



## **THE STORY BEHIND 'RESEARCH4RINEY'**

Catherine 'Riney' Ross was just 28 years old when she was first diagnosed with stage 3 bowel cancer in October 2014. After many surgeries followed by months of chemo therapy and numerous other treatments, the cancer had spread to other organs. Catherine was eligible to undergo an immunotherapy T-cell trial at Peter MacCallum in Melbourne, which sadly was unsuccessful. However it is trials such as these that require much needed funds to continue the research, which in the future will have great outcomes for patients. Active treatment stopped working for Catherine in October last year and she sadly lost her 4½ year battle to this insidious disease on 24<sup>th</sup> January 2019, aged 32.

According to the Cancer Council of Australia, Bowel Cancer is the second most common cancer in both men and women in Australia. More and more of these people are under the age of 50.

Catherine was a very compassionate and giving person and always thought of others before herself. She was so positive in being proactive in raising awareness and was a great campaigner for: 'You Are Never Too Young'. Catherine was able to promote this through the media with various newspaper articles and radio interviews in and around the Geelong region.

'Research4Riney' is a fundraising body set up by Catherine & her husband Jamie Bell in 2017. Through various fundraisers, with the help of family and friends, over \$250,000 has so far been donated to three chosen organisations Bowel Cancer Australia, The Peter MacCallum Cancer Foundation and the Jodi Lee Foundation. The money goes directly to bowel cancer awareness programs and vital research.

The Jodi Lee Foundation was set up in Adelaide by Nick Lee after his wife Jodi, lost her battle with bowel cancer at the age of 41 in 2010. Each year the foundation reaches millions of Australians through their national initiatives including Workplace Prevention Programs; campaigns like Trust Your Gut, major fundraising events such as The JLF Trek, PR and a powerful social media voice to raise awareness about bowel cancer.

The JLF mission is to empower people to take active steps to prevent bowel cancer and live healthy lives. This is achieved through a number of national initiatives that encourage Australians to screen regularly, know their family history, act quickly on symptoms and maintain a healthy lifestyle.

One of the many fundraising events is an 80km trek, which first started in SA with about 10 people! The treks are now being held in Victoria, QLD and Tasmania, ranging from 100 – 250 people participating.

This year's JLF Victorian Trek is being held around Daylesford and Hepburn on 5/6 September and is being dedicated in memory of Catherine. To date there are about 100 family and friends trekking in the 'Research4Riney' team! The registration fee goes towards organising and running a very well planned and safe event. Each participant is asked to fund raise for their specific number of km and this money goes directly to awareness and research.

The trek offers participants three distances, 80km over two days, 25km or 10km on the second day. Each distance is by no means 'a walk in the park'; it is challenging both physically and mentally. A timely reminder of the hurdles and pain that people with a terminal disease face every day.

**A community event is being held in Holbrook, 'Don't Drop The Ball On Health' on Sunday 18<sup>th</sup> August at the Holbrook Sporting Complex starting at 11:00a.m.** This event is supporting Bowel Cancer Australia, Albury/Wodonga Regional Cancer Trust Fund, Research4Riney and Fight MND. Six hundred numbered tennis balls will be dropped from a helicopter onto the football oval to mark a winner! There will be great auction prizes, delicious food, drinks and kids activities. Another highlight will be the ice slide where we will see four very brave local identities slide into the icy water! The day promises to be a wonderful family outing where the community can come together, raise some money, raise awareness and most importantly think of the many individuals and families in our local area who are dealing with health issues at the present time.



**HOLBROOK HAPPENINGS'  
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**DEADLINE**

Next deadline 9am  
**Friday 23 August 2019**

We prefer articles to be emailed to:  
[holbrookctc@greaterhume.nsw.gov.au](mailto:holbrookctc@greaterhume.nsw.gov.au)  
or ph 02 6036 3262.

**If you are a new advertiser, email us for  
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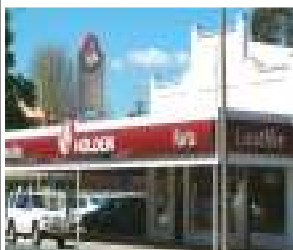
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Classified 1/16 page	\$18.00
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¼ page	\$ 72.00
3/8 page	\$108.00
½ page (check for availability)	\$ 144.00
Full page (check for availability)	\$288.00
Insert (not printed at CTC)	\$150.00
Insert (when printed at CTC)	\$ 100.00

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*For the information of Members and their Guests 18 years and over*



**HOLBROOK RETURNED  
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(02) 6036 2199



Happy Hours  
Raffles  
Courtesy Bus



**Specialty Nights**

Monday - \$15 Schnitzels  
Tuesday - \$18 Reef or Beef  
Wednesday - Kids Eat Free



**Open 7 Days**

Bar snacks now available

**Coming Soon:**  
More prizes for Friday and  
Sunday Raffles

Follow us on  
Facebook  
for future updates.



# Library Complex

holbrookctc@greaterhume.nsw.gov.au

Ph: 02 6036 3262



**OPENING HOURS** Tues—Fri: 11.00-1.00pm 2.00-5.30pm **Saturday:** 9.30-12.30pm (library services only)

## Holbrook Library Complex


# PROVIDE FIRST AID

When:	Wednesday 28th August
Time:	from 6pm
Where:	Library Complex Holbrook
Cost:	Full course \$170.00
	Refresher \$170.00
	CPR \$ 70.00

Bookings and full payment essential.

The course is fully accredited, on successful completion you will receive a certificate from the service provider

Please contact the Library Complex for bookings.  
FULL payment is required at this time.




## FREE Tax Help – 2019

Get your tax return completed with the assistance of an accredited Tax Agent.

At **HOLBROOK** on **Friday 27<sup>th</sup> September**

If your income is less than \$60,000 or you are on a Disability Pension then make an appointment now at any GHC office – sorry no business tax can be processed.

**THANK YOU**



### Coming up at the Library in September.....



*Silk Painting*

Enjoy a relaxing morning painting on silk that has pre-printed designs. Adults of all ages and skills welcome

Holbrook Library  
Friday 6 September  
11.30am

Cost: FREE  
Bookings essential  
02 6036 3262

Supporting Adult Learners' Week 2019

For Adult Learner's Week in September we are having a craft session for grown ups! Come and test your skills in a silk painting workshop. This is free and numbers will be limited so call to book. Details on poster to the left.

### BITE SIZED LEARNING

On Tuesday 17<sup>th</sup> September at 11am we are running a "Bite Sized Learning" session as part of Be Connected Learning. Participants will get an introduction to Service NSW and Lowering your cost of living, plus the benefits of using My Health Record.



"Reading is my Secret Power" is this year's book week theme and from now until the end of Book Week children can enjoy our special reading corner at the library.

There are books with stories of secret powers and during book week children can make a secret power mask or a magic booklet at the making table and enter our competition to win a special book. Ask at the library about our competition, one for under 7 and one for 7 years and over.

A special Book Week Storytime with Dom will be held on Thursday 22<sup>nd</sup> August at 11 am. Do come along and enjoy your library and Children's Book Week

## ANGLICAN NEWS

Last Sunday was a great day with all the churches joining together at the Chinese Restaurant for the annual Interchurch Council lunch. Dr. Grant Bell entertained us with stories about his life and journey. Grant's time with us will be concluding on 25<sup>th</sup> August due to his personal commitments in Wagga. The search for a new minister continues.

The Op Shop is continuing strongly and with the change of seasons approaching, we will be having a **½ price sale on all clothing** starting in the first week of September. Save your pennies and prepare for some great bargains.

Work continues on the Rectory. All the volunteers need a special thanks for the enormous effort they put in.

## MEN'S SHED

At the shed we are preparing for the Town Garage Sale, also the August Markets by the Sub. We have still got a lot of new and used nuts, bolts and assorted washers, as well as boxes of new roofing tech screws and other various tech screws for sale at both the markets and garage sale. We will also be doing our bacon and egg, and sausage sandwiches, you can have the onion on top or underneath it's your choice.

We will be conducting our last wood raffle for the year on Saturday 10<sup>th</sup>, so we would like to thank Tim, Trish and Harrison Shea for the work that they have put in and the donation of the wood. While we are in a "thanking" frame of mind we would like to thank the people of the town and surrounding area for their ongoing support for the Holbrook Men's Shed. It is much appreciated by the members.

We still have plenty of kindling available and also bags of off cuts.

## CHILDREN'S BOOK WEEK REVIEW "THE SINGING SEAL"

Florence is a fabulous fur seal who lives on the steps of the Sydney Opera House.

As much as she tries to be an ordinary seal, she somehow doesn't quite manage it!

One evening she sees a very special performance on the opera house steps and discovers her true passion.

Join Florence and other great characters at the library as part of Children's Book Week.



## HOLBROOK LANDCARE

Don't forget to call down to the Shire Hall this afternoon, Wednesday 14 August (4.30pm—6.30pm), to have a look at the **Pygmy Perch 360 Tour**. This is a free short film experience, hosted by Murray Arts, which was developed to highlight the plight of the threatened local Pygmy Perch.

Next week Holbrook Landcare will be holding their annual **Beef Dinner at The Ten Mile, on Wednesday 21 August. Senator Perin Davey will be the keynote speaker**. Perin will be discussing the architecture and implementation of the Murray Darling Basin Plan, which she has a first-hand experience with, having worked as a Water Policy Officer with Murray Irrigation. If you are interested in attending the dinner please contact the HLN office (Ph6036 3181 or email [office@holbrooklandcare.org.au](mailto:office@holbrooklandcare.org.au)) before Friday 16 August.

Holbrook Landcare, in partnership with Sustainable Farms, will be holding a **Shelterbelt Field Day at "Fairview", Holbrook, on Friday 23 August (9am—12.30pm)**.

We thank our hosts Phil & Mandy Locke for inviting us onto their farm to see the shelterbelt improvements they have made on site. Come for a chat, stay for lunch.

A range of topics will be discussed including:

- Designing shelterbelts for biodiversity
- The multiple benefits of shelterbelts for production
- The role of shelterbelts in integrated pasture pest management (e.g. red legged earthmite)
- Fox and other vertebrate management

With presentations from:

- Dr Mason Crane, Sustainable Farms ANU
- Dr Jo Holloway, research entomologist, NSW DPI
- Steve Wilson, Biosecurity Officer, Murray LLS
- Kylie Durant, Holbrook Landcare

Anyone interested in attending is asked to go to [www.sustainablefarms.org.au](http://www.sustainablefarms.org.au) to RSVP using the Eventbrite link.

# BOUNCE

Physiotherapy & Sports Injury Rehabilitation

## Physiotherapist- Sarah Finlay

(Bachelor of Exercise & Sport Science, Masters of Physiotherapy)

APA member. Sports injuries, back and neck injuries, muscle & joint injuries, women's health, pre & post natal programs.

Workcover NSW, DVA, MAA, TAC

## FOR BOOKINGS & ENQUIRIES

Call Sarah on 0409 907 058

## LOCAL STUD SUCCESS

Kenmere Charolais recently competed at the Charolais National Show at Dubbo with great success.

They have been out of the show ring for a couple of years but have had a strong return by taking out the prestigious President's Cup (Breeders Group) Award.

The Stud also won the Intermediate Champion Heifer with Kenmere Kristina

P44E and Junior Champion Bull with Kenmere Pompeii, coming a very close second in the Most Successful Exhibitor Award.

Kenmere will be competing at the Melbourne Royal in September this year, Sydney Royal and Brisbane Royal in 2020 for the World Charolais Congress.



## PROBUS

It was good to see more of our members back this month particularly Ian & Robin Scobie who have been battling illness. Our best wishes to Bob Winnett who is also on the sick list. President Cathy welcomed a past secretary of many years, Val Ciblis who was visiting.

Carmel McIntyre reported on our very enjoyable trip to Lockhart and the Marroka Emu Farm at The Rock. Members had a great time. The weather was kind, cold but fine. After a fascinating look through the museum we enjoyed a delicious lunch at the RSL Club. A guided tour of the town followed. Then it was off to the Emu farm which was most informative and enjoyable. Thank you to Margaret Cottrell for organising this lovely day.

After morning tea, two representatives of Service NSW took us through some of the 40 rebates that are available to pensioners or the disabled. Rebates in cost of living expenses, concessions in travel to Melbourne as well as free travel in NSW, appliance replacements, spectacles, medical equipment and many more. An appointment is necessary for assessment by phone or online. We were then encouraged to vote for our entry in the My Community Project, for Holbrook it's a grant to upgrade the netball courts.

**Next meeting:** Tuesday 27<sup>th</sup> August at 10:00am at the RS Club.

## DAFFODIL DAY

The annual Cancer Council Daffodil Day stall will be held outside the Holbrook

Newsagency on Friday 23 August.

Come along and support this worthy cause.



## LIONS CLUB OF HOLBROOK TOWN GARAGE SALE

**SUNDAY 1 SEPTEMBER**  
**8am to 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

Closing date for registrations:

**26 August 2019**

*Kelly-Jean*

**MOBILE MASSAGE**

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Your house or mine.

Remedial Massage

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Now the cold weather has well and truly arrived it is vitally important that older people stay well-nourished and remain strong. Holbrook Meals on Wheels can help you to stay in your own home by ensuring that your meals make a positive contribution to your nutritional needs. We can support you to make informed menu choices to ensure you are getting a well-balanced meal, designed to nourish your body.

There is a great deal of scientific research that highlights the unique nutritional needs of older adults. Malnutrition can be a problem for older people living in the community for a range of reasons, including having a reduced appetite and/or illness. According to the National Meals Guidelines "It is estimated that 5-8% of older Australians living in the community are malnourished. An additional 35-39% are considered to be at high risk of malnutrition." Malnutrition can cause loss of muscle and loss of strength and mobility, increasing the risk of falls and fractures, also osteoporosis, slower wound healing, increasing the length of stays in hospital and, potentially, reducing an older person's ability to stay in their own home and contributing to premature death. It is much easier to prevent malnutrition than to treat it in older adults.

Having meals delivered should not be seen as a last resort. Meal services may be suggested to older people who are unwell and this service may only be needed in the short term until the person recovers and is able to prepare their own meals again. Alternatively, a meal service can also be provided to a person who requires ongoing assistance with meals to support functional independence and wellbeing. We are happy to discuss your needs.

The provision of a meal each day can be an enabler that can improve opportunities for increased participation in life's other roles, such as meeting friends or engaging in activities. Home delivered meals also have the added advantages of providing an opportunity for social interaction and the potential to monitor a person's health and well-being – they are 'More than Just a Meal"! Why not join our gentle exercise group, our movie group or our Meet and Eat group?

If you would like more information on meals or other services we can provide, please call in to the office or give us a call on 02 6036 3677.

10% of spiders are missing at least one of their legs.



## SCAM AWARENESS

Investment scams, Penalty scams, Prize scams, Romance scams. Have you ever received a phone call telling you your computer is not



working, or a threat you must pay money, or an email letting you know you have inherited millions? Well you are not alone! It seems everyday someone is calling with an offer to good to refuse. And the scams are getting more sophisticated all the time! Everyone is vulnerable and the statistics are frightening.

**In conjunction with NSW Fair Trading, Holbrook Meals on Wheels will be hosting a SCAM AWARENESS presentation at the Holbrook Library meeting room on Wednesday 28<sup>th</sup> August at 10.30am.**

The presentation will help to inform you and hopefully make you aware of the tricks that scammers get up to while trying to separate you from your hard earned cash.

EVERYONE IN THE COMMUNITY IS WELCOME TO ATTEND. IT'S FREE, NO STRINGS ATTACHED.

We are also hosting morning tea and a CUPPA FOR A CAUSE event. We invite you to join us on NATIONAL MEALS ON WHEELS DAY when services across Australia will be hosting events to celebrate the day. Did you know 2019 marks 49 years of Meals on Wheels in the Holbrook community!

We would appreciate an RSVP for catering purposes. Please call Sue or Jenna on 02 6036 3677 to let us know if you plan on attending or have any questions.

## HISTORY QUIZ

**Previous Quiz:** What was special about Holbrook's win over Jindera, 19-12 [126] to 4-9 [33] in 1999? **Answer:** Holbrook's first match in the Hume League on 3 April 1999

**New Quiz:** Originally Walwa was called Walwa Creek. When did the village become Walwa?

## WALWA MEDICAL CLINIC

Regularly visiting doctors

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



## ANOTHER LOCAL TO TOUR WITH WANDERERS AUSTRALIA

Izak Schirmer has recently been identified as a talented AFL player in NSW and has been invited on the team for the under 14s International Tour in Fiji in 2020, along with two other boys from the Hume League. There was only 21 spots available for the whole of Australia. Izak also recently played for the Riverina in the AFL State Championships held at Penhurst



## COOKING WEEK 4 THE YUMMIEST AND EASIEST POTATO & BACON SOUP

*(repeated from last issue due to an error)*

- 100g diced bacon
- 1 large onion, chopped
- 500g sweet potato, peeled and chopped
- 500g potato, peeled and chopped
- 2 Tbsp plain flour
- 1 Tbsp vegetable stock powder, blend with 5 cups hot water
- 2 cups thickened cream (if freezing some of soup use Carnation light & creamy milk)

Spray a large saucepan with olive oil and allow to heat. Add the bacon and cook for 3-4 mins or until crispy, remove and set aside.

Add the onion and potatoes and sauté for 2-3 mins. Stir in the flour and then the stock, stirring until combined. Cover and allow to simmer rapidly for 20 mins or until vegetables are tender.

Stir through the cream or carnation milk if using and most of the bacon.

Divide among serving bowls and sprinkle with remaining bacon. Serve with crusty bread.

*Happy Dining Gayl*



## BILLABONG HIGH SCHOOL

**Brainstorm Productions:** Years 7 and 8 will be attending an anti-bullying production entitled 'Verbal Combat' on Thursday 22 August 2019 at 1:50pm. This production will take place in the school hall during second lunch, reading and period five. Actors perform scenarios related to 'Verbal Combat' portraying some skills that students may use in the future.

**Forensic Science Workshop:** On 19 August students across Year 7-10 will have the opportunity to participate in a Forensic Science Workshop Incursion which will be held at BHS. **Year 12 All Revved Up:** On Wednesday 31 July, during iStudy, Year 12 undertook a very informative workshop run by NSW Dept of Fair Trading on buying and selling vehicles. They were guided through their legal rights and responsibilities. Thank you to Greater Hume Shire Youth Council for their contribution also to the program.

### Year 12 - Save the Dates

Tuesday 24<sup>th</sup> Sept 2019 - Farewell Year 12 Disco

Friday 27<sup>th</sup> Sept 2019 - Year 12 Formal Assembly

Tuesday 12<sup>th</sup> Nov 2019 Graduation Evening

Tuesday 17<sup>th</sup> Dec 2019 Presentation Evening 7-12

## QUESTION: WHAT'S THE GREATEST GIFT YOU CAN GIVE YOUR CHILDREN AND GRANDCHILDREN?

Answer: A better world to live in.

There are three new books at the library that show you how.

**A Family Guide to Waste Free Living** by Lauren and Oberon Carter relates how one suburban family changed their habits and lifestyle to create a sustainable, quality life. This book is full of tips, information and recipes.

The 2nd book "**Waste not Everyday**", (365 ways to reduce, re-use and re-connect) is a simple practical guide that helps you get started. Included are many tips that can save you money.

The 3rd book, "**2040 a handbook for regeneration**" by Damon Gameau is based on a documentary of the same name. This is a book of hope, as it gives facts on the new innovations and changes being implemented by individuals, countries, businesses and researchers who are leading the way in solving the world's big ECO problems and what you can do to be a part of the solution.

All three of these books are inspirational and motivational and as the song goes, "From Little things big things grow"! Lets all make a start at becoming ECO warriors and create a better future for our kids.

A reader's contribution

## ST PATRICKS SCHOOL

We have a very busy two weeks ahead! Thursday 8<sup>th</sup> we celebrated the Feast of Mary MacKillop with Mass. Mary MacKillop is the Patron Saint of our Diocese. The order that Mary established, the Sisters of St Joseph, were the founding order for our school.

**Blue earth:** This term we continue our partnership with Blue earth on Mondays every fortnight. It has been great to see all students so engaged in the activities.

**Transition Program:** Our Community Transition Program will once again take place this year. With the support of funding from Catholic Education Diocese of Wagga Wagga, we have been able to extend our Program to 10 weeks, and for full days. This year the Program will run from 9.00am to 3.10pm starting on Friday 30<sup>th</sup> August. Enrolments for 2020 are now open for all classes K-6. Application packages are available from the school office.

**100 Days of School:** Congratulations to K/1/2 on reaching 100 days of school! The students had a wonderful day on Tuesday 6<sup>th</sup> August, celebrating this special day. Activities included making headbands, paper chains, and 100 shaped biscuits to take home.

In Geography we are exploring more about our town and surrounding area. In Holbrook we have special identifying features, like the submarine, train park and bakery. In P.E. we have been engaging in some team building activities as well as activities we find tricky, like skipping and balancing. We have been working hard together to eradicate the words 'I can't' and replace them with 'I'll have a go'. The teachers in K/1/2 are so pleased with the hard work the students are putting in.

**Henty Machinery Field Days** are fast approaching! As September 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> approaches St Patrick's School Council are in preparation for this years 'BIG' shed and are taking down names for those who

are able to lend a hand. As St Patrick's Schools' main fundraiser, it gives us an opportunity to raise funds that go directly towards resources and equipment that benefit the children at the school. Each year we have been blessed with the number of volunteers who assist each year and we ask for that continued support again this year, particularly as we are in the BIG shed which requires a great number of volunteers.

Please contact the school for further details or to put your name down - phone 6036 2288

**St Mary McKillop's motto for life was 'Never see a need without doing something about it.'**



## HOLBROOK STORES IGA & MITRE10

Good morning to everyone this week. You are probably getting excited about the upcoming Market Day, as we usually are at this time of the week. There will be some great specials as usual throughout the shop, with some added in-store specials also available. The Team Leaders were chasing up some top specials to be able to pass on the saving to you this week; so be on the lookout.

We have completed the update of the wine section and also installed new shelving for the chips at the rear of the shop. These replace the very old supplier branded wire racks and also allow us to fit more stock on show and allow us to fill by the box.

The new cheese fridges were installed, and we have had some great feedback as to how good they look. I believe that our Holbrook Stores customers appreciate the investment we are putting into the shop to assist in their day to day shopping experience. We have also sourced a great variety of pizzas from one of our suppliers, We Love Pizza, for your selection, with some of the old, thin crust style Forno pizza range returning by popular request (*as we promised*).

The specialty cheese fridge has been re-purposed to allow us additional meat specials to be on show, so check out these weekly specials, especially the bulk sausages and weekly meat lines that are available to grab-n-go!

Until next time, happy shopping and don't forget, If we don't have it, please ask and we will try and find a product for you.



## HOLBROOK PUBLIC SCHOOL

The beginning of the term has flown by with so many wonderful events happening at Holbrook Public School. The students are busy preparing for our special whole school performance that will be showcased at the end of the term.

Our talented recorder group had a wonderful time performing at the Sydney Opera House. Annabel Pincott, Georgina Barr Smith, Georgie Cardile, Jasmine Lieschke, Harriet Bull, Primrose Heriot, Isaac Bennetts, Eli Toll and 700 other recorder students from around the state played three musical numbers, in conjunction with a jazz band, 200 violin students and percussion. Miss Freeman reported that the students were amazing representatives of our school, thanking them and their parents for their dedication and enthusiasm.



Ollie Cardile has written a report telling us about his experience competing at State Cross Country. 'Last Thursday I went to Sydney for State Cross Country. I came 40<sup>th</sup> out of 85 people in a 2km race. Before the race you had to go to the marshalling area to get your name marked off. There were more than one thousand people in the crowd. The race was at Eastern Creek. The race started at 11:05 am.'

The whole school stopped at morning tea and watched Ollie's race via livestream. We are very proud of his first attempt at State competition and I'm sure we will see more of Ollie's sporting achievements in the future. The NSW



Premier's Spelling Bee was held in the school hall last Monday, 29 July 2019. All participants performed at a high standard representing our school with pride. Congratulations and best of luck to Aidan Walmsley, Sybil Triggs, Annie Triggs and Jackson Barba, who will now head to the Regional finals which will be held at Corowa Public School on Wednesday, 11 September 2019.

Our Education Week open classrooms and school assembly was well attended by parents, carers and grandparents. The students enjoyed showing their family members around their classrooms and showing off their achievements. The SRC presented an amazing assembly where the choir and recorder groups astounded us all with their musical talents.

It was lovely to see a strong attendance of 2020 Kindergarten parents and carers at our Orientation Meeting. We look forward to the next event where students will participate in a Teddy Bears' Picnic and Book Week Parade on Wednesday, 21 August. Preschoolers can bring along their favourite teddy bear and dress up as a book character. All are welcome to attend.

**Coming up soon:** Chess Tournament 14 August, Yerong Creek Gala Day 16 August, Book Week & Book Fair 21 August.



### Now available

Selection of condiments from New England Larder, Cypress, McGraths, Monica's Muesli, Glenellan honey.

### New Trading Hours B1

Monday to Friday 6am to 6pm  
Saturday & Sunday 8am to 6pm

**02 6036 2049**

## BALL DROP AUCTION



Auction items for sale at "Don't Drop the Ball on Health" family event commencing 11am - Sunday 18<sup>th</sup> August 2018 at Holbrook

Sporting Complex. Food, Drinks & family games available from 11am. Auction Commencing 3pm

**Terms:** Settlement & Payment required on the day by Cash or Cheque with Photo ID, EFTPOS available.

Items purchased at Auction to be collected after auction on Sunday 18/8/19

### Auction Items:

- ◆ One Kelpie pup from locally renowned breeder & trainer Neale Taylor of Giles Creek Kelpies
- ◆ Several chest freezers including packed & labeled grass fed locally grown Lamb & Beef
- ◆ 2020 Australian Open Tennis tickets for two
- ◆ Baby Package with items including a baby photo session, locally crafted crocheted items, plus more
- ◆ Accommodation package at The Sir George Jugiong, includes dinner & breakfast
- ◆ One truck load of 14 tons of Conmix, delivered
- ◆ Locally grown bales of garden mulch or oaten hay
- ◆ Framed Draught horse print
- ◆ Package of sowing & spraying 10ha pasture, incl 1tonne oats, 1tonne MAP
- ◆ Package of Gift Certificates from many of Holbrook businesses
- ◆ Several Loads of quality firewood
- ◆ Package of 12month memberships to Holbrook Gym Club
- ◆ Silver jewellery by Julia Simpson
- ◆ Signed 2019 Collingwood Football Guernsey
- ◆ Accommodation package at The Vic Hotel Melbourne
- ◆ Advanced Bare-rooted trees from The Vintage Nursery Holbrook

So get ready for some great items and organise your friends & family for syndicates in readiness to bid on the packages.

Further details Russell 0402 292 723  
or Jen 0438 632 301

## GOLF

### 1 August Dad's Army Golf 9 hole event

Winner - Jim Maskus, 2<sup>nd</sup> Phil Spokes, 3<sup>rd</sup> Vic Derbridge. NTP 3<sup>rd</sup> Gordon Webb, 9<sup>th</sup> Phil Spokes. naga Mick Smith, 8 pts.

**8 August Dad's Army** No competition this week owing to the poor weather, although two very hardy players made the effort and played before any more rain eventuated.

## HOLBROOK COMMUNITY



### SCHOOL TRANSITION PROGRAMME



A free transition to school programme for all children aged 4+ beginning kindergarten at any school in 2020.

This Holbrook Community School Transition Programme follows a structured programme provided by a qualified teacher. Your children will be provided with a wonderful start to their school journey.



Children require recess, lunch, fruit, hat, water bottle, runners.

**Session Times:** 9.00am - 3.10pm

**Dates:** Fridays - 30 August;

6, 13, 20, 27 September;

18, 25 October; 1, 8, 15 November.

**Venue:** St. Patrick's School Hall

Contact St. Patrick's School on 60362288 for appointment to register for this wonderful and free programme.

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**FOOTBALL Round 15 versus Culcairn Seniors:** A 31-point loss to their old foes saw Holbrook's finals prospects cop a big hit, Matt Sharp's squad now has a real fight on their hands to be part of the September action. After an even first term, the Lions put the foot down early in the second quarter, slotting 5 goals in ten minutes to create a buffer the Brookers couldn't peg back. Holbrook were devoid of luck in the match, hitting the post four times hurt their chances. It wasn't all doom and gloom for the Brookers though, young Ewan Mackinlay (Zambrero award) made a stunning debut with a 4-goal haul. A couple of Ewan's goals were all class, the best a left-foot snap at the southern end topped an excellent crumbing effort the previous term. Ewan's accurate boot will help to cure Holbrook's goal-kicking woes which have plagued them all season. Randal Taylor (Riv Hotel mug) was also prominent, besides his rucking duties he often drifted back to take some timely contested marks. He also had a confrontation with Adam Prior (8 goals), which resulted in Prior being benched. Coby Ross went for a few audacious runs on his wing, while Lachie Holmes (Otway Bistro), Jake Way, and Will Holmes (2 goals) showed great commitment when chasing opponents.

**Reserves:** Holbrook 12 19 91 Culcairn 11 3 69 Goals: Tyler Lampe 3, Ben Talarico 3, Col Geddes 2, Josh Pieper, Brock Knights, Lachlan Joyce, Ewen Scholz. Best: Will Nichols (Riv Hotel mug & Players' player), Brock Knights (Sportspower), Col Geddes, Ben Talarico, Jeremy Lim, Tom Heriot (Zambrero).

**Under 17's:** Holbrook 8 7 55 Culcairn 6 3 39 Goals: Rohan Jepson 3, Bailey Churchill 2, Fletcher Parker, Thomas Fitzgerald, Jayden Hucker. Best: Hamilton Black (Riv Hotel meal), Logan Wright (Bakery), Oliver Whitley (Zambrero), Rohan Jepson (Urban Graze), Nathan Miller (Sportspower).

**Under 14's:** Culcairn 10 6 66 Holbrook 2 2 14 Goals: Hamish Livermore, Harry Plunkett. Best: Harry Plunkett (Coach's award), Max Davis (Bakery), Wil Jenkyn (Newsagency), Oscar Preston (NAB drink bottle), Flynn Scholes (Axel's Tuff Tackler), Hamish Livermore (Urban Graze).

**Round 16 versus Osborne Seniors:** Holbrook and Osborne supporters got their money's worth when the two teams duked it out for a 58-all draw at Holbrook on Saturday. With 33 seconds left on the clock, and Osborne leading by 1 point, Brooker Andrew Dear had a shot for goal from a tight angle near the 50 metre arc. Unfortunately for Holbrook, the ball collided with the goalpost, thus levelling the scores. The result was enough to put the Brookers back into the top six, with two games to play before finals. Earlier in the first half, Holbrook fell 23 points behind, but fought back through the efforts of midfielders Will Holmes (Riv Hotel mug & 2 goals), Jake Way, and coach Matt Sharp. Holmes helped his team win a slew of centre clearances, while Sharp's prowess at handling the slippery ball was evident. In a nerve-racking last term, Brooker backmen Luke Carman, Lachie Holmes, and Sam Harris defended stoutly to keep the Tigers goal-less, often linking up with Corey McCarthy (Zambrero) to propel the footy away from danger. Andrew Dess (Otway Bistro & 2 goals) and Dear (2 goals) both snatched plenty of marks in the forward line.

**Reserves:** Osborne 5 8 38 Holbrook 3 4 22 Goals: Tyler Lampe, Kade Stagg, Jimmy McNeill. Best: AJ Bender (Riv Hotel mug & Players' player), Geordie Kilmartin (Zambrero), Jeremy Lim (Sportspower), Nick Pugh, Will Nichols, Jake Hicks.

**Under 17's:** Osborne 8 6 54 Holbrook 4 3 27 Goals: Harry Plunkett, Rohan Jepson, Oliver Whitley, Bailey Churchill. Best: Oliver Whitley (Riv Hotel meal), Logan Wright (Bakery), Bailey Scholes (Zambrero), Jack Keogh (Sportspower), Will Plunkett (Urban Graze).

**Under 14's:** Osborne 6 3 39 Holbrook 1 0 6 Goal: Harry Plunkett. Best: Harry Plunkett (Coach's award), Charlie Wright (Urban Graze), Oscar Preston (Bakery), Hamish Livermore (Newsagency), Lachie Parker (NAB drink bottle), Cruz Schirmer (Axel's Tuff Tackler).

## PLANT PICK PLATE

I have just heard the new age term "Microwave Gardener". A gardener who cannot wait for a plant to grow and prefer to purchase plants that are well advanced in their growth. For instance a bounty of herbs straight from the nursery to the kitchen ready to pick and plate immediately. Although this is obviously convenient, for me one of the joys of gardening is raising my edible seedling babies from seeds. A somewhat nurturing and meditative process that requires great patience and yes I do talk to them.

Growing my own seedlings allows me to plant heirloom varieties which are of excellent flavour with a soft fleshy texture that you just cannot buy. I eat the Mortgage Tomato and Lemon Cucumber fresh in a sandwich and also preserve in relish and pickles.

The ability to adjust the quantity of seedlings required is a bonus as I plant sweet basil throughout my garden to attract the beneficial insects like bees and deter the unwanted insects such as fruit fly and house flies. In the kitchen I use basil fresh in salads, add to tomato dishes and dry for use in the winter months.

Inspired? Do some research and germinate some seedlings now ready for October planting. Your babies will need to come inside while it is still cold. Recycle egg cartons and a clear plastic cover for the first stage of germination. Provide moisture, light and warmth. Transplant your growing babies into individual toilet rolls then liquid fertilise at half strength. Later plant straight into the garden. The roll will decompose and the roots will not be disturbed.

If you are a "Microwave Gardener" let the nursery do the job for you. The flavours will still be delicious and the growing process equally enjoyable. *Passionate gardener. June*



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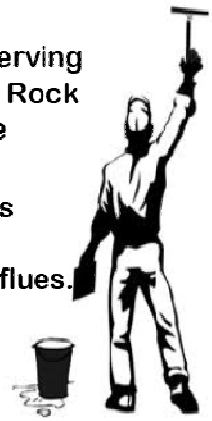
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## COMMUNITY DIARY

### August 2019

- Wed 14 Art Grp 5.30pm @ Uniting Church Hall  
**Rotary Club meeting 6.30pm @ RS Club**  
Show meeting 7.00pm @ RS Club
- Thu 15 **Knitting Grp 10.30am @ 134 Albury St**
- Fri 16 Yerong Creek Primary Schools' Football & Netball Gala Day  
**LilyLu Creation Craft 2.00pm**
- Sun 18 "Ball Drop" Fundraiser 11am @ Holbrook Sporting Complex
- Mon 19 **LilyLu Creation Craft 10.30am**
- Tue 20 Landmark Holbrook Field Day - 12noon
- Wed 21 **Holb Public School's Book Week Parade**  
Art Group 5.30pm @ Uniting Church Hall  
**Landcare's Beef Dinner @ The Ten Mile**  
Rotary Club dinner meeting 6.30pm @ RS Club, speaker Glenn Rose from Albury  
Wodonga Prostate Cancer Support Group
- Thu 22 **Knitting Group 10.30am - 134 Albury St**
- Fri 23 Holb Landcare's Shelterbelts Field Day  
**Cancer Council Daffodil Day stall outside Holbrook Newsagency**
- Tue 27 Probus 10am @ RS Club
- Wed 28 **MOW Scam Awareness Information Session 10.30am @ Library Complex**  
Art Grp 5.30pm @ Uniting Church Hall  
**First Aid Course 6pm @ Library Complex**

### September 2019

- Sun 1 Holbrook Town Garage Sale
- Mon 2 **Sporting Complex meeting 7pm @ RS Club**
- Wed 4 Art Grp 5.30pm @ Uniting Church Hall
- Thu 5 **Knitting Grp 10.30am @ 134 Albury St**  
Holbrook CWA International Day
- Fri 6 **Silk Painting 11.30am @ Library Complex**  
Lankeys Creek Hall Happy Hour 6.30pm
- Sun 8 **Miniature train runs 10am to 4pm**
- Mon 9 **Crafty Hands 10.30am @ 7 Fleet St**  
**Little Billabong CWA meeting 7pm**
- Wed 11 Art Grp 5.30pm @ Uniting Church Hall

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## ANNOUNCEMENTS

Guess who's 60  
on 25-08-19?

From the family.

Chris, what  
happened?



### TAI CHI FOR ARTHRITIS

Two different times will be available and sessions are held at the Holbrook Library Complex:

- **Thursday with Leonie from 5.45pm. Commencing on 19<sup>th</sup> September**
- **Monday with Sue from 9.30am Commencing 23<sup>rd</sup> September**

For more information or to register your interest for the 10 week programme, please call Leonie 0429 362 358 or Sue 0427 362 075.



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