

April 2015

\$1.50

Delegate Doings

Delegate Progress
Association



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REMEMBERING ANZAC—100 YEARS

On 25th April it will be the 100th Anniversary of the day when the Australian and New Zealand Army Corps landed at Anzac Cove, on a narrow beach in front of a rocky hillside with no cover, under heavy fire from the waiting Turkish Army.

This year, the local RSL Sub-Branch are holding a special Anzac Day service commencing with a dawn service followed by the march from the Monument to the Memorial Gates at 10am. There will also be some special additions including the children's choir, a drummer as well as a piper, and the presence of a troupe of boy scouts for the dawn service. After the service there will be a luncheon at the Country Club to which this year the public are invited to attend. There will be a cost of \$15 per head with the exception of current and ex-servicemen, however for catering purposes it is necessary to book.



The Delegate Progress Association applied for and received a grant through Bombala Council from the Australian Government Anzac Centenary Local Grants Program, to purchase plaques with the names of those who served at Gallipoli. These plaques will be set in a cement square in front of the Memorial Gates. There will also be a large plaque fixed to the posts, commemorating all who served in WW1 and other conflicts.



Left: *The Australian Lighthorse hat. (The first enlistees were in the Australian Light Horse and were sent to Egypt, before embarking for Gallipoli).* R: *The Flanders poppies made by local ladies.* Below L to R: *David Smith who was killed at Gallipoli and Herb Bartley who served at Gallipoli later to be killed in France. At the right are the beautiful words written by the Turkish Army Officer and the first President of Turkey Mustafa Kemal Ataturk.*



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and:

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Dates for your Calendar

- 10/11/12 April Cabanandra Campdraft
- 13th April Poppy making Arts Centre
- 21st April Men From Snowy River Meeting
- 24th April Bombala Council Anzac Ceremony
- 25th April Anzac Day commemorations and luncheon at the Country Club.
- 28th April DPA meeting

CLAIMING THE DATE



CHRISTMAS IN JULY

25TH July, 2015

Annual P. & C Fundraiser

ANZAC DAY POEM

Don't forget to put pen to paper or fingers to keyboard to write a poem about Gallipoli.

There is a \$50 prize for the winning poem which will be read out on Anzac Day. Entries have to be left at or emailed to the RTC/CT Centre by 17th. April.



ANZAC DAY LUNCHEON

Don't forget to make a reservation for the lunch at the Country Club after the Anzac Day Service, which this year is open to the public.

You can send a cheque or drop your money off to Maree Pope at 20 Corrowong Road, Delegate to reserve your place.

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LIST OF GALLIPOLI MEN

Gordon William Akeroyd, William Harvey Dudley (his grandson, great grandson and 2 great grandchildren will be here). Charles Edward Taylor, Leslie William Brill, Allan Hamilton Turnbull, Oliver Edwin Turnbull, Herbert Bartley, (Bill Taylor, Sandra O'Hagan and Beryl Phillips) are relatives, Walter William Cavill, Leslie Victor Commons (Natalie Armstrong is his niece), Francis George Johnson, Harold Walters Lewis, Peter William Richmond (Alma Reed is a descendant). Vincent Bede Sheil, David Clement Smith, (Alan Smith and Brendon are descendants), Joseph Smith (Alan Smith's grandfather), Royal Mervyn Walcott, (Lyons, Sean and Rosie are descendants), Theodore Wright, (Rowan and Bronwyn Wright are descendants). If anyone knows someone with a connection to the others could you please let Sandra O'Hagan know.



SENIORS WEEK ACTIVITIES

As part of seniors activities a series of short films were shown in the Delegate School of Arts. n Saturday 14th March. The audience were also treated to afternoon tea during intermission. The seven films covered various genres ranging from comedy, serious issues and even a scary one about contaminated water which turned humans and animals into zombies. They were all well received and at the end the audience were asked to vote on their favourite film. The films were also shown in Bombala at Currawarna and the Contact Centre.



Noeline Dahlen and Helen Ekin from Jindabine, Christine Watson, Sharon Buckman, Audrey Stewart and Jean Talbot enjoyed the films

The following Tuesday members of the Tuesday Club visited the Settlers Hut and were treated to afternoon tea with biscuits and damper. It was a very pleasant afternoon and everyone sat outside in the warm sunshine for a chat, as well as looking through the historic hut.



Above: L: Carol Watson, Joan Jones, Barbara Bate-man, Sandy Cameron, with Audrey Armstrong in the front. Above R: Jayne Sellers, Dorothy Hepburn and Lorraine Walker.

Right: Jayne points out something of interest to the group. It happened to be St. Patrick's Day so some remembered to wear green.



WOMEN'S INTERNATIONAL DAY

A big crowd ensured a successful Women's International Day Luncheon and morning tea at the Delegate School of Arts on Tuesday 10th March. There were stalls to browse and buy, a labyrinth, guest speakers and Community awards.

The first guest speaker was Verity Jackson, Dementia Advisor for Alzheimer's Australia, who spoke on steps to maximise your brain's health, and advised of a range of services to support people with dementia, their families and carers.

Penny Judge who is musical director of "The Snowy Mob" choir spoke of her roles, wearing three hats, as Committee member of the Men from Snowy River Commemoration, the choir, and paid tribute to the role of Women in Word War One. Penny also had an information stall about the upcoming re-enactment march of the Men from Snowy River, and Delegate's own re-enactment in January 2016. Penny also received a Community Award for her effort in establishing the Choir and Rhonda Linehan was also a recipient of an award for her work on the MPS Committee.

Amy Kovacs who is project officer for the Tradewomen's Guild Eurobodalla and Bega Valley which aims to encourage cultural change in the workplace by encouraging female participation, equality of access and support for employees.

Unfortunately the other speaker Jacquie Murdoch who was scheduled to speak about incontinence, due to a mix up did not arrive till late and some of the guests had left. However she was able to speak to those who had lingered for a while, and it is hoped that she may be able to visit again in the future.

Below: L: Penny Judge manned a stall with the Men from Snowy River Re-enactment information, R: Clare Strickland and Margaret Weir. Below L: Robin Fry and Cynthia Dolan, R: Amy Kovacs



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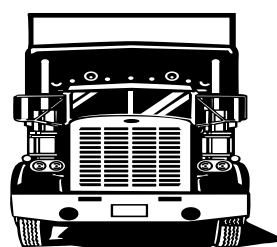
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BUNDIAN WAY GALLERY OPENING

A new exhibition of the work of young aboriginal photographer Shannon Mason opened at the Bundian Way Gallery on Thursday 26th. March. The Borderline Gallery also had a number of new works on show for the guests who came along to hear Councillor Sue Haslingdon of Bombala Council open the exhibition. Guests lingered on to view the Borderline Gallery exhibits and were then treated to wine and array of nibbles.

Below : Some of the guests at the gallery opening. Bottom L: Andrew Gray with Shannon. R: One of Shannon's photos.



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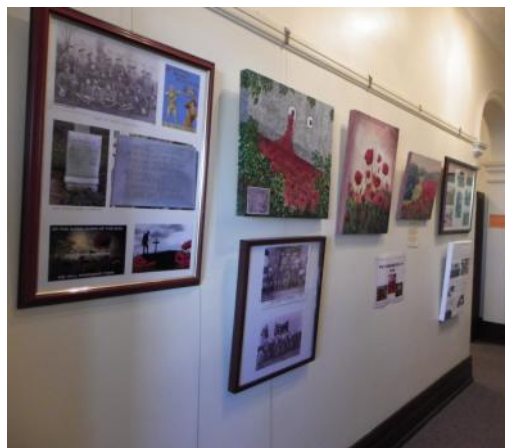


FLANDERS POPPIES

A group of dedicated local ladies got together at the RTC on Tuesday 27th March to try their hand at making red poppies to be used to enhance the 100 year celebrations at the various functions in Delegate. Under the expert guidance of Carol Badewitz and Nola White the ladies were very pleased with their efforts, in spite of many feeling that craft was not their thing. A few poppies were finished completely and many more in different stages of completion. The Bendoc ladies held another session on their Craft Day the following Tuesday. In the meantime Sandra Walker has the materials required and anyone who wants to have a go at home can pick a package up from her.

Sandra Walker and Natalie were inspired to put up an Anzac Wall for the Gallery opening complete with a vase of Rosemary and Poppies.

There was another productive session of poppy making at the Art Centre on Tuesday 7th April, this time turning out 100 poppies for Anzac Day with another session planned for Monday 13th. The long winter nights will also be an opportunity for folk to make some poppies at home, as with the upcoming Men from Snowy River events in November this year and January next year, plenty more will be needed.



CHAPMAN STUD SCOOPS THE POOL AT SYDNEY SHOW

Drew and Laura Chapman had a very successful Royal Easter Show this year winning with two Marino Rams.

Left: Drew Chapman with Mercenary, the first Poll Merino Ram to win the Supreme Marino Exhibit of Show.

Mercenary also won the Grand Champion Poll Ram of Show and Supreme Marino Ram Exhibit.

He was also the Objective Measurement Class winner with Highest Fleece weight of 16.5kg, Highest Fleece value of \$139.20, Highest Bodyweight of 145.5kg, staple length of 150mm, eye muscle of 41, yield of 78.6 and staple strength of 52 newtons.

Their Hinesville Horn Ram won the Reserve Junior Ram of Show and Reserve Grand Champion Medium Wool Ram of Show.

Right and Below : some of the ribbons and medallions that the two rams won.



Delegate Multi Purpose Service

Wellness Clinic is held at the MPS, in Craigie Street Delegate. People come to the clinic for procedures and assessment by nursing staff.

The clinic is open

Mon 9am -10.30am Tues 9am – 10am

Thur 9am – 10.30am Fri 9am – 10am

Every week except public holidays. No
Appointments necessary.

A variety of procedures are available.

- Wound care
- Blood pressure readings
- Blood sugar readings
- Non-urgent ECG's
- Suture or clip removal
- Injections – with Dr's written order
- Other procedures that do not require a Dr.

Pathology clinic

Wednesday 9.30am – 10.30 am. No appointment necessary. Closed public holidays.

Other Services

Women's Health Nurse

3rd Wed of the month

Dietician and Diabetes Educator

2nd Thur of the month

Immunisations – 4th Fri of the month

Podiatry – for HACC clients – monthly

Ring the MPS for appointments for the dietician, diabetes, immunisation, podiatry and women's health 6459 8000

Child and Family Health – visits Delegate MPS on a regular basis ring Kirsty on 6458 5777 for an appointment.

Visiting Staff Profile

Name: Jane Redmond

Job Description: Women's Health Nurse/ Clinical Nurse Consultant.

Jane has worked in this field for 26yrs. Jane is based in Cooma at the Cooma Community Health Centre and provides regular free, confidential outreach services to the townships of Jindabyne, Bombala and Delegate.

Service provided: Pap test, Breast examination, contraceptive advice, pregnancy testing/counselling, sexuality issues and menopause counselling. Jane also provides Education and information sessions on Women's Health Topics.

Highlight of Career: This is a fantastic job. Living and working in a rural area and working one on one with Women is so rewarding . Being able to "make a difference" in Women's lives and to normalise otherwise embarrassing procedures has assisted in her acceptance within the local communities.

Appointments for Delegate MPS are on the Third Wednesday of the month - For appointments ph: 6459 8000

Appointments are also available in Bombala on the second and fourth Wednesday of the month Ph: 6458 5777

Puppy Champion

Kath & Gerry Bush & Carol Krawczyk's Bull Terrier Bobby winning Baby Puppy in Show at the NSW Bull Terrier championship show in Sydney on Sunday 5th April. Kath and Gerry have had many champion dogs in the past and it looks like Bobby has a great future ahead of him.



ANNUAL DUCK RACE BEST EVER

Organisers were well pleased with this year's event which is held annually on Good Friday. This year there was a great crowd, 32 boats took part in the boat race, and 109 ducks took to the river which is an obstacle course for the little plastic ducks with the current and other factors deciding the winner. As well as these exciting events there were other fun activities with an Easter Egg hunt, egg and spoon races and food and goodies on sale. The winners of the boat race were 1st Cooper Kidd, 2nd. Bella and Lola Tonissen, 3rd Ellery Farran.

The first prize in the duck race went to Shelley Dunn, 2nd Lana Jamieson, 3rd Mel Kidd.

Platypus Pals would like to thank all supporters and sponsors listed below:

Lesley and Anthony Gilbert, Delegate Cafe, Delegate General store, Delegate Hotel, Delegate Progress Association, Murphy's Transport & Building Supplies, Garden and Gadget Gallery, Lou Lou's, Bombala Chemist, Champion Shoes, Monaro Native Tree Nursery, NAB Bank, Lavender House, Natalie Armstrong, Forestry Corporation, Camping World Cooma.

Right: The brightly painted ducks set off on their annual race. Bottom: Boats of all shapes and sizes competed.



MEDIA RELEASE - NSW HEALTH

30th March 2015

NSW Health to provide free whooping cough vaccinations for pregnant women in their third trimester

NSW Health will now provide free vaccinations against pertussis (whooping cough) to pregnant women during their third trimester, after evidence showed it lessened the risk of infants catching the potentially fatal infection.

Mrs Tracey Oakman, Director Public Health from the Southern NSW Local Health District said NSW Health will fund the new initiative during the current outbreak of whooping cough.

“We urge pregnant women to ensure they are vaccinated in their third trimester, ideally at 28-32 weeks, as it offers the best protection for babies until their first vaccination at six to eight weeks of age,” said Mrs Oakman.

The National Health and Medical Research Council, which is responsible for endorsing the Australian Immunisation Handbook, updated its advice after a review of available evidence showed that immunising pregnant mothers in the third trimester significantly reduces the incidence of whooping cough in newborn babies, and therefore lessens the risk of infant death.

“Whooping cough vaccination during pregnancy has been studied in more than 37,000 women in the United States and the United Kingdom and is shown to be very safe,” said Mrs Oakman.

“Studies in the UK, United States and Israel provide evidence that the best way to protect infants too young to be vaccinated themselves – who are at highest risk of morbidity and mortality – is through vaccinating the mother during pregnancy.

“It is vital that parents also ensure all their children are up to date with their vaccinations to minimise the risk of whooping cough circulating in the family. Adults in close contact with young babies should also discuss the benefits of the vaccine, which is available on prescription, with their GP.

“Whooping cough is easily spread to new babies, so it’s important to keep people with coughs away from them, in case they have whooping cough or other nasty infections,” she said.

Pertussis disease notifications in NSW have been increasing since mid-2014.

ST. JOSEPH'S CATHOLIC CHURCH TURNS 100.

St. Joseph's Catholic Church, Delegate will be celebrating 100 years on November, 29th, 2015. The present day Church was blessed by Father Norris on December 15th, 1915. A meeting to organise celebrations will be held on Thursday 16th April at 3.30pm at the old school hall and everyone interested in helping to organise the celebrations, please come along or contact any of the members below if you have any suggestions or can help in any way.

Sandra Walker 64588089

Joyce Reed 64588228

Lorraine Cottrell 64588455.



SOUTHERN PHONE COMPANY GRANTS HELP DELEGATE.

Two local organisations were pleased to hear that they were successful in obtaining grants from the Southern Phone Company. They were the Delegate P. & A. Society who received \$500 to purchase 10 fold up light weight tables. These tables are a lot easier to move than the heavy timber trestles presently used and will make it much easier for the volunteers setting up for the annual show and other events held at the Delegate Sports Ground.

The Delegate Early Settlers Hut Committee was granted \$629 to purchase two fold light weight tables and 20 plastic chairs. This equipment is used by the Committee when catering for tourist buses and other groups that visit the hut.

Members of both committees would like to extend their thanks and appreciation to the Southern Phone Company and are sure that the addition of this equipment will help the volunteers of both groups when setting up for events and visits to the respective venues.

LAUGHTER THE BEST MEDICINE

One afternoon Mat's Dad picks him up from school. Knowing that they were being roles in a school play that day his Dad asks if he got a part in the play. When the boy replies "Yes" he said "That's great ,what role did you get? " The boy said "I play a man who has been married for 20 years."

"That's great son" says his Dad. "Next year you might be given a speaking part".

The drunk staggered up to the hotel reception and demanded a different room.

"But sir", said the clerk, "you have the hotel's best room. Would you mind telling me why you don't like room 502?"

"Well, for one thing," said the drunk, "its on fire".

INVITATION TO THE COMMUNITY



**Bombala Council would like to invite
Bombala and District Community
members to attend the
Bombala ANZAC Memorial Opening
Ceremony to be held on Friday, 24th
April 2015 at 11.00am.**

at

**Gunnago Park
Monaro Highway, Bombala**

Please RSVP to Council on 64583 555 or
council@bombala.nsw.gov.au
by the 17 April 2015

HERE & THERE

Happy birthday to the following people:

Angie Ingram, George Tonissen, Cheryl Mustard, David Reed, Lorraine Kading, Connor Reed, Lola Tonissen, Logan Nichol, and Natalie Armstrong.



Also special birthday greetings to Kath Ingram who celebrated her 100th. (see story page 14)



Following quite a long dry the district welcomed some soaking rain which commenced on the evening of the 7th April. Thunder and lightning accompanied the start of the downpour.



Bill Brown from ABC Radio will be in Delegate on 24th April, to do a photo and radio story of Delegate's Anzac commemorations and has asked for archival photos of Gallipoli and the Men from Snowy River. He is also in-

terested in putting forward a proposal for the ABC to cover the Men from Snowy River re-enactment march, which is very exciting news.

Delegate had a visit from a bus load of Senior citizens from Cooma known as the "Mature Mob". After lunching at the Country Club the group visited the School of Arts, the Settlers Hut and the Borderline and Bundian Way Galleries. Sandra O'Hagan acted as tour guide showing them round the various attractions. Among the group were relatives of the Snowy River Men, brothers Eddie and Will Baragry and John Hayden. They were very happy to see their relative's photos so carefully preserved in the School of Arts.. Former residents Ann and Malcolm Martin were amongst the visitors.

Afterwards Sandra received a letter of thanks from the organiser of the trip.

Sandra O'Hagan has been busy compiling the military history of District men who served at Gallipoli. She is keen to find any descendants or relatives who will be asked to lay a wreath in memory of each man. A list of names is on Page 8. The book which will be of interest to relatives and family friends will be on sale on Anzac Day in Delegate.

Also the plaques with the names of those who served at Gallipoli

will be on display in front of the Memorial Gates.

Another large plaque commemorating all who served on WW1 and all theatres of war has also been ordered. It is to be placed on one of the posts at the Memorial gate.



The ownership of two buildings in the town will soon be officially transferred to the Delegate Progress by the Bombala Council. These buildings have previously been leased at Peppercorn rental. The Doctor's house is being rented on a long term basis, and the surgery at the Southern end will be leased to Dr. Symondson for his monthly visits from Merimbula.

The DPA have applied for two grants, one for funds to erect a windsock with a light, and the other to Boco Rock Community Grants to help fund Delegate's Men from Snowy River and Australia Day celebrations in January 1916.

Council has also assured us that we will receive funding for a new amenities block at Bill Jeffreys park to be built this year. Funding for a new water supply is also being sourced.

LOOKING BACK



100th BIRTHDAY CELEBRATIONS

A very special birthday was held recently at the Delegate Country Club when Mrs Kath Ingram, long time resident of the local MPS celebrated her 100th birthday. The celebration arranged by her daughter Frances was attended by members of the large Ingram family, other relatives and friends and residents and staff of the MPS. Kath enjoyed the occasion, catching up with many friends and relatives, receiving congratulatory messages from the Queen and the Australian Prime Minister Tony Abbot.

Interestingly the above photo of Booth's store was where Kath's mother managed the drapery side of the business, and where Kath would have visited as a young woman and no doubt met her future husband Frank Ingram of Tombong.

R: Kath enjoys a glass of wine, while daughter Frances holds up a card from the Queen.

L: Chatting to Rowan Wright a Tombong neighbour. photos courtesy Bronwyn Wright)



Community Information

EMERGENCY / AMBULANCE: 000

FIRE: 000

POLICE

Delegate: 6458 8044

Bombala : 64583444

Cooma: 6452 0099

Bendoc: 6458 1523

HOSPITAL: 6459 8000

DOCTOR: 64951369

CHURCHES

Catholic: Father Paul Hothnance PP 64522062

Sister Teresa Keane: 6458 3045

Services: Delegate Saturday 6:00pm
Liturgy of the word and Holy Communion
Bombala Sunday 9:00am
Liturgy of the word and Holy Communion

Anglican: Priest in charge Rev. Robert Lindbeck
64583018 64957040
Deacon Rev Judy Holdsworth—64583513

Services: 11am every Sunday..

COUNCIL CHAMBERS: 6458 3555

DELEGATE PRE-SCHOOL: 6458 8196

DELEGATE PUBLIC SCHOOL: 6458 8183

DELEGATE PROGRESS ASSOCIATION

RTCT Centre - 6458 8388— dpaooffice@bigpond.com

Newspaper: delegateprogress@exemail.com.au

NRMA/RACV: Jack Stewart: 64588047

TUBBUT ACCESS CENTRE: 6458 0295

DELEGATE CARAVAN PARK: 64584047

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Spot Ad:	1	6	11
\$5 cash—\$7.50 a/c	Issue	Issues	Issues
1/4 Page	\$17.50	\$87.50	\$157.50
1/2 Page	\$35.00	\$175.00	\$315.00
Full Page	\$70.00	\$350.00	\$630.00
Back Page	\$80.00		
Full Page Insert	\$90.00		

Colour advertising: prices on application

April Garden.

Susan Tocchini.

In our area April is the time to plant the main crop of garlic. Garlic plants produce leaves all through winter and into spring. The more leaves that grow during this time, and the more lush they are, the more excess food the plant has available to divert into the storage organ called the head (or sometimes the “bulb”). The stronger the plant the larger the individual cloves will be in the head. In late spring lengthening days and warmer weather give the chemical signal to the plant to start storing food i.e. to form the cloves in the bulb. Each clove is capable of making a new plant the following autumn.

When garlic is planted late, say June to August, the signal is given to the plant before it has grown more than a few small leaves. The storage process proceeds because the plant cannot ignore its hormones but only one clove is formed and it looks a little like a small daffodil bulb. The single round clove is perfectly edible and really much easier to peel, but they do not store for very long. I cannot resist planting shot cloves of garlic no matter when they appear in the cupboard as I hate to waste them. So I end up with a mixture of shapes and sizes when cooking.

Garlic grows best on fertile, well-drained, loamy soils in full sun. In ideal conditions the soil should be slightly acid with a pH in the range 5.5 to 7.0. Remembering that most vegies like a pH closer to neutral (i.e.7) the garlic can go into a lesser quality spot in the vegetable garden. The best growing days for garlic is when the temperature is between 13⁰ C and 24⁰C but garlic will not die in the frost - it just slows down. Planting just involves pushing the cloves into the ground with their peaks just at surface level. If the weather is hot and dry in November just before harvest of the main crop the heads will store well and cloves will have maximum pungency.

All parts of the plant are edible. A few outside leaves can be harvested and added whole to the soup pot for flavour and removed just before serving. When the tender flower stalks emerge with their pixie caps on top they can be cut to length and added to stir fries. Whole heads can be slow roasted with a drizzle of oil and the smooth pulp squeezed out to make a butter replacement on crusty bread – a real cold weather treat with soup or roasts. Remember that roasted garlic loses the pungency and smell associated with the other cooking methods so is quite sociable to eat lots. In Korea raw cloves of garlic are served between courses to cleanse the palate. This has the expected consequences and crowded lifts can be a challenge to the uninitiated.

It is also time to cut back and divide many perennials in the flower garden so that new parts can make good growth while the soil is still warm. Plants like Shasta daisies, campion, perennial phlox and Easter daisies to name a few all benefit from a very savage thinning out.