

Headerlines

Henty Community News



ISSUE 80

June-July 2023

Centenary a big hit with golfers

Saturday, May 20, was a day of celebration for the Henty Golf Club as members and past members commemorated the 100th anniversary of golf being played at the club's Rosler Parade course.

The day started with 51 golfers participating in a three-person Ambrose competition. The course was immaculate due to the ongoing grooming and maintenance undertaken by volunteer greenskeepers Peter Skeers and Robert (Ralphie) Armstrong. The turnout from former club champions was impressive, especially Phillip Skeers and Greg Forck, who travelled from Clare (SA) and Melbourne for the event. The club champions playing included Alison Campbell, Steven Bahr, Phillip Skeers, Peter and Greg Forck, Glenn Harrison, Dean Gardner, Colin Barrett, and Trevor Britten.

The winning team were the Moray brothers – Chris, Jason, and Grant, while the NRGGA award went to Janet Beverley, Naomi Toogood and Kaitlin Toogood. Team Beverley had trouble at the 12th tee, hitting two balls into the dam. Fortunately, Kaitlin's drive stayed dry. The photo opposite shows Naomi trying to retrieve her new ball, which she had only hit nine times.

Sixty-five people attended

the celebratory dinner at the Henty Community Club, including nine special guests. The special guests included Trevor and Kevin Paech, whose forebearers, B E and F W Paech, provided the land known as the "woolshed paddock" to the golf club so that the club could establish a new course.

Golf club member Stuart Davidson has been researching the golf course and club's histories since December 2022, and he has produced over 50 documents chronicling these histories. In a Q&A session with MC Alison Campbell, Stuart regaled the audience with the important facts that his research revealed.

The golf club's focus for the 100th anniversary was to honour members who have given long and valuable service to the club. This service was acknowledged through the production of signs for the golf course and the club's beer shed at the Henty Machinery Field



L to R - Robert Armstrong, Peter Skeers, Alison Schuster, June Bahr, Peter Fork and Colin Barrett.

Days site. Golf club president Graham Parker presented plaques to June Bahr, Alison Schuster, Robert Armstrong, Peter Skeers, Peter Forck and Colin Barrett, with that for Ellen Pratt still to be presented (*see photo below*). Finally, the evening ended with the golf club's patrons, June Bahr and Neil Parker, cutting the 100th anniversary cake (*photo opposite*).



IN APPRECIATION OF ALL THE WORK

ELLEN PRATT

HAS PUT INTO HENTY GOLF FROM 1994,
ESPECIALLY OBTAINING OUR GOLF CARTS.

Medical services in Henty

The last two pages of this edition of Henty Headerlines has been provided by Henty LHAC. The pages can be turned into a three-fold brochure which lists all the medical services in Henty and how to get in touch with them.

Advertising Rates

2023/24

Advertising Rates per edition

Full page	\$150.00
1/2 page	\$80.00
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1/8 page	\$40.00
1/16 page	\$20.00

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for the price of 4

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 July 2023

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.



Morning tea raises over \$700

Each year in May, Australia's Biggest Morning Teas are held around the country raising money for research into cancer.

This year the Henty Tea Club held its Biggest Morning Tea on May 17 at the Henty Bakery with a deliciously baked sponge cake celebrating 30 years of morning tea fundraising for the Cancer Council of Australia.

With the help of the community through donations, the club was able to raise over \$700 to aid in the research for a cure for cancer, which has affected many in Henty and district

The Henty Tea Club would like to thank Mel, Michelle and Clare for the beautiful cake, Narelle and Mel for donations for the raffle and



Jude for her help on the day.

A very big thank you from the club to the ladies who came to enjoy a cuppa, conversation and cake, and for your generous donations.

The next Henty Tea Club morning will be held at the Henty Bakery June 13 at 10:30am. All ladies are welcome to join in.



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Hazard Reduction Burn – Henty Government Dam Reserve

In conjunction with NSW Fire Brigade and the Rural Fire Service, Greater Hume Council proposes to conduct a hazard reduction burn at Henty Government Dam Reserve to reduce the fire and flooding risk in the

Reserve by removing the excess weeds, grass and debris.

No date has been confirmed as it will be dependent on weather conditions.

If you have any comments regarding the proposed haz-

ard reduction burn, they can be submitted to Council and will be accepted up until close of business on 13 May 2023, by email: mail@greaterhume.nsw.gov.au or Post: PO Box 99, Holbrook NSW 2644.



Things you can do to help with energy costs in winter

1. Shut the door on wasted energy

Heating the entire house can be costly. Shut the door to areas you aren't using (like bathrooms, or the bedrooms during the day). Only heat the rooms you're using and save on energy and cost.

Remember to regularly clean your heaters including the filters, fan blades or vents so they perform at their best.

2. Turn it off

Avoid heating your home unnecessarily. Turn off your heaters before going to bed and when you're leaving the house.

Many appliances continue to draw stand-by power even when switched off. This can account for up to 3% of your total energy costs. Turn off appliances not in use (such as TVs, computers and consoles) at the power point.

3. Use ceiling fans effectively

Reversible ceiling fans can complement your heating by helping to disperse hot air around a room. Warm air rises and collects in a layer just underneath the ceiling.

If your ceiling fan has a reversing switch, use it to circulate warm air through-

out the room.

4. Let the sun shine in

Solar panels may not be suitable for every home and budget. But you can still use the free heat from the sun. Open your curtains when the sun is shining and close them before it gets dark.

5. Don't use the shower to warm up

Heating your hot water can account for over 20% of your household energy use. Try to avoid the temptation of using the shower to get warm. Aim for a 4 minute shower.

7. Use a 'solar' clothes dryer

Clothes dryers are very convenient—but remember you're paying for this convenience. Try using your clothes dryer less often. Use free energy from the sun and the wind to dry your clothes if you can.

If you don't have a clothes line you can put clothes racks out in the sun and fresh air.

(<https://www.energy.gov.au/households/household-guides/seasonal-advice/winter#toc-anchor-10-free-things-you-can-do-now>)



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Library News



Storytime at Greater Hume Council Libraries

Greater Hume Council Libraries offer a range of **Storytime** sessions to suit the various ages and needs of our younger community members and their families. Come along and enjoy stories, activities and craft. Have fun when borrowing from the wonderful selection of books and DVDs in our children's section of the libraries. This year the aim of Story Time continues to be to develop children's literacy skills and socialization through listening to stories, reading together, singing and finger plays, games, craft, writing,

Storytime is held each month on a Thursday. Dates and Themes for 2023:

23 June 2023	Grandparents
21 July 2023	Giddy up
22 August 2023	Moo cows
22 September 2023	Dads
20 October 2023	Little Monsters
24 November 2023	Buzzy Bees
22 December 2023	Christmas

movement and learning to be part of the Story Time group.

Remember you can now borrow up to 30 items at a time and there are no longer any overdue fines.



Need something to Read or listen to then access - Borrowbox

Get Borrowbox – You're Library in one app.

1. Install the BorrowBox app.
2. Select your library services.
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4. Borrow eBooks and eAudiobooks.

Library staff are available on 02 6036 0179 to answer any enquiries regarding Borrowbox or other apps found at Riverina Regional Library rrl.nsw.gov.au

National Simultaneous Storytime

National Simultaneous Storytime is in its 23rd big year! On this special day, students and teachers all read the same book, fostering a sense of community and excitement around reading. It's the perfect way to get your kids excited about books and learning!

National Simultaneous Storytime was celebrated at the Henty Library on Wednesday 24 May from 11am. St Joseph's school students enjoyed the Sloth

storytime, games and rhymes.

Law Week

Law Week NSW is an annual festival that is all about creating greater access to justice for Australians! Law Week was held on 15-21 May 2023.

Law Week was celebrated at Henty Library on 19 May 2023 with local solicitor Laura Kane presenting. Laura covered three key subjects – Wills, Enduring Power of Attorney and Guardianship.

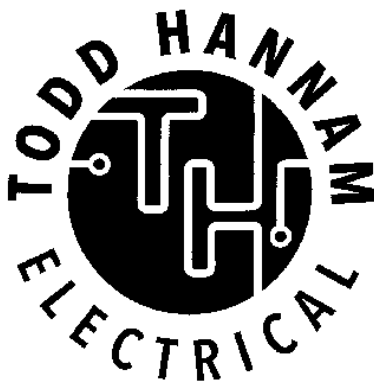
A light afternoon tea was provided.

Annual Knit-In at Henty Library

The Henty Library hold the Annual Wrap with Love Knit-In on Tuesday 25 July 2023. Everyone is welcome to come along and attend the event for a fun day full of lots of knitting and chatting with great company. The completed squares and rugs are sent to the Wrap with Love organisation and are then distributed to needy families throughout the world who are suffering from severe cold or natural disaster.

Morning tea and lunch will be provided. For information or booking please contact Henty Library

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P:0260360100.

Author Anne Smith visit to the Henty Library on 28 April 2023

Anne Smith author of Private CRL SMITH – A digger's story from the Western Front visited the Henty Library on Friday 28 April 2023 from 12noon – 1pm for a fabulous presentation on her new Biography history book called Private CRL Smith – A digger's story from the Western Front

The audience thoroughly enjoyed the presentation with all staying to enjoy a light luncheon while taking the opportunity to catch up with friends and family members who travelled to the author's visit from afar. Thank you Ann for visiting the Henty Library.

FREE Home Library Delivery Service

If you're a person with a disability or an older person who experiences challenges getting to and from your local Culcairn or Henty Library, then the home library service is here to help you borrow books or other items.

Once you have joined either the Culcairn or Henty Libraries or are already an existing member, contact a library staff member to

What can you borrow from Greater Hume Council?

Item Type	Maximum of items	Loan Period	Maximum Number of Renewals
General Library Item	30	In Total 28 days	2 X 14 day renewals
eResources	Vendor Specific	Vendor Specific	Vendor Specific

discuss the types of books and/or other resources you wish to borrow. Staff will then deliver items directly to your home, free of charge. They will also collect items that need to be returned. Items available for public loan include:

- books
- audio books
- CDs
- magazines
- DVDs

To help you choose items, the library catalogue is available online. www.rrl.nsw.gov.au

Your library membership card will also provide you with online access to a range of online resources and information including eBooks, eAudios, Freegal Music, and Zinio Magazines.

Little Book Nook: Libraries and Businesses in the Greater Hume Council Communities increasing literacy

In today's society libraries play a key role in creating literate environments and

promoting literacy by offering relevant and attractive reading material for all ages. They embrace the social responsibility to offer services that bridge social and economic barriers, and traditionally make a special effort to extend their services to everyone in the community.

Greater Hume Council libraries aim is to encourage literacy in young children and of course encourage more residents to become members of our libraries.

If you are interested in participating and have a small space where around 10 pic-

ture books and a small 'Book Nook' sign can be placed please contact your local Library 0206360100 .

Save Power Kits

Contained in an easy-to-carry case, RRL's Save Power Kits will help you identify the biggest energy users in your home. Each kit contains a power meter to measure the energy consumption and running costs of your appliances, a thermometer to ensure your fridge, freezer and hot water temperatures are set correctly, an infrared thermometer to find where heat is lost or gained in your home, a stopwatch to time shower and tap-flow rates, plus a how-to guide. After recording your results, the kit provides handy tips and suggestions that you can use to develop

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a personalised Home Energy Action Plan.

Available to borrow from the following RRL branches: Bland, Coolamon, Cootamundra, Corowa, Culcairn, Gundagai, Henty, Jindera, Junee and Mobile Library.

Lego Club with Lucas

Please join Lucas at Henty Library for Lego Club every Tuesday from 4pm – 4.45pm

From bridges to elevators, robots to drones, LEGO Club is a must for all aspiring LEGO masters aged 7-12! Starting week 2 of Term 2 2023, join us each Tuesday after school to learn

STEM skills, take part in epic engineering design challenges, make new friends and have lots of fun.

FREE Event – Ages 5-12 years

Don't forget to bring something to eat and drink in

case you get hungry!

Contact Henty Library for more details about this program 0260360110.



Protect yourself against flu and COVID-19

Staying up to date with your recommended vaccinations is a simple step you can take to help protect yourself and everyone you love. It's safe and conven-

ient to get your COVID-19 and flu vaccines at the same time. Visit your local GP, pharmacy, or Aboriginal Medical Service to get vaccinated now.

Firewood Collection Permit Application

Residents of Greater Hume Council wishing to collect firewood for personal use from roadside verges within Greater Hume are required to obtain a permit. The permit, once issued allows residents to collect fallen timber (felling of trees is not permitted) from selected roadside verges for a period up to 12 months. Please consult the Firewood Collection Permit Map on the Council website regarding restricted areas for timber collection to ensure you are operating within the bound-

aries of the permit. The permit can be obtained by completing the Firewood Collection Permit Application (available on Council website - administration fee of \$35). Please allow seven working days for the approval and completion of the permit. The permit once approved will be returned to the applicant either via email, post or can be collected from any Greater Hume Council offices.



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Natural Fibre Awards to showcase region's creative flair

Designers using natural fibres in their creations are encouraged to enter for the prestigious 2023 Henty Natural Fibre Fashion Awards to be held in September.

The Business Development Award: Australian Made Fibre was a new award introduced at last year's competition, creating excitement among designers and won by Albury artist Jo Woods with a unique linen dress featuring her sketches of Riverina town streetscapes.

Sponsored by JMP Developments, Wodonga for \$500, the award will again be showcased at the 18th annual Henty Natural Fibre Awards at the 2023 Henty Machinery Field Days.

Boasting prizes valued at around \$5,500, the fashion awards have grown into a prestigious event attracting high profile designers, with the 2023 entries to be paraded in the Country Lifestyle pavilion on September 19-21 at 1pm each day.

Awards convenor Lyn Jacobsen said the Business Development Award was creating excitement among designers with new entrants planning on partici-

pating.

"Since the field days are located within a major wool and fibre producing region, it was important an event be carried on to encourage designers to showcase their creativity using the fibres allowed," Mrs Jacobsen said.

"This competition is free and open to all designers, but the fabric in the garment must be at least 70 per cent natural fibre, which can be wool, cotton, alpaca, silk, linen or combinations. Leather is not classed as a natural fibre and can only be added as a trim.

"Garments are judged on visual appeal, creativity and innovation."

To be announced on the final day, the winner of the best garment made with natural fibres will receive \$1,000 in prize money plus a Bernina 325 sewing machine valued at \$1,499, courtesy of Bernina Australia and Sew Fab, Narrandera.

The winners of the best knitted or crocheted garment will receive \$500 donated by Fox & Lillie Rural, while the millinery and accessory winners will receive \$500 each sponsored

by Henty Machinery Field Days.

Bernina Australia and Sew Fab are donating a Bernette 44 Funlocker valued at \$750 as an encouragement award for the best garment by a student de-

signer.

People interested in entering the awards can contact Lyn Jacobsen on 0428 690 222, email natural-fibre@hmfd.com.au or phone the HMFD office on (02) 6929 3305.



All the winning garments at the 2022 Natural Fibre Fashion Awards at the Henty Machinery Field Days.

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An artist's perspective

We continue in this edition with another contribution by local artist, Gwen Bullcock.

Artistic Inspiration... from where?

It could be this turquoise and blue beach on a beautiful sunny day painting from a temporary studio beside the caravan. Inspiring enough to paint any subject! Maybe inspiration developed through childhood living on a farm in the outdoors environment

with dusty sheep, an active kelpie working or ripening golden wheat crops against the Spring sky. Maybe a gallery visit to experience the results of a Master of Art, such as Renoir, Monet or Tom Roberts in the flesh. Perhaps the study of a living Master at work on youtube or attending a workshop. Inspiration may have developed on a trip to outback Australia or the ruins in Rome. It may have been the loving gaze of a



child towards his mother, a flower in the sunlight or the light on a jug. You see "Artistic Inspiration... from

where?" can be anything that moves the emotions of an artist.

Beanies gratefully received

Seafarers from 67 nations visited the Seafarers Mission in 2022. When they visit Sydney, the Mission helps reconnect with their families, restore their minds and spirits, and enjoy their time here, brief that it may be.

While in port, 1,130 seafarers were vaccinated from 124 vessels, 237 seafarers were visited in hospitals, hotels and vessels. Goods worth \$74,014 were given on 171 vessels. A total of 1,202 seafarers were transported from their vessels to the port and the Mission. Over 360 parcels were collected by seafarers.

Henty's last parcel of 45

beanies left last month. A card thanking the knitters and crocheters was received because the Mission had run out of headgear. The Filipinos had taken the stocks to nil as they were so cold in Sydney, compared to their hot tropical and steamy weather at home.

Seafarers make many sacrifices and when they talk of why, there is usually the pitter patter of little feet as the main reason, little smiles they don't see for months on end, the hugs they do not get at the end of each day. But they persevere.

Seafarer Hiev Pham from Vietnam recently thanked

the Mission for use of wi-fi and for a place to sit. As the chief engineer from MV Mate, he hadn't seen his young son for five months.

Thank you Henty for your continued support of the Seafarers Mission with all that knitting and crochet-

ing of much needed beanies. Seven huge post office bags have now been distributed with up to 56 beanies per parcel.

Yvonne Booth is happy to take any beanies.

Winter appeal gets wraps

Since sending 50 wraps to the Wrap With Love coordinator in Wagga Wagga, 10 have gone to Albury-Wodonga for the Winter Blanket Appeal. Twelve have been received this month so thank you to Alison Scott, Lois Biti and to the Hostel Knit Wits through Pam Green. Daisy Hinch has presented us

with three "feral" rugs which look great. Daisy sews oddments together to make the single bed size wraps. Yarn has been received from the Wagga Machine Knitters from Noelene Haines and others who have left parcels at the Church. Yarn is always needed.



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Lions hold Bunnings sausage sizzle

In April the Henty Lions Club, along with the Lifestyle Centre Committee, ran a very successful Bunnings barbecue in Wagga Wagga. The funds raised will be used to improve the Lifestyle Centre and for ongoing Lions projects. Lions members followed it up by providing morning tea after the ANZAC Day ceremony.

The Lions Club is currently working with local primary schools to run the Junior Public Speaking Competition. It is hoped to hold the finals in late June. Future projects include a wood raffle and a barbecue in Sladen Street as part of the World's Biggest BBQ which raises

money for Childhood Cancer Research. Lions look forward to the continued support of the community for these undertakings. Also, a reminder that The Lion's Henty & District telephone and Business Directory 2023 is still available for purchase from Dale's Electrical Store.

The Henty Lions Club is looking for new members to help continue their work within the community. If you are interested in being a community volunteer as a Lion contact Ken at Dale's Electrical Store.



Preschool enrolment 2023

3 -5 years of age

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Good advice to avoid falls

Henty/Culcairn Probus met at Henty Community centre April 12. President Yvonne Booth welcomed us all.

Beryl Meyer took up her new position as our club Secretary, and our Treasurer Heather Collis gave her report. Neil and Julie Parker told us about possible phone and computer scams and Janet Beverley gave an update on Avondale Place and the anticipated occupancy certificate.

A big thank you from Yvonne and the seafarers who receive beautiful beanies made in Henty. They

are much appreciated and much needed.-

Sybil Ritchie was the five-minute speaker. She told of her father being fourth of 10 children and eldest boy, and how he went farming at Ganmain and then to war. Sybil spoke of how he met his future wife, a qualified tailor, in Glasgow. Sybil's parents were married at Ryan and her mother learned from neighbours about cooking on a wood stove. The family from Glasgow came to Australia and some went to school in Henty.

Sybil has worked in Melbourne and Sydney, and

had two corner stores in Wagga Wagga, as well as working at the Prince of Wales Motel in Wagga Wagga. A thank you to Sybil for sharing her family story and very busy life.

After morning tea, June Bahr introduced Robyn Wood, whose family she has known for 50 years. Robyn spoke on falls prevention. The information from Robyn was aimed at those over 65 years old, particularly the people using walking sticks and walkers and their fit for their height and weight, and discussing this with a physiotherapist. Robyn spoke of eating well, wearing well-fitting non-slip shoes, annual medical testing as well as dental and eye checks.

Most importantly, Robyn

spoke of needing to keep our bodies strong, so we are less likely to have falls. Thirty-seven percent of injury deaths are caused by falls, and it is everyone's business to prevent falls. We should have ICE (in case of emergency) phone numbers in our phone, and do gentle exercise to help ourselves, and that can be as basic as a daily 20-minute walk.

After a most interesting question and answer session, following her chat, Robyn was presented with a Probus pen as a token of our thanks.

Yvonne most often closes meetings by sharing an interesting quote. April's was "Be the reason somebody smiles today".

Waste talk to cut rubbish

Probus met at Culcairn on May 10. with a welcome by President Yvonne Booth. Joyce Gardiner played piano to sing the National Anthem

There was the sad news that Margaret Gardiner had died and we stood for a moment of silence and private reflection on Probus member Margaret who had been a contributor of beanies for the seafarers and rugs for wraps with love. Kind thoughts to family and friends.

There were apologies to be read and most interesting to note after recent discussions on falls, Kevin Fogarty has had a fall and has been in hospital care. Best wishes to Kevin and to all those who are unwell, and wish them all a speedy recovery.

The five-minute speaker was Shirley Wellington. Shirley told of her parents during the Depression

years. Her father was a policeman in the times when there were notable gangs and six o'clock closing of hotels. Shirley's father was involved in North Palm Beach Life Saving Club as their first secretary. He was also involved in the Police Boys' Club at Glebe, particularly with boxing.

Members met visitor Steven Lowe, son of Lindsay, during morning tea.

Sarah Wallace was the speaker, introduced by Neil Parker. She had lots of information on Halve Waste and Cleanaway, and the projects being undertaken to avoid filling the rubbish tip. Interesting to learn that small pieces of foil can be added together to make an orange sized ball, and put in the recycle bin

The Halve Waste people have a recycle process using black soldier fly larvae fed

by robots and then dried larvae can be fed to chooks and pigs. There is a recycle/reuse shop at Albury Waste Management Centre. Tours of the facility are offered, with presently a three-month waiting period.

Lindsay Lowe thanked Sarah for her most informative chat and presented her with a Probus pen as a token of appreciation. Lunch was at the Bowls Club and much happy conversation.

The next meeting will be held on Wednesday June 14 at Henty 9 30 am for a 10am start. Maybe you would like to hear the speaker.

Keep it clean

Thanks to Bev Poole and Christine Turner, lots of hand-crafted goods have arrived through friends and relatives: knitted toys, double knitted beanies, scarves and bed socks.

The auxiliary have reminded the craft group that all craft must be new and clean. Sizing of clothing is especially useful. Yarn labels attached to the garment are also helpful.

We are still having difficulties finding a more suitable date since the Community Centre has decided upon a Wednesday. The fourth Thursday is our next attempt so contact Yvonne for more information.

The baby sets of matinee jackets, beanie and boots were very well received.



Hello from the Henty MPS

Today we are all out in the dining area and are playing a few games of bingo. There are chocolates for prizes so the game can become a little competitive at times. Some of our residents are playing for the very first time and are having a good laugh when they win.

Our raised garden beds are looking fabulous. We are lucky enough to have a gardener living with us who knows exactly what to plant and when. We have been picking peas and later this week will be shelling them and if they don't all get eaten they will be frozen for one of fresh cook Fridays. We will also have a good crop of brussel sprouts by the end of winter.

Last Friday we enjoyed a lunch of fish and chips from the bakery. One of the residents had requested them for our fresh cook lunch, thank you Mel for cooking this. The smiles on faces was priceless and there was not much left on the plates. We have also recently enjoyed a roast pork lunch and a delicious German style stew that a resident remembered from

her childhood. This was so good that all staff took a copy of the recipe home and have been cooking it for their families. I have included the recipe below.

The second Thursday in each month sees our wonderful volunteer June and friends provide us with an afternoon tea. The ladies bring in baked goodies that are just delicious and we have our friends from Myoora visit. There is so much chatter and catching up over a cup of tea or cappuccino.

We are always looking for volunteers. If you have even an hour a week, fortnight or month we would love to have you join our team. There is always something interesting to do. For more information call Toni on 02 6929 4999.

Ingredients

- 1 small pointed cabbage (about 27 oz.)
- 16 oz. (450g) potatoes (waxy)
- 1.8 oz. (50g) bacon, diced
- 2 tbsp. olive oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 14 oz. (400g) minced



- meat (beef and pork)
- 2 tbsp. tomato paste
- 1 tsp. smoked paprika powder
- 1/4 tsp. marjoram
- 1/4 tsp. thyme
- salt, pepper
- 30 fl. oz. (900ml) vegetable broth (hot)
- Sour cream to serve

Method

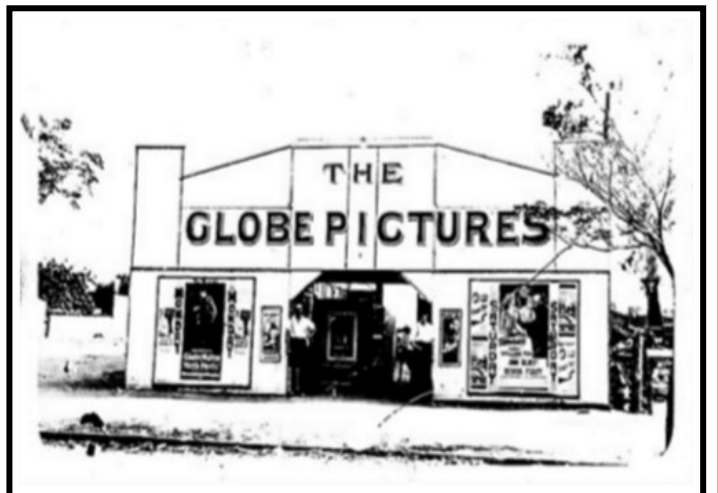
1. Halve the cabbage, remove the stalk and cut into bite-sized pieces. Peel the potatoes and cut them into cubes. Peel and finely dice/chop the onion and garlic.
2. Heat up the oil in a large pot. Add the diced bacon and fry briefly until lightly browned. Add the onion and garlic and **sauté for about 2-3 minutes**.
3. When the onions have started to get some colour, add the ground beef and fry until nicely browned. Add the tomato paste, paprika powder, marjoram, and thyme and season as well with salt and pepper.
4. Let everything cook for a moment, then add cabbage and potatoes and **continue cooking for about 2-3 minutes**.
5. Deglaze with the hot vegetable stock. Bring everything to a boil, then reduce the heat and **let everything simmer for about 30 minutes**.
6. The potatoes should be done and the cabbage should still have a little bite. Season to taste and serve with some sour cream.

Toni Shutt, Activity Officer, Henty Multipurpose Service

Pictures of the past

The open air Globe picture theatre was built on the site of the Guide Home in Allen Street (now a private residence). Alf Haberecht owned and operated the theatre from 1913. It screened twice weekly. Alf saw the "talkie" movies overtake the silent movies to revolutionise theatre

going at the Lyne Pictures, screened in the School of Arts.



Mums celebrated

The St Paul's calendar has been full of exciting events this autumn. Term 1 ended with the cross country at St John's in Jindera (cross country highlights below and right) and Term 2 began with a wonderful athletics carnival at St



Paul's Walla. Our Year 3 and 4s had an inspiring trip to Echuca and Mother's Day was celebrated in style with Chapel, morning tea for all the wonderful mums and grandmas and fantastic activities. St Paul's Photo Booth, Spa and Art Attack were set up in the classrooms and lots of laughter and fun was shared.



CREATING A COMMUNITY OF LEARNERS

We are passionate about creating a community of independent and motivated learners who know they are loved by God.

Visit our website by scanning the code, to see why St Paul's Henty is the right choice for you and your child.



Year 3 and 4 Camp Echuca – Paddle Steamer Cruise.

Coming up soon is the Year 5 and 6 trip to Ballarat to fit in with their project-based learning unit about Gold Rush and participa-

tion in the Paul Kelly Cup Grand Final for our talented senior boys teaming with St Joseph's, Culcairn.



Paul Kelly Cup Team (St Paul's and St Joseph's) and their inspiring Coach.



Athletics Carnival.

Do more at the Doodle Comer Wetlands

Good autumn rainfall has ensured the Doodle Comer Wetlands, a nature reserve which sits right on Henty's doorstep, remain filled with water, and as a result are teeming with life.

The Doodle Comer Swamp Nature Reserve is managed by the NSW National Parks and Wildlife Service, which purchased it in 2010 to conserve an area previously used for agriculture and prior to that, by the Wiradjuri people. The swamp covers 2023.5ha, some of which is private land.

It is unique as it:

- is the largest wetland of its type in southern NSW;
- protects woodland areas classified as endangered ecological communities;
- is home to many birds, mammals and plants considered endangered or almost extinct;
- has a relatively unhindered flow from the Buckingham Creek basin and the water remains in the wetlands, without draining out the other end; and,
- is a massive carbon sink providing high environmental value in wet and dry periods (35% of the world's soil carbon is estimated to be stored in wetlands).



There are three ways you can access the swamp.

1. From Henty, travel along the Henty Swamp Road/Sandbank Road which runs behind Sweetwater and the golf course. Entry is via a large swinging gate near old cattle load race/yards. This can be easily reached on foot or by car.
2. Travel the length of the Henty Swamp Road from Henty (it is dirt and can be impassable) or by turning off the Henty Walla Road at Diffey's Road
3. Via Lister's Lane off Diffey's Road (reached via the Henty Walla Road). This is the location of two bird hides for bird watching or taking in the views of the wetlands. There are also picnic tables in this area.

Activities to enjoy at the wetlands include:

- Bush walking
- Bird watching
- Kayaking or canoeing – to reach the water from the Henty entrance there is an unmarked trail through red gum regrowth. There can be a lot of mud leading to the water so wear appropriate footwear
- A picnic.

Please be respectful of boundary fences and aware that if kayaking you can be crossing into private property.

On the edge of the swamp are three types of woodland that have been listed as endangered ecological com-

munities. These are: white box, yellow box and Blakely's red gum woodland; sandhill pine woodland; and inland grey box woodland. These woodlands provide important habitat for birds and mammals, including bats and squirrel gliders.

The endangered austral pillwort and swamp wallaby-grass are found within the reserve. While the delicate showy isotome may be found in masses among the unique granite knolls that emerge from the swamp bed.

The reserve is important for protected and threatened birds such as the brolga, Latham's snipe and the white-bellied sea-eagle and also protects known habitat for other significant birds such as the vulnerable grey crowned babbler (eastern subspecies), the endangered bush stone-curlew and the superb parrot.



Photos courtesy of Gary Dutton (taken in May 2023).



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HENTY HEALTH SERVICES

SERVICING FAMILIES OF

HENTY

PLEASANT HILLS, YERONG CREEK & COOKADINIA



PHONE NUMBERS

Albury Base Hospital 0260 584444	Wagga Base Hospital 0259 431000
Wodonga Hospital 0260 241433	Calvary Hospital 0269 253055
Henty Hospital 0269 294999	Culcairn Hospital 0260 446100
Holbrook Hospital 0260362522	Lockhart Hospital 0269 307100
Poisons Information 131126	Child Protection 132111
Domestic Violence 1800 656463	Family Law Advocacy 1800 205888
Hearing Australia 0260 212695	Hearing Impaired 1800247272
Vital Call 0269479499	Vision Australia 1300 847466
Parentline 132055	Country Care Link 1800 806160
Brighter Futures 0429 000237	Family Support 0260 442804
Local Transport 0447293286 / 0428293734	Community Transport 1300 488226
Carer Respite 1800 052222	Regional Buses 0447354357
Beyond Blue 1300 224636	Lifeline 131114
POLICE AMBULANCE & FIRE 000	

Henty Local Health Advisory Committee exists

For all community members – if you have any suggestions to offer that could improve our health service or alert us to any needs for you or other members of the community, please feel free to contact any member of the committee or the HSM at the Hospital

MEMBERS OF HENTY LHAC include

Mary Liston, Michael Broughan, Felicity Klemke, Molly Kotzur, Fran Fifield, Ben Hooper, Kellie Penfold, Julia Muller & Courtney White

Follow us on facebook

MLHD WEBSITE

www.mlhd.health.nsw.gov.au

Marketing & Community Engagement Manager
Setchen Brimson – 0259 432010

All compliments & complaints may be directed to the Health Service Manager if you are not satisfied with how your matter is managed, further complaint or MLHD Locked Bag 10, Wagga Wagga NSW. 2650

Henty LHAC is continually fundraising for youth mental health & disabled in our community. To enable these projects to continue you may contribute to our funds by cashing your cans & bottles at Dales IGA

This is a significant contribution to your community THANK YOU

HENTY HOSPITAL

Services Available include :-

Accident and emergency care – supported 24 hours by MLHD
Critical Care Advisory Service

Acute Care

Residential Aged Care

Palliative & Respite Care

X-Ray – Thursday

Mental Health Service – supported by MLHD MH Unit

Doctor available via Rural & Remote Service

PRIVATE PRACTITIONERS

HENTY MEDICAL CENTRE – 0269293760

Dr Nachaat Whaba.

Pathology – Mon to Fri mornings.

HENTY PHARMACY – 0269293174

Counsellor – Relationships Australia – 0269293100

Physio / Rehab / Heated Pool - Claire Lawson – 0424721648

First Aid Courses – Claire Lawson – 0424721648

Masseur – Lilli Gonscak – 0497020617

Complete Care Chiropractic – 02 60562185

Personal Trainer – Kayla Muller – 0488521729

Henty Lifestyle Centre & Fitness Club – Kayla - 0488521729

Exercise Groups 9am – Tuesday & Friday

Podiatry & Skin checks contact Dr Whaba

Sharelearn Yoga- Vimalratna Saraswati - 0466278146

DENTAL INTAKE – 1800450046

ACCESSLINE – 1800800944

COMMUNITY CARE INTAKE

Appointments – 1800654324

For all appointments for C&F Nurse, Community Health Nurse
& all other Community Health Appointments without a
dedicated phone numbers

Child & Family Health

Universal Home Visits for newborn babies – 0428993903

Screenings & Vaccinations

School Vaccination for Y7 & Y10

Speech/OT/Physio referrals

Community Nurse

8am 4pm Monday to Friday (No coverage Thursdays) –
0269293711 / 0429926907

Wound Management

Palliative Care

Aged Care Assessments

DVA Care Provision

Community Health

Drug & Alcohol/Grief Counselling

Dietitian/Diabetes Educator

Occupational Therapist

Women's Health Nurse – Cecily Rempa - 026044610

RESPIRE, HOSTEL & HACCC Services

Avondale Respite Service – Mercy Connect 0260433500

Myoora – 0269293200

UPA Community Care – 0260577250

The Rock Meals on Wheels - 0429950968

Support Group

MERCY CONNECT – 0260 433 500

THE NEXT STEP – Disability Service – Dylan Hore – 0403295361

Henty Social Group – Vicki Hogan - 0429950968

Henty Playgroup – Tuesday 10am – 0414082855

Grandparents Doing it Tough – 0429129613

Interreach – 1300488226

Mission Australia— 0477720832

Carer's Support Group – 0269294999

Henty Mens Shed – 0427293171

Knitwits – 0269293200

Local Transport – Mick - 0447293286; Fran - 0428293734

Aspire – Disability Services - 0260584000

Community Early Years Child Care – 026056439

Regional Bus Service to Albury/Wagga – 0447354357

GAWAL Bus – Transport for health related issues – 0269294999

FIRST RESPONDERS - 000

In case of an emergency locally trained fire personnel will
attend & administer first aid until an ambulance arrives.