

HOLBROOK HAPPENINGS

Issue 459 9 August 2023



CIAO, MI CHIAMO AUDREY (HELLO MY NAME IS AUDREY)

I was a short-term Rotary Youth Exchange Student in Italy over the summer school holiday period for 3 months. I didn't know what to expect but after coming home and having settled in, I am so incredibly grateful for every moment and can't wait to go back and visit.

My first few weeks in Milan were some of the most challenging times I've ever faced having to overcome homesickness and culture shock but once I was settled in, I began to fully immerse myself in the experience to be able to make the most out of the short time. I was fortunate enough to live in the centre of Milano with my host family which consisted of my host mum, host dad and two host sisters (one 17 years old and the other 16 years old). Together we travelled to places like Lake Como, Venice, and Bormio. During the first month I visited the city of Cremona with other exchange students from all around the world and with whom I became very close friends. I also went for a trip to Rome with my district of 14 exchange students which was a highlight of my time in Italy. In Roma, my favourites were the Colosseum, Trevi Fountain, and the Vatican.

My experience with school in Italy was different since I went to an artistic high school which was a 20-minute walk from our apartment. I found it quite difficult at first to understand what was being said since I only knew a basic level of Italian and my classmates and teachers had a very sound level of English. Eventually, my class and I were able to communicate in some ways (mainly through sports) and they were all very welcoming. Some of my close school friends even helped me learn Italian while I helped them with their English homework.

One of my favourite times was when the city of Milano started to prepare for Christmas and seeing the city transform into a Christmas wonderland. Around the Duomo di Milano (the Milan Cathedral) I watched as they set up the Christmas market, Christmas trees and the whole city had amazing Christmas lights. A walk away from my house there was an ice skating rink which was fun to visit. I tried all the traditional Christmas foods and on Christmas eve my whole extended host family met together, and we had an amazing seafood pasta.

Often people would ask what my favourite thing about my exchange experience was and my immediate response would be the food (which was amazing, especially at Christmas), but after being home for a significant period, I think my favourite part was learning about the culture and language as well as making life-long memories.

I am especially grateful to the Holbrook Rotary Club as well as Rotary District 9790 for allowing me to have this experience. I would like to mention President Murray Jones and Youth Officer Belinda Izzard for working tirelessly to make the exchange as easy as possible.

To anyone considering going overseas on exchange, for whichever period of time, I highly recommend doing it. It is the perfect opportunity to push yourself out of your comfort zone, indulge in a new culture, and make life-long friends and memories.

Audrey Lieschke and her Italian host sister Arianna di Stefano (Ari) from Milan at the Rotary Club of Holbrook's meeting held recently. Ari is being hosted by the Lieschke family.



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DEADLINE

Next deadline 9am

Friday 18 August 2023

We prefer articles to be emailed to:

holbrookhappenings@gmail.com

or ph 02 6036 0100

If you are a new advertiser, email us for
information & a booking form.

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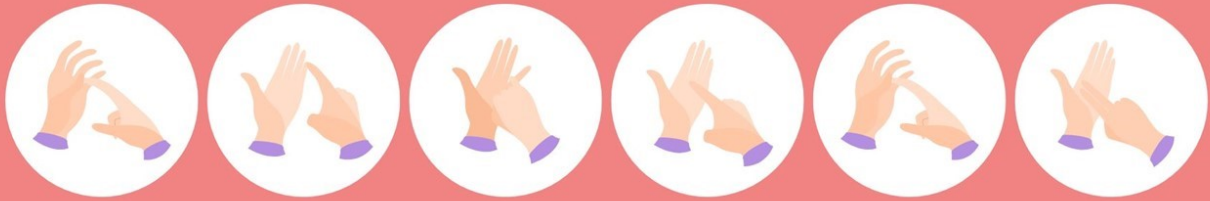
7am to 3.00pm

Please phone for orders also on

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B2 phone: 02 6036 2967

A U S L A N



Auslan Workshop at Holbrook Library

6pm start Wednesday 20 September 2023 Cost \$25 per person

This introductory workshop runs for 2.5 hours and is presented by Diana Nobbs. Please contact Holbrook Library on 0260360100 if you would like to participate. There are limited numbers.

The workshop covers the Auslan alphabet, numbers and simple conversation in a fun and interactive way.



Do you need a hand to get started online?



We're hosting an event to help you gain the confidence and skills to get online. You may either bring your own device, or use a library one.

These one-on-one sessions being run at:
Holbrook Library 14th and 21st August
Henty Library 15th and 22nd August

Contact: 02 6036 0100 to make a booking and to check on the session times.

If these dates and times are not suitable, it is possible that alternatives will be available



Be Connected

Every Australian online.

www.beconnected.esafety.gov.au



Author David Scott Holbrook Library

10.30am Wednesday 13 September 2023

No cost and morning tea provided.

Please phone 0260360100 to book your spot.



"If people are upset because you've forgotten something, console them by letting them know you didn't forget- you just weren't remembering." - Winnie the Pooh

"The goal of education is the advancement of knowledge and the dissemination of truth."

- John F. Kennedy

AUSTRALIA'S VIETNAM VETERANS DAY – 50TH ANNIVERSARY

Australia was involved in the Vietnam War from July 1962 until June 1973 when the troops guarding the Australian Embassy were withdrawn. During the conflict 523 Australian ADF personnel died as a result of the war and almost 2,400 were wounded.

Vietnam Veterans Day is commemorated on 18 August every year. The day was originally known as Long Tan Day, chosen to commemorate the men of D Company, 6RAR who fought in the battle of Long Tan in 1966. On that day, 108 Australian and New Zealand soldiers fought a pitched battle against over 2,000 North Vietnamese and Viet Cong troops in a rubber plantation not far from the small village of Long Tan. The Australians prevailed, but only after fighting in torrential rain for four hours. They were nearly overrun, but were saved by a timely ammunition resupply, accurate artillery fire from the nearby Australian base, and the arrival of reinforcements by armoured personnel carrier. Eighteen Australians lost their lives and 24 were wounded, the largest number of casualties in one operation since the Australian task force had arrived a few months earlier. After the battle the bodies of 245 enemy soldiers were found, but there was evidence that many more bodies had been carried away.

The Holbrook RSL will hold a service at 11 am on 18 August 2023 at the Cenotaph to commemorate 50 years since the start of Australia's involvement.



Community Radio Station
2GHR 96.7FM

ph: 02 6036 3428

Holbrook Community Website
www.holbrook.nsw.au



RESTAURANT

Now open 7 nights from 5.30pm
Open for lunch - Wednesday to Sunday
Lunchtime Carvery Specials.

PLEASE NOTE:

Club restaurant will be closed for maintenance from 5 August until 10 August but the Pizza Bar will be available over those dates.



PIZZA BAR

open Friday & Saturday nights.

RAFFLES

Friday Night @ 7.30pm
Sunday @ 1.00pm

COURTESY BUS

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Open 7 Days



PROBUS

We had a fairly informal meeting on Tuesday 25th July. Just a few notices after our guest speakers, Dom and Bill Heriot's talk. President Cathy informed us of the change of our bank to the Hume.

We received an invitation to Corryong Probuss birthday meeting and lunch on 7th August at the Corryong Hotel. Four of our members will be attending.

Dom and Bill told us of their wonderful trip to Canada, primarily to meet up with their son William, whom they hadn't seen for some time. Their trip also included a few days in Hawaii and New York which they loved. Canada was beautiful and their cruise to Alaska fascinating. They had some great photos. They also 'visited' many airports!!

Our next meeting is Tuesday 29th August at the RS Club at 11:00am. All welcome.

HOLBROOK CONNECTIONS

The aim of our newly formed group, known as the "Holbrook Connections", is to reach out to folks in Holbrook and surrounding towns while supporting retailers in Holbrook.

Our next get-togethers will be at 10.30am on Monday 14th August & Monday 28th August and we will be meeting at J&B's. We look forward to seeing everyone.

ANGLICAN NEWS

Not many people know that there is a **Christian radio station** broadcasting right here in Holbrook. It is called **Vision Christian Radio** and you can find it at **87.6** on the dial. You can also stream it. Vision Radio has over 800 stations around Australia and the Holbrook station was the **19th to go to air**. It started here in 2001 and initially broadcast from the old bank building near the Police Station in a small add-on to the building which was demolished to make room for the large addition which now exists. It has been broadcasting non-stop since then from various locations.

Every year there is a Men's Convention held at the APC church at 402 Wagga Road in Lavington. It is the green sign you see on the left going in. For more information Google AMC.

The **Op Shop** is having a **\$5.00 bag sale** on selected racks. This sale is always popular, so now is the time to update your wardrobe.

RECOGNISING 50 YEARS OF SERVICE

On Saturday 24th June 2023, the Holbrook LHAC unveiled a framed photograph of Dr Lakshmanan to honour his 50 years of dedicated Visiting Medical Officer service to the Holbrook Health Service.

The unveiling was conducted by Ms Lana Moran and Cr. Heather Wilton in the presence of Dr Lakshmanan, his sons Arun and Anand and a large group of local friends, former employees, and guests from Albury, Sydney, Melbourne and the Mornington Peninsula.

Dr Lakshmanan and guests enjoyed a late morning tea following the unveiling. The photograph is now hanging in the front foyer of the health service.



HOLBROOK WOOLPACK INN MUSEUM NEEDS YOU!

Can you spare some time? Would you like to help the museum maintain its collections and facilities? Give us a call?

Wendy 0488 062 669
or Leonie 0429 362 358

"We make a living by what we get, but we make a life by what we give." — Winston Churchill

DYING TO KNOW DAY
- WEDNESDAY 30TH AUGUST

'Dying to Know Day' is an annual campaign that empowers all adult Australians to be strong self-advocates for their own personal planning when it comes to their future.

'Dying to Know Day' encourages adults of all ages to take individual action and improve their knowledge around choices for their end-of-life. This year, the campaign asks adults from all communities to prioritise self-advocacy when it comes to end-of-life planning and to embrace their unique and personal choices, so they truly align with their values and wishes. 'Dying to Know Day' seeks to encourage the 'tough conversations' now, to reduce the anguish, distress and grief experienced by loved ones later. And to take action, thoughtful action, that starts the process of advanced aged planning.

Australians can 'get dead set' by proactively planning to:

- Capture their choices in writing.
- Have conversations with people important to them.
- Prepare their send-off.

Murrumbidgee Local Health District Palliative Care Services together with the Holbrook Local Health Advisory Committee (LHAC) are holding an event on Wednesday August 30th at 9.30am at the Holbrook Library Meeting Room. This event aims to empower everyone to have informed conversations around their choices for end of life however far into the future that may be.

The MLHD Specialist Palliative Care team will provide a short education session about the team and what supports they offer, followed by guest speakers from local areas including funeral directors and solicitors to speak around topics such as:

- Preparing a Will and Power of Attorney documents
- Advance Care planning
- Funeral planning
- Superannuation

Please join us on Wednesday 30th August at the Holbrook Library Complex from 9.30am -12.15pm. Morning tea will be provided.

Talking About Death is...
~~Weird~~
~~Taboo~~
~~Bad Luck~~
~~Morbid~~
a part of life.



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HOLBROOK LANDCARE

Working Dog School: A couple of weeks ago a dedicated group of working dog enthusiasts braved the thick fog for our Fellow Hills Working Dog School.



Ben Coster from Wandabar Stockdogs provided impressive physical demonstrations using his main dog "Fred" and one-on-one sessions with each of the 13 attendees with working dogs; everyone getting opportunities to put their own dogs through their paces. The 10 fence sitters were also kept well entertained, and everyone left the day with plenty of great tips and information to help them with training their dogs.

It is important for us to acknowledge the behind the scenes work that Hamish and Abby Paton and Peter Govan put in leading up to and throughout the day. We are grateful to Hamish and Abby for volunteering their yard, amazing new shed and sheep for the day, and to Peter for managing the yards during the day, making sure everyone had the chance to have a good go and sharing his own knowledge of working dog training.

Sheep Stock Containment Workshop: Recent years have demonstrated that producers are seeking opportunities to protect vulnerable pastures and landscapes without having to compromise on the livestock carrying capacity of their property. A growing solution is the implementation of Stock Management Areas (SMA) into their management system.

Although SMA enable producers to remove grazing pressure from vulnerable drought impacted pastures and landscapes, deciding if an SMA is beneficial to your business is challenging; from determining if you have the appropriate resources, time and management tools, and have suitable feeds and understanding of nutritional requirements, to understanding and applying the economic value and consequences of utilising a SMA before, during and after drought. SMA, their use and maintenance, can be complex but can also protect and enhance your existing on-farm assets.

The purpose of this project, led by Local Land Services in partnership with Holbrook Landcare, is to provide opportunities in the form of workshops, designed to support decision making when designing, and budgeting for stock

containment, and develop awareness of economic, natural resource, animal health and labour considerations of SMA.

Our next Stock Containment Workshop will be focusing on sheep and will be held at Tarcutta on 11th September 2023.

HOLBROOK SHOW SOCIETY

The Holbrook Show Society will hold their AGM on the afternoon of Sunday 20 August at the Holbrook RS Club, with a 4.00pm start so that you don't need to venture out into the cold of the evening.

Everyone is welcome to come along. Just because you attend, does **not** mean that you will automatically be given a job, although if you are happy to take on a designated role then "thank you very much". This is an opportunity to provide some input into the 2024 Holbrook Show, possibly meet some new people or to get involved in some way. As is the case with most community organisations, the Show Society always welcomes new faces and there are a wide variety of ways in which people may be able to assist.

For enquiries, please phone Rita (0427 832 803).



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HOLBROOK PUBLIC SCHOOL

Holbrook Public School's Kindergarten students marked 101 days of learning with a cupcake party organised by the P&C, with families joining in on the festivities. The students were proud to celebrate their achievement and were grateful for the support of their families and the school community.



Education Week's 175 Years of Public Education in NSW was recently celebrated, with parents, carers and community members coming together for an open classrooms day and picnic with the students. The event aimed to commemorate the importance of public education and foster a sense of community between families and schools. Participants were able to view the teaching and learning process firsthand and interact with the students while also enjoying a day of socialising and relaxation. The celebration served as a reminder of the vital role of public education in shaping the future of NSW.

Whole School Performance: "Holbrook's Got Talent": Wednesday, 13 and Thursday, 14 September 2023

Don't miss out on the school event of the year! Get your tickets now from the school office for only \$5 each. Make sure you've secured your spot to avoid disappointment. It's going to be an unforgettable experience, so don't wait any longer. Get your ticket today!

Now taking enrolments for 2024: If you or someone you know has a child due to start Kindergarten next year, it's a great time to enrol them now. Don't wait until the last minute to secure a spot in your preferred school. Starting the enrolment process early will give you time to complete the necessary paperwork and get your child's name on our Kindergarten transition list. Don't delay; enrol today! <https://holbrook-p.schools.nsw.gov.au/about-our-school/enrolment.html>



Out and
Greater Hume about in the
Children community!
Services

The Preschool children were invited to St Patrick's School to celebrate NAIDOC week. The children watched the James Fallon Warajuri dancers, coloured in pictures and made traditional damper to cook on the fire.

Thank you to Dom from the library who read the preschool children a book about tigers. Fun fact. Did you know that tigers don't purr like cats and love swimming in the water! The children used their imagination and drew tigers on the footpath using chalk.



ST PATRICK'S SCHOOL

Pray: On Tuesday 8 August we commemorated the life and contributions of Saint Mary MacKillop, the first Australian saint and a remarkable figure in the history of education and social work. We honoured her legacy, and continue to find inspiration in her unwavering dedication to helping the poor and marginalised, and her commitment to providing education for all. "Never see a need without doing something about it." - St. Mary MacKillop

Live: On Thursday I was surprised with a Principal's Day celebration and honoured with a bouquet of students' faces and thoughtful sentiments. It was followed by a staff morning tea of beautiful treats. Whilst it is a pleasure to be in receipt of these gifts it is the gift of leading this student and staff community that is informing my development as a Principal. Thank you to all involved for this acknowledgment.

Learn: We have again commenced our whole school Science, Technology, Engineering and Mathematics (STEM) program. It is fabulous to see the children transfer their knowledge from other learning areas and apply it to their STEM Tasks. Stem tasks require higher order thinking, collaboration, cooperation and communication. Students have been heard exclaiming, "I love STEM", "Can we do STEM every day?"!

Enrolments are now open for 2024. For all enquiries please contact the front office 6036 2288 to make an appointment to have a tour of our facilities. We know you will love what you see! Transition to School Packs are available via the front office or from the Greater Hume Children's Services Holbrook Centre.

*May God's Blessings be with you all,
Melanie Dusterhoft Mavrick, Principal*



DID YOU KNOW?

Aristotle thought plants had souls.

Dogs prefer humans who are kind to other humans.

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CARING FOR SOMEONE WITH DEMENTIA

Are you caring for someone who is living with dementia?

More than 90% of people living with dementia will experience changes in behaviour. Understanding these changes can help you provide better day to day support at home for someone living with dementia.

You may be eligible to take part in a free Dementia Carer Support Program, taking place at locations across the Murrumbidgee region.

Developed to give you the knowledge and skills to continue to care for someone living with dementia at home, the program involves two practical, 3-hour workshops – Understanding dementia and Planning for the future.

To find out more and register your interest, get in touch by calling (02) 8437 7355 or through carers@dementiacentre.com.au to enquire about the program.

We will call to discuss your individual situation and eligibility to take part in the program.

Dementia Carer Support Workshops

Learn about changes a person living with dementia may experience and get practical advice on how to support them and where and when to seek help. You will have the opportunity to speak to a Dementia Centre medical specialist about your individual circumstances.

Workshop 1 - Understanding Dementia

- Wagga Wagga - 3 October
- Corowa - 4 October
- Young - 5 October
- Griffith - 6 October

PI Workshop 2- Planning for the future

- Griffith - 9 October
- Wagga Wagga - 10 October
- Corowa - 11 October
- Young - 12 October

*A smooth sea
never made
a skilled sailor.*

Franklin D. Roosevelt



PLANT PICK PLATE

If there was an award given to the Hero of Vegetables, it would have to be won, without a doubt, by the humble carrot. Varieties of this ancient root vegetable can be grown throughout all seasons and in all climatic conditions. It has been the staple of kitchens for centuries and the most economical vegetable to purchase and grow. You get a lot for your buck.



The carrot (*Daucus carota*) originated in the Iran and Afghanistan regions, previously known as Persia, 1100 years ago. Then colours were purple or white, the orange colour being bred into the gene in the late 1600's creating the carrot we all enjoy today.

Highly versatile in the culinary world, the carrot is enjoyed steamed, roasted or stir fried for extra crunch. Also eaten raw, grated on a salad or as a juice tonic, the natural sweetness is unmistakable and is a rich source of beta carotene – vitamin A.

Now the signs of spring are appearing, I aim to have a succession of carrots growing in my garden throughout the spring and into early winter by sowing a number of different varieties. First is the Chantenay which is a fat stubby carrot ideal for shallower soils as the winter soil is wet and heavy and has not been tilled well. This is followed by the Baby carrot which is a quick grower and can be harvested before the Chantenay. Come summer, the soil will be tilled to a depth enabling the sowing of Topweight or All Seasons, both of which produce long, thick, pointed roots extending the growing season into winter. The Harlequin variety is a reincarnation of the ancient variety, a mix of purple, orange, yellow and white roots that can be sown year round, but not one I will try this year. **Passionate Gardener, June.**



LOCAL SUCCESS AT LEETON ENDURO

The Leeton Enduro did not disappoint. The second round of the Leaping Log event was a little on the warmer side, but a heap of fun.

Holbrook club president, Mark Jones, took off his official's vest for the day to compete on the interesting track laid out by the Leeton enduro gurus. He was a very happy man to come away with a second place in such a competitive field.



Racing returns to Holbrook on Sunday, 13th August, with Round 5 of the Wanabrook Series out at the Wangoola Motocross track on the Hume Highway.

Spectators are welcome. The local Rotary Club are catering for the day. So come out and see all the action.

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GOLF

Lots to write about this week.

The Holbrook R.S. Golf Club played host to the **Golf NSW Sandgreen 4BBB**



Championships back in March. This was an opportunity to showcase our course and facilities. 124 golfers made the trek from the far reaches of NSW and NE Victoria. Results for the weekend:
Championship - Winners Nathan Shnieder & Vaughan, *R/up* Josh Stapleton & Matt Staines. *3rd* Anthony Ah-See & David Rose. *36 hole nett - Winners* Jason Saunders & Nick Arokiaswamy, *R/up* Phil Spokes & Shane Spokes. *Saturday Scratch - Winners* David Reid & Tony Reid. *Saturday nett - Winners* David Tomeck & Sean Bayliss. *Sunday Scratch - Winners* Allen Iso & Sean Hartman. *Sunday nett - Winners* Mark Lowry & Mick Smith.

The **Holbrook Annual Tournament** was held on Sunday 21st May. *C Grade:* 3rd Justin Mohr, 2nd Shane Spokes, 1st Simon Mohr. *Longest drive* Simon Mohr. *B Grade:* 3rd Allan, 2nd Phil Spokes, 1st Mick Smith. *Longest drive* Joe Hardwick. *A Grade:* 3rd Wayne Hannon, 2nd Jade Rangi, 1st Mark Winnett. *Longest drive* Greg Gibbs. *Scratch:* 3rd Greg Gibbs, 2nd Russell Jones, 1st Gordon Webb. *NTS* Ross Allan. *NTPs* 3rd Jade Rangi, 5th Mark Winnett, 10th Wayne Hannon, 16th Joe Hargwick.

The Lieschke Motors Mixed Canadian Foursomes this year was won by Gordon & Sol Webb, R/up & Chris Spokes. This event was made possible through the generosity of David and Maricah.

The first round of the **Men's Championships** has been played with some fierce competition being seen so far. The format this year is: a player can choose the best three of the four rounds played.

We have been running a **junior golf clinic** over the past 4 weeks, with plenty of enthusiasm shown by all those taking part. For more information ring Phil Spokes 0439 301 535. If there is anyone out there that has any old clubs that may be gathering dust, or are just in the way, we will gladly take them off your hands.

Another plus for our club has been the acquisition of a couple of brand new golf carts. These golf carts have been made possible thanks to Chris Bale following up on the visit by the Vendi Golf Cart Hire Co. rep during the NSW Sandgreen 4BBB Tournament. To access these carts you will need to scan the QR code and follow the links or pre-book online.



MINI EARTHWORKS

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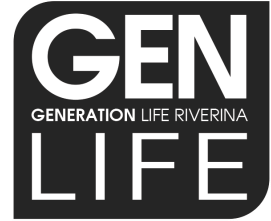


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WALWA MEDICAL CLINIC

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Dr Barbara Hoare	Dr Clare Rocznik
Dr Ian Partridge	Dr Stephanie Partridge
Dr Susan Lumsdaine	

Same day appointments generally available

Bulk billing for concession card holders & 16yrs & under
 Blood/pathology tests

Phone: 6037 1222

Appointments also available with maternal health nurse



COMMUNITY DIARY

August 2023

- Fri 11 **OMNI Group meet 10am @ RS Club**
Sat 12 'Pets Day Out' during Holbrook Football
@ Holbrook Sporting Complex
Sun 13 **Holbrook Motorbike Club competition @
Wangoola Motorcross Track**
Mon 14 Community Garden helpers meet 9am
**Holbrook Connections meet 10.30am @
J&B's Café**
"Be Connected" at Holbrook Library
Thu 17 **Guest Children's Author, Debra Tidball,
9.30am @ Holbrook Library**
Fri 18 Vietnam War Commemorative Service
11am @ Cenotaph
Cricket Club AGM 7pm @ RS Club
Sat 19 Children's Book Week commences
Sun 20 **Show Society AGM 4pm @ RS Club**
Mon 21 Community Garden helpers meet 9am
"Be Connected" at Holbrook Library
Tue 22 Little Billabong/Holbrook CWA meet 2pm
@ The Log Cabin
Fri 25 **OMNI Group meet 10am @ RS Club**
Sun 27 Junior Football & Netball Presentations
Mon 28 **Community Garden helpers meet 9am**
Holbrook Connections meet 10.30am @
J&B's Cafe
Registrations close for Town Garage Sale
Tues 29 Probus 11am @ RS Club
Wed 30 **'Dying to Know' Day 9.30am-12.15pm @
Holbrook Library Complex**

September 2023

- Sun 3` Town Garage Sale
Fathers' Day
Mon 4 Community Garden helpers meet 9am
Fri 8 **OMNI Group meet 10am @ RS Club**
Sun 10 Holbrook Hosting Football Semi-final



LIONS CLUB OF HOLBROOK TOWN GARAGE SALE SUNDAY 3 SEPTEMBER 8am—2pm

Now is the time to register for
The Holbrook Town Garage Sale

Forms are available from:
Lady Gail's Bookshop & Curios
Ph: 0467 852 409 bus. hours
\$10 to register

Registrations close: 28 August 2023

ANNOUNCEMENTS

HOLBROOK SHOW SOCIETY Annual General Meeting

**4.00pm Sunday 20 August 2023
@ Holbrook RS Club**

All welcome

HOLBROOK CRICKET CLUB AGM

Friday 18 August at 7pm

Holbrook RS Club

All welcome

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Ring Rod **0418 675 193**

BOUNCE

Physiotherapy

Sarah Finlay & Ross Wettenhall

Physio Services

- *Sports injuries* *Back & neck injuries*
- *Muscle & joint pain* *Women's health*
- *Pre & post-natal programs* *Orthotic treatment*
- *Injury rehabilitation*

Workcover, DVA, MAA, TAC, Private health rebates

Pilates Classes

Mon 6-7pm at Holbrook CTC
Tues 9-10am at Holbrook CTC
Thurs 9-10am at Holbrook CTC
Term 3 commences Mon 18th July 2023

FOR BOOKINGS & ENQUIRIES

Call **02 6036 3331**

12 King Street, Holbrook

Speedy Chicken, Ginger & Sweet Corn Soup

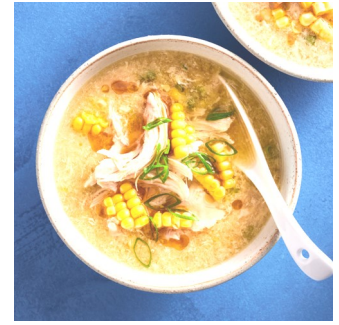
Ingredients:

- 1 tbs sesame oil
- 3cm ginger, finely grated
- 3 cloves garlic, crushed
- ¼ bunch spring onion, thinly sliced, white and green parts separated
- 400g creamed corn
- 1L salt-reduced chicken stock
- 1 tbs soy sauce
- 2 sweet corn cobs, husks and silks removed, kernels removed
- 2 free range eggs
- 1 hot roast chicken, meat removed and shredded, skin and bones discarded

Method:

1. Heat half of the oil in a large, deep pot over medium heat. Add ginger, garlic and white part of onion. Cook, stirring, for 2 minutes or until fragrant.
2. Add creamed corn, stock, soy sauce and corn and stir to combine. Reduce heat to low and simmer, uncovered, for 6 minutes or until hot.
3. Meanwhile, in a small bowl, whisk together eggs with 1 tbs water. While stirring the pot, gradually pour in egg.
4. Divide soup among bowls. Top with chicken and remaining onion. Drizzle with remaining oil to serve.

Serves 4. Ready in approx. 15 minutes.



It's soup season. Or as I like to call it, "Clean out the refrigerator special."



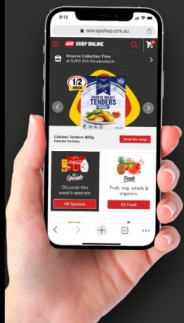
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Register Online



Shop Online



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If you are thinking of selling or would like a market appraisal, please call on
0407 658 401



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