# **HOLBROOK HAPPENINGS**



#### 24 April 2024



#### HOLBROOK HOSTS NATIONAL CATTLE EVENT

Last week the Holbrook Sporting Complex played host to the 2024 Limousin National Show & Sale.

Cattle had travelled to Holbrook from throughout New South Wales and Victoria, as well as from Western Australia and South Australia.

The official part of the event began on Thursday 18 April, with scanning of the animals, followed by dinner at the RS Club, where breeders took the opportunity to catch up with each other.

Friday was a busy day for everyone. Throughout the morning over 40 stud cattle from 18 studs competed in the show ring for the title of Supreme Exhibit. After lunch the focus moved on to the sale ring, where bidders were able to participate either in person or through Auctions Plus.

It was fantastic to see the town's facilities used across a range of different activities and to have events such as this attract visitors to the area. Many of the Limousin exhibitors who had long distances to travel had arrived in

Holbrook several days before the start of competition in order to ensure that their cattle were settled and comfortable following the long drive.





Senior & Grand Champion Female (Garren Park Jewel S54), exhibited by GR & KA Hedger, Culcairn



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#### HOLBROOK CAMPDRAFT

The Holbrook Campdraft Committee is thrilled to announce to our local community that the annual Holbrook Campdraft event is set to occur at the Holbrook Equine Centre from **April 26<sup>th</sup> to 28<sup>th</sup>, 2024.** This event celebrates the exhilarating sport of campdrafting and promises an exciting showcase.

We extend a warm invitation to all spectators to join us and witness the event firsthand, while also supporting our canteen facility operational throughout the three days. Our small committee takes immense pride in orchestrating and delivering such a significant occasion, and we warmly invite everyone to experience it.

Expect to hear familiar local names announced and see many enthusiasts from distant places who have journeyed to our town. The generous support from our local farms and businesses, both in sponsorship and the provision of cattle for the Holbrook Campdraft, is truly remarkable, and we express our deep gratitude for their contributions.

On Saturday night, the talented Jess Crossman will entertain us with her singing, accompanied by a captivating Feature Cut Out event, illuminated under the lights. As the Holbrook Campdraft approaches, our preparations are in full swing, and we eagerly anticipate a fantastic weekend ahead.

For any enquiries about the event, please don't hesitate to reach out to our committee secretary, Bec Sim, at 0437 330 220.



1100 FREE COPIES PRINTED 24 April 2024

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# DEADLINE Next deadline 9.00am Friday 03 May 2024

We prefer articles to be emailed to: holbrookhappenings@gmail.com

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

# LIESCHKE MOTORS



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Lawn Games

#### HELLO FROM THE HOLBROOK HOSPITAL

**Gastroenteritis** is also known as gastro. It is a very common illness in babies and children and is caused by viruses that infect the digestive system. Adults are also susceptible to the virus and additional care should be taken when venerable adults are effected. Gastroenteritis causes cramps, vomiting and diarrhoea. It tends to be more common during winter months and spreads easily.

Gastroenteritis usually starts with vomiting, followed by frequent, watery poos called diarrhoea. Tummy pain and fever may follow. Some children may also have a runny nose, or a sore throat.

See your local doctor or take your loved one to the nearest emergency department if they:

- are less than six months old
- have other health problems
- are unable to drink fluid without throwing it up
- do not stop vomiting
- are very tired or drowsy
- have blood or mucus in their stool
- have ongoing tummy pain
- have high fevers
- do not seem to be getting better and you are worried.

Most people with gastroenteritis will recover quickly. The major concern with gastroenteritis is that you can become dehydrated as you lose fluids through vomiting and diarrhoea. Babies, younger children, and our elderly can become dehydrated more quickly. It is important to drink fluids, even if you are unwell and vomiting.

Medicines to stop vomiting and or diarrhoea can be used for those who are dehydrated from vomiting too much. Those with Gastroenteritis are infectious. It is important to wash your hands thoroughly before & after contact with a loved one. Please keep your child away from other children as much as you can until the diarrhoea has stopped. Check with your school or day-care provider about their rules for gastroenteritis. Isolate yourself as much as possible for a minimum of 48 hours following your last bout of vomiting and or diarrhoea.

Hand, foot and mouth disease is a common but highly contagious infection in children. While generally a mild illness, some children will have fever, sore throat and tiredness and blisters which

can be uncomfortable. It mainly occurs in children under 10 years of age but can also occur in older children and adults. It is not related to the foot and mouth disease that affects animals.

Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7-10 days. Sometimes you may have a low fever, sore throat, tiredness & feel off colour, and may be off your food for a day or two.

Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by sneezing and coughing.

Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Blisters should not be deliberately burst because the fluid within them is infectious. Make sure you are drinking enough, as painful mouth sores can make you reluctant to swallow liquids.

Your local GP can answer any questions you may have regarding treatment for either of these conditions.

#### **Holbrook Hospital**

## WOULD YOU LIKE TO SHARE YOUR MUSICAL TALENTS?

JOIN US IN THE HARRY JARVIS WING AND MAKE A DIFFERENCE TO OUR RESIDENTS QUALITY OF LIFE. WITH YOUR HELP, WE CAN BUILD A MUSICAL THERAPY PROGRAM THAT BRINGS HAPPINESS TO OUR RESIDENTS.



P.S. We have a piano! Come play for our residents!! Contact Luisa at 0260522800

#### HOLBROOK LANDCARE

#### Remember your trees and fallen timber!

Lots of stubble and paddock burning going on at the moment and have seen a few big trees damaged and destroyed – there is no need for this to happen. A simple rake hoe line around the tree or wet it down as part of your preparation. You cannot replace the biodiversity value of a 300 year old paddock tree!

**CSIRO research visits:** Last week we have had CSIRO researcher Sarah Luxton in the region looking for study sites for their research on soil phosphorus and its influence on the recovery potential for shrubs and ground layer plants in revegetation areas. This is very relevant to us – one of our challenges is Phalaris dominance in revegetation areas, and we don't really know how long it takes for the drawdown of nutrients to happen that might allow us to get better shrub survival and even establish ground layer plants.

There are thousands of revegetation sites but it's been challenging to find sites that have a paddock site suitable for the control – has to be similar state and management as when the reveg was established. Finding sites with records, that haven't been grazed and that haven't been associated with pasture improvement turned out to be really hard.

Thanks to the landholders who have agreed to participate – Holbrook Landcare farmers have a reputation for being willing to contribute to research and being generous with their time – we really appreciate you! The search may not be over so get in touch if you have a really good site!

**Update on the Testing Tropicals Project:** Our Tropical pasture PDS sites, funded by MLA, have been loving the recent rain! Good rainfall, warm soils, and summer pasture growth... what more could we ask for?

Throughout the summer months the sites displayed some impressive ground cover, helping support a healthy soil profile, and summer weed management.

The tropical pastures have provided excellent summer feed, which alongside soil health benefits, has also provided a great source of quality feed for weaned livestock. Live weight gain data has been recorded over the recent months, with some more data collection still to come.



#### RESTAURANT

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> \*Takeaway Menu - Monday & Tuesday\*

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PROBUS

Reminder of our next meeting, Tuesday 30<sup>th</sup> April at 11:00am at the RS Club. We have an interesting Guest Speaker from Landcare.

Also, a big thank you to Jill Winnett for reading her beautiful poem about her grandmother at our last meeting. Hopefully another next meeting Jill? Lunch will be at J&Bs after the meeting. Everyone welcome!

#### DAISY IS 21

A special birthday will be celebrated at a home in Swift Street this week. Daisy Jones, the owner of Cathy Jones, is 21 years old!

Daisy has a couple of slaves (Cathy and Tyson) who have been in service for these past 21 years, and Daisy has enjoyed perfect health and a successful career as a rabbit killer. These days, she spends most of her time sleeping, but still patrols the borders of her home at least once a day, warning off any possible intruders.

Happy Birthday, Daisy, and more to come, we hope.

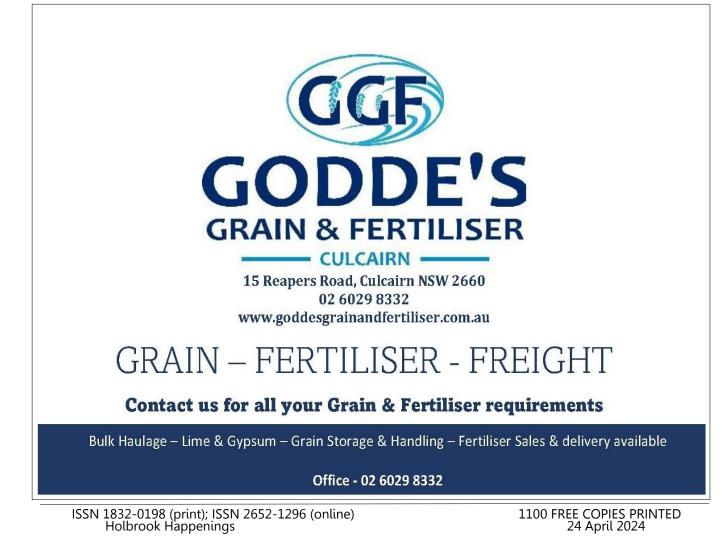
#### Did You Know?

There is a Danish myth that you can get drunk by soaking your feet in vodka. "To egrote" is to pretend to be ill to avoid work. Australia is the only continent without an active volcano.



**Holbrook & District Community Noticeboard Community Radio Station** 2GHR 96.7FM ph: 02 6036 3428

**Holbrook Community Website** www.holbrook.nsw.au



#### HOLBROOK PUBLIC SCHOOL

Twelve days ago, we bid farewell to another term filled with dedication, hard work, and countless achievements. The past few months have been a whirlwind of activities, learning, and growth for our students and staff members, and now's the time to unwind, recharge and sit back and enjoy the much-awaited school holidays.

For our students, the holidays symbolise a well-deserved break from the classroom, allowing them to explore their interests, spend quality time with family and friends, and embark on exciting adventures. The school holidays offer our staff members a chance to reflect on their achievements, set new goals, and prepare for the challenges and opportunities the new term will bring. Whether attending professional development workshops, collaborating with colleagues on innovative teaching strategies,

or simply relaxing and recharging, our staff members are committed to continuous growth and improvement to ensure every student receives a world-class education.

As the holidays draw to a close, we eagerly anticipate the start of a new term filled with endless possibilities and opportunities for growth. Upon our return, we will commemorate **ANZAC Day** with a school ceremony, our leaders will attend the **GRIP Leadership Conference**, and we will participate in the **National Walk Safely to School Day**.



These are just a few activities to look forward to at the beginning of next term.

#### REMEMBERING STEPHEN (13/03/63-16/03/24)

Many have noticed that Pat Reid has not been seen around the town over the past month, but not the reason.

Pat, together with other members of the Reid family, has been over in Western Australia on the sad occasion of the funeral of her son Stephen, who would be remembered by a number of locals.

Graham and Pat Reid had four children - Louise, Stephen, Craig and Jason (dec.)

Stephen grew up in Holbrook, attended both Holbrook Public and Billabong High Schools, and played a bit of cricket and Aussie Rules football before Todger Burgun convinced him that rugby was the way to go and he joined the Holbrook Bears rugby team. He also enjoyed his fishing.

After finishing school Stephen moved to New Zealand and worked as an abalone diver and a shearer. It was there that he met his partner, Janine and had four children. He returned to Australia for his mother's 50<sup>th</sup> Birthday and stayed, but not in Holbrook. Stephen and his family decided to settle in Western Australia where he continued shearing and ran a crutching plant.

While Pat enjoyed the opportunity to catch up with family and friends on the other side of the country, the long trip by road has been taxing and she is definitely glad to be back in her own home.

#### LOCAL POLOCROSSE SEASON IS OFF TO A FLYING START

Last weekend saw plenty of action up at the Holbrook Equine Centre with the Albury/Holbrook Polocrosse Club hosting the first of the local Zone carnivals of the 2024 season.

26 teams playing across A through to E grades (a total of 156 players), together with their supporting families, as well as 21 sub-junior (u12yr) players, divided into two divisions. These teams had travelled to Holbrook from Corio, Sale & Moorooduc in Victoria, the south coast of NSW, Hall, Lake George, Braidwood, Jugiong, Burradoo, Harden and Tumbarumba for a weekend of competition.

Saturday night was a chance to relax over dinner at the grounds and a social game of mini basketball before the rounds of finals on Sunday. The visitors really enjoy coming to Holbrook for the great facilities offered at the HEC, both for the horses and campers.

Some players later stayed on for a two-day school holiday coaching clinic, at "Mandaaring", with Lucy & Jim Grills and special guest coach and high performance expert, Chris Hyde. The clinic was open to all ages and skill levels and covered not just polocrosse, but sports psychology, game management and game strategy.



# HOLBROOK + LIQUOR

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#### PLANT PICK PLATE

Have you tasted the fruit of the Prickly Pear? I was not aware of their edibility until recently when my brother-in-law collected and peeled some as a taste sample. The flavour of the fleshy red fruit



was hard to identify but I narrowed it down to a subtle infusion of watermelon and pear and surprisingly quite delicious, so I consumed many. Later I was informed that Prickly Pear fruit is a natural laxative, which I discovered to be true.

Prickly Pear was first introduced by the First Fleet in 1788 followed by subsequent introductions and quickly invaded large parcels of land. It was not until 1925 when biological control methods were introduced that successfully destroyed vast areas of Prickly Pear, although the cacti is still found in neglected or abandoned areas of cities, towns and rural land across Australia. This species "Opuntioid Cacti" is considered a weed in most states of Australia due to its invasive growth habit. It has adapted to cold temperate, temperate and arid climates and is found in all states.

A word of advice before you embark on harvesting the fruit, it lives up to its name. Barbed bristles encompass the oval shaped red or yellow fruit pod, hence the need for thick gloves, tongs and a bucket of water (to soften the bristles). Handle with the tongs to avoid contact on your fingers and clothes. Place the fruit on the plate cutting off both ends, slit the skin length ways while holding firmly with the tongs then use a sharp knife to cut away the thick skin to reveal the inner fruit and seeds. Always dispose of the peel immediately.

The foraging and preparation of the Prickly Pear fruit is well worth the effort but I recommend limiting your consumption to a couple. **Passionate Gardener. June.** 

# FREE GARDEN MULCH

Bedding straw left from livestock shows is available to collect from the Holbrook Sporting Complex (near the south-

east gate). Take as much as you would like but you will need to load it yourself.



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#### HOLBROOK MOTORCYCLE SPORTS CLUB

Bike season for the club kicked off on Sunday 7<sup>th</sup> April at the Wangoola MX track. The event was completely booked out with riders keen to try out the popular track.

The next event will see the club introducing a discipline which is new to regional NSW - a **Minikhana Ride Park Day.** This will be held on 28<sup>th</sup> April 2024 at Austies Speedway, Tumbarumba.



"The express purpose of Minikhana motorcycling is the development of riding skills and techniques for Juniors. This is done by providing organised, safe and fair competitions where skill, rather than speed, is the determining factor." Think horse gymkhana but on bikes.

HMCSC hope to build our junior participation numbers while also building on existing junior skill levels with Minikhana Ride Park events. Minikhana riders at this event will not require an MA licence (due to it being a Ride Park Day) and will not be required to hold a Holbrook Club membership.

Minikhana Events are restricted to riders under the age of 18 and bike capacity limits apply. Bookings are now open!

Enquires to Murray on 0429 992 636

#### HOLBROOK RS GOLF CLUB

It's been great to get some recent rain to freshen everything up out on the course. Things were looking very dry there for a while.



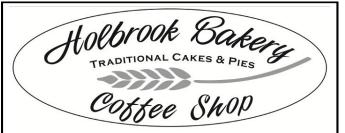
The golf cart up for grabs in our raffle should be on display in the RS Club within the next few weeks. Please consider supporting our golf club by buying tickets. Tickets are limited to only 750.

7 April **Golf NSW Ambrose Qualifying:** Men's Winners A. Preston & M. Toll. Women's Winners J. Jones & L. Plunkett. Mixed Winners S. Webb & G. Webb. All winners now progress to the regional finals later in the year.

*10 April* Holbrook Women's Monthly Medal 18 hole Stroke - 1<sup>st</sup> Liz Plunkett Nett 74, Runner-up Sol Webb Nett 76. 9-Hole Stableford Comp- 1<sup>st</sup> Skye Trescowthick 18pts, Runner-up (c/b) Phoebe Taylor 12pts.

We had 12 teams contest our annual Good Friday Seafood Run with S. Webb, G. Webb and L. Ryan taking out first and J. Rangi and J. Mohr claiming second.





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**B2 Trading Hours:** Monday to Friday 7am to 3.30pm Saturday & Sunday 7am to 3.00pm

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#### **RS CLUB BOWLS**

Hi Bowlers, EVENTS: **A GRADE SINGLES**: The final was contested between Alan Atherton and Trevor Lucas in great weather and green conditions. Congratulations must go to both players for making the final and in the end, Alan defeated Trevor. Well, done Alan, a great effort.

**CONSISTENCTY:** Trevor Lucas to play Chris Heather in the final.

**PAIRS:** Gavin Jones & Graeme Joyce to play Peter Stead and Ian Meiklejohn the winner to play Phil Swan & Phil Gledhill in the final.

HANDICAP SINGLES: Gavin Jones to play Neil Hibberson in the final.

**PENNANT NEWS:** As a result of the meeting held on the 17<sup>th</sup> April between the current pennant clubs (except Commercial and Nth Albury, who are now playing in the Ovens and Murray), the Zone 8 representative and the Bowls NSW representatives, the proposal is as follows: *A multi-grade competition, with 10 rounds, no byes, and a finals format.* 

There is still further discussion and decisions to be made between the respective clubs and Zone 8 before the competition will be finalized.

Please be aware that our President and committee have the best interest of our bowls' members, and decisions made in regard to future pennant competition will be considered carefully.

Don't forget Anzac Day tomorrow. Names in by 12.30pm. Play from 1.00pm. Every bowler and non-bowler welcome. All proceeds to Legacy.

Social bowls on Wednesday, Friday and Sundays. Good bowling Kui

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# **Pilates Classes**

Mon 6-7pm at Holbrook CTC Tues 9-10am at Holbrook CTC Thurs 9-10am at Holbrook CTC Term 1 commences Mon 29<sup>th</sup> April 2024

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#### **NETBALL** 13 April vs Jindera

11s lost 26 – 0 The girls came out very excited for the first game of the 2024 season! Everyone worked very hard and had massive smiles on their faces the whole time! We kept our heads up and kept fighting until the very end. Very much looking forward to seeing what girls can do and as coaches we can't wait for bb saints next week.

#### Best on court: Claudia Finlav

**13s** lost 56 – 7 We had a very tough first game against a strong Jindera team but despite losing, the Holbrook girls pushed on throughout game and maintained their good the sportsmanship. The effort and determination everyone displayed was unmatched and makes for an exciting season ahead.

#### Best on court: Annabelle McCrohon

15s won 15 – 37 Round one against Jindera was a smashing game to start up the season, having coming home with the win was an even better way to finish off the game. The team did excellent with working together on the court and off. A great start to our season to only improve and grow together in the coming weeks.

#### Best on court: Belle Lindsay

**17s** won 41 - 42 A very new team this year in the 17s. With some new players to the club, some stepping up from 15s and a couple having their final year as a junior. They set the standard high from the first whistle, having a 4-goal lead at quarter time. Jindera were chasing them the whole game, with Brookers continuing to perform with different combinations. Kudos to the team for not letting pressure overcome them, finishing the game up by 1. Best on court: Caitlin McFarlane C Res lost 33-34 C Res had such a great game to start the season. The girls played a strong competitive game giving Jindera a good run to the

very end. With only going 🚧 down by one we are over me Bank the moon with the result. It was such a warm day the girls didn't give up and 📷 gave it their all. We are excited and cannot wait



Best on court: Morgan Gallagher

for the season ahead.

**C** Grade lost 39 – 24 The girls went out with a strong and positive start to the season. With a new team the girls have been working together to

find their combinations and gelling together it really went to show out on the court.

Together they all went out and pushed through the fight to the end! Jindera came out to fight, just unfortunately we couldn't get the 4 points at the end of the game!! Our girls have been welcoming

members to our new across the club and welcome Emma, Kirsty, Libby (coming up from 17's), Zoe and Caitlyn into our team this year!! We are all excited to see what we can bring this season! Best on court: Millie Walsh



**B** Grade A great first hit-out for the season with multiple players away. Jindera gained a couple on Holbrook in the first quarter which then stayed

similar for the game. The attack end figured out each other's pace after Elders multiple intercepts and Mume Bank rebounds in defence. With the same 7 starting each quarter, they were able to utilise rolling subs well which allowed them to play out the game.



#### Best on court: Racheal Oates

A Grade With new combinations at each section of the court, Holbrook worked well together from the start. They were able to adjust their game depending on the combinations that were on

court. Jindera continued to increase the margin slowly for the first 3 < quarters, although Holbrook didn't allow them to do it in the last quarter, outscoring them. Best on court: Tayla Byrne



#### Volunteer of the week: Kristie Preston

For her ongoing support of HNC and her organisation of the Deb Ball which was a couple of weeks ago, and was a fabulous success. A wonderful time was had by the ten debutantes, two flower girls, their families and guests.





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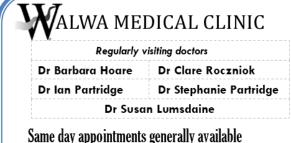
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#### COMMUNITY DIARY

#### April 2024

- Thu 25 ANZAC Day
- Fri 26 Holbrook Campdraft OMNI
- Sat 27 Holbrook Campdraft Sun 28 Holbrook Campdraft Holbrook Sheep & Wool Fair meeting 2.30pm @ RS Club
- Tue 30 Probus 11am @ RS Club

#### May 2024

- Thu 2 Service NSW Mobile Van in Holbrook 10am—4pm @ Submarine carpark
- Fri 3 Lankey's Creek Happy Hour 6.30pm
- Sat 4 Holbrook Adult Riding 3 Phase Equitation
- Sun 5 Holbrook Adult Riding 3 Phase Equitation
- Tue 7 Holbrook Dementia Friendly Alliance Café 10am @ Sporting Complex Function Room
- Thu 9 Storytime (0-5 yr olds) 11am @ Library
- Fri 10 OMNI
- Tue 14 Holb. Bus & Community Grp meeting 6.30pm @ RS Club
- Sat 18 Holb Working Cattle Dog Competition
- Sun 19 Holb Working Cattle Dog Competition Holbrook Annual Men's Golf Tournament
- Wed 22 Holbrook Sheep & Wool Fair Schools' Day
- Thu 23 Holbrook Sheep & Wool Fair Storytime (0-5 yr olds) 11am @ Library Eri 24 Shoop & Wool Fair - Young Judges comp
- Fri 24 Sheep & Wool Fair Young Judges comp OMNI
- Tue 28 Probus 11am @ RS Club

#### June 2024

- Sat 1 Albury/Holbrook Polocrosse Carnival
- Sun 2 Albury/Holbrook Polocrosse Carnival
- Fri 7 Lankey's Creek Happy Hour 6.30pm
- Mon 10 Holbrook Basketball Men's Semi Finals
- Tue 11 Holb Basketball Women's Semi Finals
- Wed 12 Holb. Show Society AGM 6.00pm
- Thu 13 Storytime (0-5 yr olds) 11am @ Library Fri 14 OMNI
- Mon 17 Holbrook Basketball Grand Finals
- Tue 25 Probus 11am @ RS Club
- Thu 27 Storytime (0-5 yr olds) 11am @ Library Fri 28 OMNI
- Sat 29 Football/Netball Club Ball
- Sat 29 Bald Archies exhibition opens in Holbrook

#### July 2024

Fri 5Lankey's Creek Happy Hour 6.30pmFri 12OMNI

#### ANNOUNCEMENTS

Holbrook Anglican Church Young Street, Holbrook Services 9.30am Sundays All welcome



HOLBROOK RSL SUB BRANCH ANZAC DAY - Thursday 25<sup>th</sup> April 2024 DAWN & MAIN SERVICE PROGRAM

Dawn & MAIN SERVICE PROGRAM Dawn Service: commences 5:45am

Main Service: 10:30am All marchers to assemble at the corner of Hume St & Albury St.

10:45am March commences. 11:00am Ceremony commences.

MEMBERS OF THE PUBLIC WEARING A RELATIVE'S MEDALS ARE TO WEAR THEM ON THE RIGHT SIDE OF THEIR JACKET AT BREAST HEIGHT. On completion of the Dawn Service there will be a Gun Fire Breakfast at the RS Club. All welcome \$10 donation to Legacy

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Thank you for understanding!





Church Service every Sunday at 10am 81a Albury St Holbrook

Our Services are Bible based and Spirit filled. Kid's space is open and the coffee is always on!

See you soon!

Contact details: Pastor Joe 0412 174 709 w: generationliferiverina.com.au e:contact@genliferiverina.com



# Susan Butcher

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