

Headerlines

Henty Community News



ISSUE 63

August-September 2020

Ainslie's journey

Below is an update from Ainslie Campbell on her progress back to health.

Firstly, I need to express my sincerest gratitude to the Henty community. Throughout my long journey with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome our family has been given so much support from the Henty community. I do start to get a bit teary when talking about the support from our beloved community.

I need to say thank you to the people who organised and attended the numerous fundraisers that happened in Henty over the past four years. The fundraising effort from the Henty community borders on unbelievable. You are all beautifully kind and generous people. I thank you from the bottom of my heart. The kindness bestowed on us during this horrible time really did give me motivation to keep going.

My health has taken a few twists and turns over the last year. As many of you are aware, I was bedbound for two years with this insidious illness up until about a year ago. It was at this time I was undergoing a reduction in my medications and trialling a new drug. This change caused an adverse reaction and I was admitted into hospital into the intensive care unit. I underwent trialling of a few drugs and had a number of adverse reactions again. I developed a condition called psychotic depression during this time. It was a very traumatic time for loved ones as I was a very difficult patient. I had electroconvulsive therapy which really benefited my particular acquired condition.

Soon I was no longer bedbound, could eat on my own and other personal tasks like showering I could do again. After a couple of months I went into

the mental health unit called Nolan House. Then into a rehabilitation unit as my progress was somewhat miraculous.

The rehabilitation unit, part of Albury Wodonga hospital, was my last three weeks in hospital. I had regained a lot of my strength and stamina again during this time. After discharge I was then admitted into a mental health rehabilitation unit where I stayed for three months and really focused on getting my mental state into a good space.

It's now been three months since I have been

home back in Henty. My health is bounds ahead of where it was a year ago. I am looking after myself and can now perform all personal tasks on my own. I am hoping to get involved in the farm more as my health improves. I am also working towards getting my veterinary registration back.

I just wanted to reiterate how grateful I am to the Henty community for helping our family out in so many ways. We are so blessed to live in this amazing town.

Ainslie Campbell



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Article contributions (word or publisher) and photos (jpg format) can be emailed to hentyheaderlines@hotmail.com or dropped into Greater Hume Council Henty Customer Service Centre/Library.

Deadline for the next edition is 15th September 2020

Editorial Details

Headerlines is a not-for-profit community newsletter published bi-monthly.

The editorial team reserves the right not to publish any article or to modify submissions to suit the style and objectives of the newsletter.



Epilepsy helpline available

Do you have epilepsy or experience seizures? Are you feeling isolated, need advice about your medications or just want to chat?

Call or email the Epilepsy Nurse Line. It is available 9am to 5pm, seven days per week. Each call will be answered immediately by a registered nurse with special training in epilepsy management. You can trust that the information you

receive will be accurate and safe. If you prefer to email, you will receive a response within 24 hours.

The service is proudly provided by Epilepsy Action Australia with the financial assistance of the Australian Department of Health. Free epilepsy nurse line – 1300 EPILEPSY (1300 37 45 37) or epilepsy@epilepsy.org.au

Adaption key to learning

When Prime Minister Scott Morrison announced in February that the COVID-19 outbreak was a national pandemic no one could have imagined how the months ahead would play out. The pandemic quickly changed the way Henty Early Childhood Association operated, making it rethink how to go about its normal day-to-day operation.

As we all now know, isolation has its challenges. Finding ways to stay connected to the outside world without going out of our homes was a big challenge for families and their children. We are all so accustomed to going places and interacting with others. To preschool, playgroup, the

playground and to the shops, sometimes all on the same day. Maintaining good relationships with the children and their families while they have been in isolation has been of great importance during this time. The preschool has worked hard to continue to create a sense of belonging and connection, even though many have been at home.

Staff have continued to connect with families and check on their wellbeing through phone calls, Zoom sessions, emails and text messages. This support has been greatly appreciated by families as they establish new routines and a way of living during this time.

The children's learning and development has been maintained with weekly home learning resource packs available to all enrolled children. These have included activities for the children to participate in while at home with their families, resources to support families and information and ideas for supporting play and learning at home.

Daily Zoom sessions using computers, iPads and smart phones have been popular. Children continued their interaction with an early childhood teacher and their learning through story times and activities to develop many skills such as literacy and numeracy skills.

Name recognition, rhyming, singing, and counting are some of the activities they have been participat-



Myah with her home learning pack and ready for Zoom time.

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St Barnabas

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0428 293 655





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from page 2

ing in, alongside family who have been working from home or older siblings who have been learning from home. The preschool has had children joining in from various locations such as tractors, machinery sheds, gardens, lounge rooms and kitchens, sometimes with an orphaned lamb, pet rabbit, cat, dog and chook to introduce. These sessions have helped the preschool to learn a lot more about each child's family, home life and interests.

For the children who have continued attending preschool, educators have been discussing how to stay safe, including the importance of hand washing, covering mouth and nose when

coughing or sneezing and staying home when not well. The children have enjoyed many of the same activities planned for the learning from home program. They have also enjoyed other activities such as experiments that demonstrate the effect soap has on dirt and germs and learning to wash all parts of hands as we sing our hand washing song.

The preschool continues to focus on hygiene to help keep children, families and staff healthy. It has also established new procedures in response to guidelines from Health, Work Safe and Education departments. As a result of COVID-19, preschool has halted excursions in the community where there is contact with others and

have directed non-essential visitors to not enter the premises. Therefore, people may not see the children out and about for a while. But they are still here having lots of fun as they play and learn.

If you wish to contact the preschool, please call 6929 3472.

Powering ahead

In an attempt to offset cripplingly high electricity costs the Henty Community Club has installed 35kW (106 panels) of solar power on the roof, an addition to the 10kW put in eight years ago.

The panels were paid for with the help of a grant of \$14,900, covering 50% of costs, from the NSW Government's Community Building Partnerships program. Electricity has been a major cost to the club and the increase in prices has been a drain on the finances. The new array should re-energised club (pun intended).

Courts to get upgrade

Henty Netballers will have new courts to play on next year. A start for the construction on the new courts has not been given, but the funding was announced by Albury member Justin Clancy. The Henty Football Club has taken the lead in managing the project on behalf of the netballers. Construction work is expected to start in September.

In addition to the above grant, the Henty Showground had received funding from Greater Hume to redevelop the Football playing surface. Work is hoped to commence in September in conjunction with the netball courts. The surface will be improved by drainage and levelling.

The grounds are one of several being improved across the Greater Hume Council area.



Georgina sharing her home activities with her educators



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Henty Library news

iPads to be used to Combat Social Isolation for Greater Hume Seniors in Henty

Greater Hume Council was one of 24 organisations to receive funding to deliver innovative programs to help older people connect with each other through online engagement or other methods that maintain social distancing.

Grants were available for organisations to create programs that foster social inclusion for seniors. Greater Hume Council will use the \$22,860 funding to purchase 30 iPads to loan across the Shire to seniors who are aged 65 years and over or 55 years and over for Aboriginal people.

On Wednesday 15 July at 2pm a presentation was held at the Henty Library

providing information about the project for people interested in the program.



Great news for our library members! We are going fine free!

From 1 July 2020, branches of the Riverina Regional Library will no longer be charging overdue fines for books, DVDs or any other items returned late, no matter how overdue they are.

Overdue fines can be a real problem for people in our community and sometimes discourage people from using the library. So, we are joining the growing number of libraries across Australia that are removing overdue

fines to help encourage people to come into our libraries, borrow materials, use the computers or simply have a safe, open and welcoming space to visit.

If you have an overdue library item sitting at home and you have been anxious about returning it, you can bring it back after 1 July without the fear of fines.

Please note that charges will still apply to lost and damaged library items. If you have lost a library item due to circumstances beyond your control, you can talk with our friendly library staff to see how they can help. Library borrowers with existing overdue fines can also re-start with a clean slate as all existing fines will be deleted from their records.

For more information contact Librarian & Youth Services Team Leader P: 02 60360179

A windfall for Greater Hume Council book lovers!

Greater Hume Council libraries have ramped up local access to online digital content to help locals stay entertained. With the launch of an innovative new platform indyreads, library members can now access over 11,000 new ebooks and audiobooks from home for free.

Developed by the State Library of NSW, indyreads gives library members 24/7 access to a range of eBooks, including fiction titles by well-known and popular authors, poetry collections, cookbooks, educational books, local studies resources and much more.

To access the indyreads collection visit www.rrl.nsw.gov.au. For more information contact your local library staff member P: 02 6036 0179.

Wraps in demand

Organisations receiving wraps in the last year were World Vision Australia, Syrian-Arab Association, St Vincent de Paul, Anglicare, Youth in Search, Armenian Christian Museum, many women's shelters and the Albury-Wodonga Blanket Appeal.

Millers Fashion encouraged its clients to knit squares and wraps. A total of 131 wraps and 11,288 squares were received.

Wrap with Love is a not-for-profit organisation incorporated with the NSW Department of Fair Trading. It is a non-denominational, non-racial and non-political organisation.

Wraps are distributed from their warehouse in Rosebery (near Mascot) NSW to charity groups around the world. During this period 25,964 wraps were given away. So far, Henty and district folk have knitted 64 wraps for 2020, but will not be having their annual 'Knit-In' due to the coronavirus, but please keep knitting. The need is still there!

The cost of running WWL is about \$12,000 per year with volunteers doing all the work required.

The Henty Group has sent a \$100 donation (from the volunteers) towards computer goods, phone and newsletter expenses. Fortunately, they have the use of a rent-free venue due to a generous business group.



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From Wednesday 1 July 2020, we have waived all overdue fines and will no longer be charging fines on overdue items

NO MORE OVERDUE FINES!

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Items that are lost or damaged will still attract a replacement fee



For any enquires please call the Library and Youth team Leader on P: 6036 0179



New members for Shed

Henty Men's Shed, though being in recess due to the COVID-19 restrictions, has managed to gain three new members. A small number of members were chosen to ring around and touch base with other members of the Shed to ensure they were well and to keep them informed of the latest Shed happenings.

The cluster meeting of Sheds planned to take place in Henty for Sheds throughout the region will be rescheduled as soon as restrictions pertaining to meetings are relaxed.

The NSW Community Building Partnership Grant that the Shed received earlier this year has funded the completion of the cement paths that has now encircle the Shed.

Henty Men's Shed mem-

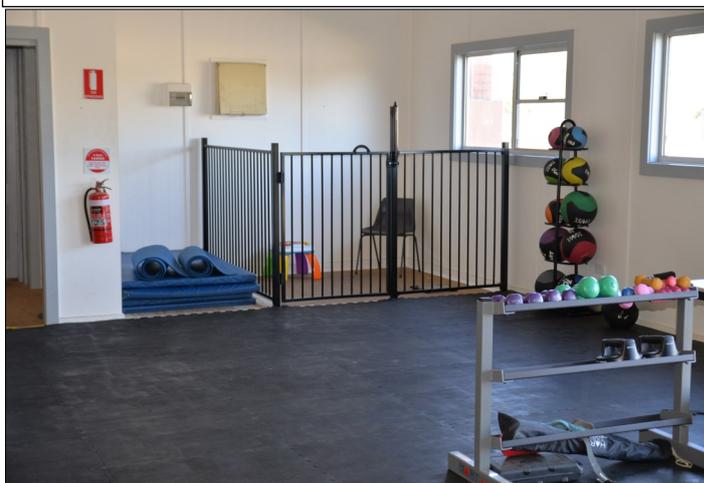


bers received an automated external defibrillator (AED). This is a small, lightweight, battery operated, portable defibrillation. The machine was supplied through the Victorian Men's Shed Association in conjunction with a university study program.

The Henty Men's Shed is affiliated with the Victorian Men's Shed Association and was able to participate. When the Shed fully reopens following the COVID-19 restrictions, training courses for all members will be conducted.



Gym reopens



The newly erected crèche will ensure that young children are secure and safe while exercises are taking place

The Henty Community Gymnasium reopened on Saturday, June 13th 2020 following relaxation of COVID-19. Restrictions have been removed for gyms to reopen. Social distancing is still to be respected and all users are required to wipe down all equipment used. Cleansers will be supplied.

Henty Community gymnasium has reopened as a result of the relaxation of restrictions.

The weight section has been enlarged providing a greater and improved floor exercise area. A small crèche had been added for young children whilst carers or parents exercise. Activities for the crèche

will be acquired to keep the children engaged. At present the lino floor is yet to be laid. The lino is proving to be non-cooperative in the cool weather of winter, to be laid. Also, there is a bit of a delay in obtaining a good set of tables and seating for the crèche.

It is also hoped that recent requests for finance, applied for by the Lifestyle Committee, will result in additional exercise equipment with the fate of our applications being advised later in the year.





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Council news - July meeting

COVID-19 restrictions have changed the way Council can run its monthly meeting. Councillors attended the July meeting held at Holbrook, observing social distance rules. You can view the recording of the meeting at <https://bit.ly/35uKFxX>. The meeting was not open to the public. *Business dealt with at the meeting included:*

Council adopted a Mobile Food Vending in Public Places Policy on a trial basis until May 2021.

Councillor Denise Knight has announced her resignation from local government office. Denise's last day as a Councillor will be Council's next meeting on 19 August. Council resolved to extend sincere appreciation and gratitude to Councillor Knight for 33

years outstanding service to Council and the communities of Greater Hume. Council will seek ministerial approval to dispense with a by-election created by the resignation until the next local government election to be held on 4 September 2021.

Council will seek approval for a range of projects under the Local Road and Community Infrastructure Program totalling nearly \$1.3M. Projects put forward are: hot mix paving at Village Green Jindera; toilets installed at Morgan's Lookout, a changing places facility at Ten Mile Creek Gardens Holbrook, a new comfort stop at Walbundrie, a memorial to honour Sam McPaul at Jingellic/Talmalmo, Walla Walla Skate Park and roadworks from the top of Yarara Gap

to Coppabella Road at Lankeys Creek.

Council will install a fit for purpose audio visual system to facilitate effective communications at the Holbrook Library meeting room. This investment is in response to COVID-19 and that Council is required to livestream meetings, and will enable Council to promote the venue widely across the region. Council will also investigate external funding options for similar technology to be installed at the Culcairn Council Chambers.

Council will resume support for the Southern Sports Academy with a \$800 contribution this year, as Greater Hume is represented with four young people in a range of sports who reside in Greater Hume. The Academy provides elite young athletes from southern NSW with cutting edge

development programs designed to assist them in their pursuit of higher-level sports achievements.

Council appointed the contractor Nelmac Pty Ltd to design and construct a bridge and approaches on Coppabella Road, which will vastly improve access for harvesting of softwood pines. The \$680,000 project is funded by NSW Government Restart NSW fund.

Council considered a business case for a 24 lot subdivision and approved a submission seeking a subsidised loan of \$1.5M for the project. Council noted that if the submission is successful, a further report regarding the proposed residential subdivision at Culcairn will be forthcoming.

Meeting agendas and minutes are available for viewing at any time on Council's website.

Henty Early Childhood Association Inc.

Preschool Sessions

3 – 5 year-old

Tues/Wed/Thurs/Friday

8am – 3.30pm

After School Care

3 – 12 year olds

Tues/Wed/Thurs/Friday

3.30pm – 6pm

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Football History Society Chases Club Histories

The NSW Australian Football History Society, based in Sydney, is slowly building up a collection of material which reflects a significant influence on the game within the state.

Amongst these are over 1,800 Sydney football Records and almost the same number of Riverina match programmes, the 'Crier', 'Sou Wester' and 'Aussie Ruler' have been digitally scanned and are viewable on the Society's website: www.nswfootballhistory.com.au.

More recently over 70 Hume Football League Records have been added to the collection and are also viewable on the website.

Slowly the Society are adding written histories of var-

ious football clubs in NSW and are seeking more.

A number of clubs have celebrated a significant anniversary with the publication of a history book. The Society has copies of Howlong and Holbrook football history publications and are looking to acquire copies of the Culcairn, Jindera, MCU club booklets and more.

If you have access to any of these or know where the Society can obtain a copy (happy to pay), please contact the Society's president, Ian Granland on 0412798521.



Aussies urged to Fly a Kite For Sight

Experts say a short time outside each day may help reduce the occurrence of near-sightedness.

Now a new campaign is urging Australians to get a little sunshine each day by flying a kite, which helps reduce the onset of near-sightedness, particularly in children.

The Fly a Kite For Sight campaign has been launched by Lions Eye Health Program (LEHP), which is rolling it out in communities across Australia over the coming months.

It comes in response to increased rates of myopia (near-sightedness), a common vision problem that

causes blurriness when looking at distant objects.

"We encourage Australians to get outside to an open area with your family and fly a kite. Overcome the increase in time spent on electronic devices by getting out in the sun.

Henty Lions club is conducting its local event on Saturday September 12, 2020. Further details available closer to the date.

Henty Lions club's "Fly A Kite For Sight" competition will be conducted subject to the COVID-19 restrictions in place at that time.

UPA HOME CARE

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- Now approved Department of Veteran Affairs



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or email

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Urgent plea for workers

The Local Health Advisory Committee has put out an urgent call for assistance. Henty residents receiving home help, transport and health services are facing reduced levels of care because of a shortage of willing workers.

If you are available or interested in the opportunity to have some part-time work and get paid this would provide a much needed service to our community. There are several options available for anyone interested, from driving to Albury and Wagga Wagga, gardening to small home handyman/woman jobs.

If you are not looking for the opportunity to earn some extra money perhaps you know someone who could be interested so **please pass the information on.** Cur-

rently the majority of this work and income is going to people who live elsewhere. Why?

If further information is required please contact one of your Local Health Advisory Committee members. They will endeavour to assist you access information and get set up to provide services within our locality and provided by locals.

Henty committee members are: Felicity Klemke, Frances Fifield, Emily Jones, Brad Wetttern, Mary Liston, Mick Broughan and Susan Hendrie with Molly Kotzur as a more recent member.

Taxi

A pick-up service is available to deliver those in need to

shops, appointments or visits in town and return them home, all within the Henty township.

If you find it difficult to get up the street to shop, have a coffee, attend medical appointments or any other health related service or just wish to visit a friend in Henty, keep in mind there are local volunteers happy to provide that service for you. The service operates Tuesday and Thursday, but can be available other days if necessary.

Please ring Mick Broughan on 0447 293 286 or Fran Fifield on 0429 883 903.

Be vigilant

A huge thank-you from the Local Health Advisory Committee to all Henty businesses and residents for the manner in which you have handled the necessary restrictions imposed on us due

to COVID-19. The easing of restrictions, while most welcome, is not a time to become complacent as we are currently witnessing a second wave of infections occurring in other places.

Now is the time to be responsible which means to be very vigilant with your hygiene practices. The message is simple. Follow government and health officials' recommendations and continue to keep the practices in place that will keep us all safe.

If you want to be proactive and play your part in helping keep your community safe, think of others by making contact with neighbours, friends and family to see if they are OK. Many feel isolated and concerned during these times and we, as a community, can help by maintaining contact and offering support.

Henty Local Health Advisory Committee supporting

Local work in Henty

Are you interested in the opportunity to do part time work and help provide much needed services to our local community?

EMPLOYMENT OPPORTUNITIES

There are a number of possible job opportunities that may include driving, gardening, home help, handyperson, tutoring, childcare etc within the local community. Currently these services are provided by out of town service providers.

For more information, contact members of the LHAC to discuss further. See list of names in main article.

Henty Local Health Advisory Committee supporting

HENTY TRAVEL madeasy

COMMUNITY TRANSPORT SERVICE

This service gives Henty residents the opportunity to travel from their homes to the street for appointments, shopping or just to have the opportunity to socialise.

DETAILS

The aim of this Service is to provide transport services to Henty residents that would like to get out of their homes but are unable due to the lack of transport or lack of available family support.

**EVERY TUESDAY & THURSDAY
BETWEEN THE HOURS 10AM - 12PM**

For Bookings, contact Mick Broughan on 0447 293 286 & Fran Fifield 0429 883 903. Bookings to be made by 6pm evening before.

Doodle Comer Swamp Nature Reserve Draft Management Plan

Doodle Comer Swamp Nature Reserve encompasses about half of the Doodle Comer Swamp, an ephemeral wetland listed in the National Directory of Important Wetlands and the largest wetland of its type in southern NSW.

The catchment for Doodle Comer Swamp is unregulated and the wetland has an unaltered water flow regime, now uncommon in New South Wales inland wetlands and of high conservation value.

When inundated, Doodle Comer Swamp attracts large numbers of waterbirds that use the swamp for breeding and foraging. When dry, the wetland provides habitat for the threatened bush stone-curlew, listed as endangered in New South Wales. Other

threatened animals found include brolga and superb parrot. The reserve contains several threatened ecological communities such as Inland Grey Box Woodland and Sandhill Pine Woodland.

Doodle Comer Swamp is part of the Country of the Wiradjuri speaking nation and is part of a larger network of swamps and lagoons across the Riverina that formed a significant part of the cultural landscape, sustaining the Wiradjuri with an extensive range of resources for thousands of years.

A diverse range of Aboriginal sites exist in the reserve and surrounding area and in 2016 Doodle Comer was declared an Aboriginal place recognising these values and the wetland's special significance to Aboriginal culture.

The plan, which can be downloaded at <https://www.greaterhume.nsw.gov.au/News/Doodle-Comer-Swamp-Nature-Reserve-Draft-Management-Plan>, has been prepared using a new format and presented as two separate documents:

The plan of management which is the 'legal' document that will be provided to the Minister for formal adoption. This is the document we are seeking your feedback on.

The planning considerations document supports the plan of management. It includes detailed information on park values (eg threatened species and cultural heritage) and threats to these values. A summary of this information is in the plan of management.

The draft plan of manage-

ment is on public exhibition until **28 September 2020** and anyone can review the plan of management and provide comments.

Have your say at <https://www.environment.nsw.gov.au/topics/parks-reserves-and-protected-areas/park-management/community-engagement/doodle-comer-swamp-nature-reserve-draft-plan-of-management>.

For further information on the plan of management please contact the Park Management Planning Team at npws.parkplanning@environment.nsw.gov.au.



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Changing the world, One spine at a time

Long into a nation's heart

The inspirational story of Lennie Gwyther, the nine-year-old boy who rode his beloved chestnut pony, Ginger Mick from Leongatha to Sydney and back again to live his dream!

It is 1932 and Australia was in the grip of the Great Depression. One in three workers were unemployed. Decrepit shanty towns hugged the outskirts of the big cities. A scrawny rabbit caught in a trap fed a family for a week. Country roads were filled with broken men walking from one farmhouse to another seeking menial jobs and food.

On the outskirts of the South Gippsland town of Leongatha, an injured farmer lay in bed unable to walk – or work. World War I hero Captain Leo Tennyson Gwyther was in hospi-

tal with a broken leg and the family farm was in danger of falling into ruins. Up stepped his son, nine-year-old Lennie. With the help of his pony Ginger Mick, Lennie ploughed the farm's 24 paddocks and kept the place running until his father was back on his feet. How to reward him? Lennie had been obsessively following one of the biggest engineering feats of the era – the construction of the Sydney Harbour Bridge. He wanted to attend its opening. With great reluctance, his parents agreed he could go. So, Lennie saddled up Ginger Mick, packed a toothbrush, pyjamas, spare clothes and a water bottle into a sack, and began the 1,000-kilometre (600 mile) trek to Sydney. Alone.

A nine-year-old boy rode a

pony from the deep south of Victoria to the biggest and roughest city in the nation. It was a different era. No social media. No mobile phones. But even then, it

When he reached Canberra, he was welcomed by Prime Minister Joseph Lyons, who invited him into Parliament House for tea. When he finally arrived in



didn't take long before word began to spread about a boy, his horse and their epic trek. The entire populations of small country towns gathered on their outskirts to welcome his arrival. He survived bushfires, was attacked by a "vagabond" and endured rain and cold, and biting winds.

Sydney, more than 10,000 people lined the streets to greet him. He was besieged by autograph hunters. Lennie became a key part of the official parade at the bridge's opening. He and Ginger Mick were invited to make a starring appear-

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Todd 0429 809 866

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ance at the Royal Show. Even Donald Bradman, the biggest celebrity of the Depression era, requested a meeting and gave him a signed cricket bat.

A letter published in The Sydney Morning Herald at the time stated that, “just such an example as provided by a child of nine summers, Lennie Gwyther was, and is, needed to raise the spirit of our people and to fire our youth and others to do things – not to talk only. “The sturdy pioneer spirit is not dead ... let it be remembered that this little lad, when his father was in hospital, cultivated the farm – a mere child.”

When Lennie left Sydney for home a month later, he had become one of the most famous figures in a country craving uplifting news. Large crowds wave handkerchiefs. Women weep and shout “goodbye”.

According to The Sun newspaper, “Lennie, being a casual Australian, swung into the saddle and called ‘Toodleloo!’

The boy finally arrived home to a tumultuous reaction in Leongatha. He returned to school and soon life for Lennie – and the country – returned to normal.

Several years later, at the age of 19, he enlisted in the

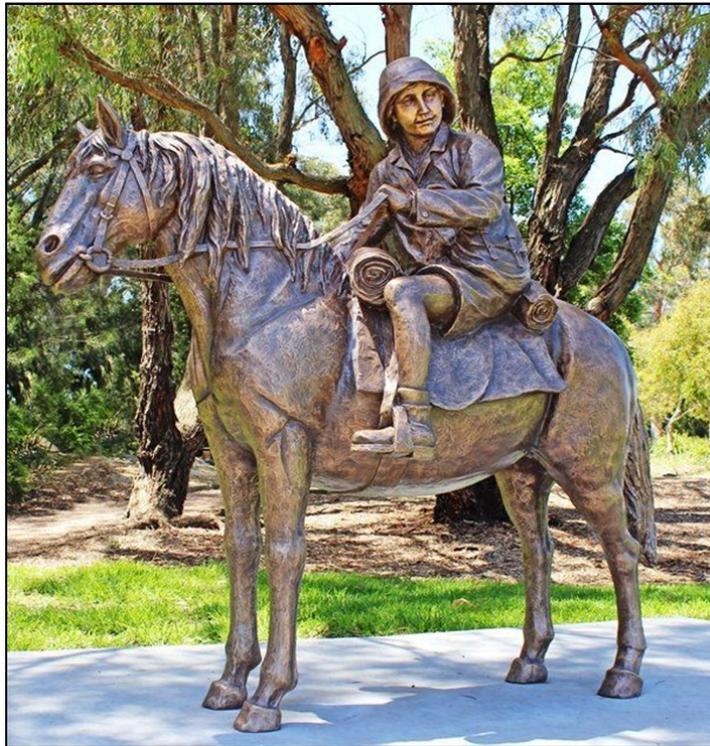
army for World War II. In that, he followed his father who fought on the Western Front in World War I and who was awarded the Military Cross and bar in 1916 and 1917, respectively.

Lennie Gwyther later married and settled in the Melbourne suburb of Hampton. He worked as an experimental engineer at General Motors Holden plant at Fishermans Bend and died in 1992, aged 70.

Ginger Mick lived out his days on the Gwyther farm and died at the age of 27 years.

These days you can find a bronze statue in Leongatha commemorating Lennie and Ginger Mick which was erected in 2017. Australia has largely forgotten his remarkable feat – and how he inspired a struggling nation.

You probably weren't taught about him in school or may not have heard of him before. We need to remember – and celebrate – Lennie and his courageous journey. It is a great story. We need these stories now, more than ever.



This statue was proudly unveiled by members of the Gwyther family on 14th October 2017 in Leongatha.

Scamwatch alerts

The Australian Competition and Consumer Commission's Scamwatch is urging everyone to be cautious and remain alert to coronavirus-related scams. Scammers are hoping that you have let your guard down. Do not provide your personal, banking or superannuation details to strangers who have approached you. Scammers may pretend to have a connection with you. So it's important to stop and check, even when you are approached by what you think is a trusted organisation. Below are tips to protect yourself from these types of scams:

1. Don't click on hyperlinks in text/social media messages or emails, even if it appears to come from a trusted source.
2. Go directly to the website through your browser. For example, to reach the MyGov website type 'my.gov.au' into your browser yourself.
3. Never respond to unsolicited messages and calls that ask for personal or financial details, even if they claim to be from a reputable organisation or government authority – just press delete or hang up.

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Help us help you—check your letterbox

Local Land Services is urging landholders to keep an eye out for Annual Land and Stock Returns which are landing in mailboxes shortly.

Annual returns are a statutory requirement and the data provided ensures Local Land Services customers get the help they need when emergencies or disasters strike.

“We’re urging landholders to complete their Annual Land and Stock Return online, because that’s the quickest way to ensure we can respond swiftly and accurately when needed,” said Business Partner, Emergency Management, Steve Eastwood.

“Landholders can help us help them in an emergency or biosecurity event,” he said.

Annual Land and Stock Returns are a snapshot in time, much like a census and landholders should fill in the details as they were recorded at 30 June.

Annual returns need to be lodged to Local Land Services no later than 31 August.

The information gathered builds a picture of agricultural land use and livestock numbers across NSW and assists in monitoring flocks and herds for emergency animal diseases.



“We understand circumstances change over a 12 month period, and after a hard few years, reporting livestock figures can be confronting, especially when landholders have destocked due to drought, fire or flood,” Dr Eastwood said.

Executive Director Regional Operations, Rob Kelly, noted that the livestock figure landholders provide on their return does not affect the amount they pay in rates.

Local Land Services rates are calculated on a property’s Notional Carrying Capacity.

Mr Kelly said it is vital Local Land Services has accurate, up-to date information

so it can best deliver services.

“It may not be top of every landholder’s to-do list right now, but we need all returns so we can understand what’s happening on the ground across the state,” he said.

“In an emergency situation like last summer’s fires, our team will be supporting landholders as well as other agencies and suppliers to roll out an enormous amount of practical help, as well as information and advice,” he said

Lodging online only takes a few minutes. Visit www.lls.nsw.gov.au/alsr and follow the links to the dedicated portal.



The online process can be done in three simple steps and helps reduce face to face contact with Local Land Services and mail service staff, although postal lodgement is still available.

Timor babies need help

A friend from Townsville, a member of Inner Wheel and Rotary contacted her old Guide mate about making beanies and jumpers for babies in East Timor. The project is similar to one that the CWA conducted for Africa some years ago.

Known as “fish and chips babies” because they are wrapped in newspaper after birth because that is all that is available. These little newborns in East Timor will now have some clothing to wear.

In early July, an extra-large parcel left Henty for Townsville, to be taken by a local doctor on a flight to East Timor.

Peter Mac shop still closed

Peter Mac Craft shop in Melbourne is still closed because of COVID-19.

The Henty Group is working on crafts at home while isolating and has a lot of knitting to pass on to the Auxiliary in Melbourne.

There are beanies and baby jackets filling suitcases for delivery.



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An artist's perspective

Below is an article from our resident local artist Gwen Bullock.

Shane and Dixie

When my new art studio was built my nostalgic mind moved into overdrive ... I had to paint our wonderful two sons first before any other painting sub-

jects.

The first of these paintings, *Shane and Dixie*, is painted in soft pastels. Shane has always loved horses, beginning his horse savings at four years of age. So a man/horse composition was inevitable. My first horse picture! That was going to be a



challenge. I needed a trusted strategy to help me and that strategy was a grid of horizontal and vertical lines which I had used many times to draw maps. Now to drawing people. Another challenge though having Shane wear his hat in this manner solved some panic moments. Although the photo was taken inside a round yard I felt leaving the round yard out of the painting told a more meaningful story of Shane and his relationship with his horses - trust going both ways. So, yes, Dixie has room for artistic improvement. How did I feel about that when I had finished that painting? Most of us are fairly (and harshly) critical of our own artwork. This can be a hard pill to swallow. It can give us a block to stop us from painting, or make it hard to keep going. Well I have a philosophy about my artwork. "It is not perfect, but I am happy with my art for where I am at this stage in my art practice and learning." With those thoughts in mind I can accept the results of my artwork, look at where improvement is required and move on to the next piece of work.

Any piece of artwork is a challenge.. a series of problem solving moments. That is why the Masters said they would be learning until they took their last

breath.

Shane hangs this painting proudly in his home.

Sales good despite virus

The Annual General meeting of the Doodle Cooma Craft Shop was held in July and the election of office bearers was conducted by John Ebsworth. Those re-elected were president Margaret Knobel; secretary Janet Semmler; and treasurer Jim Ridley. Helen Gabriel joins the quality control committee. The appointment of Vice President Chris will allow the Knobels to have a holiday. John Ebsworth continues as public officer as does Yvonne Booth as publicity officer.

Treasurer Jim Ridley reported on good shop sales, despite the coronavirus and he looks forward to more locals visiting Doodle Cooma Crafts. Stubby holders and hessian Henty bags are still consistent sellers. Helen's golliwogs have been popular and fresh home-cooked cakes and biscuits are always delicious when available. The story and poetry books add variety to the knitting, crocheting, jewelry, cards and 'knick-knacks'.

Visit the local craft shop in the railway precinct. Home made jams and sauces make great gifts, as do the hand towels, knitwear, including baby and adult jumpers, knee rugs, toys, and plants.

Gwen's Art Workshops 2020

Venue: Henty Lifestyle Centre

Time: 9:30—2:30

Cost: \$120 for 3 days

Materials extra

Max—4 students per workshop

Register by emailing Gwen at:

glenalby@bordernet.com.au

Phone: H: 0269206110

Mob: 0418398065

 gwenbullockartist

Web: gwenbullockfineart.com

Instag: gwenbullockart

DATE 2020	MONDAYS	
Autumn	PASTEL OR ACRYLICS A Tribute to Our Furies Feb. 24th March 2nd, 9th	
Winter	PASTEL OR ACRYLICS Snowscapes AT THIS POINT IN TIME Postponed until October Mondays & Wednesdays	



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Now in the Riverina region

On Demand is a new public transport service that makes travelling within the Riverina region easier. Whether it's a trip to the shops, social activities, a medical appointment or connecting to major transport interchanges, Regional Buses On Demand can get you where you need to be. Just book a ride at a time that suits you and leave the car at home. Easy!

Service area



Pick up is available in each town area and up to 4km around the towns; plus up to 4km each side of the roads shown on the map.

For country passengers, free transfer around the boundaries of Albury city & Wagga Wagga city are available during the day.

How it works

Call, text or email Regional Buses 24 hours in advance and we will pick you up from your doorstep and take you to your destination. Service routes are as follows:

Mon & Wed: Holbrook-Morven-Culcairn-Gerogery-Albury

Tues & Thurs: Holbrook-Morven-Culcairn-Henty-Yerong Creek-The Rock-Uranquinty-Wagga Wagga

Fri: Holbrook-Woomargama-Mullengandra-Albury

Services depart Holbrook at 7:30am and returns at 4:30pm.

Fares

Passengers can pay by cash or EFTPOS as they board the bus. Tickets will be issued by our drivers for each trip. Fares below are for **one way** travel.

Mon & Wed: Holbrook to Albury

Location	Standard	Concession
Holbrook	\$14.80	\$7.40
Morven	\$9.80	\$4.90
Culcairn	\$9.80	\$4.90
Gerogery	\$7.40	\$3.70

Tues & Thurs: Holbrook to Wagga Wagga

Location	Standard	Concession
Holbrook	\$14.80	\$7.40
Morven	\$14.80	\$7.40
Culcairn	\$14.80	\$7.40
Henty	\$14.80	\$7.40
Yerong Creek	\$9.80	\$4.90
The Rock	\$7.40	\$3.70
Uranquinty	\$5.00	\$2.50

Fri: Holbrook to Albury

Location	Standard	Concession
Holbrook	\$14.80	\$7.40
Woomargama	\$9.80	\$4.90
Mullengandra	\$5.00	\$2.50

The Regional Excursion Daily Ticket (RED) is available at \$2.50 for eligible travellers, including Pensioner Concession eCard holders, NSW Seniors card holders and War Widower's card holders (NSW or Victoria).

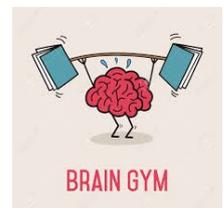
Exercise for brains starts

Postponed from March this year, eight sessions for the Murrumbidgee Health Vitality Passport began in July as a 'face-to-face' working group. This journey to better health covers nutrition, exercise and cognitive training.

One focus of the Vitality Passport Program is the management of cognitive changes. As we age, unwanted changes occur with information processing, including problem solving and memory.

The extent of change is different in every person. Cognitively stimulating activities can improve our 'reserve', which may allow people to cope better with age-related brain changes. These activities may reduce the risk of developing dementia due to Alzheimer's Disease. In addition, a greater cognitive reserve may reduce the severity in other conditions such as Parkinson's disease, strokes and traumatic brain injury.

How can you protect or improve your memory and thinking? Live a "brain healthy" lifestyle. Keep your mind stimulated with leisure, work and study eg painting, drawing, photography, gardening, crossword puzzles, Sudoku, card games and research projects. Challenging the brain with new activities helps to build new brain cells. The brain is an ever-changing organ.



How to book

Book a ride 24 hours prior to travel or up to one month in advance. Bookings are available from 7am till 5pm, Monday to Friday (except NSW Public Holidays).

Customers can book via the following methods:

Phone or Text: **0448 353 281**

Website: **www.regionalbuses.com.au**

E-mail: **bookings@regionalbuses.com.au**

In order for us to provide the best possible service for you, please include the following details in your booking:

- Passenger(s) name
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- Pick up location
- Drop off location
- Your preferred arrival time at your destination for the inward trip
- Your preferred pick up time for your outward trip (if applicable)

Regional Buses will then send you a confirmation message with estimated times for your pick up and drop off, and verifying the locations.

Find out more at:
www.regionalbuses.com.au

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E-mail: **admin@regionalbuses.com.au**

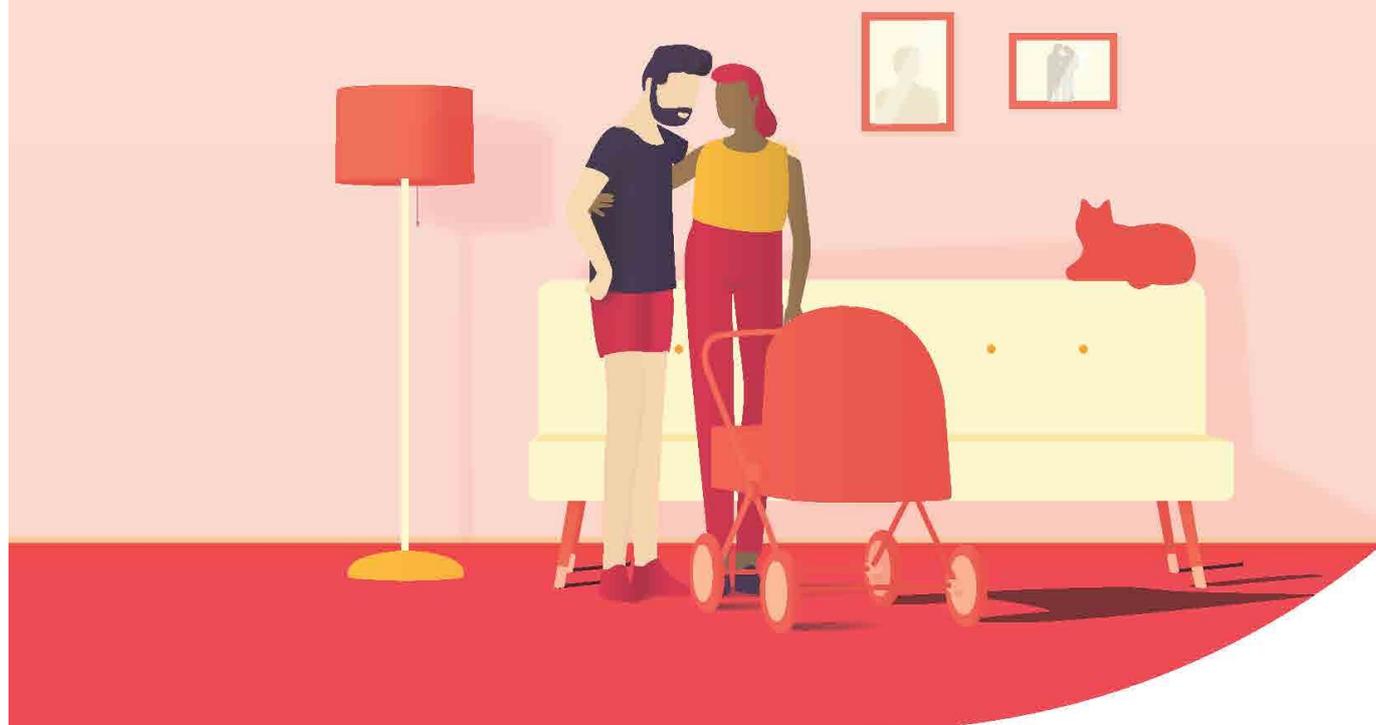
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