Albury Wodonga. Their vision is "Everyone in our region has access to sufficient healthy and culturally appropriate food for good health – not one goes hungry." With their vision aligning with the café's own vision to create a range of healthy, fresh food, plans started late last year for Mercy Connect to get involved with them.

Jessica Kolarich (Bottlebrush Café coordinator) said: "It's fun to participate in. Food isn't getting wasted, it's always fresh food and our Outreach participants are receiving a nice home cooked meal each week".

Daniel is a keen participant in the FoodShare initiative. He explained, "I'm excited to work with the team every Thursday. I



**Bottlebrush Café participants Daniel and Susan with support staff, Marianne (left) and Jess (right)**

enjoy going together to Wodonga to the FoodShare warehouse to pick up ingredients. Until we see what ingredients are available, we don't know what we are making in the kitchen so it's pretty exciting to come up with something together. It's a surprise".

Daniel who has been with Mercy Connect for 10 years, participates in day program activities. His favourite programs include Branching Out on a Monday, where his favourite thing to do is lawn mowing. Daniel praises Richard, the Branching Out coordinator. "He is always so helpful and gives you a helping hand to get the task done". Two days a week he works in the Bottlebrush Café, not only participating in FoodShare on a Thursday but cooking meals for customers on a Wednesday. He thanked Jess (Kolarich) for being a very nice person and helping to develop essential workplace skills.

On a Friday, Daniel attends Wodonga TAFE to learn and develop new skills in a TAFE setting.

The programs run out of St. Johns in Thurgoona and focus on developing work skills through work ready programs for the participants. Daniel said: "These programs will help me go out there and get a job one day. My dream job would be advocating Aboriginal culture, as we've got to keep the culture going".

## Back in the Day; Dartmouth Day Two

**Wayne Bashford**

*Continuing from the last story in Autumn*

After Dad throwing away Mow's new \$100 rod and reel, he ended up in my boat still armed with the crappiest rod and reel that was issued to him. Glad Errol decided to join us, we decided that we would set up Dad with a lure that not only floated if we stopped but wouldn't catch a fish unless he snagged it.

Errol and I caught six fish, Dad none, he started complaining that at least he got a few bites on Mow's boat. I offered him another lure if he wished but no, for some reason he thought that we were setting him up!

It was cold, damn cold, Dad wore several jumpers and three coats with hoodies, he looked like the Michelin Man in drag. We took great pleasure taking turns to talk to Dad because when he turned his head his face would disappear into the hoodies and all you would see was the side of his head.

The old man reset his line again after we caught yet another fish, he was determined to catch a fish like us b.....'s. To our disbelief he yells out that he got one, by the time Errol and I had leapt into action Dad already had his fish in the boat, no net needed! Unbelievable, his lure must have been only three or four metres behind the boat.

We caught nine fish compared to two on the opposition's boat, not only that but Dad's fish was the biggest. For hours we put up with his bragging and slagging off about how he only needed only one fish to beat all of ours put together, how he only needs one hour instead of two and a half days to beat us, etc, etc.

BBQ chops and sausages rinsed down with beer was the order of the night. The BBQ we found was at a nearby cabin, it was covered in fat and was supporting a whole new micro eco system, we cleaned the hot plate and began cooking a feast. While they were cooking and spreading the bull, I remade Dad's bed so he wouldn't discover that it had been short-sheeted the night before.

As I re-joined Larry, Curly, Mow and Dad the BBQ suddenly ignited, the flames were nearly two meters high, bravely Gary and Dad dragged the inferno off the deck and out from under the veranda. Errol drowned the lot with a tsunami of extinguisher dust, it stopped the fire but left the taste of extinguisher spices. The feast now consisted of lollies, cakes, biscuits and beer.

Bedtime, Dad totally stripped his bed and couldn't understand why it was so bloody short last night – he didn't check his pillow though – I had stuffed it with plastic bags. The old guy left his last can on his bedside, he thought it would be safer than in the fridge.

Gary and Errol later in the night remembered Dad's lonely can by the bedside. After Gary replaced it with an



empty can he turned, stubbed his toes and crash landed, Mow woke up only to see Gary staggering back outside in pain, no way he was going to be the first out the door in case a trap of some sort was set up for the unsuspecting.

In the morning Dad got up complaining that he got no sleep because of that %##\* pillow, no wonder he moaned he falls asleep in the boat because he can't get any sleep in the %##@%% cabin. No mention of the empty can, brothers Gary and Errol figured it right, he couldn't remember what he'd done the night before.

On the third and final day, Gary came with me because my boat was catching more fish.

Mum always loves the stories that came back with Bill – my Dad.

If you have a hilarious story you would like to include for all to enjoy please contact Wayne on 0428 213 427

## Let's not forget the important people

Peter (Parra) Montgomery

I was driving around the district on the weekend and loved seeing the various sports being played, with lots of participants, and I asked myself a question. "Who are the most important people in sport? Is it the players or the front office, that is the administration?"

It's a bit like the old question, "What comes first, the chicken or the egg?"

My opinion? Sport cannot operate without the workers. You can have the best players available, but if you haven't got administrators, you face a very tough hurdle to be successful.

Imagine sporting clubs without people willing to do the 'behind the scenes' work, you know, the jobs that everyone hates doing.

Go to a sporting event, say a football game, on the weekend. You will see the ground prepared, the goal posts and guards up, the scoreboard numbers ready, the area clean and tidy – the scene is set for the 'gladiators' to appear.

Go to the same ground on training nights, the footballs are out, the training aids are available, the water bottles filled.

Look at the dressing sheds after the game, they are cleaned. Who by? The players who left their strapping on the floor and their empty after match drink cans where they finished them? Not likely.

The clean-up work has been done by the 'behind the scenes' people. The ones who never receive any kudos, the ones who have been taken for granted.

Let's hope these 'behind the scenes' people continue to be there for the players. Our sporting clubs depend on them.

There is more to running a sporting club than appointing a coach and attracting players. The 'Front Office' has to be on top of the situation otherwise the sport will struggle to survive.

The club has to have a plan for the future. It has to set a goal for the coming season. If administrators don't know where the sport is headed, they can't expect players, supporters, and sponsors to know.

Sporting bodies need everyone to pull together in the 'front office' for an organisation to be successful. There is

no room for 'white ants'. You would be better off a committee than being a white ant. If you are not enjoying what you are doing, give it away.

Sport is for relaxation and enjoyment – when it becomes more than that it is time to take stock and re-evaluate your contribution and motivation for being there in the first place.

Clubs must have input into the head body of the organisation. They must attend meetings of regional bodies to make sure they are not forgotten. It is absolutely necessary for the clubs to know the requirements of the competition, and make sure they abide by the rules which govern it, particularly in regards to registration and insurance.

They have to assume that something is going to go wrong in regards to insurance. In these times of litigation, they must be fully covered.

Administrators cannot assume that nothing will go wrong because it can and it will.

Publicity officers are needed to promote the cause. People enjoy reading about their favourite sport – but they like to have balanced views. The sports articles have to be fair to our opponents. The reports have to tell it like it is. There is no shame in being beaten

In a sporting contest, there can only be one winner. If the other team is too good, don't be afraid to tell them.

Players have a job to do. The main thing they need to be is true to themselves. If they have no pride in their own performance, they cannot expect to be a winner.

To be a winner, they need to put in at training and on match day. You can't be a mug during the week and expect to produce the goods on the weekend.

The purpose of this particular article is to let the administrators know that their efforts are appreciated by the public. I hope the athletes appreciate the work that goes into providing them with the opportunity to participate and that they don't take these efforts for granted

In other words, do the job on the field of play and remember how much work it took you to get you there.

Enjoy your sport

Parra, Thurgoona

## Wine and Time

Paul Muntz

Wine is a living thing. Like humans, as time passes it can lose its vitality and start to tire.

Aussie wine lovers very often keep their precious bottles for far too long. Even lots of my savvy wine friends admit to having some "dogs" in their cellars, which they bitterly regret not having drunk some years before. So why is it so that one wine will go "over the hill" within a year and others don't start hitting their straps for a half a century?

### A complex formula

The DNA of wine is a myriad combination of acids, sugars, minerals, pigments, esters, aldehydes and tannins. To bring all these little "ducks" into line, you need time and the effects of oxygen.

### The effects of oxygen

Put simply, oxygen can cause miracles or devastation.

It comes from heaps of sources -

The wine making process;  
during barrel storage; and  
through the bottle closure.

In the early stages, oxygen will bring a bottle to perfect maturity (picking that "mystery date" is a challenge!) but will ultimately send a long kept bottle into a downward spiral.

### The science?

Our ancestors guessed that wines kept away from oxygen simply kept better – in ancient times tar and wax sealed off storage vessels, before the use of cork. In desperation, the Romans had a habit of putting a layer of oil on top to keep air from the wine – now that would have been an interesting pouring exercise!

In the nineteenth century Napoleon III was cheesed off that wine "went off" (particularly on its journey to the battle front) and employed Louis Pasteur to find out why. Pasteur was able to prove that too much oxygen allowed the growth of vinegar bacteria (bad) but that in small amounts it helped wine mature (good).

### What is the perfect age?

The answer is that there is no answer – every wine is different. Hunter *Semillon* takes a decade or more to show its best, whereas *Moscato* and *Sauvignon Blanc* is best drunk within a year. Good vintage port can last a half a century, and the wines of *Madeira* and *Vouvray* have been found to be drinkable after a century.

### Safety first?

So, there is no easy solution. Best bet? Drink your wines earlier rather than later unless the bottle is one with a reputation for long keeping. It is far better to drink the last bottle of a favourite drop, knowing it had "some years to go" rather than to draw the cork on something that went "over the hill" some years before.





## History of Thurgoona

### Our Fantastic Golf Course

By Barry Young OAM in conjunction with Jack Cevaal.

It was in the early 1980's when the Albury Wodonga Development Corporation (AWDC) had the vision to plan a golf course on vacant grass and tree lined hectares of land adjoining St Johns Housing Estate at Thurgoona. Housing had begun with display homes by A V Jennings with agents advertising land adjacent to a planned super golf course and club features. Building blocks were available next to what is now the 13<sup>th</sup> and 14<sup>th</sup> fairways. Discussions were underway with Thompson and Wolveridge and Associates to design the best golf course between Melbourne and Sydney. Peter Thompson the great Australian Golfer had won five British Opens. The ultimate plan was to design a 27-hole golf course. The golf course architects designed 18 holes-covering 6365m, par 72, rating 74. The AWDC built nine holes and waited the outcome of further developments. The building of the golf course was not without problems. Thompson and Wolveridge had to build the front nine holes above flood level coping with drainage with water from the local paper mills and heavy rain all endeavouring to skip across the Riverina Highway. Considered were the two creeks that ran through the course. Some of the creek holes were built

virtually on the creek banks making it a difficult slicing trap plus penalty or lost ball.

Thompson and Wolveridge purposely under-bunkered so as not to tax the fledgling club finances. With the first nine holes popular the existing social club made way for the Thurgoona Golf Club formed in early 1984. The inaugural President was Ken Morgan an Albury chiropractor. The board formed in 1984 immediately set about raising money to build a club house. The club used a caravan and a heavy-duty money box for green fees collection - sometimes robbed.

The club sought a tenant, the obvious choice was the Albury Golf Club but the offer was rejected. Several licensed clubs in Albury considered the golf course for their members but also dismissed the idea. The club had a recorded 385 members on the master register, 80% of which were new players. Membership was \$25. A club emblem was designed by the board. The club went it alone starting from a credit balance of \$10,000. With money raised the club house was completed in 1985 and opened by Gordon F. Craig OBE Chairman of the AWDC on Friday 22 March 1985. The building comprised 33 squares and contained an office, kitchen and dining room with views over several holes and toilets and change rooms. Much of the club house construction was done by volunteer labour. The club applied for an annual

function liquor license which was granted but only on Sundays between 10.00 am to 6.00 pm. Further consideration were a Motel and Tennis Courts. With money raised the nine-hole golf course was extended to 18 holes in 1985. Against opposition the club became affiliated with the NSW Golf Association through the tireless efforts of Club Captain Jack Cevaal, the club's first life member who was there from day one and pivotal in the success of the project which we enjoy today. He is also a Club Champion and was President for four years. Other tireless workers were - Kevin Burns, Bryan Gee, Lew Pellizer, Wayne Clough and Peter Crow to name a few. The opening of the 18<sup>th</sup> hole and clubhouse was complemented by an attendance of 1000 people, with parachutist and a band. The days golf winner was Joe Amalfi on a play-off from Dave Drury. On the first two-day tournament held the professionals playing rated it a tough course with massive greens and one of the best courses in Australia. They expressed their respect and admiration for the course lay-out with pro Ken Trimble shooting a course record of 68. The first hole-in-one at the club was by David McGrath playing off the par 3 seventh 152 metre hole. The best golfers of that time were; Case Lustic and Mike "Warbo" Warburton who was described in a Border Mail article early in his career "he clouts the ball a mile and consistently drives around 250m. He has adapted well from the sand greens of Broken Hill his former hometown to our grass greens".

Tom Melouray - a left-handed club champion who played both right and left-handed. Also Bob Orman who is still playing now with the Murray Greys. Graham Hulm also still plays. Penny Graeber who held course records at Corowa, Rutherglen and Thurgoona Courses is the current teaching professional and runs the fantastic junior clinics.

In the late 1990's the club was not traveling well, and it was in 2000 that The Liverpool Catholic Club stepped in and saved the Club.

See previous Grapevine history article "A Promise Delivered". Contact Thurgoona Community Centre or Barry Young for a copy.

E -barryyoung@bigpond.com



TCC Chill Zone enjoyed their time on the practice fairway organised by Thurgoona Golf Club member John Greenfield. Photo: Peter Smith

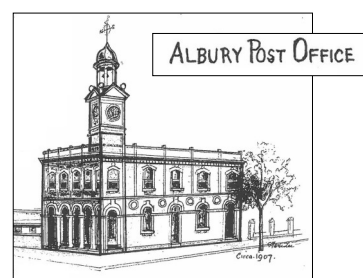
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## **PREPARING YOUR HOME FOR A SPRING SALE**

*It may not feel like it yet but Spring is just around the corner. Taking steps now to prepare your home for sale will help you avoid the stress of a last minute rush to market.*

### **CLEAN & DE-CLUTTER**

Clear out all clutter & remove items you don't regularly use. Consider a temporary storage facility for bulky pieces of furniture, holiday décor, out of season clothing & any other items you don't need. When cleaning pay attention to small details; wash windows, dust blinds & skirting boards, clean appliances & straighten contents of wardrobes & cupboards.

### **ELIMINATE ODOURS**

Don't mask household odours with air fresheners which can be overwhelming & cause allergies in many people. Rather, include freshly cut flowers or freshly baked cookies placed in plain sight in the kitchen.

### **PAINT**

While you might love your colourful walls, there is a good chance that a lot of buyers won't. Many buyers want to see a blank canvas where they can inject their own personality. In order to make your home appeal to the largest possible audience, paint your walls in neutral colours.

### **FINISH PROJECTS & REPAIRS**

Complete any unfinished home improvement projects & complete any necessary repairs to your home. The sale process will be much smoother if everything that needs to be done is taken care of before you list your property.

### **FRESHEN UP FIXTURES & HARDWARE**

Light fixtures, bathroom mirrors, taps & shower heads can all be replaced for very little money & make a huge difference in terms of visual appeal.

### **GET YOUR REAL PRICE**

Call us to arrange a free, no obligation market appraisal to help determine how much you can expect to sell for in today's market.





# Where to find a brand new home in Albury for around \$200,000

**It's the question on every downsizer's lips. "Where can I purchase a brand new home for around \$200,000 and still have enough cash left over to enjoy my golden years?"**

It's no secret Australia is seeing a silver tsunami of over 55s seeking a more suitable place to live, and while housing affordability is generally considered a young person's issue where they face restrictions entering the market, it is also a major problem for downsizers.

A recent Productivity Commission report into the housing decisions of Baby Boomers found only about 10% of these Australians currently chose to move to smaller dwellings.

The main barrier to downsizing was the availability and affordability of homes for the over 55s.

However, with the emergence of the land lease ownership model delivered by companies such as Ingenia Lifestyle, downsizers are finding this new alternative an increasingly popular option to unlock the equity from their existing dwelling and fund the next stage of their life.

The unique model allows downsizers to purchase their own home and lease the land through one simple site fee covering the maintenance and management of the community.

Along with operational strategies keeping residents safe, social and secure, Ingenia Lifestyle is helping residents to maintain an independent lifestyle with more choice, control and flexibility while feeling financially in control and improving their overall wellbeing.

Ingenia Lifestyle's land lease model is setting new benchmarks for

affordable over 55s accommodation and the associated benefits have now seen the property developer and operator nominated as a finalist in 2019's Eldercare Innovation Awards; an association who applaud organisations for their innovative, quality approaches to changing the way our region's older adults age.

Another winning factor has been the affordable price point for a new home available in some of the country's highly sought-after locations, including Ingenia Lifestyle Albury, with brand new homes available from just \$195,000.


To find out more please contact Larissa Denny, on 0459 955 122 or visit [liveinalbury.com.au](http://liveinalbury.com.au)

## Discover our thriving community

At **Ingenia Lifestyle Albury**, you can downsize and start enjoying more of the things you love.

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- Keep 100% of any capital gains
- Secure community living for over 55s

Contact Larissa on **0459 955 122** for more information or to arrange your tour today.

  
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ALBURY

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\*Price is based on owning your home and leasing the land and is correct at time of production.





# Getting To Know You

## Profile - Elizabeth Flood.

An interview with Barry Young OAM.

**Where were you born?** Goulburn NSW

**Do you have any interesting details about youth, growing up – schooling memories?**

I grew up on a rice farm at Coleambally and attended a small two teacher school where all families were on rice farms. We were a very close community where everyone knew each other and many social activities revolved around the school.

I went away to boarding school at the age of 12. In my first year of High School my parents took my three brothers and I to England for six months. During this time I also visited France and Germany. This was the beginning of my passion to travel and see other countries on this planet.

**What about your family?** I have a mother who was 92 in June and three brothers, a husband and three children.

**What are your favourite**

**hobbies?** Gardening, patchwork and quilting, walking and travelling

**You have had a very interesting dedicated career?**

I started my nursing career in Sydney at Royal Prince Alfred Hospital then undertook my Midwifery training in England and Child and Family Health in Sydney. I moved to Albury in 1984 to take up a position in the Child and Development and Guidance Team at the Albury Community Health Centre. In this team were a variety of Allied Health workers, Community Paediatrician, Social workers and psychologist, and we as a team would see families with concerns re development and behavioural and parenting problems. I then moved on to specialise in Child and Family Health in Clinics in outlying Centres.

**You have had a long association with the Thurgoona Community Centre!!**

I was so very lucky to be given the position of Child and Family Nurse at TCC and very fortunate to see the growth of a lovely community with some beautiful families over the 20 odd years. The highlight was seeing families utilize the Centre from the New parents Group to Playgroups. This has really expanded over the last couple of years. I love seeing the families grow the babies to toddlers into young children through to adolescents and the parents embracing their parenting skills. I truly enjoy meeting them on the streets and in the shopping centre and hearing about the growth of the family.

**In October last year you along with Sherylyne Moran ventured into the third - world nation of Nepal -tell us why?**

I first visited Nepal in 1969 and really enjoyed the people, culture and history. When given the opportunity to return I jumped at the offer. Even more of an interest was the children's home and the chance to help the parent and children in this very needy home.

This journey has been life changing for me, every day I think of those beautiful people I met and will return to in the not

too distant future.

**I believe you live on a large property. Who keeps control of the vast surroundings?**

I live on 20 acres/8 hectares at Tabletop where we graze sheep, although this has changed somewhat this past summer where we had to buy in feed due to the long dry hot summer. Thankfully our income doesn't depend on the farm. Our heart goes out to the farmers who have been doing it hard. We have a dog called Molly and two cats named Eddie and Evie, and enjoy the garden, peace and quiet of country living with easy access to Albury.

**Thank you, Elizabeth, for being part of the progress of Thurgoona to which you have made an important contribution.**



**Elizabeth Flood with home mother Sapana and children Sandip and Eliza in Godiwari Nepal. Photo: S Moran**

## A pure heart tested in Nepal

Sherylyne Moran

Staying at Hope Children's home in Nepal moved Elizabeth Flood and I to both love and admire the people we lived with. In October last year, we spent one week as the children's Aussie aunts enjoying their company and eating Nepali diet staples such as Dhal Bhut (rice and lentil soup) with chicken pieces (a luxury).

While the children filed ahead in line, we ventured into the countryside following the narrow paths past golden paddocks of ripened rice and the colours of the brightly dressed Nepali men and women working the harvest. Elizabeth amazed the locals with her fitness whilst I just managed to keep up!

The weather was warm and the smiles of the people welcoming. Hope Home is nestled in the outskirts of Kathmandu in the picturesque region of Godiwari and houses up to ten children in a family environment cared for by Nepal born - husband and wife house parents Nepal and Sapana. These children have been rescued from severe disadvantage in a country where child exploitation is common. It is the poorest country in South Asia and some 54 Nepali girls a day are trafficked into the neighbouring sex trade in India.

"One afternoon, I was wanting to explore the countryside some more", explained Elizabeth. The home is on the side of a steep hill with dirt paths winding around it and she thought there would be so much

to see if she went on another walk. "The house parents recommended that I take two of the boys Joel and Sandip with me as guides", she recalled.

"The destination was a temple perched up high with a promised magnificent view for those who made the steep ascent – a 5 km trip. We reached the temple, but the challenge was yet to come with lots of steps. To see the view, the boys took me through a very narrow pass. I had to breath right in and squeeze myself through the gap in the rocks to make it. The boys kept coming back to me and asking, "Elizabeth are you Ok??" I assured them I was fine as I squeezed through this narrow pass. I was later to find out that this pass was used by the locals to 'test' the soul. If one could make it through, then you were one with a 'pure heart'. Obviously, the boys thought I qualified, and they were so happy when I succeeded! After this we still had lots of climbing up this absolutely beautiful climb where we had a magnificent view of the valley. I had to take lots of photos, so I perched myself on the peak to pose for my photo. The boys begged for a photo with me which we took balanced with the sun setting.

As darkness was falling and the lights of the homes in the valley twinkled, I started to become a little anxious about our safety when I could hear young men on their motor bikes. However, the boys assured me that we were quite safe. We walked back along the dusty pitted dirt road nearing shops, where Sandip bought a torch for me and shone it so that I could see where I was stepping. It was pitch black. This gesture was so gorgeous as I hadn't brought any money with me and they guided me all the way back down. Their thoughtfulness was incredible, and I felt so cared for by these Nepali boys.

I loved every moment of my stay there and I would go back at a drop of a hat if I could", she said.

Before leaving for Nepal, we hoped to raise \$1,250 to pay for the educational costs and warm clothes for the children in the home. To our amazement we raised \$2,369. This was achieved through generous individuals and organisations such as the Thurgoona and District Lions Club who donated \$400 and Bhutanese members of the Thurgoona Baptist Church who gave \$500. It was a wonderful experience to work with others to support this great home and share this joy.



**Elizabeth Flood and Sandip on top of the mountain. Photo: Joel Magar**



## Thurgoona Men's Shed

Some of us are working hard and some of us are just enjoying some time together with a cuppa around the fire bucket, but whatever we are doing at the shed we are enjoying each other's company and making our lives, and the shed a better place. There are around 95 members where around 60 percent of whom attend regularly, one gentleman had a very special birthday celebration the other day, he was 97 years young, we did some special catering and even wrote him a very personal poem dedicated just to him, (good on you Roy).

So we endeavour to make everyone welcome and after a while blokes do feel welcomed into our little family where we care and share things together which gets us through the days.

This is exactly why we created the shed in the first place to get blokes together to share experiences, ideas and skills and get a group of blokes together to improve their lives.

Guess what? It's working!!  
Keep going guys, it will keep growing as we let other blokes know how much we enjoy our time at the shed.

Ian Crane  
Publicity Officer  
Thurgoona Men's Shed





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**

## The Proper Fit.

Hi! I'm Jo Pilon from Expand Careers Consulting. I have just moved to Thurgoona from the Central West of NSW. I am Co-Owner of Expand Careers, a Career Advisory and Coaching service designed to help regional people build satisfying careers that work for them.

I decided to become a Career Consultant because I had "the best job in the world" - for me!

It was only after I had children and was about to go back to work that I realised - not only did I want work that provided a decent income for my family, I also wanted work that was stimulating, and provided an opportunity to help others.

My past work as a Library Manager at a local TAFE as well as other roles has given me **experiences that has helped me build a variety of skills and competencies. It also boosted my confidence**, vital when looking for career progression.

Like many other woman, my experiences studying, working and raising a family were hectic, but it helped me understand and empathise with my team's and co-workers' need for flexibility. In my 15 years as a TAFE Librarian I passionately provided services for staff and students and had **numerous opportunities to take on other roles and learn new skills**. One of the reasons I moved into Career Development was because **my job was the perfect fit for my values, interests, motivators and personality** and I loved going to work

every day. I want to help others, particularly regional women, find that for their lives.

**Working in a job that fills us with enthusiasm and confidence rubs off on the rest of our lives.** It helps us to cope with other issues, build emotional strength, and extend our social support networks. For me, it provided my children with a positive role model and demonstrated the importance of being happy at work. And as the research shows, being unsatisfied at work can fill us with frustration, impact our mental and physical health, and have negative influences on our relationships.

On the 4 July I held an Introductory Workshop at the TCC highlighting some of the key benefits and techniques of the '8 Steps to Career Clarity' program, which supports people who are confused about what's next in their career. The program helps you learn what you want from work and then collaboratively explore your options, make decisions and plan how to reach your goals.

The people who attended the workshop received a head start on the program, and a bonus gift to help them in their career exploration. We will be connecting through more workshops both online and face-to-face in the very near future - I hope to see you there!

If you are confused about what you want to do or if you know someone who may be, go To - 8 Steps to Career Clarity, or E: [jo@expandcareers.com.au](mailto:jo@expandcareers.com.au)  
Want to stay up-to-date with skills & other work-related issues? See my blog <https://expandcareers.com.au/blog/>



Jo from Expand Careers works with Amy Dwyer at TCC  
Photo: Peter Smith



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## New Location: Flex Out Physiotherapy Thurgoona

Flex Out Physiotherapy are excited to introduce to you their all new Thurgoona clinic that is conveniently located within the beautiful grounds of Charles Sturt University and co-located with Gardens Medical Group @ Thurgoona. With ample parking, easy to locate signage and within walking distance to the Thurgoona Plaza, they are easy to find!

The cost of private consultations is \$77 - \$82. All appointments are claimable on private health insurance with discounts available to Bupa and Medibank customers. They also offer bulk billing to all clients referred under the Medicare Enhanced Primary Care Program (EPC). Speak to your GP to check your eligibility.

Call for appointments on 6023 2831, or click the 'Book Now' button on their Facebook page, or online at [www.flexoutphysio.com.au/online-bookings/](http://www.flexoutphysio.com.au/online-bookings/). Online bookings allow you to view, change or make a new appointment with your favourite practitioner 24/7!

Gardens Medical Group @ Thurgoona. Building 693, Charles Sturt University (enter via Shuter Avenue/Thurgoona Plaza)



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## We've moved to a great location!

George May

Thurgoona Presbyterian Church started as a new church in Thurgoona at the beginning of 2018. But this year we moved into our new location at the Thurgoona Community Centre!

We are a church for all, with a special focus on the Thurgoona community. We are an all age community reflecting the make up in the Thurgoona community at large. We are a Bible-based community of followers of Jesus Christ.

In our world today there is a need, as there has always been, for clear and faithful Bible teaching and focus. Issues of religious freedom and Christian principles have been recently played out in the media and have had a significant impact in the May Federal election. Our desire is to keep bringing the Good News of Jesus and the love of God through the death and resurrection of Jesus into our community. We are passionate about growing followers of Jesus.

We meet at 4.00 pm every Sunday. We are very thankful for the TCC and the wonderful facilities available for adults, youth and children. There is a timely and relevant message from the Bible. The children and youth have their own special programs as part of our gathering. We also enjoy a relaxed afternoon tea together.

Everyone is welcome! Come and check us out!



Thurgoona Presbyterian Church at TCC hall in 2019

ALBURY WODONGA LEGO USER GROUP PRESENTS



Supported by Thurgoona Community Centre

## Thurgoona Family Fun Day

- Market stalls
- Coffee van and food stalls
- Lego® creations & play zone in Hall, entry by gold coin donation
- Jumping Castle
- Lego® Raffle



**WHEN:**  
**SUNDAY 1ST**  
**SEPTEMBER**  
**9AM-2PM**

**WHERE:**  
**THURGOONA**  
**COMMUNITY CENTRE**  
**10 KOSCIUSZKO RD**  
**THURGOONA**







Thanks to the preschool families and extended Thurgoona community who have collected Woolworths Earn and Learn stickers for the preschool, purchased raffle tickets and supported our other fundraising events. We also received donations of art and craft supplies, paper, boxes for collage, dress-ups and other useful items that can be utilized in our preschool programs and environment.

Through the program, the children participate in a variety of experiences. This includes incursions and excursions. We have recently had an Aboriginal performance by Troy Allan and Aboriginal Workshops by Birrang Cultural Connections.

Some of our groups participated in Woolworths Fresh Food Discovery Tours and the Responsible Pet Ownership Program.

In May we celebrated National Family Awareness Week by inviting our families and special visitors to join us at preschool.

We have supported students from Murray High School and LaTrobe University. This is a wonderful opportunity for the preschool as well as the students on placement.

Our preschool playground is liking the recent rain. Our scarecrow stands proudly in the garden overlooking the sunflowers and cherry tomatoes. The children are involved in preparing the garden, planting the seeds, watering and weeding.

We have begun our enrolment process for 2020. If you have not yet added your child's name to the preschool waiting list please go to our preschool website [www.thurgoonapreschool.com.au](http://www.thurgoonapreschool.com.au) and a waiting list form can be submitted online.



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## Students reduce waste

David Petrovic, President

We often hear a lot of negative news about the environment with climate change, mass species extinctions, waste and pollution to name but a few major issues. This can make us feel helpless in knowing what we as an individual can do to tackle such large scale problems. So I was overwhelmed earlier this year when I received an email from two 12 year old Trinity school students Holly Jones and her friend Anastasia Piniotis, who for their Genius Hour assessment decided to 'stop the use of plastic water bottles'. The two students noticed people weren't disposing their rubbish properly, and most of it was plastic water bottles, so they purchased metal drink bottles and created stickers which said "think before you drink". They then setup a stall at school and ran a tap vs bottled water taste test and sold the metal drink bottles for a small profit. Holly and Anastasia raised \$102 dollars which they then kindly donated to the Woolshed Thurgoona Landcare Group, to put towards our activities protecting native species in the local region.

This initiative demonstrated the ability to recognise a problem, form a simple sensible solution and successfully implement across the school preventing hundreds, possibly thousands of plastic water bottles potentially polluting the environment. The students not only addressed a local waste issue, they have contributed to enhancing local habitat by donating the profits to the local Landcare Group. This shows that you do not need to be in government or senior management to be a leader and make a real difference. Anyone of any age can make a positive difference to our environment.

It's an A + from me—Well Done!

See our events on our website and Facebook [sites](#)

Meetings: first Tuesday of every month at the Thurgoona Community Centre 7.00 pm – 9.00 pm

Membership - [https://wtlandcare.org/2018\\_19membership/](https://wtlandcare.org/2018_19membership/)  
For donations to help us fund local activities E: [enquiries@wtlandcare.org](mailto:enquiries@wtlandcare.org)



L-R Anastasia Piniotis and Holly Jones  
Photo by Rowena Newcomen

## Thurgoona Public School



Our Year 6 students receive a visit from two current Melbourne football club players, Sam Weiderman (26) and Corey Wagner (40).

They explained the importance of strong leaders and how everybody can help.

### Clean Up Australia Day



Participating in this day is an excellent way for young people to learn about the impact of rubbish on their local environment. In an attempt to reduce the amount of daily waste at Thurgoona Public School, students are encouraged to join the Nude Food Revolution by reducing the unnecessary waste in their lunch box. Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging.

### Science and Technology

Our staff have attended training focused on the new Science and Technology syllabus. Robotics kits which have been made available through the NSW DET STEMShare project provides kits to each school network on a rotational basis. With a greater focus on digital technologies and coding in the new syllabus, the STEMShare project kits support the teaching of STEM using: table robotics, virtual reality (VR) and augmented reality (AR), filmmaking, PC robotics, 3D printing, coding. Students explore scientific and technological concepts and gain knowledge and understanding of the world. They conduct scientific investigations and designing and produce solutions through learning about the Living World, Material World, Physical World, Earth and Space, and Digital Technologies.

### Harmony Week / Bullying No Way Day

Students and staff dressed in orange, ate all things orange and completed activities linked to Bullying No Way Day and also recognised Harmony Week - a week when we celebrate inclusiveness, respect and belonging for all Australians.

### Thurgoona Lions Club Donation

A big thank you for their generous donation to the students and families.



Residential

# link

real estate

Residential



4 | 2 | 6

5 Lobbe Road Thurgoona

- An immaculate 4-bedroom home.
- Sliding doors extend to the alfresco area.
- 12m x 10m x 4m shed and 10kw solar

Donna Duncan 0468 825 120



4 | 2 | 2.5

6 Bolger Court Thurgoona

- 180-degree views of the lush golf course
- The main bedroom boasts a private balcony
- Ducted vacuum and 3kw solar energy

Donna Duncan 0468 825 120



3 | 2 | 2

17 Scott Place Thurgoona

- An immaculate home, ready to move into.
- Boasting a large private alfresco area.
- Double gate side access into the rear yard.

Donna Duncan 0468 825 120



4 | 2 | 2

9 Whitebox Circuit Thurgoona

- This immaculate light-filled family home.
- A large contemporary kitchen.
- Refrigerated cooling and ducted gas heating.

Nic Hess 0407 815 750



4 | 2 | 2

30 Telopea Street Thurgoona

- A generously proportioned family home.
- North facing alfresco entertainment area.
- Double gate access directly into the rear.

Donna Duncan 0468 825 120



4 | 2 | 2

98 Hotham Circuit Thurgoona

- Located in St Johns Hill Estate.
- Large open plan kitchen and family room.
- Currently rented at \$390 per week.

Donna Duncan 0468 825 120



4 | 3 | 6

20 Hinchinbrook Court Thurgoona

- A large contemporary three year old home.
- Bi-fold doors to enclosed entertainment area.
- Electric gates, 12m x 10m drive-thru shed.

Donna Duncan 0468 825 120



4 | 2 | 4

61 Litchfield Drive Thurgoona

- A near new contemporary designed home.
- Spacious backyard with double gate access.
- 6x10 color bond shed with extra high ceiling.

Nic Hess 0407 815 750



3 | 1 | 2

10 Cedar Court Thurgoona

- A low maintenance property in a quiet court.
- Approx. 7.3m x 6.5m shed / workshop.
- Currently leased at \$310 per week.

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## NEW LISTINGS URGENTLY NEEDED

Due to strong results in all areas of Thurgoona and surrounding areas we require new listings urgently. If you are considering selling or would like to know what your property maybe worth in today's market place contact our office for a free no obligation appraisal.



3 | 1 | 1

3 Budginigi Place Thurgoona

- Ideal for first time home buyers or investors.
- Low maintenance property with a large shed.
- Rental history of \$300.00 per week.

Donna Duncan 0468 825 120



3 | 1 | 1

18 Maryville Way Thurgoona

- A neat and tidy three-bedroom home.
- Separate lounge and large sunroom.
- Tandem carport with double gate access.

Donna Duncan 0468 825 120



5 | 2 | 2

148 Whitebox Circuit Thurgoona

- Three-year-old contemporary home.
- Executive five-bedroom home.
- Light filled kitchen with a huge walk in pantry.
- Inviting saltwater inground pool.

Donna Duncan 0468 825 120



3 | 1 | 2

117 Corrys Road Thurgoona

- Set on approximately 7557m2.
- Zoned E3 - Environmental Management.
- An approx. 6.9m x 5.6m rear carport.

Mark Setterfield 0419 569 770



4 | 2 | 2

6 Egret Way Thurgoona

- Ideally positioned on Mitchell Park Estate.
- Four bedrooms all with ceiling fans.
- Landscaped yard with irrigation system.

Donna Duncan 0468 825 120



4 | 2 | 2

10 Belah Court Thurgoona

- A light filled and contemporary home.
- High ceilings and timber look flooring.
- A large undercover entertainment area.

Donna Duncan 0468 825 120



4 | 2.5 | 3

11 Newton Circuit Thurgoona

- Stunningly presented & contemporary home.
- 9ft ceilings are a feature throughout.
- Inviting saltwater inground pool.

Donna Duncan 0468 825 120



4 | 2 | 2

21 Felstead Circuit Thurgoona

- An elegant three-year-old home.
- Featuring polished bamboo floors.
- Inviting kitchen equipped with granite bench.

Donna Duncan 0468 825 120



4 | 2 | 2

24 Friarbird Way Thurgoona

- A modern low maintenance family home.
- Well-equipped kitchen with a walk-in pantry.
- Rental estimate of approx. \$420 per week.

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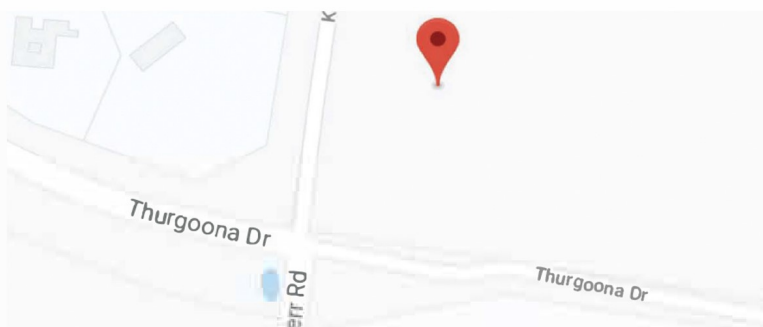


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- Study nook
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- Private master courtyard

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**Garage:** 41.6m<sup>2</sup> = 4.5 sq  
**Alfresco:** 52.0m<sup>2</sup> = 5.6 sq  
**Portico:** 11.5m<sup>2</sup> = 1.2 sq  
**Outdoor Area:** 7.3 m<sup>2</sup> = 0.8 sq  
**Total:** 347.0m<sup>2</sup> = 37.4 sq



**Open home details:**  
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