



FEDERATION
COUNCIL

THE HOUSEHOLDER
POSTAGE PAID AUSTRALIA

OCTOBER 2022



National Mental Health Month is held throughout October across Australia to raise awareness and promote better mental health for all. See page 12.



www.federationcouncil.nsw.gov.au

URANA DISTRICT NEWSLETTER

CREATING OPPORTUNITY CELEBRATING COMMUNITY

M O R U N D A H
BUSH *Entertainment*
C o m m i t t e e I n c .



SUNDAY 11th DECEMBER 2022

9.00am to 1.00pm

BROWLEY STREET THEATRE SITE & SURROUNDS - MORUNDAH
MAJOR RAFFLE DRAWN at 1.00pm

HOME PRODUCE
FRESH BREAD
PRESERVES & PICKLES
BRIC-A-BRAC
LAMBSWOOL PRODUCTS
BOOKS - WOODWORK
FRESH FRUIT & VEGETABLES
MANCHESTER
TOOLS - FISHING
CAMPING & MORE...!

TO BOOK A STALL, CALL THE MORUNDAH HOTEL 02 6959 7414

PLEASE NOTE, NO FOOD STALLS PLEASE -
THE MORUNDAH COMMUNITY HAS THE CATERING LICENCE

PROCESS PRINTERS - NARRANDERA

URANA NEWSLETTER

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MAYORS MESSAGE



Dear Readers,

Welcome to the October edition of the Urana District Newsletter for 2022.

In this edition, we advise that our 2023 Australia Day Award Nominations opened on Monday 3 October, highlight National Mental Health Month and invite all residents to our upcoming Federation Community Expo, which is a free community event to showcase the organisations, clubs, groups, and service providers in the Federation Council area. It will include kids' activities, a free sausage sizzle and live music throughout the afternoon.

This month we are also undertaking engagement on the development of Federation Council's Growth Strategy. We will be visiting Corowa, Howlong, Mulwala and Urana to host a series of drop in sessions. This strategy will be based upon population change, opportunities and constraints, and the principles of sustainable development. A range of studies will contribute to the Growth Management Strategy that include: Water Servicing, Sewer Servicing, Transport Strategy, Storm Water Servicing, Green Space Servicing, Community Facilities Servicing, Social Services Review, Economic Development Strategy, Housing Strategy, Development Pressure, Lot Size Review, Flood Studies, Biodiversity, Climate Change, Bushfire and Heritage. I encourage residents to stay engaged on this project, and complete the survey available on Council's website from Tuesday, October 18, or collect a paper copy in any one of our Council offices in Corowa, Howlong, Mulwala or Urana.

The overall aim of the growth management strategy is to identify the scale, location, and timing of future residential and employment growth within the Federation region based on community feedback and needs. This will look at extensive analysis of growth assumptions, emerging trends, constraints, and opportunities.

High water levels continue throughout the Federation Council Local Government area, particularly in Urana, Corowa and Howlong which is impacting many facilities and roads. Stay up to date with the latest information from Council's website www.federationcouncil.nsw.gov.au

Until next month, be kind to yourselves and one another.
Federation Council Mayor – Cr Pat Bourke.

COUNCIL MEETINGS 2022

Ordinary meetings of Council are generally held on the third Monday of the Month commencing at 10.00am.

Federation Council is pleased to offer LIVE streaming of our monthly Council Meetings on YouTube. This gives residents the opportunity to observe Council business via their computers and mobile devices.

Please visit Council's website and click on the LIVE STREAM link to watch the Ordinary Council Meeting live on YouTube.

Monday 17 October	
Monday 21 November	Monday 19 December



www.federationcouncil.nsw.gov.au



Council is pleased to present Council Monthly Meeting Updates!

The purpose of this update is to provide an overview of the reports tabled at the monthly meetings of Council.

Residents are also encouraged to view the full details of the reports highlighted in our monthly update from Council's website.

Digital versions of the Urana District Newsletter are available on Federation Council website.

www.federationcouncil.nsw.gov.au/Council/News-Media/Urana-District-Newsletter

COUNCIL CONGRATULATES AWARD WINNING OAKLANDS BUSINESS - PENTARCH



Victorian and NSW Small to Medium Enterprise (SME) Pentarch has won the two major Industry Land Forces 2022 Innovation Awards for their project that safely, and remotely, handles and 'de-fuzes' 105mm artillery rounds.

Pentarch won the National Innovation Award and the SME Innovation Award categories.

Their novel multi-system process, known as Project Damocles, developed at their Oaklands site removes and interrogates fuzes fitted to artillery projectiles using automated robotics and vision systems, and delivers them via un-manned conveyors for reuse or disposal.

Pentarch Executive Director Chris Deighton said he and his team were delighted with the acknowledgment, describing it as testimony to the power of bringing technical specialists together to solve a longstanding problem for their client, the Australian Department of Defence.

"The cost of R&D and achieving compliance with Defence requirements, especially where human safety is the overriding priority, can be demanding and often financially challenging for SMEs," he said.

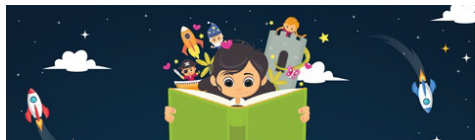
"As an SME ourselves, we've worked closely with a very wide range of small businesses to develop our solution from a concept around the challenge faced then designed and integrated multiple sub systems in a fully automated process that can be transported and assembled at the required locations."

The bespoke robotic system is operated remotely and moves pallets of ammunition within storehouses, conveys them to a process area that extracts ammunition boxes from the pallets, ammunition tubes containing the rounds from the boxes, removes the projectile from the inner packaging (tubes), then de-fuzes the round. The fuze is positioned for X-ray where it is determined to be in an 'armed' or 'un-armed' state, then repacked for re-use or sent to disposal. At each site the whole process is contained by a modular HES-CO barrier system.

Mr Deighton said their clients at Defence LEOSPO, EMB, JLC, DOS, CMB, and EO Licensing have been truly supportive.

"Our commercial partners Scott's Automation, REACT Automation RedTeam, NTSS, SG Consulting and AVS Elli are located across New South Wales and Victoria, and have combined in many creative, clever and practical ways," he said.

LIBRARY STORY TIME 2022



Federation Council invites parents and carers to Storytime sessions at the Corowa, Howlong and Mulwala Libraries.

Children and their parents/carers can participate in FREE story time sessions that involve sharing stories, rhymes and themed activities. Storytime sessions are suitable for ages 0-5 years and run for 30-45 minutes.

Join in the fun, meet new people, introduce your child to a world of books and lay the foundation for a lifelong love of reading.

Due to Covid-19 restrictions, a maximum of 15 people are able to attend. Bookings are required before attendance and can be made via the online form below or by contacting the Corowa Library on P: 02 6033 8941.

HOWLONG LIBRARY

Federation Council wishes to advise the community that the Howlong Library will have altered operating hours commencing Saturday 1 October, 2022 until further notice. The Howlong Library will be closed Friday mornings and every second Saturday morning. Council apologises for any inconvenience caused and thank you for your continued support and understanding.

CYBER SECURITY AWARENESS MONTH



October is Cyber Security Awareness Month and the Australian Cyber Security Centre's (ACSC) theme for 2022 is 'Have you been hacked?'

Throughout October, the ACSC will focus on a number of weekly themes including 'Is your email secure?', 'How to act now to stay secure' and 'It's time to take action!'.

To complement Cyber Security Awareness Month, the ACSC has also built a helpful tool also titled 'Have you been hacked?', which is available at www.cyber.gov.au

The first steps to staying cyber secure are turning on automatic software updates, regularly backing up your devices, switching on multi factor authentication, using passphrases, securing mobile devices, and watching out for cyber scams.

The ACSC has free resources available for all Australians, including step by step guides, quizzes and advice to help stay cyber secure.

For more information, visit www.cyber.gov.au

FEDERATION COMMUNITY EXPO - EVERYONE IS INVITED!



Whether you are new to the Federation Council or a long-term resident keen to know more about the local services on offer, then don't miss the Federation Community Expo on Thursday 10 November, 3pm – 6pm at Bangerang Park in Corowa.

This is a free community event to showcase the organisations, clubs, groups, and service providers in the Federation Council area. It will include kids' activities, a free sausage sizzle and live music throughout the afternoon.

Federation Council Mayor, Cr Pat Bourke said that the Expo will offer something for everyone, whether you are new to the area or a long-term resident keen to know more about the many services available.

"Council in partnership with members from the Federation Interagency Group have organised this event as a way of informing, empowering and connecting our local community with the many diverse community services and groups in and around Federation Council," he said.

"There has been a tremendous response from local groups and we encourage everyone to get behind this event and find out what is on offer!"

Who will be there?

Corowa High School hospitality students will be whipping up some free afternoon tea alongside the Rotary Club of Corowa who will be firing up the BBQ for a free snag or two. Looking for something more grab a donut from the Corowa Cougars!

Attendees can expect to see and hear from over fifty local groups. These community groups and service providers who are keen to touch base with the community about their many services, programs and events, what they have to offer with some hands-on and come and try activities to join in.

- Arts and Cultural Groups
- Community Groups
- Disability Aged Care Providers
- Educational Providers
- Event Organisers
- Family and Children
- Health and Wellbeing
- Special Interest
- Service Agencies
- Service Clubs
- Sporting Clubs

Find out more on Council's website.

NOMINATIONS FOR 2023 FEDERATION COUNCIL AUSTRALIA DAY AWARDS



It's that time of year again – time to start thinking about nominating inspiring individuals for a Federation Council Australia Day Award.

Each year, Federation Council invites nominations for the Australia Day Awards which are presented to local individuals or groups who have made an outstanding contribution to our community at the Official Australia Day Awards Ceremony.

Federation Council Mayor, Councillor Patrick Bourke is encouraging people to start considering that someone who makes a fantastic contribution to the community. "There are many deserving people and community groups in our community who do wonderful things that often go unnoticed," he said.

"This could be a friend, someone at your sports club or community association or someone you know doing great work serving the community." Mayor Bourke said being nominated for an Australian Day Award is a great honour, and it is

a wonderful opportunity to appreciate those inspiring people in our community, who make you proud to be an Australian.

"If you know someone worthy of recognition, I encourage you to nominate them today," he said.

The nomination period for the 2023 Australia Day Awards will open on Monday, October 3 and close on Friday, December 2 2022.

The Award categories are:

- Australia Day Citizen of the Year Award - presented to the most outstanding citizen for the Federation Council.
- Australia Day Young Citizen Award - presented to the most outstanding young citizen for the Federation Council, who must be at least 16 years of age (and no older than 30 years of age) on 26 January 2023.
- Local Achiever Awards.
- Community Group of the Year Award - the group, based in the Federation Council area, who has made a significant or beneficial contribution to the community during the past year.

The Awards are provided by Federation Council and decided by Council's Elected Australia Day Awards Panel.

The awards will be announced and presented by the Mayor on Thursday, 26 January 2023, at the Federation Council's official Australia Day Awards in Mulwala.

Now is the opportunity to recognise, nominate and show our appreciation to those who inspire and make a difference to our local community. Find out more and for the online Nomination Forms visit Council's website.

RESPONSIBILITIES OF PET OWNERS



Whether you consider yourself a dog person or a cat person, we all have a responsibility to our companion animals.

Residents are reminded of the responsibilities of pet owners to ensure the safety of companion animals and the community.

- If your dog is in a public place it must be under the effective control of a competent person by means of an adequate chain, cord or leash. The exceptions to this are; dogs exhibited at a show or engaging in obedience or agility trials or a dog secured in a cage or vehicle or in an approved off leash area.
- If your dog is being exercised in an approved off-leash area it must always be under effective control of a competent person.
- You are not permitted to walk more than four dogs at any one time in an on-leash or off-leash area.
- Just like all breeds of dogs in NSW, greyhounds will still be required to be on a leash while in public at all times.

- A greyhound will still require a muzzle in an off-leash area if it has not undergone an approved retraining program. Greyhounds that have completed this program will continue to wear identifying green collars, or, alternatively the person in charge of the animal can carry a completion card.
- If your dog defecates in a public place it is an offence not to remove the faeces.
- Dogs are prohibited in children's play areas, food preparation/consumption areas, reception areas, public bathing areas, school grounds, child care centres, shopping areas and wildlife protection areas.

SWOOPING SEASON

Spring often signals the beginning of the breeding season for our native birds, mainly Magpies and Plovers, which subsequently means swooping.

During the nesting season, a Magpie may swoop on people, clacking its beak. While alarming, it is usually an attempt to defend its family so just a warning. The good news is that a single magpie will swoop for only six weeks until their chicks leave the nest.

Last year, a list of known swooping locations was prepared to help protect you and your family. If you know of a hot spot swooping location in the Federation Council local government area, share the location with us by completing the online form available from Council's website.

COUNCIL PROMOTES WELLNESS MESSAGES DURING MENTAL HEALTH MONTH



National Mental Health Month is held throughout October across Australia to raise awareness and promote better mental health for all.

This year's theme is 'Building Resilience: Communities and Connections'

Throughout October, Federation Council will promote key wellness messages, aiming to raise awareness and promote better mental health for all.

Mayor Patrick Bourke said Mental Health Month provides us with a great opportunity for the Federation community to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not, and support each other within our community.

"Our everyday lives are often so busy that we sometimes need reminding of how important it is to stop, be in the moment and to reflect on our health, as before we realise it our daily lives can catch up

and have an impact on our wellbeing," he said.

"Council has and will continue to play a crucial role in supporting community wellbeing and providing connections to services.

Federation Council and the Federation Primary Prevention Team partnered earlier this year on the 'Our Council Cares Card(PDF, 297KB)' initiative. The 'Our Council Cares Card' includes a list of some of the State, National and local services that people can get in touch to talk about how they are feeling or determine what assistance is available. These services are also there as a sounding board for people to talk through how you may be supporting someone else who is under mental distress. Every household across the Federation LGA received a card in the mail.

Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections. – quote from WayAhead NSW <https://mentalhealthmonth.wayahead.org.au/>

Whether you or someone needs it, help is always available by contacting any of the following services:

- Lifeline (24/7) 13 11 14 www.lifeline.org.au
- Suicide Call Back Service (24/7) 1300 659 467 www.suicidecallback-service.org.au
- Beyond Blue (24/7) 1300 224 636 www.beyondblue.org.au

- Mensline (24/7) 1300 78 99 78 www.mensline.org.au
- Kids Helpline (24/7) 1800 55 1800 www.kidshelpline.com.au
- 1800RESPECT (24/7) 1800 737 732 www.1800respect.org.au
- Mental Health Line (24/7) 1800 011 511
- Alcohol and Drug Info Service (24/7) 1800 250 015
- Open Arms Veterans and Families Counselling (24/7) 1800 011 046 www.openarms.gov.au
- Gambling Help NSW (24/7) 1800 858 858 www.gamblinghelponline.org.au
- QLife (3pm – midnight daily) LGBTI peer support & referral 1800 184 527 www.qlife.org.au
- Relationships Australia (9am – 5pm weekdays) 1300 364 277 www.relationshipsnsw.org.au
- Mental Health Carer Helpline (9am – 4.30pm weekdays) 1300 554 660 www.mentalhealthcarersnsw.org
- National Debt Hotline (9.30am – 4.30pm weekdays) 1800 007 007 www.ndh.org.au

Headspace National are hosting a free online education session for parents and carers of young people in the Federation Council local government area on Wednesday 2 November, 6pm - 7.15pm. Register Now.

The National Mental Health Month is an initiative of the Mental Health Foundation Australia (MHFA) to advocate for and raise awareness of Australian mental health. Visit Council's website for more information and resources.

SUBSCRIBE TO ELECTRONIC NEWSLETTERS



Federation Council produces a number of monthly electronic newsletters to engage with our community and visitors regularly and to showcase the vast array of Council projects and updates.

Stay connected and subscribe to the news topics of interest to you or all of Council's electronic newsletters by visiting Council's website or scanning the QR code below!



DISCOVER GRANTS WITH FEDERATION COUNCIL GRANT FINDER



Federation Council is excited to provide Grant Finder to all local businesses, community groups, organisations and individuals. This site provides a comprehensive list of grant and funding opportunities available to you.

Never miss a grant opportunity again!

Register now to receive email alerts for new grants, save your favourites and access tips to help you apply for grants.

Federation Council is proud to partner with GrantGuru to provide you with this free service.

Visit Council's website for more information.

REQUEST FOR TENDERS

Howlong Water Supply Network Upgrade DN375 Trunk Water Mains

Council is seeking tenders from suitably qualified and experienced contractors for Supply of materials and Installation of 375 mm diameter Rising Water Main (approx.. 2.4km) and Trunk Water Main (approx.. 1.1km) including ancillary works, from Water Treatment Plant to Read Street Storage Tanks, and in Townsend Street, Howlong.

Tenderers are required to lodge tenders through Council's e-Tendering Portal (Tenderlink). The use of this system requires Tenderers to be registered with the portal. The portal can be found at <https://illion.tenderlink.com>

Documentation relating to the Tender have been uploaded to the Tenderlink portal. No charge is made for documents downloaded through this site.

Closing: 2pm, Thursday 10 November, 2022.

Visit Council's website for more information.

ABANDONED VEHICLES

When an abandoned vehicle creates a traffic hazard, Council officers can take action to remove the vehicle immediately.

You can contact Council to report an issue on (02) 6033 8999 or lodge an online customer request.

URANA PROGRESS ASSOCIATION / ARTS AND HISTORICAL SOCIETY

COMMUNITY MORNING TEAS

Community Morning Teas are held at the Courthouse Museum on the first Tuesday of the month (except November which will be a Melbourne Cup afternoon tea at 12.30 pm at the Urana Bowling and Community Club).

These morning teas have evolved from the Stepping On Friendship Group. Stepping On is a weekly exercise program open to everyone which has been successfully running for 9 years and is led by Harry and Eunice Couzin. Participant numbers have grown to approximately 16 each week with visible differences in strength, balance and coordination being evident from specific and regular exercise. After each hour long session, morning tea and socialization happens.



Participants pay a nominal attendance fee which is pooled and used to provide a monthly morning tea which gives additional laughter and socialization.

There is much evidence to prove that exercise and socialization not only improve fitness and happiness but also mental health.

Progress Association have therefore expanded our Morning Teas to include any people who would like a morning of chat (both serious and not-so-serious), laughter and good food for a minimal cost.

The Stepping On Group, Urana Progress Association and Federation Council Ageing Well Committee all support and are working together to provide all aspects of maintaining and improving mental and physical health for all residents of Urana and district. We are proud to be able to provide social outings for our community.

PROGRESS ASSOCIATION

We held our Annual General Meeting and Ordinary Meeting on 4 October. Our executive remains the same with Barry Paterson leading the team as President, ably assisted by Pauline Mallon as Vice President and Wendy Mallon as Secretary/Treasurer. History/Research Coordinator is yet to be determined.

It was great to see several new faces around the table and all brought some great ideas to the table – this is what we appreciate and encourage as we strive to improve our town. Some of these are long-term but stay tuned as others come to fruition.

Remember that if you have some spare time and would like to volunteer we will find something for you to do no matter what your skill set is. And remember that “being there to help” is the best skill set!

URANA DISTRICT NEWS

ART EXHIBITION AND SALE

By the time this Newsletter is distributed this wonderful event will have been held.

We have 105 entries – including innovative dresses and coat hangers, kiln glass sun catchers and a vast array of painting styles and subjects.

We trust that locals and visitors have taken time to call in to see all that we have on offer including our pre-loved, home-made and home-grown trading table.

BIG BLUE TABLE

We used our October Community Morning Tea to highlight a few facts about how Urana organisations provide and promote good mental health and provide a 'safe' space for anyone to talk about their own mental health issues which is in line with Beyond Blue's Big Blue Table initiative.



EVERYONE (approximately 30 people) arrived dressed in 'happy' blue and had a lovely morning mixing with lots of other like-minded people. We reiterated that we have no training in mental health but often someone to 'listen' is enough of a lift – 'a problem shared is a problem halved'. In the event of more help being needed we are fortunate to have Dr Giri in town. Beyond Blue, Lifeline and Riverina Bluebell are also only a phone call

away. As well as having a great morning we raised \$130.70 for Beyond Blue – a great effort.

We also acknowledged the Stepping On Group who provide such wonderful exercise regimes for participants of all abilities, weekly socialization and positive reinforcement of maintaining and improving mental and physical health.



CHRISTMAS SPIRIT

We encourage local residents and local business houses to get into the Christmas spirit shortly and start thinking about some grand displays for their yards and shop windows. These festive season displays make Urana look so good and can be entered in the Federation Council competition to be in the running for some great prizes.

BINGO!

Eyes down at 1.30 pm on 9th November at the Courthouse Museum for some more Bingo, laughter, trivia by Barry (he says not too many car questions but do we believe him!) and afternoon tea.

Everyone is welcome to come and join the fun.



CWA OAKLANDS NEWS 2022



Local families have benefitted from the recent provision over several weeks, of a Supportive Parent Group for parents and their children. A few hours of fun and interactive songs, rhymes, stories, games, play, and art activities.

CWA members thank Anthea from Corowa Intereach for the provision of this activity.

Discussions are continuing as to when and how these sessions may re-commence. We will provide information when available.

Oaklands CWA has been providing a venue for various early childhood services including Federation Mobile Pre-school for forty-nine years. At the present time we are in recess due to a lack of pupils. This is creating a serious financial strain.

Members would welcome all women to come along and join our branch. CWA offers a wide variety of activities to suit all needs. We especially appreciate the friendship and support provided to each other. Full membership is \$44.00.

Next meeting is 18th October 2022 at the CWA Rooms Oaklands. The AGM will commence at 12.30pm. A special presentation by Gregory Dillenbeck to highlight the role of Angel Flight services at 1.30pm, afternoon tea provided. A brief monthly meeting will conclude the day.

Contact Heather Kerr 0447 335 201
ALL WELCOME





SINCERE THANKS.
ROBERT “BUD” MONTGOMERY
9/10/1942 - 25/7/22

Maria, Deanna, Travis, Cindee & Trevor

Thank you for your expressions of sympathy
and kindness
conveyed to us during our time of loss.

It gave us much comfort to know you were
thinking of us as we were grieving the loss of
a husband, father and grandfather. We appreciate
the many cards, phone calls and beautiful
flowers.

Thank you to the president and players of
Billabong Crows teams in honouring Bob as a
passed player and life member.

We wish to thank Helen and Fred Finch for
providing a lovely afternoon sharing a few
drinks, afternoon tea and a few memories.

**Please accept this as our sincere and
personal THANK YOU.**



RIVERINA REGIONAL LIBRARY - MOBILE SERVICE

Southern & Northern Regional Library 2022 MOBILE LIBRARY SCHEDULE



URANA 1:45pm – 5:00pm	Tuesday, 18 October 2022	Tuesday, 1 November 2022	Tuesday, 15 November 2022
OAKLANDS 9:00am – 11:00am	Wednesday, 19 October 2022	Wednesday, 2 November 2022	Wednesday, 16 November 2022
RAND 12:15pm – 1:15pm	Wednesday, 19 October 2022	Wednesday, 2 November 2022	Wednesday, 16 November 2022
BOREE CREEK 1:30pm – 3:00pm	Tuesday 25 October 2022	Tuesday 8 November 2022	Tuesday 22 November 2022

Tai Chi



If you are an older person wanting to get involved, very affordable classes are now running in your area.



Health
Murrumbidgee
Local Health District

The proven benefits of Tai Chi for older people include...

- Increased balance
- Increased strength
- Increased flexibility
- Increased memory

Venue: St Columba's Church Hall, Hunter Street Oaklands

Date: Monday Mornings

Time: 9.30am

Contact: Louise 0427 004 714



COROWA
PODIATRY

A NEW PODIATRIST IS COMING TO URANA!



Hi, my name is Sharni and I am coming out to visit you in Urana once per month. I am the owner of Corowa Podiatry and we would love to meet you!

We accept private clients, EPC's, DVA, NDIS and Home Care Package clients.

Visiting dates:

Wednesday 12th of October

Thursday 10th of November

Tuesday 13th of December

@ Urana Community Health Centre

For an appointment please call 0438 269 658 or
email Sharni at sharni@corowapodiatry.com.au



AAYUSH HEALTH CARE TRUST

Dr. Veerendra Giri Yaramati

URANA MEDICAL CENTRE

31 William Street, Urana NSW 2645

PH: (02) 6920 8333

**Flu Vaccines available now.
If you need a Flu vaccine or COVID vaccine please
contact the medical centre.**

or emergency consultations Saturday and Sunday
Dr Yaramati will be available at the
Urana Multipurpose Centre,
127 Princess Street, Urana

Phone (02) 6920 8333



**Do you need a
Community Health
Service?**

You can now access Community Health Services such as:

- Community Nurse
- Child and Family Health Nurse
- Generalist Counsellor
- Occupational Therapist
- Dietitian
- Physiotherapist
- Speech Pathologist
- Palliative Care Nurse
- Diabetes Educator
- Chronic Care

By calling one number the health professional on the end of the line will help you access the service you need.

Call 1800 654 324
(1800 MLHD CH)



Health
Murrumbidgee
Local Health District

<p>Community Nurse Karen Brooks</p>	<p>Community care central Intake 1800 654 324</p> <p>Hospital (02) 6930 9200</p> <p>Community Health (02) 6930 9224</p>
<p>Child & family Nurse Jacinta Dore</p>	<p>Urana, Oaklands, Rand and Morundah clinic and home visit appointments only.</p>
<p>Childhood Immunisations</p>	<p>By Appointment ONLY Please ring 1800 654 324</p> <p>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.</p>

Murrumbidgee Local Health District Counselling Service

Outreach to Urana one day a fortnight
Urana Community Health Centre Free and confidential service
Referral into the service can be made through a self-referral or by a support service.

No Mental Health Shared Care Plan is required.
Contact Central Intake Service: 1800 654 324

STEPPING ON EXERCISE

**FOR SENIORS AND ANY OTHER
INTERESTED PERSONS WANTING
TO GET FIT AND MAKE FRIENDS!**

**EVERY MONDAY AT 10AM
AT THE COMMUNITY HEALTH
CENTRE AT THE URANA HOSPITAL**

COST \$2

For more information contact:

Harry on (02) 6920 8374

or

Marj on 0427 325 237

CRAFT & CUPPA



Come along and enjoy your craft at
Urana Community Health.

1st & 3rd Tuesday of the month
10.30am to 3.00pm

Enquiries:

Anne Kerr 0429 677 577



ACCESSLINE

*Depression Suicide Anxiety Psychosis
Alcohol & Drugs Sexual Assault*

Help for All Ages Anytime

1800 800 944

Back on TRACK PHYSIOTHERAPY

Justin Gordon B. Physiotherapy

p (02) 6033 0933
e justin@backontrackphysio.biz
w www.backontrackphysio.biz

Urana Community Health Centre
Princess Street, Urana NSW

**Every Monday
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
9.00am to 5.00pm**

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

HEALTH SERVICES

VALMAR SUPPORT SERVICES LOCKHART OFFICE

Our service areas encompass the Lockhart & Urana Riverina/Murray areas. The following services Valmar Support Services provide are:

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

Following services are brokered by Intereach:

- Home Maintenance.
- Men's Social Support Bus Trips.
- Meals on Wheels.
- 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 disability.
- Isolated, Transport Disadvantage.
- From a culture distinct community, financially disadvantaged.

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

Lockhart (02) 6920 4162
AgedServices@valmar.com.au



VALMAR

VALMAR COMMUNITY TRANSPORT BUS TRIPS

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

Oaklands General Store - 8.30am
Daysdale - 8.45am
Arrive Albury Target - 10.00am
Depart Albury Target - 2.00pm

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

Departs Oaklands General Store - 7.30am
Urana Hospital - 8.00am
Lockhart Post Office - 8.30am
Milbrulong - 8.45am
The Rock Post Office - 9.00am
Uranquinty - 9.30am
Arrive Wagga Kmart - 10.00am
Depart Wagga Kmart - 2.30pm

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

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

Men & Ladies Social Bus Trips \$10

Interested in Social Bus trips?
Contact Office: (02) 6920 4162.

HEALTH SERVICES

LOCKHART HEALTH SERVICES

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

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 assessments, and Veteran's Affairs patients welcome. Spectacle frames available. For appointments please phone (02) 6921 8833.

PODIATRIST

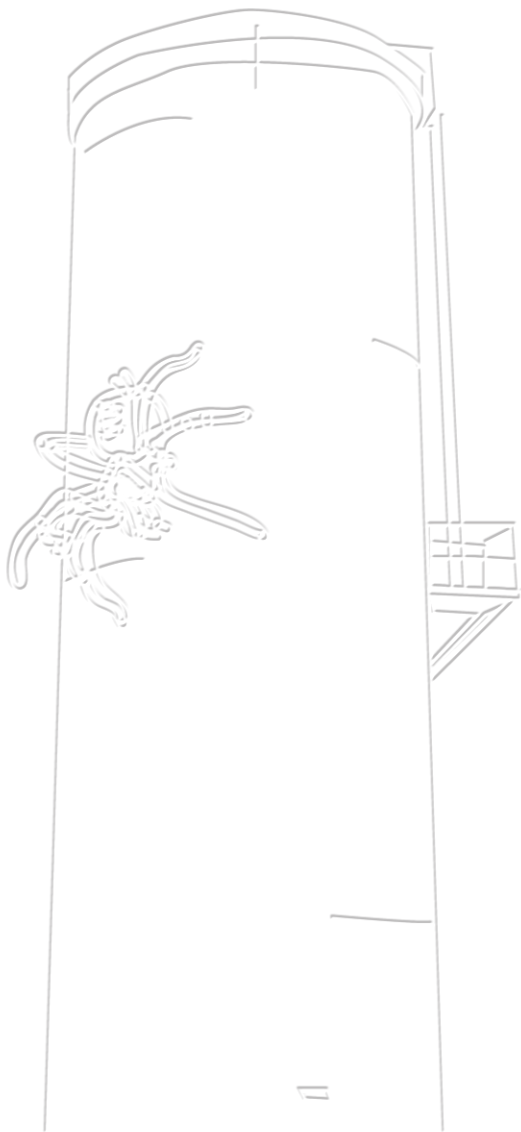
Wagga Foot Clinic visits the Lockhart Community Health building every 4 weeks for appointments please phone the Wagga Foot Clinic on (02) 6921 1783.

PHYSIOTHERAPY

Every Wednesday (is required 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.

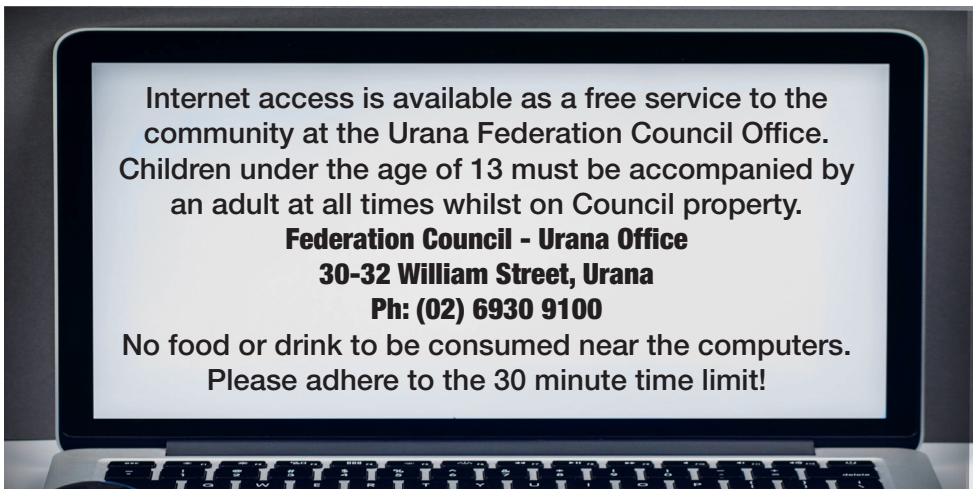


PLEASE NOTE

With reference to all events listed in the future, that are in or on Council owned or managed facilities, including those with Section 355 Committees, these events are subject to ongoing review to ensure compliance with any State Government regulations and requirements due to COVID-19.

Further information on the availability of these facilities is being updated as it is available, and it requires Council planning, with the stakeholders, to ensure COVID-19 safe plans are in place to ensure compliance with State and Federal Work Health and Safety requirements, and in the interests of the safety of our community.

Kind Regards - Federation Council



FEEL GREAT
24/7

★ ★ ★

LOSE WEIGHT,
MUSCLE GAIN,
INCREASE ENERGY,
SPORTS NUTRITION,
HEALTHY DIGESTION,
HEALTHY AGING,
HEALTHY SKIN AND
GENERAL WELLNESS.

<https://nutritionimpactgoherbalife.com>

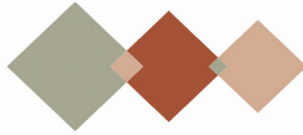
Call 0407428522

Rand Farm Supplies

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.

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



WATERFRONT

Pavilion



Photo by Georgie James

For all function room enquiries & bookings please contact
Urana Bowling & Community Club. Katrina 0429208074



WATERFRONT

Fitness

For all gym enquiries, please contact Katrina 0429208074 or Pauline
0437208196



Experts by your side.

Bush & Campbell Accountants

WAGGA
6938 4600

LOCKHART
6920 5101

TUMBARUMBA
6948 2018

www.bushcampbell.com.au

Some of our specialist areas include:

- GST
- Rural Services
- Superannuation
- Audits
- Income Tax
- Management Consulting
- Fast Tax Refunds with Electronic Lodgement

Call in at:

141 Green Street
or phone 6920 5101

Other offices at:

Wagga: 6938 4600
Tumbarumba: 6948 2018

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 \$220 per fortnight for Aged Pensioners. For further information, please contact **Federation Council Urana Office on (02) 6930 9100**



Catholic Parish of Urana

Urana Sunday 1st, 3rd & 5th
8.00am

Urana Saturday Virgil 2nd & 4th
6.00pm

Oaklands every Sunday
10.00am

FOR EMERGENCY MINISTRY CONTACT
St Michaels Cathedral Presbytery Wagga
(02) 6921 2164



**FOR
RENT**

INDEPENDENT RESIDENTIAL UNITS FOR THE AGED

**FOR
RENT**

Council currently has vacancies available for independent living units for the aged at "BILLABIDGEE PLACE"
59-73 Princess Street, Urana.

The Units consist of one bedroom, with a kitchen /living room, a bathroom and laundry.

Current rental is \$110 per week. Prospective residents must be holders of a relevant pension card and able to live independently.

Further information can be obtained from Council's website or by calling Council's Property Officer on

02 6033 8999



Look after yourself better.



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

Billabong Agriculture Oaklands

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



Oaklands Community Health & Fitness Centre

Time 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
- 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

J & A. BEALE Transport

42 Buller Street, Oaklands

For all your

Local and Interstate Transport

Specialising in -

General Freight

Grain Contracts

All Bulk Grains

Gypsum Fertilizers

Lime

Wool

Hay

Livestock

Competitive Freight Rates

45' Dropdeck Available

Contact Jim or Amie

Mobile: 0428 570325

A/H: 02 60354315 Fax: 02 60354146

email : jimbob_7@bigpond.net.au





Corowa Curtains & Decor

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

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

**We offer Free delivery and Free measure & quote
In Urana and District**



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



Funeral Directors



Corowa & Rutherglen

For Caring and Professional Service

Phone: (02) 6033 4255
Mobile: 0458 334 256
(All Hours)



0403 191 780

Plumbers, Drainers & Gasfitters

Bobcats, Excavators & Tipplers

Septic & Trade Waste Pumping

Sand, Soil & Gravel Cartage Contractors

Livestock Water Poly Pipe Systems

Septic Systems

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, Corowa, Morundah, Oaklands, Rand and Urana

MICHAEL COMFORT - LICENSED TECHNICIAN

0 4 2 8 3 3 1 3 8 3

Your "Local Independent" Store

BILLABONG AGRICULTURE

At two convenient locations

URANA: Osborne Street

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) 60354351

Urana Office: (02) 6920 8267

Pat: 0429 208 267

Email: billabongagriculture@gmail.com



URANA TAKEAWAY & NEWSAGENCY

Under New Management

OPENING HOURS

Wednesday - Saturday 7.30am - 7.30pm

Sunday - Tuesday 7.30am - 2.30pm**

**Order by 12pm for dinner orders Sunday-Tuesday
Collect at 6pm - Subject to availability

"Can you believe it?! A whole three months and going into the second quarter! THANK YOU to all our customers & the Urana community for making us feel welcome!"

- Sue, Michelle & Cash



FRIDAY &
SATURDAY
NIGHTS

PIZZAS

EVERYDAY
**BURGERS
SANDWICHES
FISH & CHIPS**

2 Anna Street
#URANA

Ph: 02 6920 8082

#HOTOFFTHEPRESS

We're open

For appointments

Call the team on 6920 4244 to arrange a time for us to come and see you.

For the following enquiries

- Account Opening
- Business Accounts
- E-Banking
- Credit Cards & Personal Loans
- Home Loans
- General Queries

Community Bank · Lockhart & District



Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1373507, OUT_2025527_27/04/2021

URANA

POST OFFICE

21 ANNA ST. URANA, 2645
PH (02) 6920 8227 FAX (02) 6920 8109

WESTERN UNION MONEY TRANSFERS.

Bank@Post PERSONAL & BUSINESS BANKING
POST BILL-PAY Cash, Cheque or EFTPOS

Your enquires welcome
SEPARATE AGENCY FOR COUNTRYLINK
RAIL & COACH TICKETS
Fax & photocopying service

D & K GOODEN



Damo Gooden

Mob 0427 623 746
Ph 6920 8143 Fax 6920 8142
Email dkgooden@bigpond.com

"Glen Lura" RMB 389
Urana NSW 2645
ABN 50 077 875 593

LIVESTOCK CARTAFE | BULK HAULAGE | WATER DELIVERIES



Urana CARAVAN PARK

Federation Way
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

- Cabins
- Powered Sites
- Unpowered Sites
- Tent/Camping Sites
- Shower
- Toilets
- Dump Point/Sani Dump
- Equipment Hire
- Boat Ramp/Boat Launch
- Laundry
- BBQ Facilities
- Water Supply

Come along and enjoy the experience of the
Federation Council
"In the Middle of Everywhere"

www.uranacp.com.au



CALTEX URANA FUEL DEPOT

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

ROBSON ENGINEERING URANA

ABN 95 836 906 896

Steel sales, Steel cut to size

Light Fabrication, Repairs a speciality
Mobile welding (not in fire season)

Open most weekdays

Rear of 84 Coonong Street, Urana
(access off woodhouse Street)

Ph Mick 0438 824 320



CADMAC Leaders in Machinery & Service

Your Local Dealer for:

- ◆ New Holland
- ◆ Flexicoil
- ◆ JCB
- ◆ K-Line
- ◆ Macdon
- ◆ Horwood Bagshaw
- ◆ Pottinger
- ◆ Bagballe

CADMAC RIVERINA

252 Hammond Avenue, Wagga Wagga
PH 02 69212148

CADMAC ALBURY WODONGA

233 McKoy Street, Wodonga
PH 02 6959 7100



NEWSLETTER ADVERTISING & WASTE FACILITIES

In accordance with Federation Council's 2022/2023 budget, advertising in the Urana and District Newsletter rates are noted below. The following rates are applicable for advertisements placed in the Urana District Newsletter. To make an enquiry email communication@federationcouncil.nsw.gov.au

	Council Compiled	Customer Compiled
Full page	\$65.00	\$45.00
Half page	\$45.00	\$35.00
Quarter page	\$33.00	\$20.00
Classified	\$10.00	
Thank you notices	\$10.00	
Community organisations outside of Federation Council	Charges as above	Charges as above
Community organisations within Federation Council	No charge	No charge

WASTE FACILITY OPENING HOURS

	COROWA	MULWALA	HOWLONG	URANA	OAKLANDS
TUESDAY	9:00am - 12:00pm	-	1:00pm - 4:00pm	-	-
WEDNESDAY	-	9:00am - 12:00pm	-	-	-
FRIDAY	-	-	-	-	-
SATURDAY	-	-	-	-	-
SUNDAY	1:00pm - 4:00pm	9:00am - 12:00pm	9:00am - 12:00pm	11:00am - 4:00pm	8:00am - 12:00pm

WASTE FACILITIES & CHARGES

Household waste accepted only (not commercial origin), not accepted at Mulwala Transfer Station, Putrescible waste (food scraps) not accepted at Corowa Waste Facility.

Skip bins available 24 hours at the Urana, Victoria Park Recreation Ground.

URANA COMMUNITY RECYCLING CENTRE

Federation Council and the NSW EPA have recently opened two Community Recycling Centres (CRC's) in Corowa and Urana.

Many familiar products you use in your home, car, garage and shed can be hazardous to other people and the environment. Because of this, they cannot be disposed of in your red, yellow or green lidded bins.

These include:

- batteries (household only).
- motor & other oils (5-20 ltrs motor oils and other oils).
- paint.
- smoke detectors.
- fire extinguishers.
- gas bottles.
- fluro lights.

Once you no longer have a use for these products, they become household problem waste. If disposed of incorrectly, or released into the environment, these products can pollute our soil, contaminate our water and even cause physical harm to people and animals.

The good news is you can dispose of them for FREE at the following CRC's. The products are then processed and the reclaimed materials used to make other products.

The Urana CRC is located at the Urana Waste Disposal Centre, Boree Creek Road, Urana.

Operating Hours:

Sunday 11:00am – 4:00pm

The facility is closed Christmas Day, Boxing Day, New Years Day, Good Friday and Easter Sunday.

WASTE DISPOSAL CHARGES

In accordance with Federation Council's 2022/2023 budget waste disposal charges are as follows:

WHEELIE BINS (240 litre bin)	Fee (excl. GST)	Fee (incl. GST)
Wheelie Bin - Green	\$4.55	\$5.00
Wheelie Bin - Waste	\$10.00	\$11.00

* Household waste accepted only (not commercial origin)

SMALL LOAD (up to an average sedan boot or half a small trailer)	Fee (excl. GST)	Fee (incl. GST)
Small load - Green	\$19.09	\$21.00
Small load - Waste	\$38.18	\$42.00

* Household waste accepted only (not commercial origin)

MEDIUM LOAD (up to approximately 1m3 - single axel trailer or ute tray)	Fee (excl. GST)	Fee (incl. GST)
Medium load - Green	\$38.18	\$42.00
Medium load - Waste	\$76.36	\$84.00

* Household waste accepted only (not commercial origin)

LARGE LOAD (any volume larger than 1m3 but less than 1.5m3 0 incl. Large trailer)	Fee (excl. GST)	Fee (incl. GST)
Large load - Green	\$57.27	\$63.00
Large load - Waste	\$114.55	\$126.00

* Household waste accepted only (not commercial origin)

TRUCK LOAD	Fee (excl. GST)	Fee (incl. GST)
Truck load - Green /m3	\$38.18	\$42.00
Truck load - Waste /m3	\$80.00	\$84.00

CONSTRUCTION & DEMOLITION	Fee (excl. GST)	Fee (incl. GST)
Construction & demolition - concrete & masonry /m3	\$57.27	\$63.00
Construction & demolition - timber /m3	\$38.18	\$42.00
Construction & demolition - comingled /m3	\$171.82	\$189.00

MATTRESSES	Fee (excl. GST)	Fee (incl. GST)
Mattresses - Single/Double	\$48.18	\$53.00
Mattresses - Queen/King	\$76.36	\$84.00

* With or without base

ASBESTOS	Fee (excl. GST)	Fee (incl. GST)
Asbestos up to 1m3	\$343.64	\$378.00
Asbestos over 1m3 - per m3	\$343.64	\$378.00

* Accepted only in Corowa

TYRE	Fee (excl. GST)	Fee (incl. GST)
Tyre R<20 - each	\$19.09	\$21.00
Tyre R<20 to R40 - each	\$38.18	\$42.00
Tyre R>40 - each	\$76.36	\$84.00

* Not accepted at Mulwala Transfer Station

LOUNGE	Fee (excl. GST)	Fee (incl. GST)
Lounge - 1 seat	\$9.09	\$10.00
Lounge - 2 seat	\$17.27	\$19.00
Lounge - 3 seat	\$26.36	\$29.00
Lounge - additional seat	\$9.09	\$10.00

eWASTE	Fee (excl. GST)	Fee (incl. GST)
Household appliance	\$10.00	\$11.00
Whitegoods	\$19.09	\$21.00

POLYSTYRENE	Fee (excl. GST)	Fee (incl. GST)
Over 1m3 - per m3	\$19.09	\$21.00

OTHERS	Fee (excl. GST)	Fee (incl. GST)
Carpet roll / 0.5m diameter	\$33.64	\$37.00
Textiles /m3	\$33.64	\$37.00
Unsecured Load Penalty	\$48.18	\$53.00

Corowa, Howlong, Mulwala Transfer Station, Urana and Oaklands.

Visit Federation Council website for more information.

URANA DISTRICT NEWSLETTER CALENDAR OF EVENTS

18 October 2022	CWA Oaklands Meeting.
30 October 2022	Anglican Church Service in the Community Centre (next to Hospital) 10 am. Everyone welcome.
1 November 2022	Melbourne Cup Community Afternoon Tea at Bowling and Community Club - 12.30 pm.
9 November 2022	Bingo at Courthouse Museum - 1.30 pm.
11 December 2022	Morundah Market Day.
15 December 2022	Balldale Ball.
17 December 2022	Symphony Orchestra Tour Morundah.

All information in this September edition of the Urana District Newsletter is current as of 13/10/2022

Deadline for November Edition

FRIDAY 4 NOVEMBER 2022, 5PM

Phone (02) 6033 8999

All articles and advertisements must be submitted either:

- In writing and sent via email to communication@federationcouncil.nsw.gov.au, or**
- Hand delivered to any Council Office.**

Placement of articles is subject to available space. Community groups and organisations are encouraged to keep articles to a total of 1-2 pages.

All submitted articles will be proof read for spelling and grammar and changes made accordingly.

MELBOURNE GRAMMAR SCHOOL

SYMPHONY ORCHESTRA TOUR 2022



MELBOURNE
GRAMMAR SCHOOL
AN ANGLICAN SCHOOL



SAT 17TH DEC 2022

Paradise Palladium Theatre - Browley St Morundah

TICKET PRICES: \$55 Adults (inc. supper) \$25 Under 15 - 7.30pm start
Ticket by calling Morundah Hotel on 6959 7414 after 3pm

