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JUNE 2017

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VOLUNTEER WEEK was celebrated with a luncheon held in the Tailem Bend Town Hall on Wednesday, May 10, 2017.

Above: MC Peter Goers with Estelle and Emily Craggs and Bazza the Bunyip keeping a close eye on the proceedings.



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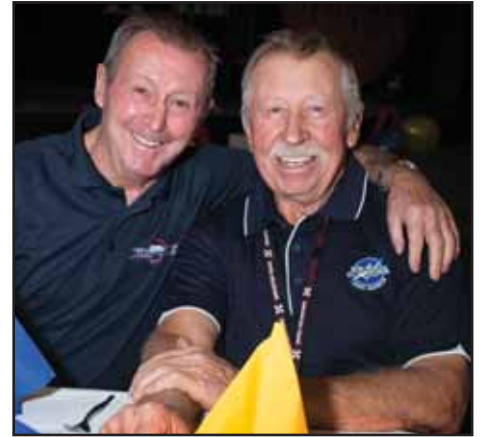
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VOLUNTEER WEEK CELEBRATED - MAY 8 - 12



Much fun and laughter was had at the Volunteer's Lunch, Taillem Bend Town Hall, Wednesday, May 10, thanks to the shenanigans of Peter Goers (ABC Radio) and the Cragg Sisters of Taillem Bend, who sang a medley of past Music Hall songs.



BELOW: CFS & ST JOHN SA Volunteer David Neumann of Yumali, accepting his *Unsung Hero* Award, from a representative of Coorong District Council.



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The Changing Face of Tailem Bend #65

I did mention last month that I had in my keeping a First World War medal with an inscription on it that linked it with Tailem Bend. The medal was posted to our Community Centre by Mr Peter Francis of Renmark, from there it was passed on to me by Denise McLoughlin, (**pictured below**) for which I am most grateful, as it is indeed, a part of Tailem's history.

Nothing was known about it apart from the inscription that reads on one side 'Pte. F. W. Quigley 1915 – 1918'. What's engraved on the other side really caught my attention; it reads "Presented by the residents of Tailem Bend and District". Enquiries to our local RSL branch showed that R.W. Quigley is listed on the Honour Roll Board. Confirming that was vital.

My next step was to contact Mr Francis, who told me he knew nothing about the medal, other than he found it in his father's belongings when he died 25 years ago.

Then I got lucky, while visiting the Community Centre on another matter, Denise asked me how I was going with the medal, my response was "slowly". Hearing that, Denise's workmate Gail Palmer joined in the conversation and told me she had experience with this sort of research and would have a go at helping. Gail's research was brilliantly done and unraveled a lot of the mystery that surrounded the medal.

Frank William Quigley was a member of the 10th Infantry Battalion and the Observer (Adelaide Newspaper) recorded on Saturday, May 29th 1915, that he was among a list of South Australians wounded in action, so I guess because of the injuries he disembarked in Melbourne in 1915.



His trade was listed as a Painter but when he arrived in Tailem Bend is unknown, he did though have connections in Adelaide and Launceston, Tasmania.

Gail, in her research also managed to come up with a 'Home Coming' welcome held in the Tailem Bend Town Hall, November 19th 1919. A 'Welcome Home' social was tendered to Lt FW Howie, Sgt G Edwards, Tpr HE Halliday and FW Quigley in the local hall. Mr FP Bolton occupied the chair and the local band under conductor E Shaw played 'Home Sweet Home' as the Soldiers entered the hall. The Chairman welcomed the Soldiers and presented each with a gold medal.

The Rev J Welarke, Messers DA Melbourne and H Shaw also delivered addresses of welcome. A musical program was provided by Mrs F Bolton, McCarthy, Bolton, O'Dea. A dance followed.

That tells us a lot about FW Quigley's gold medal, but I hope the story doesn't end there, as there are still three gold medals out there somewhere.

When we talk about Railway staff, we tend to focus on clerical, yardmasters, loco foremen, loco engine-men and many others in uniform, overalls or dust coats. What about the fettlers and gangers who maintained the tracks? What about the lamp lighters who climbed the vertical ladders juggling kerosene can in one hand, while hanging on grimly with the other? The lamps had to be filled or there was no visible signal. And what about the outlying stations without a shunt engine to relocate trucks loaded with wheat? Railwaymen Ally Clark and David Lynch, while out relieving at these stations, told me they manually shifted the trucks with a Pinch Bar, this is a steel bar about two metres long with a shaped footing that fitted under the wheel. Once in place with strength on the bar, they got the truck moving.

Then there was the Ganger with his fettlers lifting and carrying by hand a ten metre length of railway line before attaching it to a bed of sleepers and ballast, this could go on all day. (See Photo) Then there was the main line lamp lighter, his mode of travel was a manually pumped trolley. (See Photo) He also had to rely on the train controller to make sure there wasn't a train in the same section as him!!

Without this tough breed of men there would be no railway system.

The Changing Face of Tailem Bend #65

I'm including a couple of snippets from the Country Women's Association's 50th Anniversary Celebrations, held in 1988. In the early 1950's handicraft meetings were held in an annexe of the show grounds pavilion and monthly meetings in the RSL hall. The branch moved into its own clubrooms in 1959, on the riverside of the Prince's Highway. Secretary, Mrs Smart, said that nearly everyone who got married in those days got the CWA to cater for their receptions.

Mrs Gardner had the honour of officially opening the new Club rooms and she was one of 21 foundation members at the celebrations. Elizabeth Searle (Sharon Down's sister) whom former secretary Mrs T Williams believes was aged about seven or eight at the time, presented Mrs Gardner with a posy of flowers. The "Little Girl" was chosen because she had been attending CWA meetings regularly since the age of three months. Her mother, a busy lady and secretary for six years, took her along, rather than have someone else look after her.

Highest recorded membership was 90 in 1953/54 but in 1988 it was down to 30, Mrs Smart said "Younger women aren't joining today; it seems they have too many other things to do."

What's new? That quote is still being bandied around today, 30 years later!!!!!!

Years ago, the Tailem Bend Telecom Exchange operated in the building behind the Post Office. I was talking to one of the former technicians, Tailem's Bob Ellis, who told me that at the peak of operations, it maintained communities as far away as Copeville and Salt Creek. Once the Post Office went automatic however, it was the start of the end for the Exchange, now the building is bare. At its peak the staff numbered nine and a sturdy group, they were too.

Information was given to me by Jane Cummings of details on a plaque outlining a very imposing record held at one time by the Technicians. They worked 100,327 man hours, without any lost time through injury, from December 22nd 1977 to June 15th 1983.

Next month we have a mixture to look at with a bit more about Marcus's night watch man, except Mr Tucker has been replaced by Mr George Edwards. I'll explain that later.

Also Ted Julian has a story about a Truck connected to Tailem Bend. Could be another mystery!!

See you then.

Peter Connolly



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Tailem Bend Football Club

On Saturday, May 13, the Tailem Bend Football Club hosted the Lokan Cup. The profound influence that the Lokan family has had on both the Tailem Bend and Jervois Football Clubs should never, ever be underestimated!

Merv - the patriarch of the family coached both clubs. He Captain coached Jervois to nine premierships in a row from 1931-39. He coached Tailem Bend to the '54 undefeated Premiership and was a selector of the '74 Premiership side.

Bill - Captain coached both clubs. Was a member of the 1954 undefeated Tailem Bend side that was Coached by his father. He was Captain Coach of the Jervois '59 & '61 Premiership sides. He won the Mail Medal in 1958 with Tailem and a year later he won the 1959 medal whilst playing for Jervois.

Geoff - Captain coached both clubs. He won three Mail Medals, all for Jervois – 1962, 1963 & 1964. Premiership Coach for Jervois in '63 & '64. He played in Tailem's '65 Premiership side and also coached Tailem to Premierships in '70 & '74. His son Steve played in the '74 side along with Bill's son Robert.

It was also our Past Player's day! The day gave our current crop of players the chance to meet and talk with Eagles of old, and just as importantly it also exposed past Eagle players with the current players!

Our thanks go to our organising committee of Scott Davey (Chairman) & Michelle Davey, Shane Peach, Shane & Lisa McCormick and Corey Smelt for an outstanding day.

The TBFC has a strong tradition that is built on team work and unity, being a cornerstone institution of the Tailem Bend community, much of which can be attributed to the loyalty and support of the past players.

The core objectives of the Past Players group are:

- to maintain and foster an association of past players and officials of the TBFC
- to maintain and foster social activities and pastimes for members and to provide and maintain facilities for such activities, and
- to assist and promote the TBFC

In a nutshell, the main endeavour of the club is "to look after our own", whether that's through match day gatherings or arranging scheduled annual events for players and officials to catch up.

The club has seen a steady resurgence in the number of past players visiting the club and enjoying the refreshments and camaraderie offered and we aim to progress this further over the coming years.

Our aim is to have a complete data base of all past players and officials and we invite you to update your details or register for the first time. For registration as a member of the Tailem Bend Football Club Past Players, please email tbfc@sanflcfl.com.au

A number of events will be held in 2017 and the dates for those are as follows:

- June 3 – 194, '62, '72, '92 & '97 TBFC V Mypolonga
- June 4 – Reunion Luncheon
- August 5 – Indigenous Day


Specially designed Guernseys' will be worn by the players for the Reunion & Indigenous games and will be auctioned post game.

Go You Eagles!

Terry Connolly, President - TBFC

BELOW: Next time you're at the footy, say 'hello' to Duggie Stilgoe, official photographer of the Tailem Bend Football Club. Duggie is a keen member of the Tailem Bend Photography Club and has greatly improved his natural skills.






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TBFC Lokan Cup and Past Players Day, May 13



ABOVE: The Lokan Family, L-R: Robert, Christine, Bill, June, Neville and Judy in attendance for the Lokan Cup.



RIGHT: Scott Davey, Chair of the Past Players committee delivering his welcoming address.

BELOW: Past Players L-R: Marcus Reseigh, Ally Clarke, Les Kropinyeri, Lloyd Downs, Peter Connolly and Kevin Griffiths, enjoying Past Players and Lokan Cup Day, Saturday, May 13 at Taillem Bend Football Oval.





Rotary Club of Tailem Bend

It's Music Hall Time

Tailem Bend Town Hall. Rehearsals are well on the way. And, once again, it is shaping up to be an exciting show!

For more information please contact Anthony Hodgen on 0417 861 642 or anthony.hodgen@health.sa.gov.au



ABOVE: Rotarians in Mt Gambier recently, attending the District Conference.

The Magic of Music Hall Exhibition

Opening Night, on May 5th, was well attended. With a performance by Emily and Estelle Craggs, a good time was had by all. And, from all reports around town, people going to see the Exhibition are thoroughly enjoying a trip down memory lane.

Displaying fabulous costumes, photographs and props, the Exhibition celebrates Music Hall, an annual event that has entertained the people of the Coorong for 35 years.

Very big congratulations and thanks to Sandy Prizibilla for setting up the Exhibition.

You have until July 14th to check it out.

Monday – Friday 8.30am to 5.00pm at The Coorong Gallery, Railway Terrace, Tailem Bend.

This Is My Life!

At a recent meeting, two new members, Kay Millard and Meryl McDougall, shared a little about their lives. Kay talked about growing up in the area and becoming a hairdresser. Meryl talked about being a newcomer to Tailem Bend and some of the things she has done before moving to this town. Very different stories, they showed how people can come together for the community.

Ten Of Our Members Spend A Night In Gaol!

The District Conference was held in Mt Gambier with accommodation at the gaol. With great guest speakers, lots of good food, and time for fun and camaraderie, a good time was had by all.



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Membership:

Meetings are very casual and new people are welcome. For more information about membership talk to any current member or contact Sue Piggott 0439 723 998, or check out our website: www.tailembendrotaryclub.com or our Facebook page and leave contact details.

Submitted by Meryl McDougall



Tailem Bend Lions Club

In May, the Tailem Bend Lions Club gathered for their Dinner Meeting at the Riverside Hotel to witness fellow Lion Member Marion Martin shave her head for the World's Greatest Shave fundraising event. Marion raised over \$500 for this wonderful campaign and her Lions are very proud of her effort for braving the cold winter



nights, hairless. Marion would like to thank everyone who sponsored her during this event and the Riverside Hotel for allowing the 'GREAT SHAVE' to be held on their premises. Thanks also goes to Tanya Pitman for doing the honours with the clippers.

ABOVE L-R: Lyn Simcock, Raylene Thomas, Joyce Holmes, Kevin Kruger, Doug Holmes, Roger Kilpatrick, Wally Hammond, Marion Martin (seated) and Tanya Pitman.

Doug & Joyce Holmes received their 100 year retention badges for interdiction of two members that have stayed in for over 12 months, from Zone chairperson Carolyn Kilpatrick. Congratulations Doug from your Tailem Bend Lions Members on your efforts.

their Handover Luncheon, which all members are looking forward to.

The Tailem Bend Lions Club Centenary year project, The Animal Sculpture Park located in the Train Station Carpark, is coming along smoothly and almost at the stage of being completed. Please keep an eye out for the grand opening date later in the year - all Lions Members are looking forward to this.

Honey is available from Lions Reuben Gurney 8572 4730, Marion Martin 8572 4785, Margaret Eckermann 8572 3850, Raylene Thomas 8572 3367 and Dwayne Thomas 8572 3367.

In June, the Tailem Lions Club will be joining with the Karoonda Lions Club at the Riverside Hotel to host

If you would like to Assist your community in the valuable work that Lions do, please contact President Ian Eckermann on 8572 3850, or Past President Doug Holmes 8532 4372, regarding becoming a member or assisting with any of our individual projects.

Submitted by Dwayne Thomas



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Tailem Bend Golf Club News

On Wednesday a fun day was held at the club with combined foursomes being played with the men. Great course, beautiful weather, good company and plenty of good food to finish up on.

The stroke winners were Diedrie McEntee and Damian Dolman, runner ups Lois Jaensch and Graham Lipp. Handicap winners were Janet Pycroft and David Jaensch, runners up were Val and John Sparrow.

AILEEN RICKABY'S FOURSOMES DAY

Well done to Vicki Stokes and Vicki Gilbert (pictured left) winners of the Handicap competition on Aileen Rickaby's Foursomes Day. It is an honour to win this competition as Aileen was a special member of our club, who unfortunately lost her battle with Melanoma. The day was attended by eight surrounding clubs and the catering team organised lunch for 50 people a good day was had by all.

EVEN A BAD DAY AT GOLF BEATS DOING HOUSEWORK!!

Submitted by Pauline Merritt



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TREVOR STANTON.

Below: Volunteers Week - May 8 - 12, 2017. Another pair of happy Volunteers at the Volunteer Lunch held in the Town Hall, May 10. Peter Goers from ABC Radio, entertained guests with his wit and Emily & Estelle Craggs of Tailem Bend sang a medley of Music Hall songs.



Healthy Happenings

Music Hall Exhibition

Kombucha

Carmen Bubner ND

Kombucha may be something you have heard of recently due to the popularity of fermented foods and drinks. Kombucha is a traditional fermented drink from China. It was first recorded in 221 BC where it was referred to as "Immortal Health Elixir". The fermented drink is made from black tea and sugar and contains a variety of vitamins, minerals and enzymes.

The sweetened tea is fermented with a SCOBY (symbiotic colony of bacteria and yeast) to become a nutrient-rich beverage. The fermentation process is generally between 7-12 days, often it depends on temperature and the strength of the SCOBY. The SCOBY feeds on the sugar during the fermentation process and the end result being a low sugar fermented drink.

What is a SCOBY ?? It is a colony of bacteria and yeast that is required for the process of turning the sweetened tea into a probiotic drink. SCOBY is often called a mushroom, this being the reason why it is often referred to as a mushroom tea.

The flavour of Kombucha is slightly sweet with a tangy or vinegar taste, very similar to apple cider vinegar but not as strong. Finished tea can also go through a secondary fermentation by adding juices, fruits or herbs. I've even started with chamomile herbal tea in the first fermentation process with great success.

The Kombucha probiotic drink may help support liver detoxification, fatigue, poor digestion, anxiety and depression, candida, poor nutrient assimilation and improve general health and wellbeing.

If you would like to know more about making your own Kombucha, there is an array of information on the internet or you can contact me directly.



Above: Sandy Przibilla of Taillem Bend setting up a display of costumes for the Magic of Music Hall Exhibition, Coorong Gallery, Main Street Taillem Bend. Opening times: Monday to Friday, 8.30am - 5pm. The Exhibition runs until July 14, 2017.

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One Fast Red Ferarri

Dreams really come true, Jackson Baker of Geranium waving goodbye before his spin with Ferrari owner, Jerry Wilson of the Auto Collectors Club of Murray Bridge - Jackson's family, Paul and Joseph Whitehead, Shelbie and Kirsty Baker also of Geranium, look on as the fast red car warms up, Thursday, May 4, 2017.

Meeting via Facebook after their goodwill Christmas Hamper promotion, Lorrelle and Rodney Schubert of the Coronation Meat Store, Tailem Bend, have become devoted friends of both Paul Whitehead and Kirsty Baker of Geranium (A small mallee farming community in South Australia) Thursday, May 4, 2017.

With the spirit of Christmas bringing Lorrelle and Kirsty's families together, Lorrelle and Rodney soon heard that Kirsty's son Jackson, who has recently been diagnosed with a sight affecting brain tumour, had always dreamt of having a spin in a fast, bright red Ferrari.

After a few phone calls and a wave of Lorrelle's magic wand "Abra-ca-dabra" - look who rolled into the Tailem Bend Info Station to meet the Whitehead and Baker family this morning - Jerry Wilson of the Auto Collectors Club of Murray Bridge and his bright red Ferarri!

"It's been wonderful meeting people like Kirsty and her family with our Christmas Hamper promotion and once Rodney and I heard about Jackson and his precious dream we just had to make it come true," Lorrelle said.

Submitted by Glenn Power



Health and Fitness

SIX Ways to Manage Your Weight - Pt 1

You've heard that managing your weight is all about the lifestyle, and not the quick fix, so this month I'd like to give you three habits that fit people have. The other three habits will be in next month's edition of Topics.

The following three habits are held by successfully fit people...wonder if you could apply a few to your own life...

1. Approach Each Day with Perspective

Fail to meet your fitness goals today? Move on. Tomorrow is another day to make smarter decisions. When you wake up, rededicate yourself to your fitness goals without beating yourself up about whatever mistakes you have made in the past. After all, you can't change what you did yesterday. All you can control is right now. So get to it!

2. Know Your Body

When you finish a workout, you should feel good. If you don't, then something needs to change. Either your diet or routine is throwing you off. Fit people know how everything they do affects their body and they take steps to avoid those things that make them not feel and perform their best. Learn how your body responds and care for it accordingly.

3. Find Ways Around Excuses

If you've ever wondered why you can't quite get fit, it may be your proclivity for caving to pressure. And that pressure may be self-induced. Fit people do not give into excuses for why they shouldn't exercise. Quite the contrary, they are continually finding reasons why they should hit the gym and find pockets of time to do it—even if the trip to the gym is shorter than usual.

Three more ways next month.

Submitted by Neil Mountstephen
Tailem Bend Fitness

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# This Month in the Garden

For temperate zones (which SA is) June is a great time for planting Brussels sprouts, cabbage, cauliflower and broccoli. Peas and beans can also go in, as well as radish, turnips, Swedes and spinach.

It's a great time to get happy with herbs too - try planting some chamomile and lemon grass. You could give mint and lemon balm a go as well, but be careful to contain them as they can take over a garden bed.

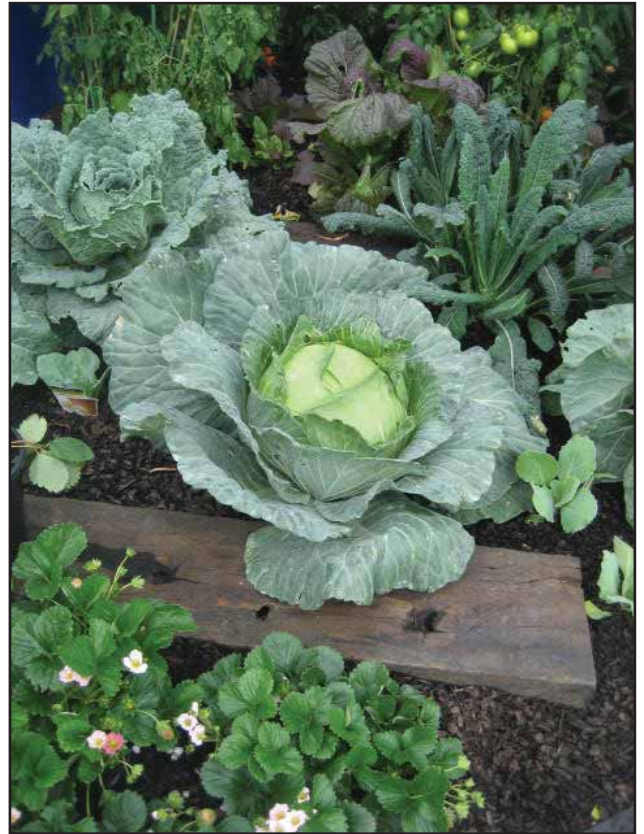
Winter is also a good time to try some lovely flowering plants like: cornflower, calendula, dianthus, pansies, viola, snapdragons, stock, ageratum and marigolds. These plants are great at attracting pollinators and beneficial insects to your garden, but they will also help chase away the 'Winter Blues.'

You may have already started noticing bare rooted fruit trees and deciduous trees appearing in your local nurseries or garden centres. This is the cheapest and easiest way to purchase these trees, but also, the stress is less for the tree as it is dormant. Pick trees with a nice shape, and don't forget to prune them back before you plant them out. Remember to make sure you have the correct pollinators to ensure a good crop. Some stone fruit trees will not fruit until they have been in the ground for a few years, so be patient.

Plants, like us, need a 'pick me up' at this time of year. A seaweed tea or low environmental impact liquid fertiliser is perfect, especially for the seedlings planted this month. Apply to the soil in the early morning and in the concentrations mentioned on the packet.

Even though most plant growth has slowed down, try and keep weeding and mulching before the weather starts warming up again, as weeds are known to go berserk in Spring!

Water smarter, too, at this time of year. Always check soil moisture before watering, don't waste your precious drinking water if Mother Nature has already done the hard work for you!



## EDITORS NOTE:

It's been heartwarming to receive many emails and words of encouragement regarding the work involved in getting this magazine presentable to you. It takes many hours to get it right and I am very proud of the end product. It's very gratifying to know that so many of you look forward to receiving and reading it each month.

This month we have the first of our 'MONTHLY RECIPE' segments. I do hope you try them and enjoy the different cuisines that will be presented.

Submitted by Barb Power

Thanks again & Cheers, Barb Power - ED



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# Probud Report

## MAY REPORT

President Neville Medlow welcomed 17 members to the meeting on 15<sup>th</sup> May and Treasurer Gordon

LeGallez, reported that the Club is still in a financially healthy condition.

The President announced that members were all in favour of adopting the Club's amended constitution, so this would come into effect immediately.

Sheriff "Six-gun" Tobiasen, was able only to impose one fine and must have been in a good mood that day!

There were no safety issues to be addressed and Joke Master, Don Moyes, who also won the Door Prize on the day, came up with his usual hilarious jokes.

Members expressed their enjoyment of their visit in March, to "Sophie's Patch" at Mount Barker (gardens featuring the growing of fruit and vegetables and beautiful flower displays) and suggested that we arrange similar getaway trips in future.

### Guest Speakers

Guest Speaker Organiser Peter Connolly introduced Kay and Paul Bartlett as Guest Speakers for the day. This was a story of their outback adventure, travelling the entire 1750km journey over the iconic "Canning Stock Route". You have to go well prepared because the route covers harsh and remote "outback" country where there's little in the way of fuel and other supplies. No convenience stores and no "On the Run" servos! Kay and Paul undertook this journey in 1992 and their presentation was enhanced by their extensive collection of old type slides which they displayed using an old ferris-wheel type Hanimex slide projector which is still going strong – as are its owners!

Driving a sturdy "troop carrier" vehicle, they covered the entire journey without suffering even one puncture, although at times they were required to carry out a few innovative fixes with the mechanics of the vehicle.

They experienced warm days and sometimes freezing nights, huddling inside their tent. The terrain was ever changing, from seemingly endless expanses of desert, which sprouted spectacular displays of flora and fauna, native to the desert.

They encountered enormous sand hills which some foolish travellers attempted to conquer in their powerful 4WD, only to come to grief, bogged and red faced at taking such a risk.

Here and there were rugged rocky outcrops and spectacular gorges which provided fascinating sights - a welcome change from the endless areas of flat terrain. Remarkably, they saw very few Aboriginal people and the same could be said of native animals - kangaroos, emus and snakes were seldom seen. The exception was the birdlife which was abundant.

Along the route, at strategic points, there are wells which were constructed by those who pioneered the Canning Stock Route. Each well was allocated a number and there are more than 50 wells over the entire route. Hats off to those adventurous pioneers who toiled to create this network of wells spread over such a vast area.

Probud members responded to the presentation with warm applause.

On behalf of the Probud Club, Malcolm Piggott thanked Kaye and Paul for their interesting presentation and presented them with a *Certificate of Appreciation*.

Have you got an interesting story to tell? Probud would welcome you as our Guest Speaker. Please contact Peter Connolly, our amiable Guest Speaker Organiser, on 8572 3241.

Probud Taillem Bend is an organisation dedicated in fostering friendship and goodwill within our community. Why not join us?

Submitted by Bob Shurville

**BELOW L-R:** Probud Member Malcolm Piggott presenting a Certificate of Appreciation to Guest Speakers Kaye and Paul Bartlett.



# OPAL Ends June 30, 2017

The final hurrah for the OPAL (Obesity, Prevention and Lifestyle) program was held on Friday, 12<sup>th</sup> May at the Tailem Bend School Gymnasium, where dozens of local children and their families celebrated in style. The program began back in 2012 and hasn't the past five years just flown by... the celebration event was a fun way to thank the local community for their support before the state government funding for the program ceases on June 30, 2017.



Children were able to participate in circus skills, kite making, giant games and a photo booth.

OPAL would like to acknowledge and thank the community for their outstanding contribution to the program - you have all helped to make it a



tremendous success. Rest assured, you can still borrow all the OPAL resources from Council, including the giant games, smoothie bike and the imagination playground.

Submitted by Emily Arbon  
(Cooking up a storm, below left)

## Chaucer Terrace Studio of Massage

Melissa Tracey [Massage Therapist]



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Monday – Tuesday – Wednesday – Thursday – Friday  
**Book Today**

1 Chaucer Terrace Murray Bridge SA 5253

IICT MEMBER [STRICTLY PROFESSIONAL] ABN 90 384 543 550



# Tailem Bend RSL - Sub Branch

## TAKE AWAY MEALS

We provide take away meals on Friday nights if we have surplus food. Takeaway packs are only \$5 each with the purchase of a full priced Meal and are a

delicious, convenient meal to save you cooking the next day!

Bookings: 0417 899 285 or 0417 869 096 - or our new Facebook Page



[www.facebook.com/TailemBendRSL](http://www.facebook.com/TailemBendRSL)

## TAILEM BEND RSL – JUNE MENU

### \$15 Main & Dessert & \$7 Kids Menu

**Friday 2<sup>nd</sup> June** - Lasagne, Wedges, Salad & Fruit Custard

**Friday 9<sup>th</sup> June** - Schnitzels, Chips and Veg & Crumble

**Sunday 11<sup>th</sup> June** - *Roast Chicken and Veg Bread & Butter Pudding*

**Friday 16<sup>th</sup> June** - Silverside & Vegetables, & Black Forest Trifle

**Friday 23<sup>rd</sup> June** - Fish 'n' Chips, Salad & Pineapple Fritters

**Friday Night Meals are from 6.30pm**

**Sunday Lunch is from 12.30pm**

## FUNCTIONS

Did you know the RSL Hall is available to Hire? We can host meetings, social gatherings and a whole range of functions, either catered or not catered, with full bar facilities.

Contact us for more information, menu ideas and bookings.

8 Ball Table & Dart Boards Available.

## OUR PHONE

Please bear with us while we sort out our ongoing phone issue - our President can be contacted directly on 0417 869 096. We thank you for your understanding.



## **Local Entertainment**

**Saturday 22nd July**

**7.30 till late**

**\$15 includes supper  
Bar facilities provided**

**Door prizes & Raffles**

Bookings for entry contact  
Sandy on 0419856744 / 85724279

**Below:** Shenanigans at the Volunteer's Lunch in the Town Hall, Wednesday May 10, during Volunteer Week. Three lucky people were wrapped like Mummies in loo paper...hmmm, what people do to get attention!!







**TAILEM BEND**  
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- o o o -

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- o o o -

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FREE Blood Pressure Check.**

- o o o -

**ID check at  
Tailem Bend Pharmacy**

- o o o -

## Opening Hours

Mon - Fri 9am - 5.30pm

Sat - 9am - 12pm

**Ph: 8572 3435**

**Fax: 8572 3176**

**75 Railway Tce, Tailem Bend**

Email: [tailembendpharmacy@yahoo.com.au](mailto:tailembendpharmacy@yahoo.com.au)



## Webster Pak Home Medication Review

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Webster Pak reduces the risk of taking the wrong medication. The pack is a visible reminder to take your medication. It's easy for a loved one or carer to check if medication is being taken. The pack is sealed so the medication can't be spoiled, spilled or mixed up. It's suitable for all age groups and most importantly, it gives peace of mind to relatives, loved ones and carers. Whether you like Webster Pak for yourself or your elderly mother or father, talk to your doctor or pharmacist today.



# NETBALL CLUB - NEW CLUB ROOMS & PAST PLAYERS DAY

What a wonderful achievement on the great NEW Netball Club Rooms, including it's AMAZING two toilets and showers, large committee room, store room, and a great workable canteen.

Congratulations to the committee and everyone concerned in this project for a modern facility, that will ensure the club moves forward for many more years of Netball. You should all be very proud.

What a great idea having the viewing of the new amenities combined with the Past Players Reunion. A lot of Netball memories were talked about whilst attendees were fed and wined.

To top the day off, our A grade, coached by Trudy Connolly, had its second win for the season. That is excitement at its best! The team showed their skills to the supporters and everyone loved the outcome.

WELL DONE TAILEM BEND NETBALL CLUB -THE HUB OF OUR JUNIOR PLAYERS TO FOLLOW IN YOUR FOOTSTEPS.

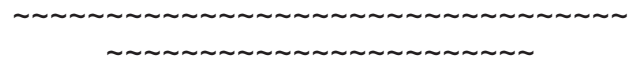
**BELOW L-R:** Enjoying the new canteen, are Hayley Smedley, Taylah Hanson, Tahlia Lee, and Carly Piggott.



**BELOW L-R:** Ayla Billett, Raelene Krueger, Rhonda Mik, Brooke Billett, Julia Teusner, Rene Lynch - enjoying the Past Players Reunion, held at Taillem Bend Netball Club, Saturday May 13.



**BELOW:** Cooking the famous doughnuts of the club, are Ebony Bristow and Melissa Edwards.



**Rachael Hakim**

writer, journalist, web developer

Writing stories, designing websites & creating digital content that reflect the heart of people, businesses & organisations.

0457 449 222 [rachaelah9@gmail.com](mailto:rachaelah9@gmail.com)  
[rachaelhakim.com](http://rachaelhakim.com)

# Wellbeing for all in the Community

## Sensory Sensitivity

A child (or adult) with Autism may experience acute sensory sensitivity. Ordinary sounds, visual stimuli or situations may trigger extreme distress.

So, if you witness someone 'behaving badly', don't jump to critical conclusions. The child may not be a spoiled brat. The care-giver may not be a bad parent. They may well be experiencing a very difficult situation. And we help by understanding.

A 'meltdown' is different than a 'tantrum'. A tantrum is about getting their own way – and will stop when they get the lolly or toy that they want. A meltdown is a response to sensory overload – the child needs to be removed from the environment that has triggered the behaviour before it will stop. Or have appropriate environments provided. There are innovative examples of how sensory overload is addressed; e.g. some childcare centres now have quiet and/or sensory rooms. At Christmas, there are sensitive Santas, away from the bright lights and noise of the shopping centre.

Children (and adults) with Autism may also Stim. Stimming is repetitive behaviour; banging – sometimes head against walls – rocking, flapping hands, or making sounds etc. Stimming (self-stimulatory behaviour) is self-regulatory; a way of having some personal control and over-riding the uncomfortable emotions being experienced. This is an over-simplification of Stimming but it is enough to understand that the person isn't being difficult. Stimming may cause self-injury. Stimming may be alarming. But someone stimming isn't intending to harm anyone.

People with Autism are not alone with sensory sensitivity. Many people experience sensory overload. So, if that friend won't come to the Rock Concert, don't criticise or ridicule – they may find the experience unbearable – and be too embarrassed to tell you.

Submitted by Meryl McDougall

Stop.

When you see that child screaming uncontrollably on the floor of the supermarket...

Before you blame the parents...

Before you judge the child...

Stop.

You may be seeing Autism at it's terrifying, exasperating worst.

That poor little soul may simply have seen, heard or smelled something new, and not quite right. And responded in the way the condition dictates.

So stop. Stop judging, stop blaming. Try to understand or move on.



## Anxiety and Panic Attacks

'Just get over it' isn't enough for someone with an Anxiety-Panic disorder. Panic Attacks are frightening for the person – the physiological responses to fear are triggered, e.g. hyperventilation, and they may feel like they are dying. Fight. Flight. Freeze. All normal responses to danger – but when there is no real danger, the body is creating these responses out of context. Some people may experience one Panic Attack and it never happens again. For many, it can become overwhelming and a debilitating part of their life.

Extreme Panic-Anxiety may manifest as Agoraphobia. Originally just thought of a 'fear of the market place' because sufferers would often flee populated open areas; it is now more commonly regarded as fear of the Anxiety-Panic and avoidance of any triggering situations. Someone with Agoraphobia typically doesn't leave the house. But some can maintain a familiar routine like taking the same route to work, working and seemingly functioning OK, then returning to isolation. This obviously impacts on life considerably. Simple activities like shopping or going to the doctor are impossible. Other health issues go untreated. They may not attend their children's school functions or Parent-Teacher nights. They are often judged.

In the safety of their home, people with Agoraphobia can often function normally. I once met a woman who did all the bookkeeping for her husband's business but didn't leave her home for nine years. Panic-Anxiety is treatable. But trying to force change will make matters worse.



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20 Princes Highway, Taillem Bend

cafe20b@outlook.com

# INFECTIOUS WAVING

Tailem Bend's infectious waving for wellbeing campaign takes a turn for the better, with Adelaide ABC and Local Councils from around the state taking interest in the simple mental health initiative.

From humble beginnings earlier in the year, local businessman, Peter Squires of Old Tailem Town, and his enthusiastic team of local volunteers, have taken what was a small local waving campaign, to promote community wellbeing and local tourism, to another level - and by early accounts the idea may even be adopted nationally.

With so many affected by the effects of suicide and forms of depression, team volunteer, Glenn Power of Tailem Bend, has been deeply moved and heartened by the amount of support.

"I suppose, in hindsight, it's no wonder Peter's simple campaign, taking on such a difficult, emotionally charged, wide spread problem, has captured so many hearts," Glenn said. "We just started waving, taking a few photos and spreading the idea - it's been amazing how the campaign has taken off."

With suicide prevention high on all community leaders' agendas, the group has definitely hit a raw nerve with their painless low cost way of engaging their community.

The group leader, Peter Squires, feels that the waving campaign is an almost effortless initiative that may just be the medicine to help more people open up and improve their communication with others.

"Essentially waving and saying "Good-day" gives anyone the excuse to converse without feeling like an extravert and I feel it definitely brings introverts out of their shell - helping them feel a part of their community," Peter said.

After the tragic death of their grandson, Peter and his wife Margaret, experienced community waving whilst holidaying on Norfolk Island and felt it was an extremely effective way of bringing people together for a memorable experience.

"We were told on the plane, even before we landed on Norfolk, that we were expected to wave - what a wonderful idea," Peter said.

With advice from Coorong District Council, the group has taken the waving campaign to the recently formed Tailem Business & Tourism committee to gain additional business support.

Merchandise and further council meetings have been put on hold as the group approaches the founder, Board Chairman of 'beyondblue', The Honourable Jeff Kennett AC for further advice.

If you would like to get on board send us a note or email Glenn Power at [choppower@bigpond.com](mailto:choppower@bigpond.com) or, better still, drop into Old Tailem Town and have a chat with Peter Squires.

Like all great ideas it's simple, you just have to wave - preferably with a smile saying "Good-Day" and it will not cost you a cent.

Submitted by Glenn Power.

~~~~~

BELOW: Another sign - Peter Squires of Old Tailem Town finds a small G'Day Mate badge, amongst old wares in one of his sheds, as he receives notification that ABC Adelaide and Local Councils from around the state wish to get on board with his groups' Tailem Bend waving initiative.



Old Tailem Town's, Danny and Tina Squires both of Tailem Bend, spreading the infectious message behind Tailem Bend's successful Waving Campaign, Riverside Hotel, Thursday, May 25, 2017.



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Government of
South Australia



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This interactive course is appropriate for anyone involved in food handling.

Course covers:

- > Legal requirements of food safety
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- > Cause and effect of food poisoning
- > Food handling practices
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- > Personal hygiene

For enrolment and further information contact TAFE SA:

Maria Fuentes
Ph: (08) 8348 2418
E: maria.fuentes@tafesa.edu.au



Meningie Bowling Club
Princes Highway
MENINGIE

Tuesday 6th June 2017
Times: 2pm – 5.30pm

Tailem Bend Function Centre
(room adjoining the town hall)
95 Railway Terrace
TAILEM BEND

Wednesday 7th June 2017
Times: 2pm – 5.30pm

Fee Free

Community Pet Page



This page is proudly sponsored by Bek's Pet Grooming & Accessories

Thursday's Canine Column

G'day everyone, for a change it is Thursday and Alley's P.A (or as Alley calls me....her Personal Instance!) beginning the article this month.

We'll start off with some sad news and then try to change tactics. My much loved boy has left us, he went peacefully in my lap at the end of April heading towards that "kennel in the sky" with strict instructions to ensure that there was still a 'reserved' sign in place for my spot with all my furbabbies!

Ally will take over if that's okay or please come forward and contact Michael Vivian if you want to have some input or have fresh ideas of your own you would like to share.

Now, I could (oops, my apologies) ALLY could continue this article on living with loss etc but she has made an executive decision to change the subject. Ally I will note this as one of your first great ideas!

Thankyou PA but you gave me a smirk like this will be my only good idea, so I will see what I can do about that... I will start off this month with some more general enquiries you humans sometimes come up with about us and I will pretend that I personally know all the answers, please bare with me this month.

Do dogs really have three eyelids? YES, the third one acts like a windscreen washer, as well as providing about 1/3 of our tears as well as antibodies to fight infection and protect our corners (oops that should read CORNEA'S).

Next, the latest fad with you people is all about being gluten free, so, are we prone to this infection (oops thanks PA that should read affliction)? According to vet surveys we rarely have allergies to corn and grains (although, surprisingly it appears to be genetic in Irish Setters....so if they are born in Australia are they Irish or Aussie?) Homework for PA.

Most allergies are caused by beef, followed by dairy. A lot of dry food contains grains which are good for us because of the high fibre content. If you are worried about your pet try a grain free diet for four weeks, then add pasta (whooh I love Italian

food!) The fun part is getting mum/dad to check what comes out the other end, any dramatic change and its time to visit your vet.

I tend to chew my paws but this goes b a c k to my stressful start to life but w e e k l y feedings o f sardines and fresh f r e e - r a n g e e g g s h a v e helped eliviate

this problem. Another natural product to try is evening primrose oil for itches, inflamed skin, arthritis but you need to combine it with flaxseed oil for a balance of Omega 3 and Omega 6 oils in our diet. (we will stick to sardines!) Allergic to grass or fleas, are common also, the process of extermination (oops elimination) is the best way to go.

Well that is me done for this month, remember contact Michael with any queries or info required, thankyou, Ally.

For any pet questions or story submissions:

Please email Michael Vivian at mvivian@coorong.sa.gov.au



Bek's Pet Grooming & Accessories
75 Swanport Road, Murray Bridge
Ph: 8532 6459 or 0429 090 039

Newsletter
June 2017



TBCC celebrating 30 years Friday 28 July 2017

Save the date open house 3 - 6pm more details in June newsletter

Murray-Darling Electorate Office,
Parliament House,
ADELAIDE, S.A., 5000

MEMORANDUM TO BE READ ON MY BEHALF AT THE OPENING OF "OUR HOUSE" TAILEM BEND
DURING CELEBRATION OF THE TOWN'S CENTENARY JULY 28TH 1887 - 1987

It is fitting that as we celebrate the passage of our first century of existence in Taillem Bend, and stand on the threshold to enter our second century - that we demonstrate our commitment to caring for each other and therefore our spirit of "community", by formally opening "Our House" as a neighbourhood's centre through which we can co-ordinate our activities and efforts to help even more of us enjoy better, happier tomorrows than yesterdays. As we look back, we know we have much to be grateful for, but as we look forward we can also recognise ways in which we can do better in the future.

My congratulations go to all of you who have been involved in the work of planning and developing the ideas and bringing them to fruition.

With best wishes and God's blessing for the future.

DES

20th July 1987



Phone: 8572 3513
www.tbcc.org.au info@tbcc.org.au
141 Railway Terrace, Taillem Bend SA 5260



2017 Term 2 Timetable 1 May - 7 July

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Tuesday—Friday 9am—4:30pm Tel: 8572 3513</p>	Broadband for Seniors One on one support for seniors using the internet Appointment required Cost: FREE	Sewing Class Join this group to work on individual sewing projects 9am to 12 noon Cost: \$5.50	Our Time Interaction with children under 5 years * Parent, Child, Mother Goose 9.30am to 11.30am Cost: FREE	Woodturning Tailored tutoring in the art of woodturning Fridays men's group 9am to 3pm Cost: \$5.50
	Neighbourhood Watch Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support. Contact 0417 840 473	Woodturning Woodturning Choose your own project create with support 9am — 3pm Cost: \$5.50	Computer Class Need assistance with all things Computing? Bring your own lap top or use a Centre PC 10am — 12noon Cost: \$5.50	Woodwork Join Ted to create a wood project of your choice 9am — 12noon Cost: \$5.50
Golden Go Getters Help strengthen your muscles in a safe/supported Environment Town Hall Function Room Mondays 9:30am — 10:30am Wednesday's 10.30am—11.30am \$5.50/class	Social Craft Circle Join this friendly group. Work on your own craft and share ideas. 1pm — 3pm \$1:10/class	CHEFS Cooking Social cooking group Cost: ingredients split between participants \$2 - \$5 10am—12 noon	Ceramics With Doris Connolly. Enjoy this wonderful craft in a friendly relaxed environment. Call 8572 3241 12:30pm — 2:30pm	Our Goldies Lunch 6 May Mt Pleasant 23 June TBCC guest speaker from TEND Financial
Taillem Bend Progress Association 7pm Wednesday every 3rd month Call Beryl 85723507 PARADE COMMITTEE 7pm third Tuesday of each month Call Jules 0447 093 684	Training TBCC offers lots of training opportunities Please call us for details 8572 3513	Golden Gamers Join us for games and company Wednesday Afternoons 1pm — 4pm Cost: \$1.10	Glass n Art Make a mosaic, glass or leadlight project of your choice in a creative environment with like-minded people 1pm — 4pm Cost: \$1.10	Garden Club Garden Club meet on the second Wednesday of each month We are currently looking for a coordinator Cost: FREE
Probus Meet on the 3rd Monday of each Month 10am — 12noon Cost: gold coin	Book Club Are you interested in joining a book club? Call TBCC to register. Day and time to be confirmed.	Rosa Merlino Art Rosa's Merlino Art Class Tutored Art classes Personalised to your needs, across any mediums. 11am—2pm Cost: \$10-\$15 per person	C4C Activities *For details about C4C activities offered for Children 0-12 years please call Denise 8572 3513	Creative Writing Learn techniques that keep your writing interesting. Work on your own projects and enjoy some fun writing activities. 1:30pm — 3:30pm Cost: FREE
Evening Yoga Improve your flexibility and tranquility with instructor Monica Martin. Please bring a blanket, water and your own mat if you have one. Call Monica 0488 133 625 6:30pm — 8pm	Meningie Tai Chi With Sandie at the Meningie RSL Hall on Tuesdays. 3:30pm — 4:30pm Cost: \$5.50	Folk Art Folk Art is a social group sharing skills and knowledge of folk art and more 1pm — 4pm Cost: \$1.10	Photography Group Tuition with Glenn Power on the first Wednesday of each month. 7pm at TBCC Photo taking field trips to local venues on second Sunday each month at 10am. Cost: \$1.10	Archery Archery for all ages. Bookings essential. Taillem Bend Primary School Oval Sundays: 9.30am — 12.30 Cost: FREE

* Communities for Children (C4C) is facilitated by ac.care and funded by the Australian Government



AGED CARE WORKSHOP

Friday 23 June 11.30am



Kate Phillips from Tend Financial Planning has built a reputation as Adelaide's 'Aged Care Guru'.

With a background developed from teaching, Kate will educate and guide you around:

- The aged care fee structure;
- The complicated aged care process; and
- The opportunities that maybe available to lower the cost of ones care.

Kates key focus is to assist you in saving time, your energy and your worry.

At the Tailem Bend Community Centre 141 Railway Terrace on **Friday 23 June at 11.30am** to listen to Kate for a **FREE** information session.

A workshop **not to be missed please tell your family and friends** to come along for an informative session.

Please stay for our monthly 'Our Goldies' lunch at 12 noon cost is \$10pp for a two course meal.

Limited seats please call **8572 3513** to book by Friday 26 May.

This FREE workshop normally cost \$200 per couple.



TEND
FINANCIAL

JOINING THE DOTS.....

Information session by experienced child focussed

Speech Pathologist and Occupational Therapist for
Child Focussed workers of Children 0-5 Years

Tailem Bend Community Centre,
141 Railway Terrace , Tailem Bend

Wednesday 14th June, 2017

2.00-4.00pm

Communication and Play

- **Play** is the occupation of children, it is how children learn. Explore the importance of ensuring play experiences help promote all areas of child development.
- **Communication**—milestones for receptive and expressive language and speech and language struggles. When and how to seek assistance for your child.
-

Service providers of Tailem Bend and surrounding regions welcome

Bookings preferred by ringing Melanie or Cathy on 0418851626 or by email to aspirecdw@internode.on.net



Coming up next at Tailem Bend Community Centre



BOAT Licence Course

Do you want to get your boat licence?

Next Course is in June 2017

Please call TBCC to register your details. Call 8572 3513. The cost is \$30 per person. Bookings are essential and it fills up fast. We are not planning any courses later this year so please secure your licence **NOW** in time for next summer.

Matilda the Musical

Wednesday 12 July 2017

Bus, Lunch, Musical \$100pp

The bus is fully booked **payment required by Wednesday 14 June 2017** to secure your tickets. If we do not receive

payment by this date tickets will be offered to waiting list.

Our Goldie's Lunches

June 23 at TBCC with guest speaker Kate Phillip's from TEND. Speaker starts at 11.30am
Speaker only Free

2 Course lunch to follow:

Cost \$10 Please book for both

Membership

TBCC annual membership is due in June 2017. The cost is \$5.50 which entitles you to discounted printing and copying, newsletters, invitations, voting at the AGM and more. Please call in to see our friendly staff and volunteers and update your details.

for TBCC future direction.

Parenting Programs

Funded by the Department for Social Services and facilitated by ac.care Communities for Children Murraylands. TBCC staff Tammy, Denise and Christine deliver a number of evidence based parenting programs such as Parent Child Mother Goose, Tuning into Kids and Seasons for Growth. If you would like to discuss these programs please call Denise on 8572 3513 or email c4c@tbcc.org.au

TBCC AGM

Nominations open for the board until Friday 25 August
Meeting Monday 4 September



Chief Fire Warden

Evacuation, extinguisher training.
Friday 11 August. Cost \$200.00



Commonwealth
Home Support
Programme (CHSP)



Government of South Australia
Department of Planning,
Transport and Infrastructure



Government of South Australia
Department for Communities
and Social Inclusion

Staff

Coordinator:	Tammy Shepherd	Monday - Friday
CHSP Officer:	Deb Taylor	Tues, Wed, Friday
C4C Officer:	Denise McLoughlin	Tuesday - Friday
Finance Officer:	Chris Hartmann	Thursday

2016/17 Board of Management:

Chairperson:	Jack Hunt
Vice Chairperson:	Lorraine Cresp
Treasurer:	Trevor Gordon
Secretary:	Rhonda Shillabeer
Committee:	Bev Moyes, Donna Middleton, Rosemary Symonds, Margo Wood, Linda McDougall

MONTHLY RECIPE

A golden walnut encased in a sweet date puree and rolled in sesame seeds is a traditional bite-size sweet made by the Indigenous people of the Mesopotamia region in the Middle East. To the south east of the region my husband's mother warms the puree in butter before shaping them into little morsels and rolling in sesame seeds. The humble, but always delicious and nutritious date ball has evolved over time with all kinds of combinations of dried fruit, nuts and seeds thrown into the mix. Sometimes known as *health balls*, *bliss balls* or *marathon balls*, we have named ours *power balls* because of the big flavours of roasted nuts, toasted seeds and buttery fruit puree.

POWER BLISS BALLS

INGREDIENTS: NUTS & SEEDS - 1/2 cup almonds, 1/2 cup hazelnuts, 3 tbsp sesame seeds, 2 tbsp sunflower seeds

DRIED FRUITS - 1 cup dried dates, 6 dried Turkish figs, 8 dried Turkish apricots.

OTHER - 2 tbsp butter, 3 tbsp cocoa, 1/2 cup desiccated coconut, 1 tsp ground cardamon, pinch of salt.

Preheat oven to 180°C. Place the nuts on separate trays and roast for about 10-15 minutes. The hazelnut skins should start to peel back and the lovely smell of roasted nuts will fill your kitchen. Remove from the oven and place the hazelnuts in the middle of a clean tea towel. Wrap the hazelnuts up and rub them around inside the tea towel until most of their skins come off. Pick out the hazelnuts and place them with the almonds in a food processor. Whiz them into a coarse crumble and tip them into a bowl.

Heat a frying pan over medium heat and toast the seeds for about 1 minute or until they smell toasty and start to turn golden. Add the seeds to the nut mixture.

In the food processor whiz the fruit into a coarse puree. In a frying pan melt butter, add the fruit puree and warm through until softened. Put the puree back into the food processor, adding the nuts and seeds, cocoa, coconut, cardamon and salt. Blend them together until combined.

Roll the mixture into small balls. If you like, you can then roll them in coconut or crushed nuts or more sesame seeds. Enjoy them warm or refrigerate until they are cool and hard. Store them in an air tight container.

(Pictured above right)

Submitted by Rachael Hakim



POWER BLISS BALLS - A HEALTHY OPTION

Overdue Account Reminder

Have you paid for your Tailem Topics Advertising?

There are a few accounts still outstanding and payments have not been received for advertising in Tailem Topics. As such, we would appreciate that payments are made as soon as possible.

Tailem Topics is produced, printed and distributed to over 1700 homes and businesses in the Tailem Bend and surrounding areas by local volunteers. The ongoing production relies solely on contributions of the community and its advertisers.

Advertising covers the cost of production and excess funds are put back into the local community for projects including the Tailem Bend Christmas Parade and other projects the Association undertakes throughout the year.

We ask that you consider the impact that overdue accounts have on both the production of Tailem Topics and fundraising for the community.

LOCAL WINE QUALITY FOOD

MENINGIE

CHEESE FACTORY RESTAURANT



- SERVING LUNCH&DINNER
- FULLY LICENSED BAR
- COORONG MULLET
- FRESHLY BREWED COFFEE
- FUNCTION ROOM
- KIDS MENU

EVERY WEDNESDAY SCHNITZEL NIGHT
LAST SATURDAY OF THE MONTH INDIAN NIGHT

MENTION ABOUT THIS ADVERT
AND RECEIVE FREE GLASS OF HOUSE WINE
WHEN YOU SPEND MORE THAN \$40

PHONE: 08-85751914

Murraylands Waterski Club Inc

Murraylands Waterski Club Incorporated, operate a professional water ski course on the back waters of the River Murray, below Lithgow Hay Works at TALEM BEND.

The 2017 Mastercraft Australian Championships were held over Easter in Western Australia. All states of Australia were represented – Queensland, Tasmania, Victoria, New South Wales, WA, NT and SA.

Our local Taillem Bend club performed exceptionally well.

Under 17 Girls Slalom: Matilda HUGHES - finished 5th in Australia (first in SA). Pictured Right.

Under 14 girls Slalom: Kara REED - finished 8th in Australia.

Over 35 Men Slalom: Andrew MORRIS - finished 7th in Australia (first in SA).

Over 45 Men Slalom: Tony HUGHES - finished 4th in Australia (first in SA). Pictured below.

Submitted by Rob Hughes



Ladies Day @ the Footy - Creating Coonalpyn



Council is delighted to announce it has been awarded a prestigious 2017 National Award for Local Government in the Arts Animates category.

The award is in recognition of our bold and innovative arts lead regional renewal project 'Creating Coonalpyn' with its flagship project being the stunning 30m high silo mural depicting local primary school children at play and creativity.



The project has seen a struggling rural town come alive with the largest art canvas in SA, and Coonalpyn an overnight tourist sensation and must-stop destination.



Coorong Council is one of just 10 council across Australia to be recognised and is absolutely delighted with the announcement.

Submitted by Nat Traeger



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~~~~~

Music Hall Exhibition - Coorong Gallery, May 5



TAILEM BEND CHRISTMAS PARADE **CABARET**



FEATURING
ARKIVE and Special talented guests

Saturday 4th November 7:30pm

TAILEM BEND TOWN HALL

TICKETS \$20

B.Y.O Supper & Drinks

LOTS of RAFFLES & PRIZES FOR BEST DRESSED

So don't miss out - Back by popular demand

TICKETS AVAILABLE FROM

The Tailem Bend Post Office

and Hughes Newsagency Tailem Bend

ENQUIRIES: *Maxine Kiddie - 0439387750*

Sandy Przibilla - 0419856744

Thought of the Month

Wherever there is a seeking heart, God is there to hear and answer.
Rely on the Grace of God. Psalm 65: 1-4

The songwriter wrote, "Amazing Grace, How sweet the sound, that saved a wretch like me". Forgiveness and cleansing cannot be purchased or earned. They are free gifts of God's Grace. God does not always give us an easy way, but He does supply needed Grace. The Apostle Paul received sufficient Grace for his thorn in the flesh - 2nd Corinthians 12:9.

Recognize the greatness of God. Psalm 65:5-8. God is great in love and compassion
Rejoice in the Goodness of God. Psalm 65:9-13. God forgives and cleanses those who come to Him. He heals the afflicted, comforts the bereaved, lifts the fallen, and loves the un-loveable.
John 3:16 - God so greatly loved us that He gave His only begotten Son to die for our sins. He deserves our praises and we glorify Him when we rejoice in His goodness.

Pastor Harry Kromwyk
Tailem Bend Christian Centre

Church Services

ANGLICAN CHURCH OF AUSTRALIA

47-49 Station Drive
Tailem Bend
Services: Sundays at 11.15am.
All enquiries, Ray Bolt: 0407 755 574 or
Evonne Whibley: 0405 970 804.

APOSTOLIC CHURCH OF AUSTRALIA (REHOBOTH CHURCH)

181 Railway Tce, Tailem Bend
10:30am every Sunday—everyone welcome.
Pastor Gary Paynter: 0428 815 560
Joanna Paynter: 0428 855 696
Phone: 8572 3875

CATHOLIC

Catholic Church mass times:
1st and 3rd Sundays 10.30 a.m. Mass
2nd and 4th Sundays 10.00 a.m. LWC
5th Sunday 10.00 a.m. LWC
Father John Herd, Murray Bridge
Phone: 8531 1699, or Catholic Office at Tailem Bend,
Fridays 10am – 4pm.

MURRAY BRIDGE UNITING CHURCH

Narooma Boulevard, Murray Bridge
Sunday's: 9.30 am
Rev Darren Lovell: 0466 411 784
Rev Frances Bartlett
Church Office: 8532 5150

MURRAY BRIDGE CHURCH OF CHRIST

32 Seventh Street, Murray Bridge, 5253
Sunday Service Time - 10am
Pastor Grant Spangenberg
Church Office: 8532 2883
Mobile: 0419 848 336

TAILEM BEND CHRISTIAN CENTRE

Meeting at corner of Pontt and Jacob St
(opp Bowling Club) Every Sunday 10am.
Pastor Harry Kromwyk or
Pastor Kathleen Kromwyk
Phone: 8572 4741 Mobile: 0428 233 100

TRINITY LUTHERAN

Monthly 1st & 3rd Sunday at 11am.
2nd, 4th, 5th Sunday at 9am.
Pastor Matt Buse
Phone: 8572 3957
Mobile: 0466 395 551



If you have a personal notice, community notice, item for sale, birthday greeting or similar, please contact us. We will publish a 25 word or less message/notice for \$5.00. An extra \$1.00 charge will occur for every 10 words over this limit. The message can be placed with the money in an envelope in the "RED BOX" at the Tailem Bend Post Office before the third Friday of each month. Thank you.



TELL US MORE

What are your memories of these Tailem Bend images?

A memory shared can last forever - so why not share your thoughts on these images, taken from the archives of the Tailem Bend Historians.

Email tailemtopics@gmail.com or drop your notes into the Tailem Topics red box at the Tailem Bend Post Office.

QUOTE OF THE MONTH

Never ignore a person who loves you, cares for you, and misses you, because one day, you might wake up and realize, you have lost the moon while counting the stars.



Irish Vasectomy

After having their 11th child, an Irish couple decided that that was enough, as they couldn't afford a larger bed. So the husband went to his doctor and told him that he and his wife didn't want to have any more children....

The doctor told him there was a procedure called a vasectomy that would fix the problem but it was expensive. A less costly alternative was to go home, get a large firecracker, light it, put it in a beer can, then hold the can up to his ear and count to 10.

The husband said to the doctor, "B'Jayzus, I may not be the smartest guy in the world, but I don't see how putting a firework in a beer can next to my ear is going to help me with my problem."

"Trust me, it will do the job", said the doctor.

So the man went home, lit a cracker and put it in a beer can. He held the can up to his ear and began to count: "1, 2, 3, 4, 5," at which point he paused, and placed the beer can between his legs so he could continue counting on his other hand.

This procedure also works in New Zealand and Tasmania.

DEADLINES

ALL advertising and contributions are required by the 3rd Friday of each month.

ALL contact must be via the Editor at tailemtopics@gmail.com or sent by mail to PO Box 278, Tailem Bend SA 5260 or dropped into the "RED BOX" at the Tailem Bend Post Office. ALL contributions must include your name, address, phone number. (email address if applicable)

SUBSCRIPTIONS

\$30 per annum, to cover eleven issues, postage and handling

DISCLOSURE STATEMENT

Tailem Topics is a project of the Tailem Bend Progress Association. The contents of Tailem Topics might not necessarily reflect the opinions of the committee. Tailem Topics is compiled monthly from contributed articles and is funded by donations from said contributions and advertising. All work associated with the production of the Tailem Topics is done on a voluntary basis. This issue was edited by the Tailem Topics team of volunteers. Please note, the Editor and Tailem Topics team reserves the right to amend, alter and/or omit details submitted for publication, either in editorial or advertising content.

Any questions regarding the disclosure statement need to be directed in writing to PO Box 278, Tailem Bend SA 5260.

SHOESMITHS

GARDENING AND HOME MAINTENANCE

gardening - weeding
ironing - car cleaning - window cleaning
and more.....

from \$20/hour

PHONE: 0405 206 367

What's ON?

SATURDAYS

- JERVOIS DANCE; Every 5th Saturday, 8pm till late. Phone: Russell Nuske on 8572 3568, or Wayne Cheeseman on 8572 3242.

SUNDAYS

- TAILEM BEND RSL SUB BRANCH; ROAST every second Sunday of each month at 12.30pm. Cost \$15 main and dessert, kid's menu \$7. Members of the public most welcome.
- TAILEM BEND BOWLING CLUB; Sunday Lunches: 12.30pm. Last Sunday of the month. 2 Course meal, Tea/Coffee - \$12 per person, with Door Prize!!!! All Welcome. Please Book by phoning Thelma: 8572 4469.
- ARCHERY; Meets every Sunday - weather permitting, 9.30am followed by BBQ lunch for small cost @ Tailem Bend Primary School Oval. Beginners to Advanced - some equipment available. ALL WELCOME. Contact: archery5260@gmail.com or Len: 0417 821 720.
- ROWING CLUB; *Come and Try* every Sunday morning from 9am - phone Anna 0400 880 578.

MONDAYS

- NEIGHBORHOOD WATCH SA; Meets 2nd Monday of the month, 7.30pm at the Community Centre
- PROBUS CLUB; Monthly Meetings held on the 3rd Monday of each month at the Community Centre. Contact:
- ROTARY CLUB OF TAILEM BEND; Meets every Monday night (except public holidays) at the Riverside Hotel 6.30pm. Contact Sue Piggott: 0439 723 998.

TUESDAYS

- KEEP FIT CLASSES; Every Tuesday at 9am. (except school holidays) Tailem Bend Community Centre. Contact Sharon: 8532 4311.
- SOCIAL TENNIS; Every Tuesday 9.30am- 12.30pm. \$2.00. All welcome. Phone Anne Howell: 8572 4023.
- JERVOIS BRANCH CWA; Meet 1st Tuesday of each month at the Jervois Hall @ 10.30am. Contact Gloria Afford: 8572 6070.
- TAILEM BEND LIONS CLUB; meets 2nd Tuesday each month at Riverside Hotel 6.30pm for a meal and on 4th Tuesday each month at Lions Den, corner Trevena Rd & Seymour St. for General meeting. Contact Doug Holmes 8532 4372 or Ian Eckermann 8572 3850.
- ACTIVITY AND LEISURE GROUP; 10am - 2pm Tuesday, Wednesday, Thursday, at the Day Care Community Services Building. Transport is available, Phone Betty on 8572 5861.

- TAILEM BEND AUTO CLUB; Meets 3rd Tuesday each month at Riverside Hotel, 7pm.

WEDNESDAYS

- TAILEM BEND PROGRESS ASSOCIATION; Meets 2nd Wednesday of each month, 7.30pm at the Tailem Bend Community Centre.
- TAILEM BEND ST JOHN CADETS; Meeting Wednesday evenings from 6pm to 8.30pm, Murray Bridge St John Centre. All enquiries to Lyn: 0448 551 007, during school terms.
- ACTIVITY AND LEISURE GROUP; 10am - 2pm Tuesday, Wednesday, Thursday, at the Day Care Community Services Building. Transport is available, Phone Betty on 85725861.

THURSDAYS

- TAILEM BEND SINGERS; Thursday nights, Contact Bev Piggott: 8572 3807.
- RIVERBEND LADIES INDOOR BOWLS; Thursdays until the end of October. Fun games 10.30am. Team games 2pm. Contact R. Ellis: 8572 3252 or L. Jaensch: 8572 4064.
- ALCOHOLICS ANONYMOUS; Every Thursday evening. "AA" meets at the Community Centre from 7pm to 8.30pm. Contact Harry: 0437 471 131.
- MUMS AND BUBS; 9.30am at the Community Centre. FREE SESSION. Phone: 8572 3513.
- ACTIVITY AND LEISURE GROUP; 10am - 2pm, Tuesday, Wednesday and Thursday at the Day Care Community Services Building. Transport is available, phone Betty: 8572 5861.

FRIDAYS

- PLAYGROUP; 9am - 11.30am. Cost \$2 per family. During school terms at Tailem Bend Kindergarten, Trevena Rd. Phone 8572 3348.
- GOLDEN OLDIES LUNCHEON; 4th Friday of the Month at the Tailem Bend Community Centre. \$10 per person. Phone: 8572 3531 for more details.
- TAILEM BEND RSL SUB BRANCH; Dining In - open every Friday night from 6.30pm. All meals \$15, mains, dessert, tea/coffee - \$7 children's menu. BOOKINGS ESSENTIAL - phone 0417 899 285.
- TAILEM BEND RSL SUB-BRANCH; Monthly meetings held on the first Friday of each month at 4pm. Phone the Secretary: 0417 899 285.

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# Community Services

## **COORONG CIVIC CENTRE & ART GALLERY (Coorong District Council)** **Open 8.30am - 5pm Monday-Friday**

95 - 101 Railway Terrace, Tailem Bend  
PO Box 399 Tailem Bend, SA, 5260  
Phone: 1300 785 277 | Fax: 8572 3822  
Email: coorong@council.sa.gov.au

## **Post Office**

109 Railway Terrace, Tailem Bend  
Phone: 8572 3420  
Agents for Commonwealth Bank, Central  
Credit Union and One Spot Bill Pay.  
Mail closes at 5:00pm, Monday - Friday.

## **Community Library**

1 Murray Street, Tailem Bend  
Phone: 8572 3266  
(On School Grounds)

## **Tailem Bend Community Centre**

141 Railway Terrace, Tailem Bend  
or PO Box 203, Tailem Bend, SA, 5260  
Phone/Fax: 8572 3513

## **Tailem Bend Kindergarten**

49 Trevena Road, Tailem Bend  
Phone: 8572 3348

## **Tailem INFO STATION**

Railway Station, Tailem Bend  
Phone: 8572 4277 | Open 7 Days, 9am - 4pm

## **Tailem Bend District Hospital**

Princes Highway, Tailem Bend  
Phone: 8572 5800  
Fax: 8572 5801

## **Medical Centre & Immunisations**

70 Princes Highway, Tailem Bend  
Phone: 8572 5897  
or A/H: 8572 5800

## **Murray Mallee Transport Scheme**

Railway Station, Tailem Bend  
Phone: 8572 4288

## **Tailem Bend RSL Sub-Branch**

57 Trevena Road, Tailem Bend  
(corner of Seymour Street)  
Phone: 8572 4550 Secretary: 0417 899 285

## **Bank SA - Tailem Bend**

Railway Terrace, Tailem Bend  
Phone: 8572 4850

## **St Vincent De Paul**

Open: Mon, Wed, Fri: 10:00am - 4:00pm  
Saturday: 9:30am-12:00pm

## **Tailem Bend Primary School**

1 Murray Street, Tailem Bend  
Phone: 8572 3266 | Fax: 8572 3026  
Email: DL.0424.info@schools.sa.edu.au

## **LOCAL JUSTICE OF THE PEACE**

|                       |              |
|-----------------------|--------------|
| Ray Bolt.....         | 0407 755 574 |
| Trevor Gordon.....    | 8572 4415    |
| Garry Hansen.....     | 8573 3191    |
| Robert Hughes.....    | 8572 3523    |
| Leonie Hutson.....    | 8572 3730    |
| Neville Jaensch.....  | 8572 3670    |
| Marc Maddaford.....   | 8572 4169    |
| Debbie McPherson..... | 8572 4205    |
| Teresa Pickering..... | 0409 284 073 |
| Russell Nuske.....    | 8572 3568    |
| Robert Trezise.....   | 8572 3050    |
| Albert Wellman.....   | 8572 3667    |

## **EMERGENCY NUMBERS**

|                                 |              |
|---------------------------------|--------------|
| Police: Tailem Bend.....        | 8572 4210    |
| Ambulance.....                  | 000          |
| Fire & Rescue.....              | 000          |
| CFS: Tailem Bend.....           | 000          |
| CFS: Jervois.....               | 000          |
| Tailem Bend Medical Centre..... | 8572 5897    |
| Poison Information.....         | 13 11 26     |
| Parent Helpline.....            | 1300 364 100 |
| RAA.....                        | 8572 4044    |
| Hospital.....                   | 8572 5800    |

## **tailem takeaway & pizza**

HOME DELIVERIES  
AVAILABLE  
FROM 5PM



**Ph: 8572 4690**

59 Railway Tce, Tailem Bend

# Community Notice Board

## TAILEM BEND HISTORIANS

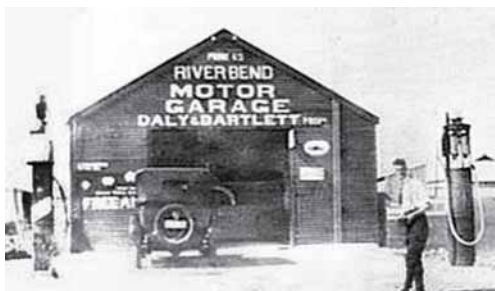
Love Tailem Bend's history and it's many talented and extraordinary characters?

Become a Friend of the Tailem Bend Historians and reap the benefits of being a part of this exciting group and it's activities.

Tailem Bend Historians believe a "Short meeting is a Good meeting," they'd rather put effort into historical assignments than chatter - and boy, do they have some beauties on the boil.

Don't have the time to get involved, but want to be kept in the loop and support the work of the group?

Give Angie Tomkinson a call on 0437 329454 and become a Friend of the Tailem Bend Historians, your \$10 membership will give you more in return than you'd expect.



## BEEKEEPER ASSISTANT REQUIRED

*Must be physically fit and reliable with current Driver's Licence.*

*Required to work approximately five days per week, from September 2017 to January 2018.*



Contact Nigel:  
0427 002 286

~~~~~

GRATEFUL RESIDENT

HONESTY FROM OUR TEENAGERS

I would like to thank the three teenagers who returned my lost wallet, intact, to the Tailem Bend Community Centre on Friday 28th April. Being aged, I was very concerned about the loss and am very grateful for the honesty of these three young lads. I don't know who you are, but many, many thanks for your kind and prompt action, you have restored my faith in our Towns' youth. God bless you.

David K

Tailem Bend Archers – Inaugural Meeting of the Tailem Bend Archers to form an Interim committee to assist in developing the group into a formal club within South Australia Archery. Meeting to be held at Tailem Bend Community Centre, 141 Railway Terrace, Tailem Bend on Monday June 5th at 6.30pm to decide on Constitution, fees and procedures, light supper provided. All interested parties should contact Len – archery5260@gmail.com or leave a message at TBCC on 85723513.

Magic of Music Hall

Music Hall is a vibrant annual community performance that has captivated and engaged us for 35 years. This exhibition transports you through its musical time-lines with displays of fabulous costumes and photos which share the raucous fun and talent that lies within the Coorong community.

Please join us for opening celebrations **Friday 5th of May, 5:30-7:00pm**
Opening speakers: **Ashley Clothier**, Tailem Bend Rotary President and guest Music Hall historians.
Performance by: Emily and Estelle Craggs
RSVP: Monday 1st of May

5th May - 14th July 2017

coorongallery
95-101 Railway Terrace
open Mon- Fri, 8:30 am – 5:00 pm
p:1300 785 277
e: coorong@coorong.sa.gov.au



Bushrangers and outlaws, 2015

Community Notice Board

Friends of the Hospital (FOTH)



The "Friends" Mothers Day Raffle was again a great success with many thanks to Foodland Tailem Bend Management and staff for allocating space for the raffle and to those who supported the same.

Congratulations to the winners:

1st Prize - Jacob: H100 Green

2nd Prize - F. Fossen: O78 Apricot

Further to our request for more volunteers, the "Friends" are pleased to welcome four new ladies to assist with our catering. Also, many thanks to those who have offered to be on standby if more help is required. This input helps us to continue our catering efforts towards fundraising for our health services in Tailem Bend.

Thankyou
Gwenda Zadow

Places I've Been

I have enjoyed some exciting and different things lately.

In March - I went to a special Adelaide Cup Luncheon with a few other guests. What a delight that was - a scrumptious three course meal (Including Silver Service) and I even drew third prize in the sweep.

In April - I was treated to a day out (By my friend) to the Barossa town of Truro where I was born and went to school. We drove around to see some of my old haunts and boy, has that little town changed!

In May - I took a trip with my carer down to Coonalpyn to see the new art works on the silos. I have never seen anything so fascinating. We also took a short pleasant walk down the tunnel to see all the amazing drawings done by local students. So, if you're looking for somewhere different to go, that's definitely the place.

After all that, I'm back enjoying all the fun and games at my favourite Golden Oldies and Kaleidoscope Clubs.

Perhaps you would like to come along and join something.

Submitted by Pauline Coombe

SOMETHING TO THINK ABOUT

Why our English language is difficult to learn, here are some examples:

The farm was used to produce, produce.
The bandage was wound around the wound.
We must polish the Polish furniture.
I did not object to the object.
The insurance was invalid for the invalid.
The wind was too strong to wind the sail.

Submitted by Pauline Coombe

RECONCILIATION WEEK

Join Coorong District Council for this special regional Reconciliation Week event.

FRIDAY JUNE 2, 2017

TAILEM BEND TOWN HALL

6pm - Soup and Damper

7pm - Welcome to Country, Uncle Major Sumner
- Screening of 'BLACK SCREEN'
(Taking Indigenous films across Australia)



Above: Happy guests at Volunteer's Week Celebrations, Tailem Bend Town Hall, Wednesday, May 10, 2017.

Motor Sport News - The Bend Motorsport Park

Progress on The Bend Motorsport Park is definitely underway with the preparation and construction of the Emergency Underpass that will cross beneath the Main Straight on the racing circuit.

44 concrete box culverts 3.6m x 3.6m will be craned into place to create a tunnel for vehicles to pass under the main racing circuit during events.

Right: Site Manager, Sam Rasheed standing in a trench that's been excavated for the installation of track drainage pipes.



Middle right: A Profiler levels off hard limestone on Pit Straight.

Approximately 600,00 tonnes of sand, rock and clay has been shifted to create the main racing circuit.

Below: A 40 tonne articulated dump truck carts rubble away from the Emergency Underpass that crosses beneath the Main Straight of the Racing Circuit.



Right: Over 200 precast concrete panels will be craned into place, to create the Pit Building - 250 tonne cranes are being used on site. 32 garages will be installed on the ground level of the Pit Building.





See Something, Hear Something, Say Something.



If it is an emergency-requiring immediate police attention... PHONE 000

All other enquiries for Police Assistance 131444
Report Dangerous Driving to Police Traffic Watch 131 444
Ring in Confidence SA Crime Stoppers 1800 333 000

BLUE LIGHT DISCO CALENDAR - 2017



Term 2 – Wednesday 5th July – children choosing theme. Tailem Bend Football Club.

Term 3 – Wednesday 27th September – Footy Colours Theme. Tailem Bend Town Hall.

Term 4 – Wednesday 6th December – Christmas Theme. Tailem Bend Town Hall.

All disco's run from 5 – 7 pm and are for Primary school aged children from 5 – 13 years of age.

Blue Light Discos are organised and run for the benefit of the Primary School children in our community. Our committee want the discos to be a safe and pleasant experience for all the children and expect the children to be respectful of each other, as well as the Supervisors for the evening.

REMINDER : On arrival - All parents and carers are asked to please bring their child/children into the disco venue. On departure - All Parents and Carers must come into the venue and notify the volunteer on door duty of the child/children they are picking up. This is for your/their own safety and protection.

SAPOL DISCLAIMER

Disclaimer: This publication has been prepared as a public service initiative and while every care has been taken in its preparation no warranty is given nor representation, either express or implied, made regarding the accuracy, currency or fitness for purpose of the information, advice provided and no liability or responsibility is accepted by the State of South Australia, its instrumentalities, South Australia Police (their agents, officers and employees) and Neighbourhood Watch SA (Neighbourhood Watch Volunteers Association of SA Inc.) for any loss suffered by any person in consequence of any use of and reliance placed by any person upon the said information or advice.



NEIGHBOURHOOD WATCH

TAILEM BEND AREA 484

**Next meeting - Monday, July 10, 2017
7.30pm Tailem Bend Community Centre**

Guest speakers attend some meetings.

Road Safety Tip: Buying a car, whether it is for you or your child, is a big responsibility. Driving a car that has recognised Safety features and a High Safety rating is an essential aspect in ensuring safer travel on our roads.



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P: 8572 4037
Darren M: 0418 813 264

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ROVER
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From
\$1259



ROVER Tillers
Self Propelled
14-16" width



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♥

Writing

WANTED
LOCAL CONTRIBUTORS

Tailem Topics

river, rail, road..... racing

Have something to say or share, want to help your community?
contact the Editor at tailemtopics@gmail.com

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Matt Kowald
0401 138 232

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Argon 52 D	\$344 (DGRSD)	\$94 (DGRSD-EX)
Argon E	\$404 (EGAR)	\$154 (EGAR-EX)
Argon 52 E	\$404 (EGARSD)	\$154 (EGARSD-EX)
Oxygen E	\$444 (OEGAR)	\$134 (OEGAR-EX)

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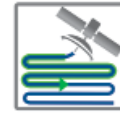
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