

Headerlines

Henty Community News



ISSUE 50

June—July 2018

Professor aids fundraising

Over \$3,000 was raised last Friday 25th May, at the Chronic Fatigue Syndrome fundraiser which was organised by local identity Lorrie Roden and supported by Henty Lions with their enthusiastic helpers. An extra \$5,000 individual donation was also made during the night.

A variety of entertainment including singing, dance, hula hoops and poetry was provided by local artists. Being a typical country concert, everything that could go wrong did, but M.C. Mick Brougham was able to rectify the matter amid much mirth and laughter whilst everyone feasted on sausages in bread, schnitzel and coleslaw.

Winners were grinners in the long list of prizes, all donated by the local community.

Prof. Sonya Marshall-Gradinsnik from Griffith



Vivienne Hughes Griffith University, Ashleigh Marshall [Ainslie's cousin from Canberra] Peter and Alison Campbell and Professor Sonya Marshall-Gradinsnik Griffith University

University spoke of the scientific research their laboratory is doing in trying to track down the cause of ME/CFS. Their Centre hopes soon to find this and from there develop a diagnostic test and then, maybe an agreed way to manage and even cure patients with this debilitating con-

dition. This is the second time the Henty Community has hosted an evening dedicated to fundraising for their research facility and to raise awareness about ME/CFS.

It is worth noting that currently there is no overarching recognition of this disease and therefore little, if

any government funding for research...money is generally sought from private donors. Also to date NDIS does not recognise this condition. Patients with this condition fall through all the cracks...medically and bureaucratically and yet there is estimated to be 250,000 people with it in Australia.

The professor gave an explanation of the science their facility focuses on and what's happening at the cell level. It seems that the NKC's (Natural Killer Cells) that fight infections in healthy people are malfunctioning in patients with ME/CFS. Along with this the TRPM3's (transient receptors that allow calcium through the cells) are also malfunctioning in CFS patients. The result is that CFS patients exhibit many and varied symptoms as their cells are not able to act in a normal healthy

Continued on Page 5

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Article contributions and photos (jpg format) can be emailed to hentyheaderlines@hotmail.com or dropped into Greater Hume Shires Henty Customer Service Centre/Library.
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Deadline for the next edition is 15th May 2018

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.



Greater Hume Council

South Pacific comes to Henty

Pacific Islanders (mainly Tongan, Samoan and Fijian) from the Griffith congregation of the Uniting Church entertained the Culcairn-Henty congregation with song and dance. This cultural experience saw up to 45 adults and others sing accapella and dance with rhythm and poise.

The boys performed war dances, the girls rowed their boats around the islands and the toddlers with a very keen eye followed in detail the ladies' performances. Graceful hand movements accompanied the swaying and motion of their bodies as they told many island stories. The

hand movements of the Haka were a joy to watch.

Fiji-time was the order of the day. The local folk soon cottoned on to the idea and patiently awaited the first performance. After all, the girls had lots of clothes-changing and oiling of the skin. Their spectacular head dresses were hand-made from coconut palm. As well, their decorated Ta'ovala and kie kie (from Tonga) which demonstrated signs of respect were complimented by the brightly flowered dresses of Fiji.

Sunday's church service almost lifted the roof as a full church sang known favourite hymns. The harmony, with deep basses

from the men resonating throughout, sang in Fijian, Tongan, Samoan and Neavn. Prayers and bible readings were recited by both congregations and a performance in movement created beautiful dancing by the Islanders.

A feast of sandwiches and cakes provided supper (Saturday) and morning tea (Sunday). Our visitors greatly appreciated the food while they mingled with the local congregation and visitors. This activity well explained the culture of the Pacific Islands. It is hoped that this will happen again.



There were smiles all round when the visiting Pacific Islanders entertained members of the Henty/Culcairn congregation recently



NSW Health urges healthy hygiene to fight winter infections

With winter just a week away, the latest influenza figures show the flu season has not yet taken off, with confirmed flu cases for the past week almost half of what they were 12 months ago.

Dr Jeremy McAnulty, Director "So far there is no indication of an early start to the flu season which is great news but people shouldn't be complacent as we have seen a rise in some respiratory infections," McAnulty said.

"We're encouraging people to maintain healthy hygiene habits – such as coughing and sneezing into your elbow and washing your hands regularly - to help ward off these viruses, including flu."

Dr McAnulty said NSW Health has distributed around two million doses of influenza vaccines to date, around half a million more than in 2017, despite shortages of some Commonwealth-supplied vaccines.

NSW Health is continuing to

work closely with the Australian Department of Health to manage supplies provided under the National Immunisation Program following national vaccine shortages.

"While supply is tight from the Commonwealth and deliveries restricted, we still urge people to call ahead to their GP or pharmacy to check they hold the right vaccine for them and get their jab."

Learning languages child's play

Early childhood educators Michelle Candy and Abi Meyer recently attended training to support Henty Preschool to introduce the Early Learning Languages Australia Program (ELLA) into the preschool curriculum. The initiative will see the pre-schoolers and educators introduced to a language through play-based digital learning.

"It is very exciting to have new resources such as the apps to introduce children to other languages," Abi said.

"From the nine languages available we chose Japanese as we have a few pre-

schoolers who speak Japanese as their home language. These children will be the experts and will have the opportunity to teach us. They will grow in confidence and hopefully feel a strong connection to our community".

The ELLA program has been developed in consultation with experts in languages, early childhood and technology. It comes at no cost to the preschool families as the program is funded by the Australian Government Department of Education and Training. It is aligned with the Early Years Learning Framework which guides educators to develop quality early childhood education programmes

"It's been delightful to see how engaged the children are with their learning," Abi said.

Michelle and Abi invite you to go to www.ella.edu.au/ or contact them on 6929 3472.

The experts of the future! Learning through play.



From an early age these preschoolers embrace modern technology through play activities.



St Barnabas

Anglican Church



Day Street Henty
Service Times
 2nd Sunday 11am
 4th Sunday 9.30am
 Contact: Deacon Ken Dale
 0428 293655

Talented town on display

"There was movement at the station for the word had got around ..."

Now that the bakery has opened, the Creative Crafts Centre has also launched art with its opening day on Saturday, April 21. Watch this space for other places opening soon.

The world is full of talented folks. What interesting skill do you have? Now is the chance to bring out something to share with others – the more the merrier!

There has been a time of reinvention of past crafts and sharing of ideas. Even on Opening Day, visitors were astounded at the tal-

ent shown so far. Local is Best! People are often keen to take some idea or item home as a memento of their visit to Henty.

The intimate part of small towns has a certain essence to them and it is so refreshing to get away from imported items.

Now we have creations that have brought the old pre-loved building alive again! This was so kindly and generously donated by Graham and Yvonne Booth. It's a testament to both, hopefully for many years to come. Heartfelt thanks from the people of Henty.

PRESCHOOL

Enrolling Now

Fees from as low as \$2 an hour

3-5 year old preschool sessions from Monday to Friday



Henty Early Childhood Assoc Inc.
 Call Abi or Robyn on 69293472

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 8am until 6pm Tuesday to Friday
 8.30-12.30 Monday

Library News



Author Visit

Inspiring author Noel Braun will be speaking at the Henty Library on the 12th June at 11.30am. An advocate for suicide awareness and prevention, Noel will speak about his book trilogy that tells the story of his grief journey after the death of his wife.

Noel Braun embarked on a spiritual quest of self-discovery after the suicide of his wife Maris. At the age of 77 he decided to walk two of the more popular routes of the Camino de Santiago, a network of pilgrims' ways in France and Spain. This led him to write

'The day was made for walking'.

Two more Camino journeys followed, but taking different routes. His most recent book I guess I'll just keep on walking is the sequel to his earlier book where the spiritual and physical merge with the ancient and the modern.

Last year at the age of 84, he embarked on a fifth journey, the subject perhaps of a future book.

Join Noel as he speaks about his emotional and spiritual journeys and the fascinating stories of the people he meets.

Copies of his books will be available for purchase on the day.

Tech Savvy Seniors

Free technology training for seniors at the Henty Library from 10am until 11am. Learn how to master

all the features of a smart phone, how to move your banking online and shop on the internet and most importantly all the elements of security. Keep up to date with modern technology in easy 1 hour sessions. Booking are essential. Contact library staff on 6929 3770

Dates:

6 June - Security

21st June – Online Shopping

28th June – Online Banking

After School Study Club

After School Study club is still on Wednesday afternoons from 4pm until 5pm! It provides the perfect opportunity to study away from home distractions in a nice and quiet environment. Support is offered and provided for high school and

primary school students as well as access to resources and technology. Perfect for high school students leading up to your trial and HSC exams!

Afternoon tea also provided! Contact the Henty library on 6929 3770 for more information



Corporate Governance WORKSHOP

On Tuesday 5 June 2018 at Holbrook Library, **Time 5.30pm - 7.30pm**

Directors, owners & managers of businesses and not-for-profits are legally personally responsible for governance within their organisation. Failure to comply can result in significant penalties, and not knowing the requirements is not accepted as an excuse.

Have you considered the following:

- What is it?
- Who does it apply to?
- How important is it for my organisation?
- How will it benefit me?
- What laws and regulations do I need to abide by?
- What are the liabilities?

This practical workshop will provide the essential information to understand and get on top of your responsibilities.

Human Resources WORKSHOP

On Wednesday 6 June 2018 at Holbrook Library, **Time 12.30pm - 2.30pm**

Have you considered the following: Then this is the workshop for you

The Art of HR

Attention Retention & Transition

- Do you have the right people working for you?
- Do you have trouble recruiting?
- Do you have challenges retaining good people?
- What about Performance Management?
- Discipline?
- Change Management?

Continued from page 1

way. These symptoms include excessive fatigue, pain, nausea, sensitivities to many things and a general malaise. This is a very layman's version of her talk, but basically the body's ability to fight infection and perform normal bodily functions in CFS patients is disabled by impaired cell

health. There also needs to be a trigger to put the cells at risk.

Once this link of how the cells are misbehaving is scientifically proven by world standards of research as a major cause of CFS then a diagnostic test can be developed and CFS sufferers will be able to be accurately diagnosed and

then treated appropriately. A beautiful prayer for Ainslie Campbell, her carers and all those suffering from CFS ended the night with dozens of flying lanterns floating across the night sky. If you would like to purchase a \$5 lantern or contribute to this worthy cause, please see Lorri Roden or John Ross.



Peter and Jenny Whitlock singing "I've Got You Babe".

Aussie trivia questions

- | | | | |
|--|--|--|---|
| 1. What is the floral emblem of Australia? | month? | 15. Which horse won the Melbourne Cup in 2002? | Nobel Prize for immune defence research? |
| 2. What do the letters in the airline name Qantas stand for? | 9. Below the Union Jack on the Australian flag is the "Star of Federation". How many points does this star have? | 16 How many ships were in the First Fleet? | 25 In what year was decimal currency introduced? |
| 3. What is the international telephone code for Australia? | 10. What is Australia's largest inland city? | 17. What year did Cyclone Tracy hit Darwin? | 26. How many albums did the late slim Dusty record? |
| 4. Name the two faces on the \$100 note? | 11. Australia has the largest sand island in the world. What is it named? | 18. Who invented the bionic ear? | 27. What is South Australia's largest island? |
| 5. In which year was Vegemite first sold in Australia - 1923, 1933 or 1943? | 12. On which river is the Tasmanian city of Devonport? | 19. Where was Ned Kelly's last stand? | 28. Which actor has had leading roles in Pharlap, The Man from Snowy River and Eureka Stockade? |
| 6. Who is the Lamington named after? | 13. In which South Australian town was former Prime Minister Bob Hawke born in 1929? | 20. Who was Australia's first Aboriginal Senator? | |
| 7. The Kangaroo and the Emu hold the shield in the Australian coat of arms. Why? | 14. Which body of water separates Tasmania from mainland Australia | 21. What date did "new" parliament house open? | |
| 8. National Wattle day is the first day of which | | 22. Which Australian promised to "Go all the way with LBJ"? | |
| | | 23. In what year was gold first discovered in Victoria and NSW to begin the "Gold Rush"? | |
| | | 24. Which Australian won a | |



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Day of history at Walla

Dawn and John Beechcroft welcomed a large number of Henty-Culcairn Probus Club members to the Walla Walla Museum to view the many artefacts and to listen to Marie Elliot talk about the animals of World War I. She told of Sandy, a war horse and the only horse to return from the war. Marie also spoke of Horrie the war dog, who accidentally came back from the war to Cudgewa, covered a lot of territory on his way home.

Marie comes from the Wodonga Historical Society and is passionate about the history of Albury-Wodonga. At the Walla Museum is a

large collection of artefacts covering life during the past 100 years. Of special interest is a room of World War memorabilia, full of books, flags, clothing, hats, badges and stories.

After the museum, Probus members then went to the Walla Walla Lutheran Church to hear Herb Simpfendorfer speak of facts and figures of the Church and answer questions about the Church organ and building. A quiche and sandwich luncheon was served by the CWA to conclude an interesting program for April Probus.



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School was never out for Yvonne

Ruth Humphries received her 80th birthday greetings at May's Probus meeting before secretary David Muller read several invitations to garden viewings later in the year. President Jeannie Kenney then ran the general meeting with Yvonne Booth being the "five-minuter".

Beginning with her kindergarten days, Yvonne told how she went home to say she was going to be a teacher and never changed her mind. She related some funny stories. During school holidays, her neighbours caught the "bus" (rope around each waist and stopping at every telegraph pole) to her father's garage and played school from 9 o'clock until 3 o'clock. They took a packed lunch each day, but bought meat pies on Fridays at the local shop. Poor Robert McCloskey was a Catholic and couldn't eat meat on Friday. They never did Miss West's school think to change the day.

One shilling train fares to the City, visits to beaches and national parks, a scholarship to Sydney Teachers' College, appointment to Chester Hill North and Armidale schools before reaching Henty where her fiancé

Graham taught at Ryan. Teenage memories were relived, noting the lack of school rules and how different life was then in the 50s and 60s.

After morning tea break, Garry Kenney gave his talk "History, the Church and Me" mainly concentrating on the Iona community in Lindisfarne, Scotland. Garry went on a Pilgrimage, not as a tourist, but as a Pilgrim, with 17 Americans. His aim was to rid himself of six issues which he successfully did. Stories of the many kings of Scotland to the Book of Kells, a hand written Bible which took many years to write, allowed this group of 18 pilgrims to be spiritual directors attempting to deepen their relationship with the divine. They were to learn and grown in their physical, mental, emotional, social and spiritual aspects such as who we are as a person? As a pilgrim they are to forgive, but also to forget. They are to deal with issues in one's life - heart, mind and soul.

The next Probus meeting is in Henty at the Civic Centre on June 13 beginning at 10 o



Year 6 shows leadership

Term 1 at Henty Public School ended in sunshine and warmth and Term 2 began the same way.

It was wonderful to see many of the students attend the town Anzac march and ceremony during the school holidays. An Anzac service was also held during the first week back at school under the leadership of Year 6 students.

All Year 6 students prepared



School Captains Angus White, Ashtyn Quee, Helena Brown and Jonathan Coe ready for the AN-ZAC march

speeches about real life people involved in war and some gave them at the Community Club on Anzac Day. Others spoke at school assembly.

Staff were also busy in the school holidays cleaning up the art room in readiness for

a makeover to a multipurpose room so watch this space.

The school welcomed assistant principal Mrs Emma Quinn to the 2/3 classroom for two days a week. Emma sustained a brain injury at the beginning of the school year and everyone had been eagerly anticipating her return. Sarah Parker is continuing to teach the class for the other three days of the week. The school also welcomed Miss Emily Watson who is teaching the Year 5 students for the remainder of the year. Year 5 are still combining with the Year 6 students for Library, Technology and Blue Earth.

The calendar for Term 2 is filling up quickly with many events to both entertain and educate the children. So far this term students have attended an entertaining production at Billabong High School, a debating workshop, anti-bullying workshop, Iron & Clay Performance and participated in National Walk To School Day. Year 3 and 5 students have also sat for their NAPLAN tests, which was done online this year.

The sporting calendar is also busy with students participating in netball, AFL and cross country while tennis lessons have commenced every Friday for all children. All students are looking forward to our Athletics Carnival.

Well done to Hannah Male who played with the Sydney South West tennis team at the State Tennis Titles in Albury at the start of May. Hannah was reserve for the Riverina girls and she enjoyed having the opportunity to play at such a high level.

As winter approaches the school has added a new item to the school uniform –



Hannah tennis: Hannah Male ready to play at the State Tennis Titles

beanies. The children are sure to appreciate these in the cold winter months ahead.



Our Paul Kelly Cup AFL team ready to play



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Please contact Joanne Knobel Ph: 60 292 200 or view www.stpaulscollege.nsw.edu.au

Community Calendar June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					June 1	2
					Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall St. Pauls Ladies Guild Church Meeting Room 2.00 pm Henty Community Club/Fish and Chips in paper Blue Room	Henty Community Club/Bistro, Blue Room 6.30pm
3	4	5	6	7	8	9
Henty RSL/ 10.30am/ Henty Community Club Henty Football and Netball Bowls and Golf/BBQ Lunch Henty Community Club/ Build your own Hamburger 6.30pm/ Blue Room	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Senior Citizens Meeting CWA Rooms 2pm	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Playgroup Riverlife Church 10-12	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Lions Euchre night 7.30pm DCA Hotel	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Women's Golf Tournament Service NSW. GHSC Culcairn Hall Henty Myoora Knitwits 1.30-3.00pm Camera Club/ CWA Rooms/ 7.00pm	Early-Years Childcare-8.30am to 5.00pm. Trinity Lutheran Hall Henty Library Storytime 11am Theme "Yummy in my tummy" CWA Meeting 2pm CWA Rooms Henty Community Club/Fish and Chips in paper Blue Room	Henty Community Club/ Bistro/ Blue Room QUEENS BIRTHDAY WEEKEND
10	11	12	13	14	15	16
Henty Buffalo Lodge 1pm. Anglican Hall QUEENS BIRTHDAY WEEKEND Henty Community Club/ Build your own Hamburger 6.30pm/ Blue Room	QUEENS BIRTHDAY WEEKEND 	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Playgroup Riverlife Church 10-12	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty/Culcairn Probis Club at Henty Henty Lions Club meeting 6.30 DCA Hotel	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Myoora Knitwits 1.30-3.00pm	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Raffle Night plus Fish, Chips & Salad/ Henty Community Club	Pleasant Hills Patchwork Group Pleasant Hills Hall 9.30 to 3.30 Birthday Dinners Roast night 6.30pm(14th Anniversary Birthday Tea's)
17	18	19	20	21	22	23
Henty Community Club/ Build your own Hamburger 6.30pm/ Blue Room	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Playgroup Riverlife Church 10-12	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Greater Hume Shire Meeting Holbrook	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Service NSW. GHSC Culcairn Hall Henty Myoora Knitwits 1.30-3.00pm Henty & District Lifestyle Centre Committee Meeting/7.30 pm	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Library Storytime 11am Theme "Rain" Henty Community Club/Fish and Chips in Paper Blue Room	Henty Community Club/Chinese Smorgusboard/Blue Room 6.30pm
24	25	26	27	28	29	30
Henty Community Club/ Build your own Hamburger 6.30pm/ Blue Room	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Hospital Auxiliary/ 3pm. Henty Hospital HCDC/ Meets 6.30pm Henty Library	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Women's Health Henty Playgroup Riverlife Church 10-12 Henty Active Arts 6.30pm/ St Pauls Lutheran Hall	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Peter Mac Henty Uniting Church Hall Henty Lions Club meeting 6.30 DCA Hotel	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Myoora Knitwits 1.30-3.00pm Henty & District Historical Society Meeting/ Lifestyle Centre 3pm	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall	Henty Community Club/Bistro, Blue Room 6.30pm



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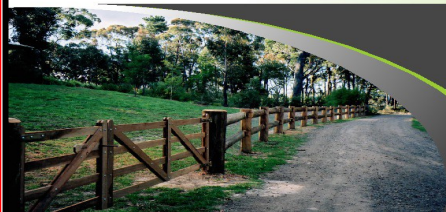
Ben Hooper 0431 419 729

Community Calendar July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1	2	3	4	5	6	7
Henty RSL/ 10.30am/ Henty Community Club Henty Community Club/ Build your own Hamburger 6.30pm/ Blue Room	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Senior Citizens Meeting CWA Rooms 2pm	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Social Art Days Henty Community Lifestyle Centre 9.30am to 2.30pm Henty Playgroup Riverlife Church 10-12	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Lions Euchre Night 7.30pm DCA Hotel	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Service NSW. GHSC/ Culcairn Hall Henty Myoora Knitwits 1.30-3.00pm Camera Club/ CWA Rooms/ 7.00pm	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall St. Pauls Ladies Guild Church/Meeting Room 2.00 pm TERM 2 ENDS Henty Library Storytime 11am Theme "Zoo" Henty Community Club/Fish and Chips in paper Blue Room	Henty Community Club Bistro/Blue Room 6.30pm
8	9	10	11	12	13	14
Henty Buffalo Lodge 1pm. Anglican Hall Henty Men's Golf Tournament Henty Community Club/ Build your own Hamburger 6.30pm/ Blue Room	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty/Culcairn Probus Club Henty Henty Lions Club Meet- ing/ 6.30 DCA	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Myoora Knitwits 1.30-3.00pm	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall CWA Meeting 2pm CWA Rooms Henty Community Club/Fish and Chips in Paper Blue Room	Henty Community Club Birthday Dinner & Roast Night 6.30pm
15	16	17	18	19	20	21
Henty Community Club/ Build your own Hamburger 6.30pm/ Blue Room	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Peter Mac Henty Uniting Church Hall Greater Hume Shire Meet- ing Culcairn	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Service NSW. GHSC/ Culcairn Hall Henty Myoora Knitwits 1.30-3.00pm Henty & District Lifestyle Centre Committee Meet- ing/7.30 pm	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trini- ty Lutheran Hall Fish & Chips in Paper/ Blue Room/Raffle Night	Pleasant Hills Patch- work Group Pleasant Hills Hall 9.30 to 3.30 Bistro/Blue Room 6.30pm
22	23	24	25	26	27	28
Henty Lutheran Casserole Luncheon At Community Club Henty Community Club/ Build your own Hamburger 6.30pm/ Blue Room	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Playgroup Riverlife Church 10-12 Womens Health TERM 3 STARTS Henty Active Arts 6.30pm/ St Pauls Lutheran Hall	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Lions Club meeting 7.30pm. DCA	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Myoora Knitwits 1.30-3.00pm Henty & District His- torical Society Meeting/ Lifestyle Centre 3pm	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Library Storytime 11am Theme "Superheroes" Henty Community Centre Social Club 1. pm Communi- ty Centre	Henty Community Club Chinese Smorgas- bords 6.30pm Henty Football & Netball/ Trivia Night/ at Henty Community Club in Auditorium
28	30	31				
Henty Community Club/ Build your own Hamburger 6.30pm/ Blue Room	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall HCDC/ Meets 6.30pm Henty Library	Community Early-Years Childcare-Henty 8.30am to 5.00pm. Trinity Lutheran Hall Henty Playgroup Riverlife Church 10-12				

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Tips for saving energy in winter



1. Switch ceiling fans to reverse mode.
2. Close door and vents in unused room.
3. Block out draughts use draught stoppers. Sausages or snakes (Material type)
Even a rolled towel under the door will help
4. Don't leave heater on low all day .You are paying for heat when you don't need it.
4. Use the timer on heater for

example set to come on 30minutes before you get up in the morning or coming home from work.

5. When heater is on close curtain to retain heat inside. Open curtains during day to utilise the sunlight (it is free)
6. To circulate hot air freely do not place items directly in front of the heater.
7. Maintain the heating temperature in winter between 18 to 23 degrees Celsius.
8. Install insulation in your house (or top up old and thinning insulation) ..
9. Cover the floor with rugs:,they act as insulation between your feet and the cold, hard floor.
10. Close up any rooms you are not using.

Nadine's final wrap – with love

A craft assortment from two different deceased estates delivered to the 15 craft group ladies boxes of lace, material, cotton, felt, coat hangers, polystyrene balls, dolls, wool and crepe paper. While some sorted the boxes, others knitted, sewed and completed dozens of booties. Madge, now 97, contributed as her last set. Her beautifully knitted booties and jackets had delighted the Peter Mac shop for years.

The craft group gratefully received Nadine Fogarty's last rug for Wrap with Love – a spectacular and colourful wrap in a 40in x 70in oblong. Nadine completed many rugs over 20 years and be missed greatly. She was so determined to give beautiful wraps to people who needed warmth, people

who had nothing to call their own.

The hall ceiling is complete, the painting done and all is ready for us to begin our craft work. Anyone is welcome to come and sew, knit, fill, pack, add, stuff or sort at our monthly meetings held in the Uniting Church Hall. Lunch is supplied and much chatting takes place.

Crocheted baby rugs, washers, book marks, note books, booties, jackets, lavender bags and coat hangers were packed into a suitcase ready for delivery to Peter Mac. Twenty-seven wraps were collected for Wrap with Love – 10 from the Knit Wits at the Hostel, seven ferals from Daisy, seven from Helen, plus others.

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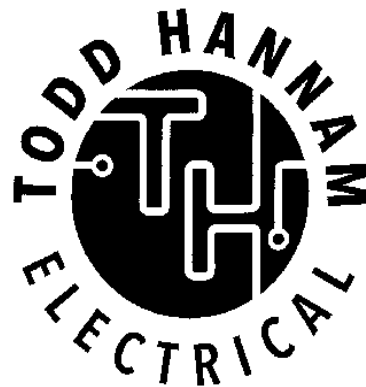
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Rotary's legacy lives on

After 54½ years, Rotary has come to an end in Henty. Rotary is a service organisation of business and professional leaders, united worldwide.

Their humanitarian projects encourage high ethical standards in all vocations and worked towards understanding and peace.

Membership is by invitation only and members come from a cross-section of community. It is considered a privilege and honour to be invited to join.

Some of the major undertakings Henty Rotary Club has completed are:-

- * Renovate the scout hall plus painting and fencing
- * Move the Merri Meric School into Henty to a meeting place for Seniors
- * Transformation of the old butchery and electrical shop into the Guide Hall
- * Hundreds of tonnes of firewood cut and carted to senior citizens
- * Sponsorship for schools, citizenship awards, careers nights, leadership and fitness camps, driving training schools
- * Community Service – Shelter and Barbecue in the Bi-Centennial Park (shared with Lions)

Memorial Park table, seats, Gazebo and Barbecue playground equipment, trees, hosted new comers to town, assisted passengers from derailed XPT train, guides at UPA Hostel and Medical Centre, organised gymkhana and street carnivals and assisted with the formation of Henty/-Culcairn Probus Club

Donations - towards septic system at the Memorial Hall, Memorial Swimming Pool, wheelchair for hospital, door-knock appeals for radiotherapy, erection of facilities for the football club. There was the purchase of land for the UPA homes, help with the Headlie Taylor Header display, over \$600 towards to mobile mammography unit, National Heart Foundation and Freedom from Hunger.

Fundraisers – Organised Rotary Balls for 26 years, manning the field day gates, trivia nights and collection and delivery of old newspapers and compiling the local telephone directory.

Over these years members attended annual conferences, became “professional” cooks at numerous barbecues. They also received special awards such as Best Bulletin, High Attendance and

most efficient club.

Notable guest speakers were shared with the general public Dr. Gordon Moyes, who had been the main speaker at the world conference came from Melbourne. Barbara Holborow OAM, “the children’s champion” came from Sydney. A dinner for 200 local citizens with the South African Ambassador and runner Pat Farmer were also highlights.

Part of Rotary’s charter was to assist in humanitarian projects such as donating funds to educate un-

privileged children in overseas countries, to host Rotary exchange students, rid the world of polio, participate in work parties in New Guinea (six times) and supplying fresh water for areas in New Guinea.

There are more than one and a half million Rotarians in 35 thousand clubs in 220 countries, all volunteers in helping make the world a better place. Henty Rotary is one of these clubs and has been privileged to be part of this worldwide movement.

Rotary's highest award



With a wry smile, Doug Meyer, pulled from the shearing shed, accepted his Rotary Paul Harris Fellowship. A gathering of local citizens saw Noelene Bedggood and Neil Parker present Cr Meyer OAM, with this highest of honours which recognizes his contribution to the community over many years.

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Health care that comes to you

Lauren Coe has been nursing for 37 years, the last 13 as Henty's community district nurse. Her career has encompassed caring for premature babies at the Royal Women's Hospital in Melbourne and working in California.

Lauren moved to Henty to live in 1998. She continued nursing at Wagga Base Hospital until taking up the role of Henty's district nurse. The community has gained greatly from her experience as she has carried out her wide-ranging duties.

Community nurses play a vital role by providing care to people at home and at the Community Health Centre. They work closely with hospitals, general practitioners and other health-care providers to

provide coordinated care. The aim is to promote independence and self-care, while providing clinical nursing care that meets the needs of the individuals.

Henty's community nurses work Monday, Tuesday, Wednesday and Friday from 8am to 4.30pm. They are based at the Henty Community Health Centre in Ivor St. The service is free to anyone who has a Medicare card or DVA Health card.

The Henty Nursing Service provides generalist nursing and post-acute care. This includes wound and pressure injury management, post-hospital care and continence care and catheter management. It also provides diabetes management and generalist palliative

care.

The nursing service also works with the Commonwealth Home Support Program. It helps frail, older people living in the community to maximise their independence by allowing them to stay in their own homes for as long as they can. The nurses' roles are to explain what the frail aged can do for themselves at home and find out what they need help with. The program is accessed through My Aged Care. The nurses will help clients access My Aged Care.

The community nursing service works with veterans or war widows who have access to health care and related services through the Department of Veterans Affairs Care Provision.

If you need a Community Health Service, including community nursing, call the Community Care Intake Service on 1800 654 324. Its staff will guide you to the service you need.

Time to Test

Check your electric blanket is in good condition. Faulty electric blankets can over-heat, cause an electric shock. Since 2010, an estimated 400,000 electric blankets have been deemed unsafe, according to the ACCC. spark and potentially cause a fire. You should always roll your blanket up to store it because folding it can damage element wires inside the blanket. When you take it out of storage and use it for the first time, lay it flat on the bed and check for hot spots as it heats up.

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Wilf lived life at full speed



Wilf Murrell was a well-known Henty resident. He was born in June 1914 in Henty with his birth registered in Germantown (now Holbrook) to parents Amos and Mary Ann. Wilf spent his childhood and school years at Henty. After he left school Wilf joined his brothers in a venture to operate the Culcairn Power Station and in 1939 he bought his own power station at Walla Walla. He married Elsie Haines in March 1940 and their daughter Lynette was born in Walgett in 1947.

Following the breakout of World War II, Wilf joined the RAAF in 1941, and after initial training in Australia was transferred to Canada where he completed his advanced flight training. He passed with high distinction and became a flight instructor. He was a fine pilot whose contribution during the war was a considerable in the training of fighter and bomber pilots. He rose to the rank of Flight Lieuten-



ant.

After the war he returned to power station operation and bought the plant at Collarenebri where he spent the next few years before moving to Hillston where he bought the Hillston Power House.

Wilf never lost his love for flying and the older people in that district will well remember his flying exploits with small aircraft. He landed groceries, medical supplies and mail during the 1956 floods when many properties being completely isolated. He flew many emergency missions taking people to Hillston and other medical centres or flying doctors out to attend accidents. He kept up with his flying expertise by instructing at Griffith and Sydney flying clubs.

Other parts of Wilf's extensive career were as a Hillston Shire councillor where as a man with progressive ideas he was able to give very expert advice. At this time, he was also the local Hillston Peugeot agent. He also competed in the Redex Air Reliability Trials together with Eric Roberson and the Ampol Road Trial with Alan Taylor.

Wilfred and Eric won the inaugural Redex Air Reliability Trial. Flying his Auster Aiglet trainer, Wilf was the only competitor to finish without a loss of points. Eighteen out of the 25 entrants successfully finished the 5200-mile course which took 14 days and covered the whole of the eastern half of Australia. The trial started in Sydney. The planes flew north, roughly following the east coast as far as Townsville. From

there they headed north-west across the Queensland to Tennant Creek in the Northern Territory and then north to Darwin. From Darwin the planes headed south and flew 1680 miles across the centre to Adelaide. From there they flew south-east to Melbourne. Then across the snow-capped alps and on to Sydney.



The Inaugural Redex Air Reliability Trials Trophy

Wilf's interest in aircraft

and flying came from his first plane ride on December 18, 1930 in the de Havilland freight plane "Canberra" following a parachute demonstration jump by a Mr Miland. This plane is the same plane that had found the lost Charles Kingsford-Smith and Charles Ulm in Western Australia the year before.



The De Havilland "Canberra" in Henty, December, 1930 an inspiration to young Wilfred Murrell to become a pilot

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Grand opening of storage shed for Henty's Men's Shed

Henty Men Shed members witnessed their newest construction opened by Harold Janetzki on Friday May, 25, 2018.



Harold Janetzki with Russel Davies

The new Storage Shed will allow relocation and storage of numerous items and raw materials from the main shed and also from the Garden Shed providing greater space and safer work environments. The grant for the shed came from applications made to the Australian

Men's Shed Association. The opening ceremony was held during a break in the end-of-the-month guest's morning tea.

The shed was carefully measured. The information passed to a supplier of sheds. The slab was poured and the shed ordered. What they ordered was almost the same as the shed that was delivered, except it was a good meter taller than sought. Not a group to worry over such matters, the member quickly planned for a mezzanine level to add another two-thirds more storage capacity.

Also, the members were recent recipients of three old school work benches and two of these will be joined, with castors added to make a solid mobile work

bench. The Community Garden which is at the rear of the premises "grows" in area each year and is capable of producing quite a range of vegetables year-round. Membership continues to grow and the Henty members are proud of the way the Shed is proving to be not only a space to create, mend and repair but, also a place to gather and

enjoy each other's company over a cuppa.

In the colder months the members are looking to visit places of industry throughout the region and at least three-day trips have been planned.

The shed is open most days of the week. Men, call in and make yourself known.



Can you help?

Are you going to Melbourne in the near future?

Would you have room in your car to transport two cases of craft items to be delivered to the Peter Mac

Shop.

If you are able to help please contact Yvonne Booth on (02) 6929 3236.

Your assistance would be greatly appreciated.



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Make bullying history

The senior students from Henty Public and St Paul's School were captivated as they listened to Brett Murray speak last Friday. Brett is the founder of the Make Bullying History Foundation. Brett speaks very passionately about "What is Bullying" and gave us all much food for thought. We are all unique and individual. Stand up for your mates, don't stand by when you see someone else being bullied and if you are being a bully, stop and think about how this is effecting the people around you.

Brett told us, "So often we complicate life. The best way to live is to keep it simple, love God, love people and love life. If



Year 6 Class students with Brett Murray.

you fall, and being human, that is a high possibility, Get Up! If you have life, you my friend always have hope". The Cronulla Sharks Rugby League are proud supporters of the Make Bullying History Foundation.

Answers to Trivia on p.5

1. Wattle
2. Queensland and Northern Territory Aerial Services
3. +61
4. Dame Nellie Melba and Sir John Monash
5. 1923
6. Lord Lamington, the 8th Governor of Queensland, from 1895 to 1901
7. Because they cannot walk backwards
8. September
9. Seven
10. Canberra
11. Fraser Island
12. Mersey
13. Bordertown
14. Bass Strait
15. Media Puzzle
16. 11
17. 1974
18. Professor Graeme Clark
19. Glenrowan
20. Neville Bonner
21. 9th May, 1988
22. Prime Minister, Harold Holt
23. 1851
24. Professor Peter Doherty
25. 1966
26. 103
27. Kangaroo Island
28. Tom Burlinson



Poland, porcelain and paintings

The recent monthly meeting of the Henty Branch of CWA was well attended.

Members are currently focussing on Poland, the country of study. Several ladies attended the Group International day hosted by Coolamon branch and heard two interesting speakers, who illustrated their connection with Poland with a slideshow presentation and various

artefacts on display.

Henty branch will be staging their own International Day featuring Poland at the Henty Community Centre on June 22, 2018. The clients at the Centre will be looking forward to an informative presentation, possibly a guest speaker and of course, a special afternoon tea CWA style! Coins For Friendship will be collected on this day.

June Bahr was successful at State Conference with two firsts in the Porcelain Art section.

Annie Singe gained 2nd place with her painting in the 8 year old category.

A monthly competition with variety and interest for the members.

Henty CWA branch meets on the second Friday of each month at its rooms in Lyne Street. After the

meeting members have a "cuppa" and a "catch up"...both are popular.

New members will be made very welcome. Come along ;see what the meetings are like and learn what CWA can offer.



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