

April 2019



Lowesdale Public School students were all smiles at the Shearing of the Ram opening recently. Report page 5.

Federation Council Urana District Newsletter

Message from the Mayor



Dear Readers, welcome to the April edition of the Urana District Newsletter.

It was pleasing to receive 15-30mm of much needed rainfall in some areas throughout the district recently giving farmers confidence for the upcoming cropping season, as well as providing green feed for livestock. This rain has generally freshened up the area.

The Billabong Crows have had a very competitive start to the season with all grades of football and netball being very successful in their first few games. This has created a lot of excitement in the community and I look forward to what is shaping up to be a promising season ahead.

It has been another busy month for Federation Council as Council has progressed many works and initiatives across the Council area.

Council's finance team have been busy working on the preparation of the 2019/2020 budget with plans for the community to be a part of reviewing this process taking place in June this year.

Budget information sessions have been planned for the following dates, so mark them in your calendars to attend one of the many sessions to be held across the Council area:

- Tuesday, June 4: Rand Footy Club commencing at 6pm.
- Wednesday, June 5: Howlong Golf Resort commencing at 6pm.
- Thursday, June 6: Urana Bowling Club commencing at 6pm.
- Wednesday, June 12: Oaklands RSL and Bowling Club commencing at 6pm.
- Thursday, June 13: Mulwala Civic Centre commencing at 6pm.

Council also welcomed three new Directors to the organisation's senior leadership team following an extensive recruitment process this month.

Selections were made following Council's new organisation structure which was adopted at Council's Ordinary monthly meeting in November last year.

Jo Shannon has been appointed to Director Corporate and Community Services, Susan Appleyard to Director of Development and Environmental Services, and Steve Carmichael to Director of Engineering Services.

Council's new senior structure will now allow a greater focus on Engineering and Planning, by splitting this directorate as it was previously one, as well as a stronger focus and better alignments in the areas of Economic and Community Development and Tourism, Financial and other Corporate services functions by bringing those under the one directorate.

Jo, Susan and Steve are outstanding respected senior leaders and advocates across their various fields and their combined talents, knowledge and experience will be a great asset to Federation Council in this exciting period of growth.

In other exciting news, Council resolved to increase funds and award the construction tender of the Oaklands Medical Centre.

In rural communities, we need innovative models to ensure everyone has access to locally based medical services and this project is a fine example of such a model.

This project will establish a cooperative model of sharing General Practitioner services between Urana and Oaklands. To support this, Council has purchased a residential building in Hunter Street, Oaklands and this will now be converted into a Medical Centre. Dr Giri of Urana will provide services from Oaklands part time and work to attract a second GP for the practice who will also support the delivery of services in Urana. I for one am very excited to see the awarding of this construction tender and I look forward to seeing the new Medical Centre completed. Council remains committed to supporting the professional services that Dr Giri has been providing to our rural communities. Dr Giri's commitment to our health service has enabled our Hospital to also work to top capacity.

The new Oaklands Medical Centre will be sure to ensure the longevity and livability of our rural communities for many years to come.

Until next time,

Councillor Patrick Bourke – Federation Council Mayor.

Council Meetings 2019

Ordinary meetings of Council are held on the third Tuesday of the month commencing at 9:30 am. Residents and ratepayers are cordially invited to attend Council meetings. Please see the dates and locations for the 2019 ordinary Council Meetings up until October

Tuesday 21 May 2019—Corowa Council Chambers Tuesday 18 June 2019—Corowa Council Chambers

Tuesday 16 July 2019—Corowa Council Chambers Tuesday 20 August 2019—Urana Council Chambers

Tuesday 17 September 2019—Corowa Council Chambers Tuesday 15 October 2019—Corowa Council Chambers

Tuesday 19 November—Urana Council Chambers

The meetings are also livestreamed and available for viewing later at https://www.youtube.com/channel/UCdZehH egMuJc3XZtQ9SNXw/live





Federation Council would like to recognise and honour those individuals, groups and organisations who volunteer and work so that our communities are a great place in which we live.

As a part of Volunteer Week 2019 Federation Council is encouraging residents to celebrate the valuable contribution volunteers make to the community by nominating them to attend and be thanked at the Function.

Residents can nominate those volunteers who give their time or whole groups who offer their skills to help others in the community.

Council will be hosting the 2019 Volunteers Recognition Function in June and this will be an opportunity to say "thank you" to volunteers from across the Federation Council area for all of their great efforts.

Nominated volunteers will receive:

An invitation to the 2019 Volunteer Recognition Function.

A Volunteer Certificate.

A Volunteer Button Badge.

Council is asking residents to consider who they would like to nominate and thank for their contribution to the community by completing the on-line nomination form or collecting from council offices, Corowa, Howlong, Mulwala & Urana.

Nominations are open until 5.00 pm Friday 17th May, 2019. Visit Council's website for further information.



SHEARING OF THE RAM

The 'Shearing of the Ram' sculpture on Federation Way at Lowesdale was officially launched on Wednesday 27 March. In attendance were Councillors and staff of the Federation Council, Artist Andrew Whitehead, and students and teachers from Lowesdale Public School

Artist Andrew Whitehead was Commissioned by Federation Council in 2018 to create a life size replica of a shearer using blade shears to shear a curly horned ram, inspired by the famous Tom Roberts Shearing the Rams painting.

The iconic Shearing of the Ram painting is based on a number of preliminary sketches Roberts completed on the spot at Brocklesby station near Corowa in the late spring of 1888.

As part of the commission the artist met with the students from Lowesdale Public School last year requesting that each student collect and donate an old cast iron cog to the project. The students intitials were then carved into their clog before the artist included them in the fleece of the ram in the sculpture.

The 'Shearing of the Ram' sculpture was installed late last year in front of the school and is already proving to be a popular tourism spot to pull off the road and take a selfie with the shearer.

Andrew is a scrap metal sculptor speacialising in recycled large figurative artworks. He created ten public artworks and many private commissions including 'Swagman & Dog' at



Boree Creek, 'Not so Itsy' the giant spider in Urana, Morundah's 'Toolbox & Jockey.' and the 'Savannah Goanna' recently installed at Urana. Andrew's sculptures are largely made from recycled metal, offcuts, old tools, bearings, nuts and bolts, and hand forged objects.

People can follow Andrew Whitehead Sculptures from his Facebook page:

https://www.facebook.com AndrewWhiteheadSculptures

COOL HEADS 2019 PROVES AN OUTSTANDING SUCCESS

Obtaining your driver's license is a rite-ofpassage for many young people, however, great responsibility comes with that licence and the risks and distractions that a driver will experience throughout their life-time will be many and varied with consequences that can be fatal.

Cool Heads Rutherglen-Corowa is an annual event that aims to prepare and educate young people about the risks. Young drivers are especially vulnerable as their inexperience may leave them less able to adapt to a risky road environment.

In 2019, the event was held in Rutherglen at the Memorial Hall and was an outstanding success.

Now in its 8th year, Cool Heads continues to set a high standard of presentation as it delivers its road safety message to approximately 120 young L-Platers from Rutherglen High School, Corowa High School and St Paul's College Walla. Student evaluations from Cool Heads confirm the event's impact and success. The event achieved an approval rating of 91% with the five speakers receiving scores ranging from 92% to 97%. The most popular overall comment was that Cool Heads was a real eye-opener, confronting but important to view. Around half the students in attendance gave the Dont-txt-n-drive foundation's road safety message *Dont-txt-n-drive* a huge thumbs up—it easily being the





key road safety message that young people took away. Find out more learner driver information from the council's website.

OAKLANDS RV PARK CONSTRUCTION COMPLETE

At the heart of the NSW Government's decision to create new councils was a commitment to creating stronger communities with local residents. The Stronger Communities Fund was established as part of this commitment with the aim to support residents, community groups and new councils to work together on projects that improve infrastructure and services.

The purpose of the funds was to build more vibrant, sustainable and inclusive local communities.

Federation Council received \$10 million from the NSW Government as part of the Stronger Communities Fund. These funds were allocated as follows;

- \$1 million to projects managed by Incorporated Organisations through the Stronger Community Grants Program to build more vibrant, sustainable and inclusive local communities.
- \$9 million for major projects that deliver long term economic and social benefits to communities.

Construction of an RV Park in the main street of Oaklands was funded as part of the Stronger Communities Fund and now that it is complete, it will be sure to encourage visitation to the town.

This project has included;

 Major earth works with the carting of some 450 tons of road base for the preparation works.

- The preparation for a curb plinth with five parking bays for the RV vehicles.
- A gravel pathway leading from the park through to the swimming pool.
- Application of a 14 mm / 7mm bitumen seal over the area of excavated works and line marking.



Council hopes residents and visitors will enjoy the new RV Park for many years to come. Council is proud to have partnered with the Oaklands Town Improvement Committee to deliver this new exciting facility.

Visit Council's website for further information.

ARTS & CULTURAL ADVISORY COMMITTEE & WORKING GROUP

Do you have a passion for music, the performing arts, public art or culture?

Would you like to share your experience, skills and knowledge in this area?

Do you want to make a dynamic hands on contribution to the creative life of Federation?

Federation Council is currently seeking expression of interest from members of the community to participate in the new Federation Arts and Cultural Advisory Committee or the new Federation Arts and Cultural Working Group.

The Federation Arts & Cultural Advisory Committee members are to provide Council with strategic advice and informed feedback about arts and cultural development in the Federation Council area.

Council is looking for a range of community members who represent diverse creative forms and practices, and reflect the diversity of Federation's population and geographic spread. Creative forms and practices include, but not limited to, all types of performance, singing, music, sound, dance, visual arts, public and street art, design, architecture, history, language, literature, photography, film and digital.

Membership of the Committee will include a Councillor Representative, Council Officer and community and industry representatives who will meet at least four times annually.

Council is also seeking expression of interest from community members who are passionate about arts and culture, but just want to focus only on particular arts and cultural project, event or initiative. Such as volunteer at exhibitions or events, assist on street art projects, compile historical information, etc. The Federation Arts and Cultural Working Group is a sub-committee of the Federation Arts and Cultural Advisory Committee. This is open to all community members, who wish to be involved based around their interest in a project.

The Federation Arts and Cultural Advisory Committee is an exciting opportunity for residents who are members of a Federation based or regional arts or community organisation, local working artist or people working or engaged in a cultural industry to shape priorities, direction and identify opportunities to grow and promote arts and culture across all of the Federation Council.

Candidates for appointment must lodge a written and signed Application Form with the Federation Council. Following the closure of nominations an assessment panel made up of the Chairperson and Council officers will be convened to decide on the selection of representatives to fill vacancies.

Nominations close Friday 31 May 2019.



JOIN COUNCIL AND THE 'GRANT'S GUY' FOR AN UPCOMING COMMUNITY WORKSHOP

Specialising in Grants, Tenders and Funding consultancy, Keith Whelan provides high level assistance to Local, State and Federal Government, Not for Profit organisations and Private Enterprises, in planning for and accessing extra income streams.

On Wednesday, May 15, Keith is set to partner with Federation Council to host a special grants workshop for the benefit of the community with the primary goal of assisting community organisations with planning and securing grant funding. Keith develops Grants Project Management Plans, Grants Calendars and Funding Strategies, enabling organisations to approach grants and tenders in a proactive manner. His Plans and Strategies provide a structured and strategic approach to obtaining extra funding for the progression and completion of projects.

Keith has worked in the Grants & Philanthropy sector in Ireland and Australia, across both the public and private sector. He presently works with a number of companies across Australia in developing their respective Corporate Social Responsibility Strategies, Social Enterprise and Social Procurement strategies.

He has consulted with and taught at a number of Universities in Australia such as ANU Canberra, University of Adelaide, University of Sydney, UTS, University of Newcastle, Macquarie University and Massey University in New Zealand. He presently facilitates courses for Research Staff at these Universities in how to attract funding through Grants, Crowd Funding, PAF's, Trusts and Bequests.

Event details: date: Wednesday, 15 May 2019. Time: 8:30am-3:30pm Workshop Location: Corowa Golf Club, For further information: visit Council website.



Local Land Services

Fox baiting—Travelling stock reserves

Murray Local Land Services will be laying 1080 baits (chicken wingettes/red meat baits/ CPE Units) on the following travelling stock reserves as part of the autumn fox baiting program.

This program is aimed at reducing fox numbers to ensure the survival of livestock, ground nesting birds and wildlife.

Thurrowa TSR—Thurrowa
German Yards TSR— Coleambally
Bundure TSR—Bundure
Sandhills TSR—Morundah
Arrawidgee TSR—Morundah
Columbo Creek TSR—Jerilderie
Turn Back Jimmy TSR—Jerilderie
Racecourse TSR—Jerilderie

Mairjimmy TSR—Jerilderie Palmer Forest TSR—Jerilderie Narrow Plains TSR—Savernake Momolong TSR—Oaklands Buraja TSR—Lowesdale 12 Mile TSR— Lowesdale Oiltree TSR— Balldale Roundswamp TSR—Coreen

Boomerang TSR—Coreen
Daysdale TSR- Daysdale
Myall Plains TSR—Leicester Park
Bali Hai TSR- Conargo
Hartwood TSR—Conargo
Monaro Vale TSR— Berrigan
Foxes TSR—Urana
Native Dog TSR—Berrigan

Baiting on the above reserves will be undertaken between **Monday 4 March 2019** and **Friday 31 May 2019**.

It is advised that people entering theses reserves exercise caution, muzzle all dogs and supervise children during this period. Signs will be displayed at all travelling stock reserves.

G.Rodda, General Manager

STABILISING WORK TO SOME CEMETERY MONUMENTS IN FEDERATION COUNCIL

As part of Council's heritage program, stabilisation work to burial monuments at two of council's historic cemeteries (Urana and Corowa Pioneer Cemetery) will be carried out over the April to May period.

An inspection by Council's heritage adviser revealed that monuments at Corowa's Pioneer

Cemetery had been vandalised and some recently installed monuments at Urana had collapsed.











This emergency work will only stabilise several monuments that are in immediate threat of collapse or disintegration.

Any local descendants who wish to inquire about how they can stabilise their family's monuments or who would like to volunteer work to the project are welcome to contact, text or email Council's heritage adviser Peter Kabaila (mob 0403 727 805, peterkabaila1@gmail.com).





THE BIG COMMUNITY MUSTER IN OAKLANDS ON SUNDAY 24 FEBRUARY, 2019

The Big Community Muster in Oaklands was a huge success. The evening was attended by 128 people. 99 stayed to enjoy a delicious meal and fellowship.

I was involved in ringing and emailing farmers and community members asking them to attend. The feedback I have received from Oaklands and district residents has been very positive. It was very successful and so many people got so much from the evening. The event was very timely.

*It followed the completion of the Banking Royal Commission. Alister Bennett, NSW State Agribusiness Manager ANZ, spoke from the heart and in simple terms.

The farmers responded well and felt positive regarding future bank/farmer relationships.

*The continuing dry.

Everyone was interested in the latest RAA information and some sound accounting advice from Gerard O'Brien, Director RSM Australia.

*Our waning resilience.

Dennis Hoiberg, Lessons Learnt Consulting, was an inspirational Key Note Speaker. His presentation was uplifting, highlighting to us how to keep moving forward in these tough trying times. Dennis validated the community mood so we didn't feel alone and isolated.

He left us invigorated and mentally refreshed. Whilst a Community Nurse I learnt that you can never underestimate the power of such Community events and how they can empower individuals and hence raise community resilience.



"Wonderful evening and the information passed on regarding the Govt. financial assistance and mental health assistance was invaluable."

-Andrew

"We thoroughly enjoyed the Oaklands
Community Muster, learning what is available to
our business to survive the Drought, and be entertained by Dennis on the subject of resilience
and emotional wellbeing." - David
"I feel much brighter within myself and have
been sleeping so much better after listening to
Dennis. So glad I went it was a great night." Chris

Event was well organised and well run. - Christine Simpson

Council's colour run inspires

To raise awareness of youth mental health, over 130 participants came together on Saturday to participate in the Federation Youth Council's first 5-kilometre fun run along Corowa's iconic Murray River.

Colour was thrown and sprayed as participants took in the leisurely jog through picturesque gum trees and Rowers Park was ablaze with youth related activities that greeted participants on their way back.

Federation Youth Council Mayor Dylan Forge said the Youth Council was overwhelmed with the positive response the event received from the community.







"The Youth Council aimed to

attract 100 people to event and we knew we were onto something special when there was over 70 presale tickets," he said.

"The mission for the event was to encourage young people to engage in activities that may enable them to think about activities to encourage positive living and positive thinking and many participants left the event feeling very inspired."

A board where people could write their positive thoughts and feedback to Council was a popular feature and attracted comments such as - "It is so rewarding to see people challenge themselves, have fun, and then realise they are capable of more than they realised". Noah Little – Federation Youth Councillor.

One participant also wrote "I didn't believe I could do this, but I tried and I was successful". After the run the colour was still flowing with a Dj and a dance party.

Federation Council would like to thank the following sponsors and volunteers: Corowa Woolworths, Health Culture

Fitness, Corowa Rowing Club, Corowa Goodstart Child Care, families and runners for their support.







Www.federationcouncil.nsw.gov.au

REGISTRATION & MICROCHIPPING

Any cats & dogs that are sold or given away from 1 July 1999, must be microchipped and lifetime registered. Existing cats and dogs must also be microchipped and lifetime registered. Farm working dogs and greyhounds are exempt.

You can get your pet microchipped at your local Vet, or any animal welfare organisation. Just because your pet is microchipped does not mean that it is registered.

You will then receive a pink Lifetime Identification form, which then needs to be taken to Council.

Lifetime Registration can be completed at the Corowa Council Office, Mulwala Library, Howlong Community Resource Centre and also online (see below).

Lifetime Registration, Change of Owner/Details and Permanent Identification forms can also be downloaded from the Department of Local Government's website.

You will need to bring into the Council your Lifetime Identification form, proof of desexing form from your Vet and any other documents that entitle you to a discount.

Once your dog has been microchipped you then must pay for it's lifetime registration at one of Council's offices. The fees are:

- Desexed cat or dog \$57.00.
- Standard (undesexed) cat or dog \$207.00. Standard cat or dog owned by a registered breeder \$57.00.



- Assistance animal Free.
- Desexed cat or dog owned by a pensioner -\$24.00.

If you have lost your cat or dog please contact council.

Tip/Transfer Stations

Opening times:

	COROWA	MULWALA	HOWLONG	URANA	OAKLANDS
Monday	-	-	-	-	-
Tuesday	ı	ı	1pm – 4pm	ı	1pm – 5pm
Wednesday	_	9am – 12noon	-	_	_
Thursday	-	ı	ı	ı	-
Friday	9am – 12noon	ı	ı	12noon – 5pm	-
Saturday	1pm – 4pm	9am – 12noon	9am – 12noon	ı	-
Sunday	9am – 12noon	9am – 12noon	1pm – 4pm	11am – 4pm	8am – 12noon
CLOSED	Christmas Day, Boxing Day, New Years Day, Good Friday and Easter Sunday				

Waste Disposal Charges

Council residents are advised that Waste Disposal Charges at Corowa, Howlong, Mulwala Transfer Station, Urana and Oaklands are the following:

•	* Car, Station Wagon & 4WD* * 240 Lt bin	\$20 \$5
•	* Ute, Van & Single Axle Trailers*	\$40
•	* General Waste - large quantities*	\$40/m ³
•	* Tree Prunings and Green Waste - up to tra	iler size\$20
•	* Tree Prunings and Green Waste - large qua	antities\$20/m³
•	Mattresses (S/QS/KS with or without base)	\$30
•	Commercial Waste	\$60/m ³
•	** Asbestos - minimum fee \$300	\$300/m ³
•	** Car tyre – each	\$15
•	** Light Truck tyre – each	\$40
•	** Heavy Truck tyre – each	\$80
•	** Tractor/Earth Moving Equipment tyre - ea	ch \$110
•	Unsecured Load Penalty	\$50

^{*} Household waste accepted only (not commercial origin)

^{**} Not accepted at Mulwala Transfer Station

^{***} Putrescible waste (food scraps and fruit etc) not accepted at Corowa Landfill

Newsletter Advertising

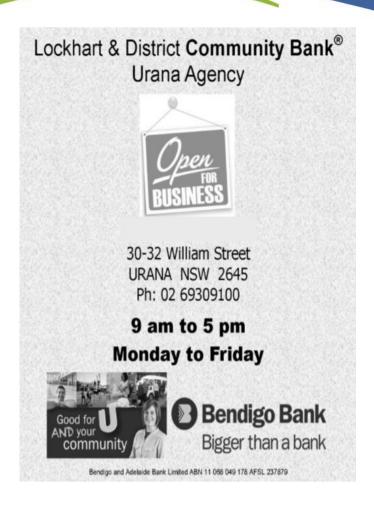
Please be advised of the following advertising rates for ads placed in the Urana District Newsletter are as follows:

	Council Compiled	Customer Compiled
Full Page	\$55.00	\$40.00
Half Page	\$35.00	\$30.00
Quarter Page	\$23.00	\$15.00
Centre Page	\$10.00	
Classified	\$6.00	
Thank you notices	\$6.00	
Community Organisations Community organisations outside Federation Council Community organisations within Federation Council	Charges as above No charge	Charges as above No charge

Southern & Northern Regional Library 2019 MOBILE LIBRARY SCHEDULE



Boree Creek	<u>Tuesday</u>	<u>Tuesday</u>	<u>Tuesday</u>
1.30 pm - 3.00 pm	7 May 2019	21 May 2019	4 June 2019
Urana	<u>Tuesday</u>	<u>Tuesday</u>	<u>Tuesday</u>
2.30 pm - 5.00 pm	30 April 2019	14 May 2019	28 May 2019
Oaklands	<u>Wednesday</u>	<u>Wednesday</u>	<u>Wednesday</u>
9.00 am - 12.00 pm	1 May 2019	15 May 2019	29 May 2019
Rand	<u>Wednesday</u>	<u>Wednesday</u>	<u>Wednesday</u>
1.15 am - 2.00 pm	1 May 2019	15 May 2019	29 May 2019



Monthly Newsletter Deadline for submission of items

The deadline for submission of items to the monthly Newsletter is now the Wednesday prior to Monthly Council Meetings. For the purposes of this deadline, please find deadline date on community diary page of this newsletter.

Your co-operation in meeting this deadline would be appreciated.

Placement of articles is subject to available space.

Please note that all advertisements to be placed in this newsletter must be in writing and forwarded to Federation Council through the mail, hand delivered, email or faxed.

Free Internet Access

Internet access is provided by Federation Council - Urana Office as a free Service for members of the community.

Children under the age of 13 must be accompanied by an adult at all times whilst on Council property.

Federation Council - Urana Office 30-32 William Street, Urana Ph: (02) 6930 9100

No Food or Drink should be consumed near the computers.

Please adhere to the 30 Minute Time Limit.





VACANCY—AGED ACCOMMODATION

Billabidgee Place

Princess Street, Urana

Council advises that there is a vacancy for aged accommodation at Billabidgee Place, Princess Street, Urana. It is a one bedroom unit with a kitchen/living area, combined bathroom and laundry.

Current rental is \$197.10 per fortnight for Aged Pensioners. For further information, please contact Pam Danaher on (02) 6930 9100

URANA DISTRICT SCHOOL NEWS



ST FRANCIS XAVIER'S SCHOOL URANA

Think, Speak and act like Christ

Greetings!

In Week 9 our students had the chance to travel to St. Joseph's Lockhart for Musica Viva. This was a wonderful opportunity for the students to witness and hear from polished musical performers. A big thank you to Mrs. Madden for coordinating and to Catholic Education Wagga for bringing the musicians to our area and providing us with bus transport.

During Week 11 we had two students receive the Sacrament of Reconciliation for the first time. Congratulations to Olivia Fealy and Eva Butler for the way they so diligently and reverently prepared for the sacrament and their participation on the day.

On the last day of term, we collated our fundraising efforts for Project Compassion, a Catholic organisation which supports programs to assist those less fortunate than ourselves. We placed all of the coins and notes end to end and it measured 15 metres. It equated to \$193.95 that we can donate to Project Compassion. Thank you to everyone who supported our efforts. Following this, we held an Easter Egg hunt which the students loved.

Transition @ SFXU

I am very pleased to announce that St. Francis Xavier's Urana will be beginning a Transition to School program later in 2019. Keep an eye out in next month's shire news for more information.

Coming up next term we already have the Diocesan Cross Country, South West Deanery Athletics Carnival, NAPLAN, Federation Shire Council Library visit and First Holy Communion booked in.

Wishing you peaceful Easter as well as a safe and happy holiday period!



Musica Viva

First Reconciliation

God bless, Mitch Bailey Principal 0269208051

URANA DISTRICT NOTICES



AAYUSH HEALTH CARE TRUST

Dr. Veerendra Giri Yaramati URANA MEDICAL CENTRE

31 William Street, Urana NSW 2645 PH: (02) 6920 8333

NEW OPENING HOURS

Monday to Friday 9:00 am to 5:00 pm

(Closed for lunch break 12.30 pm to 1.30 pm)

or emergency consultations Saturday and Sunday

Dr Yaramati will be available at the Urana Multipurpose Centre, 127 Princess Street, Urana

Phone (02) 6920 8333

HEALTH INFORMATION

Murrumbidgee Local Health District Media Release

EARLY DETECTION ENSURES BETTER OUTCOMES

Kidney Health Week 8-14 April

With the Murrumbidgee catchment having a higher incidence of Chronic Kidney Disease (CKD) than the national average. Murrumbidgee Local Health District (MLHD) was keen to promote Kidney Health Week (8-14 of April) and help raise awareness of the need for early detection.

The Focus this year was "Don't be blind to Kidney Disease #iKidneyCheck".

MLHD Renal Stream Manager Kelly-Anne Marchioni said kidney disease is knows as a silent killer.

"A person can lose up to 90 per cent of their kidney function without experiencing any symptoms. More than five million Australian adults are at risk of developing chronic kidney disease—that means one in three people over the age of 18." Kelly-Anne said.

Adults need to consider having an annual kidney check with their General Practitioner and be aware of risk factors for Chronic Kidney Disease (CKD) including:

- Diabetes
- High blood pressure
- Have previously had a heart attack or stroke
- Aged over 60
- Have a family history of Kidney Disease
- Smoking
- Obesity
- A history of acute kidney injury
- Torres Strait or Aboriginal origin

There is a simple online test to help people understand their risk factors: https://kidney.org.au/kidneyrisktest/

"Early detection ensures better outcomes and can slow the progression of the disease through lifestyle changes and medication management." Kelly-Anne said.

Seven golden rules to protect your kidneys include:

- 1. Keep fit and healthy.
- 2. Eat healthy food to ensure good nutrition and good control of your blood sugar levels.
- 3. Monitor you blood pressure.
- 4. Eat healthy and keep your weight in check.
- 5. Maintain a healthy water intake.
- 6. Do not Smoke.

7. Ask your doctor to check your kidneys if you have diabetes, high blood pressure (hypertension), you are overweight or have a family history of kidney disease.

MLHD offers various renal services across the district including Chronic Kidney Disease support and early intervention, renal supportive care, nephrology clinics, dialysis units, home training services. Dietitians and social work.

Media note:

MLHD health facilities will run health promotion events for Kidney Health Week, including:

- An information stand at Wagga Wagga Base hospital with Chronic Disease Nurse Gina Garrod
- An Deniliquin Aunty Jean's presentation on Chronic Kidney Disease and Hospital Education with nursing staff on early detection and management of Kidney Disease.

Please contact Public Affairs for Details and interviews on 0412 324 122

HEALTH INFORMATION

Media Release ANY DAY IN MAY IS GREAT TO VACCINATE AGAINST FLU



Parents of small children and people in high-risk groups are being urged to set a reminder for 1 May to phone their GP and book a flu jab ahead of winter.

NSW Health's Communicable Diseases Director, Dr Vicky Sheppeard said most GP clinics should receive their Commonwealth flu vaccines by next month.

"Now is a great time to set a reminder in your phone or circle the date in your calendar, particularly if you or your family are in a high-risk group, to ensure you get your flu jab," Dr Sheppeard said.

"There have already been 7,584 recorded flu cases in NSW during the warmer months so the best protection ahead of winter is to be vaccinated to build up resistance."

More than 250,000 flu vaccines have been delivered so far, including over 42,000 to aged care facilities across the state.

"Flu vaccines have already been distributed to aged care facilities but for the wider population, supplies should be with their GP by May 1," Dr Sheppeard said.

So far this year, two strains of influenza A virus are causing most of the infections in NSW, similar to the strains circulated in 2018.

Dr Sheppeard said free vaccines will again be available through GPs for all children aged from six months to under five years of age, under the NSW Government's \$2.6 million program. Based on orders for vaccine in 2019, NSW Health is hopeful more children aged between six months to five years will be vaccinated against flu in 2019.

The NSW Government has invested around \$130 million in the 2018-19 Immunisation Program budget, including Commonwealth and state vaccines.

"Free flu vaccines are also available to pregnant women, Aboriginal people, those aged over 65, and anyone with conditions such as asthma, diabetes and heart disease" Dr Sheppeard said.

People who are not eligible for free vaccines can get vaccines on the private market from their GP or an eligible pharmacist. Influenza vaccines are recommended for children and adults to reduce their risk of flu and spreading it to vulnerable people.

"Last year we had the mildest flu season in five years but as we all remember, more than 650 people died from influenza –related illness in 2017. Thanks to many factors, including the vigilance of the community last year, we avoided repeating the deadly flu season of 2017. We must not be "complacent this year.

In addition to booking a flu jab, people are reminded that to help reduce the spread of flu, sneeze into your elbow, wash your hands regularly and stay home if you are sick.

HEALTH INFORMATION

NSW HEALTH Media Release



MEASLES INFORMATION FOR TRAVELLERS

You've booked your flights and accommodation, suitcase and passport at the ready - but have you made sure you're protected against measles?

Bring back memories, not measles!

Measles remains a common illness in various parts of the world, including many which are popular destinations for Australian travellers, such as the Philippines, India, Indonesia (including Bali), and Thailand. Measles is also common in parts of the Middle East and most of Africa.

Large outbreaks have been occurring across Europe and South America in the past few years, and more recently there have been a number of outbreaks in the United States of America.

If you are travelling to countries where measles is common or where outbreaks are occurring, you are at risk of catching the disease if you are not fully protected. You may also risk exposing others to this highly infectious, serious illness either while travelling, or when you return to Australia.

How do I know whether I'm protected?

Measles is a vaccine preventable disease. Two doses of measles vaccine provides lifelong protection against measles in 99 of 100 vaccinated people.

People who have had measles infection in the past are also immune to measles. In Australia, people born before 1966 are generally considered to be immune to measles as it is highly likely that they had the infection during childhood.

There are a number of ways to check whether you are protected against measles and your GP can help you to do this. You might find evidence of immunity in places like a 'blue book', or medical record, a blood test result indicating immunity or in the Australian Immunisation Register. It is better to have documented evidence of being immune, than to rely on your own or your parent's memory or recall, and it is safe to receive more than two doses.

What can I do if I'm not protected?

If you are unable to find evidence that you are immune to measles, your GP can arrange for you to receive one or two doses of measles mumps rubella (MMR) vaccine for free if you were born during or after 1966 and are more than 12 months of age. It's best to receive the vaccine at least two weeks before you depart, to allow your body time to develop immunity.

If you are travelling to areas where measles is common with children aged between 9 and 18 months, you can discuss adjusting your child's vaccination schedule to ensure they are protected prior to travel. The first dose of vaccine can be given as early as 9 months of age and the second dose can be administered 28 days after the first dose. If you start your child's schedule before 12 months, they will still need to receive the measles mumps rubella varicella (MMRV) vaccine at 18 months of age, even if they have received 2 doses of MMR.

What if I've been overseas unprotected?

If you've recently travelled to a country or area where measles is common and you were susceptible to measles, you should be alert for symptoms for three weeks after your last day of travel.

Susceptible people who are exposed to measles will usually develop symptoms about 10 days after they are exposed. However, it can take as few as seven and as many as 18 days for symptoms to develop.

Measles symptoms include:

- fever
- cough, runny nose, and sore red eyes
- general tiredness and feeling unwell
- a spotty, non-itchy rash that starts on your head and neck and spreads to the rest of your body. If you've been travelling and are experiencing any of these symptoms, you should seek medical attention. However, it is important to call ahead to the medical practice or emergency department to advise them of your symptoms, so that measures can be taken to limit your exposure to other people when you arrive.

Be sure to tell your doctor about your recent travel.

If more than three weeks have passed since you returned and you have not developed measles, visit your GP to discuss receiving the measles vaccine.



LOCKHART HEALTH SERVICES

The following services are visiting Lockhart regularly:

OPTOMETRIST

Russell and Chalker Optometrists Eyecare Plus are now visiting Lockhart regularly for comprehensive consultations.

Glaucoma testing, cataract assessments, macular degeneration. Adults and Children's assessments, and Veteran's Affairs patients welcome. Spectacle frames available.

For Appointments Please Phone: (02) 6921 8833

PODIATRIST

Wagga Foot Clinic visits the Lockhart Community Health Building every 4 weeks.

For Appointments Please Phone: Wagga Foot Clinic on (02) 6921 1783

PHYSIOTHERAPY - Every Wednesday (must have referral).

For Appointments Please Phone: Lockhart & District Hospital on (02) 6920 5206

X-RAY SERVICE

X-Ray services are available every 2nd Monday and undertaken at the Lockhart & District Hospital. A referral from the doctor is required.

For Appointments Please Phone: Lockhart & District Hospital on (02) 6920 5206

Should you require transport to/from any of these services please contact Lockhart & District Community Services to arrange on (02) 6920 4162



Visits Lockhart every *third* month. (In front of the Shire Offices)

Next visit:

4th July, 2019

Have 3 or 4 glasses of water or juice in the hours before you donate.

Have a good sized breakfast or lunch
(You need to be aged between 16 & 70 years)

For further information or to make a booking please go to www.donateblood.com.au

All Welcome



Valmar Community Transport Bus Trips

Urana to Albury Bus- 2nd Tuesday of Month \$5

Departs Urana Hospital - 8.00 am Oaklands General Store - 8.30 am Daysdale - 8.45 am Arrive Albury Target - 10.00 am Depart Albury Target - 2.00 pm

Urana to Wagga Bus- 3rd Wednesday of Month \$5

Departs Oaklands General Store - 7:30am
Urana Hospital - 8.00 am
Lockhart Post Office - 8.30 am
Milbrulong - 8.45 am
The Rock Post Office - 9.00 am
Uranquinty - 9.30 am
Arrive Wagga Kmart - 10.00 am
Depart Wagga Kmart - 2.30 pm

Urana to Yarrawonga Bus- 4th Thursday of Month \$5

Departs Urana Hospital - 8.30 am Oaklands General Store - 9.00 am Arrive Yarrawonga - 10.00 am Depart Yarrawonga - 2.30 pm

MEN & LADIES SOCIAL BUS TRIPS \$10

If you are interested in going to any of these social bus trips please contact the Office for more information on (02) 6920 4162.

Valmar Support Services Lockhart Office

Our service delivery areas encompass the Lockhart & Urana Riverina/Murray areas

The following services Valmar Support Services provide are:

- Community Transport
- Flexible Respite
- Individual Social Support
- Meals on Wheels/ Frozen Meals
- Home Modifications
- Personal Care
- Domestic Assistance
- Ladies Social Support Bus Trips

Following services are Brokered by Intereach:

- Home Maintenance
- Meals on Wheels
- Men's Social Support Bus Trips
- Albury Bus Trip

- Frail Aged (65 years & over)
- Have a disability
- Independence at home is at risk
- A carer of frail aged or person with a disability
- Isolated, Transport Disadvantaged
- From a culture distinct community, financially disadvantaged

For further classification of service provision in what area and for any enquires contact us on :

Lockhart (02) 6920 4162

AgedServices@valmar.com.au











STRENGTH AND BALANCE EXERCISE



Every Monday at 10.00 am at Urana Hospital (Community Health)

Followed by morning tea and a talk Cost \$2 per session

CONTACT: Bill (02) 6920 8112 or Harry (02) 6920 8374

URANA & DISTRICT HEALTH SERVICES

Urana Hospital - (02) 6930 9200 Urana Community Health - (02) 6930 9224



CRAFT & CUPPA



Come along and enjoy your craft at Urana Community Health.

1st & 3rd Tuesday of the month

10.30 am to 3.00 pm

Enquiries: Anne Kerr (02) 6920 8188

PODIATRIST

Wagga Foot Clinic at Urana Community Health
Wednesday 26th June 2019



For Appointments Please Phone: Wagga Foot Clinic on (02) 6921 1783



e justin@backontrackphysio.biz w www.backontrackphysio.biz

Urana Community Health Centre Princess Street, Urana NSW

1pm to 4pm



AAYUSH HEALTH CARE TRUST Dr. Veerendra Giri Yaramati

URANA MEDICAL CENTRE

31 William Street, Urana NSW 2645 PH: (02) 6920 8333

Monday to Friday 9:00 am to 5:00 pm



Referral needed. Phone Urana Community Health for further information (02) 6930 9224

URANA & DISTRICT HEALTH SERVICES

Community Nurse Karen Brooks	Hospital - (02) 6930 9200 Community Health - (02) 6930 9224
Child & Family Nurse Jacinta Dore	Urana, Oaklands, Rand and Morundah — clinic and home visits by appointment only. Contact Urana Community Health 02 6930 9226
Childhood Immunisations	By appointment ONLY Please ring (02) 6930 9226 Please bring your Medicare Card and your child's Blue Book to the Clinic. You will need to wait 15 minutes following vaccinations. Any questions regarding immunisation can be directed to the Child & Family & Community Nurse.

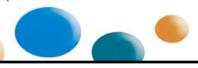
Do you love children?



Do you also want to work from home and set your own hours?

Our friendly, country service needs more home based child care educators (your home or child's home or suitable premises). No professional experience necessary. Full support and training provided.





Contact: T: 6026 3877

www.ghchildren.com.au

Women's Health

A free and confidential health service for women of all ages provided by a specialist Women's Health Nurse

15th May 2019

For appointments for Women's health (pap smears, general women's health information) contact the

Community Health Centre (02) 6930 9224 or the Hospital (02) 6930 9200

ACCESSLINE

Depression Suicide Anxiety Psychosis
Alcohol & Drugs Sexual Assault

Help for All Ages Anytime

1800 800 944

URANA DISTRICT CHURCH NOTICES



Catholic Parish of

Urana, Oaklands & Lockhart

CHRISTMAS MASS 6.00PM 6.00 pm Urana

SUNDAYS - 1st, 3rd & 5th Weekend 8.00 am Mass Urana 10.00 am Mass Oaklands SATURDAY - 2nd and 4th Weekends 6.00 pm Virgil - Urana Saturday 7.00 pm Lockhart

FOR EMERGENCY MINISTRY

you are invited to contact St Michaels Cathedral Presbytery Wagga (02) 6921 2164 or the Diocesan offices at McAlroy House (02) 6937 0003





ST PHILIP'S CHURCH
PRINCESS STREET URANA
UPCOMING SERVICE DATES

March 4th Sunday at 10.00 am at Colombo Lodge

April 4th Sunday at 10.00 am at St Phillip's Church

For all Baptisms, Marriages, Funerals and all other enquiries, please contact Reverend Nola Cox 0429 028 274

Anglican Church of Australia Diocese of Riverina

St Aidan's Lockhart

Corner Day & Drummond Streets Lockhart

Every Sunday - 9.00 am

St Oswald's Boree Creek

Baptisms, Marriages. Funerals and other activities by arrangement

All Enquiries, Please contact Rev Nola Cox on 0429 028 274

St Philip's Service dates for 2019

28 April—10:00am at St Philip's

26 May—10:00am at Colombo Lodge

23 June–10:00am at St Philip's

 $28 \, \text{July} - 10:00 \, \text{am}$ at Colombo Lodge

25 August—10:00am at St Philip's

22 September—10:00am at Colombo Lodge

27 October–10:00am at St Philip's

24 November—10:00am at Colombo Lodge

22 December–10:00am at St Philip's





DO YOU HAVE KNOWLEDGE & EXPERIENCE OF LOCAL ARTS & CULTURE?

DO YOU WANT TO ADVISE ON THE DEVELOPMENT OF ARTS & CULTURE?

Join the Federation Arts & Cultural Advisory Committee

NOMINATIONS OPEN 15 APRIL TO 31 MAY 2019

Apply online at Council's website www.federationcouncil.nsw.gov.au

Contact Council's community development team for more information **02 6033 8974**





Join illustrator and comic book maker

BERNARD CALEO

as he shares tips and ideas to get you started

Discover the process of writing with pictures in this one hour practical session!

You'll leave the session knowing how to fold, collate, bind and reproduce your own

zine!



WEDNESDAY 22 MAY ● 3:30pm - 4:30pm ● 0PEN TO AGES 12 PLUS (INCLUDING ADULTS)
PLACES LIMITED - BOOKING IS REQUIRED
COROWA LIBRARY 02 6033 8941



www.alia.org.au/liw

#LIW2019







Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:

Monday 6 May 6.30-8.30pm VENUE:

Lone Pine Room Corowa RSL Club **BOOK NOW ON:**

Road Safety Officer Scott Landells 0481 267 269

Helping learner drivers become safe drivers





SATURDAY MAY 25 2019, 7:30PM 2019, 7:30PM Paradise
Palladium
Theatre
Browley St.
Morundah

TICKETS:





We have extended our services to Urana by opening a Bendigo Bank agency at the Council Office. Our agency is open from 9am until 5pm Monday to Friday and can assist you with same day access to your Bendigo Bank accounts, including:

- Real-time deposits, withdrawals, transfers and Electronic Funds Transfers
- · Open new accounts and update details on existing accounts
- · Arrange home loans, personal loans, business lending and credit cards
- · Assist with any other banking needs you may have

So if you're not banking with us already it's time you joined us.

Bendigo Bank Urana Agency 30-32 William Street, Urana Phone 6930 9100 Lockhart & District **Community Bank®** Branch 98 Green Street, Lockhart Phone 6920 4244



bendigobank.com.au

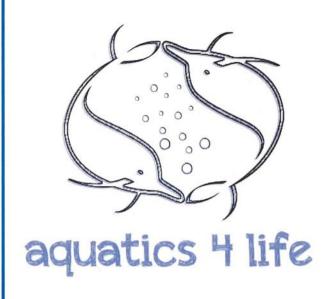


URANA PROGRESS ASSOCIATION/ ARTS & HISTORICAL SOCIETY

- UA&HS are excited to announce that the Court House roof placement will be starting after Easter, keep an eye out for the new roof!
- Upcoming Urana Bird Sale on 28th July will also be accompanied by the fabulous Urana Plant sale. Both the Bird sale and Plant sale will be held at the Urana Soldiers' Memorial Hall.

We would also like to take this time to thank all our volunteers for their ongoing support and wish everyone a safe and Happy Easter!

Regards J Hearn



aquatics4life is a small business offering quality swim teaching and coaching for all ages and abilities, 6mths to adult, specialising in stroke correction and stroke development

Lessons and squads will be held at Oaklands (am) and Urana Pools (pm) on Saturdays during the 2018/9 season

Classes or squad types and exact times will depend on demand

To register interest or make inquiries email:

aflaquatics4life@gmail.com or call Sharon on 0458 080 405.

Also connect on social media by 'liking' the aquatics4life Facebook page at: https://www.facebook.com/aquatics4life/

Please share with any friends who may be interested

CWA Oaklands News - April 2019

Members made generous donations of baby clothes for distribution to needy families at the recent Associated Country Women of the World Conference in Melbourne, which was attended on the final day by one member.

International Day for Murray Group to further study of Papua New Guinea will be held Friday 21sr June at Jindera School of Arts Hall 10:30am \$16 entry.

Oaklands branch was again a finalist in the NSW Volunteer of the Year Awards.

A successful stall was run at the Oaklands Truck Show. Successful day for all involved.

Recently the 50th Anniversary of the West Corrugan Irrigation Scheme was celebrated at Corowa Pump Station. This is of great interest and importance to the Oaklands community as it is a vital piece of infrastructure in our district.

Next meeting Tuesday 21st May 1:30pm.

Enquiries Heather Kerr 0447 335 201 All Welcome!



Service NSW

CWA OF NSW OAKLANDS Branch & SERVICE NSW

Driver Licence testing for:

Aged driving

Provisional

Return from disqualification

Monthly ... Wednesday 8th May 2019

Bookings for Driver Licence testing phone 13 77 88 Ask for the Albury Service Centre For ALL OTHER Roads & Maritime enquiries phone 13 77 88 Ask for the Albury Service Centre



Oaklands Pest Control

Fully licensed and insured in NSW and VICTORIA.

- Certificate III in Pest Management Techniques utilising the latest methods to control and eradicate pests.
- We use an intergrated pest management approach.
- Specialising in Termites-Ants-Cockroaches-Spiders-Rodents-Flies-Mosquitoes and Moths.
- Solutions for commercial Industrial and residental premises.
- Committed to safe work practices at all times.
- No job too big or too small.
- We offer discounts for seniors and DVA cardholders

Stuart and Diane.
Oaklands17@iprimus.com.au
Free service period for all jobs undertaken.
Call us today!





Over the counter medicines and value for money household items are now available 5 days a week at

Billabong Agriculture Oaklands

Phone: (02) 6035 4351

Pop in and see Rikki for Cough & Cold, Pain Relief, Hay fever Relief, Vitamins and Household Items
Scripts can also be dropped off at Billabong Ag Oaklands, and if dropped before 2pm, can be delivered to the patients door on the same day.



Urana Chemmart Pharmacy

6-8 Osborne Street, Urana NSW 2645

P: 02 6920 8822



Come and join award winning sugar artist Anita Human of Vintique Cakes for a fun filled morning while supporting the Cancer Councils Biggest Morning Tea at Urana Community Health Friday 3rd May 2019 at 10am



Anita will be demonstrating cake decorating techniques, sharing her skills and knowledge.

Contact Anita for more information at vintiquecakes@hotmail.com

Raffles, Suprise give away and best of all, tea and CAKE!!!





Australia's Biggest Morning





PR & LE WILLIS

Earthmoving & Excavation



Dozer, Excavator x2, 6x6 articulated Dump truck x 2 40Tonne Longreach Excavator- 22m Reach

- Dams constructed
- Dams desilted or filled in
- Channels & Drains cleaned
- Levi banks constructed or built up
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- Pipes Layed
- Trees cleared
- Deep ripping

All General & Agricultural Earthworks

Jamey Willis Mobile - 0429 047 904 Home - (02) 6035 4144 Peter Willis Mobile - 0427 572 860 Home- (02) 6035 4347

Email-shaewillis@bigpond.com



Funeral Directors



Corowa & Rutherglen

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Local and Interstate Transport

Specialising in -

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A/H: 02 60354315 Fax: 02 60354146 email : jimbob_7@bigpond.net.au





Plumbers, Drainers & Gasfitters
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Sand, Soil & Gravel Cartage Contractors
Livestock Water Poly Pipe Systems
Septic Systems



Corowa Curtains & Decor

27 Sanger Street, COROWA (Corowa's Newest Furniture Store)

- * Bedding * Mattresses * Furniture
- * Home Decor * Gifts * Curtains
- * Shutters * Blinds * Awnings

We offer <u>Free</u> delivery and <u>Free</u> measure & quote In Urana and District



Call Stuart or Kay (02) 6033 1960 Mobile: 0418 330 833 0408 272 883



Jerilderie Veterinary Clinic

Will be in attendance at BILLABONG AG URANA every 2 weeks

Next visits

1st May, 2019

from 1PM - 2.30 PM.

Appointments can be made by phoning the **JERILDERIE VETERINARY CLINIC** on (03) 5886 1436 or directly to DES on 0427 861 436. Large animal work can also be booked before or after the Clinic by Appointment.

Small animal consultations including vaccinations & microchipping can be done at the Clinic but all surgery must still go to the Jerilderie Clinic.

A full range of flea & worming products will be available at the Clinic & identification tags can be ordered there as well as ram sedation.

Your "Local Independent" Store

BILLABONG AGRICULTURE

at two convenient locations

URANA: Osborne Street and **OAKLANDS**: Milthorpe Street

STOCKING:

Animal Health, Ag Chemicals, Fencing, Plumbing, Pet Food, Washing Powders, NLIS Identification, Pool Salt, 'Jobe' ski gear.

Contact:

Oaklands Office: (02) 6035 4351 Urana Office: (02) 6920 8267

Pat: 0429 208 267 Email: billabongagriculture@gmail.com

BORDER PEST CONTROL

DOMESTIC ° COMMERCIAL ° INDUSTRIAL

Termites/White Ants - Detection and Eradication Pre-purchase inspections - Full Written Reports Rodent Baiting and Control - AQIS Approved

TERMITES - SPIDERS - BEES - WASPS - BIRDS

Boree Creek Oaklands Corowa Rand Morundah Urana

Michael Comfort - Licensed Technician 0 4 2 8 3 3 1 3 8 3



WAGGA **6938 4600** LOCKHART **6920 5101**

TUMBARUMBA **6948 2018**

www.bushcampbell.com.au

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PH: 6920 5101

MG FEED SOLUTIONS

J & A Beale Transport

42 Buller Street, Oaklands

Riverina Buying Agent for Grain & Hay

Phone Jim:

0428 570 325 **BH**

(02) 6035 4315 **AH** (02) 6035 4146 **FAX**



Oaklands Community Health & Fitness Centre

Time to just to be a fitter and healthier person?

- Commercial quality "Life Fitness" equipment suitable for all fitness levels – beginner to weight training
- Individual access from 5am-10pm
- Heated/cooled premises
- Access to qualified fitness trainers
- · Amenities for freshening up after a workout
- Kitchenette for a quick bite to eat in your lunch break

Short term membership: \$15 per week Adults; \$10 per week Concession 3 month membership: \$104.00 Adults; \$62.40 Concession Plus \$20 refundable access card deposit

For more information contact:
Tarin Moar 0427 847 208 or Tamara Nixon 0417 559 152







Marea Urquhart

Principal: Ian McLeod Dip.Law

 All Conveyancing • Estates & Succession planning • Wills • Family Law

Ph: 69 205 207

78 GREEN STREET LOCKHART
Offices also in Wagga & Urana

DO YOU KNOW SOMEONE IN YOUR COMMUNITY WITH AN ENDURING MENTAL ILLNESS THAT COULD BENEFIT FROM SOME COORDINATED SUPPORT?

Partners in Recovery {PIR} aims to better support people with severe and persistent mental illness and their carers and families by getting services and supports to work in a more collaborative, coordinated and integrated way, for systemic change.

Support Facilitators assist participants to identify their hopes, dreams and priorities and facilitate the coordination of services and supports needed to meet those priorities. Importantly, Hume PIR will identify where there are systems issues and barriers and lead in the development of systems change.

Contact the Hume PIR Intake Triage Clinician on 02 6041 0056.











R & K Ciccia's Supermarket - Urana

Invite you all to call in for our Friendly Service and Competitive Prices. Services Include: Groceries, Liquor, Fruit & Veg, Dairy & Frozen, Dry-Cleaning, Lotto, Tattslotto, In Store Chemist Lines, Next Day Service for your Chemist Scripts and other Varieties of Merchandise. So come in and support your Local Store.

> Free Grocery Deliveries Monday, Thursday & Friday's 8.30am to 3.00pm Phone /Fax (02) 6920 8217

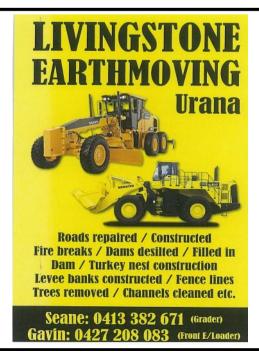


37-39 Kindra Street, Rand, NSW, 2642 Phone/fax: (02) 6029 5203 Mobile: 0407 322 829

Email: sara@randfarmsupplies.com.au Opening hours: 8:45am – 5pm Monday to Friday

Stocking all your rural farm supply needs

Farm chemical, animal health, dog and cat food, produce, pipe fittings, salt and molasses blocks, work boots, tyre repairs, Fuchs oils, spray nozzles.





Your Local Dealer for:

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- ♦ Flexicoil
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♦ Macdon

Bogballe

CADMAC RIVERINA

252 Hammond Avenue, Wagga Wagga PH 02 69212148

CADMAC ALBURY WODONGA

233 McKoy Street, Wodonga PH 02 6959 7100



Boree Creek Hotel Motel

(Phil & Jenny Baker)
OPEN 7 DAYS

Meals available Lunch and Dinner

> 12 - 2 pm 6 - 8 pm

All day Coffee & Bacon & Egg Rolls

Accommodation available Phone (02) 6927 1407

"if the flags up the pubs open"

Jennifer Bennett Urana Newsagent & Takeaway

(Opposite Memorial Hall)

NEW OWNER

Open 7 Days a Newspapers, Week -

Magazines, Milk & Bread, Fresh Cakes & Sandwiches, large variety of takeaway, BBQ chickens, Pizza, Meals, Ice Eftpos Available.

Phone Orders most welcome

Phone Jennifer on (02) 6920 8082



URANA FUEL DEPOT

CALTEX

Fred & Helen Finch

48 William St, Urana, 2645 B.H. (02) 6920 8122 A.H. (02) 6920 8165

Cement & Domestic Gas
Caltex Distributor for Fuel & Lubes
Bulk Farm Deliveries

Urana Caravan Park

Corowa Road URANA NSW 2645

Phone: (02) 6920 8192

The Urana Caravan Park and Aquatic Centre provides excellent amenities for camping, water skiing, fishing, bushwalking or just relaxing in the quite surroundings

Facilities

- **※** Powered Sites
- ※ Unpowered Sites
- * Tent/Camping Sites
- * Cl----
- ★ Toilets

- ※ Dump Point/Sani Dump
- * Equipment Hire
- * Boat Ramp/Boat Launch
- **※** Laundry

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"Glen Lura" RMB 389 Urana NSW 2645

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19 & 20 October

21 May

CALENDAR OF EVENTS



MORUNDAH

11 May Don Giovanni, Morundah Opera House

Alice in Wonderland, Paradise Palladium Theatre 25 May

URANA

3 June Urana Inc. Meeting, 7pm at the Urana Bowling

31 July Urana Bird Sale, Urana Soldier's Memorial Hall

CLAIMING THE DATE: 20th Urana Vintage Ma-

chinery Club 2019 Vintage Rally

Corowa

Federation Council—Council Meeting

Corowa Council Chambers

Deadline for May Edition WEDNESDAY 15 MAY 2019

Phone: (02) 6033 8999

Email: council@federationcouncil.nsw.gov.au

All articles and advertisements for the newsletter must be in writing and sent via mail, hand delivered, email or faxed to Council no later than 5.00pm to be included in this Edition. Placement of articles is subject to available space.

Www.federationcouncil.nsw.gov.au



DO YOU WANT TO MAKE CHANGE?

ARE YOU PASSIONATE?

DO THINK YOUTH MATTER?

APPLY ONLINE TO BECOME APART OF FEDERATION YOUTH COUNCIL! www.federationcouncil.nsw.gov.au

Open to all 15 - 25 year olds that live in the Federation Council.

Nominations are open

8 APRIL until 10 MAY 2019

Federation Youth Council is about making change, developing ideas, expressing that youth matters, creating youth focus initiatives and allows you to gain leadership and team building skills!

Contact the Community Development Team for more information or to join on 02 6033 8974 or email amber.harvey@federationcouncil.nsw.gov.au +