

July 2015

1.50 incl. GST

Delegate Doings



Delegate Progress
Association

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Council Amalgamation

There was a disappointingly apathetic local response to the Bombala Council Amalgamation meeting held recently in Delegate, which saw only four ratepayers attend.

This attendance might reflect a general feeling in the area, that nothing will change for Delegate regardless of what the Council or State Government decides. Other public meetings held have achieved little e.g. the meeting about Delegate's "non potable water supply" a discouraging situation for all parties.

Bundian Gallery New Exhibition



Next Issue: 7th August then: 4th September and: 2nd October

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Dates for your Calendar

- 5th July Pony Club
- 8th July Tuesday Club
- 12th July Essential Oils
- 18th July Glass Slumping workshop
- 19th July Mosaics workshop
- 12th August Massage
- 29th August Market Day

Reserve these dates

- 1st—11th November Men from Snowy River March Re-enactment Delegate to Sydney
- 29th November St Josephs Church Centenary
- 23rd January 2016 Australia day festival at Delegate
- 24th January Men from Snowy River March Centenary

Euchre

Every Thursday 2-4pm

Delegate MPS

All Welcome

Men From Snowy River Centenary

Re-enactment March 1st / 12th November

All those who want to participate in the march must register on the web site

www.themenfromsnowyriver.com.au or at the Delegate RTCT Centre. You can take part in all of the march or only part of the march, its your choice.

The Men From Snowy River Committee would like to thank the Cabanandra Camp draft for their generous donation towards the Men From Snowy River Centenary Celebrations in January 2016.

Workshops

Delegate Old Hospital Art Centre

18th July Glass slumping

19th July Mosaics

Morning or afternoon or both

Contact Lavender House
64584622 for Bookings.

Friends Of Errinundra

AGM

Sunday July 20th

Bonang Hall 11 am

Please bring lunch to share

We will have a speaker about some of the conservation programs in the area

Ring Deb for more details
0264580399

DELEGATE END OF WINTER MARKET DAY

The annual Delegate End of Winter Market Day will be held again this year on Saturday August 29th. To be held at the Exhibition Hall at the Show Ground from 10.00 am to 2 pm. Planning is in the early stages, but some things on offer will include, Lou Lou's, Massage, Terra Essential Oils, Reflexology, Avon, Tupperware, Body Shop, Monaro Native Tree Nursery, Jewellery by Elsie, Lorraine Lea Linen, Esther will have her creative Rustic Nag Stall, and so much more yet to be confirmed.

The Delegate School P & C will again host the BBQ, Relay for Life will be hosting a sweet stall. Gilberts will have their fabulous coffee van on site.

If you would like a stall you must call Katrina Jamieson, 6458 1412 or Su King, 6458 8315 to book your spot, remember we fill up quickly. If you would like to bring your own tent and be outside, you are most welcome. Sites are \$10.

Looking forward to seeing you all there, last year was a fabulous turnout and this year is expected to be just as grand.

Relay For Life

This year the Delegate/Bombala Community are supporting the Relay for Life fund-raiser to support cancer research and raise money to contribute.



Cancer has had a large impact on many families within the Delegate/ Bombala Community.

We have created a relay for life team for this year's relay in Bombala, there are 4 members from the Delegate community that are part of this team. The team is called the **Craigie Crunchers**.

We as a team have set a goal of \$1500 to achieve and this will go towards cancer research to assist in making a difference for those in our own community.

We are asking businesses for sponsorship towards our relay for life team and to assist with us achieving our target of \$1500. We are also working on other fund-raising events to where we are donating our time to raise money.

The relay for life is a 24 hour event and begins at 9am on Saturday the 28th of November to 9am Sunday the 29th of November. The fund-raiser event raises money for cancer by teams registering and raising money as a team to donate to "Relay for Life" information on this event can be found by viewing the website.

http://fundraising.cancer.org.au/site/TR/RelayforLife/CCNSW?team_id=31161&pg=team&fr_id=2782

Any donations great or small would be appreciated.

If you have any questions relating to this request please let me know.

Yours Sincerely

Melissa Kidd

The Tuesday Club.

For their May meeting, the Tuesday Club held a very enjoyable High Tea, held at the Borderline Gallery, with all the trimmings and lashings of cream. Some of the ladies brought along their own special cups as well as very old items such as two beautiful cake stands, a silver tray, a variety of tea pots and silver cake forks, not a coffee mug to be seen. All enjoyed the afternoon and a sincere Thank You to all who brought food and to the DPA for the very cosy venue. The Tuesday Club also contributed over \$20.00 towards the Biggest Morning Tea held at the Delegate M.P.S.

Our June meeting was held at the Delegate Café with an afternoon of Show and Tell, as well as jokes and short stories. A variety of unusual items were shown, including a small leather Bible, over 100 years old, a coal iron, a piece of unfinished embroidery from the first Olympic Games in Australia in 1956 and some very beautiful shells gathered from the beach on Moretai Island in New Guinea during W WII along with a small ring made from Perspex from an aeroplane canopy. Other items included a port sipper and a set of small silver teaspoons, a glass salt cellar and a couple of very old leather babies shoes, all causing quite a discussion within the group.

The July meeting will be held on Wednesday 8th at the Contact Centre in Bombala where we have been invited to celebrate Christmas-in July with other local activity groups. Please note CHANGE OF DATE and bookings are essential for catering and transport.

Please contact Sandra Walker on 64588089 ASAP if attending.

94th Years Young

Best Wishes to Olga Benham who celebrated her 94th Birthday at home with Family and friends.

Below: Olga on her birthday with her daughter Susan Tochinni and son Mark Benham.



Delegate Café

64 Bombala St Delegate

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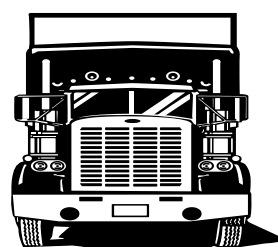
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Alaska.

Alaska, is called the last frontier, it is spectacular with snow capped mountains rising up from sea level and glaciers forging their way to the sea. Glaciers showing shades of blue and light blue-greens, from the compression of the snow over millions of years, as well as strips of dark markings in some places, remnants of maybe ancient volcanic activity or the crushing of the ground as the glacier moves ever forward. We saw several glaciers 'calving', which is the term when sections of the glacier break off and crash into the sea, with resultant splashes and icebergs floating off, all very exciting.



Our tour took us inland in Alaska, riding the White Pass Scenic Railway from Skagway, on the coast inland to the Yukon, the train actually passes from Alaska into Canada, but we didn't need our Passports as we didn't get off of the train. At the border there are a row of flags from USA, Canada and the Provinces we were passing through, there was no way we could have got off that train anyway as the track was around precipitous cliffs and frozen lakes, all very different, scenic and spectacular.

Everywhere we went there were roadworks, the summer season is so short that the road maintenance continues on until around Midnight as it remains light. It was very unusual to say the least, going to bed at 11pm with the rollers and tar trucks still working outside.



There is a big problem in Alaska, as in other cold climate places, caused by the permafrost, the ground below is permanently frozen, at times it softens a little, but then refreezes again which causes movement wrecking the road base, hence the continuous massive road repairs during Summer.

Left: Gloria Cotterill with her sister-in-law, Lola, at the Princess McKinley Resort.

LANDMARK

an AWB company

Delegate
Tel: 6458 8004

a.h. - Justin Lewis
Ph: 6458 8106
Mobile 0429 991 240

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Functions

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on 6458 7240**



Delegate Pony Club

Nine riders braved the winter frost that turned out to be a beautiful day for June Delegate Pony Club rally.

All the kids worked extra hard this rally, with 2 great instructors, on steering techniques and control.

They also learnt about using their pony's in both directions left and right and the importance of this.

Well done to Ella French and Gabby Kidd for their encouragement awards from Ange Kane from Glen Mia Saddlery, Bega.

Thanks to Rowena Butterworth, Sinead Cameron and our guest instructor Ange Kane for their expertise in instructing this month. Thanks to all the kids for a great pony club day.

Next Rally date will be 5th July 2015.



MONTHLY MEETINGS OF MAGIK AND MYSTIK

Are you looking for something else to discover in your life? We have a solution!

Every second Sunday of the month you are invited to come and join our circle of fun and discovery to see what you may find to enhance your inquisitiveness.

Fabulous workshops will be different each month, this will be part of the fun of learning something magik and the mystic of discovering something new.

To be held at the Delegate Public School the first of the events to take off will be one of our own local girls sharing her wealth of knowledge about Essential Oils. Jodie Reed will be our first guest speaker teaching us about Do Terra Oils, AromaTouch massage and you will have the fabulous opportunity to develop your own special blend of oils to take home with you.

Essential Oils are a fabulous inclusion into our daily lives, they can be used in massage, in cooking, house cleaning, make your own fragrance and to bring healthier options into our everyday living. Giving us, and our families more opportunity for better wellbeing.

Each workshop will cost you \$5 to come along, and if you participate in the Roller Ball Blending it will cost you whatever oils you use on the day. (Usually between \$8 - \$25).

Essential Oils will be on July 12th from 1pm – 3pm and everyone is welcome.

To give you a snippet of what is also to come, here is the list of up-coming guests;

August 12th, Massage with Alisha Robinson;

September 13th, Nutrition and Exercise with Monique Ingram;

October 11th, Mini Market Day – anyone can bring along their own vegies, plants, etc to sell, swap, etc, probably to be held in the Delegate School of Arts Hall (stay tuned).

November 8th, Pheonix Cards Wrapping session, in time for Christmas, also small stalls for Christmas gifts (eg; Body Shop, Avon, etc.)

Coming in 2016 will include Chakradance, Soap Making, Pasta Cooking and many more. If you have any questions/enquiries please contact Su King. If you have a skill you would like to share please feel free to contact Su. This is all about sharing our skills and knowledge.

Bookings are preferable, please let Su King know, 6458 8315 this will allow our guests to have an idea of how many will be attending or if we may need to move venue's.



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.

MASSAGE THERAPIST

SALLY MILES

IN BOMBALA on

THURSDAYS from

8.30am - 8.30 pm. AAMT reg.10752.

Enjoy a deep release of your discomfort or pain & regain your full range of motion.

The treatments assist or remedy;

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- Sporting injuries
- General stress or Depression
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- Constipation
- Arthritic pain & Inflammation
- Low energy levels and more...

Phone Sally for
an appointment

0448 837 650.



School Holiday Program

Wednesday 8th July

COMPUTER GAMES

@ Bombala CTC.

Cost: \$10 each,
includes lunch for juniors
and snacks for seniors.

Juniors 10 am-1 pm

Seniors 1.30 pm-4 pm

Friday 10th July

'Puppets Galore'

at Delegate School of Arts

Puppet Show - All ages

Gold coin donation

10.30am-11.30pm

Thursday 9th July

'Make your own basket'

@ Bombala Railway
Buildings

10:30am-12:30pm

Cost: \$5 each

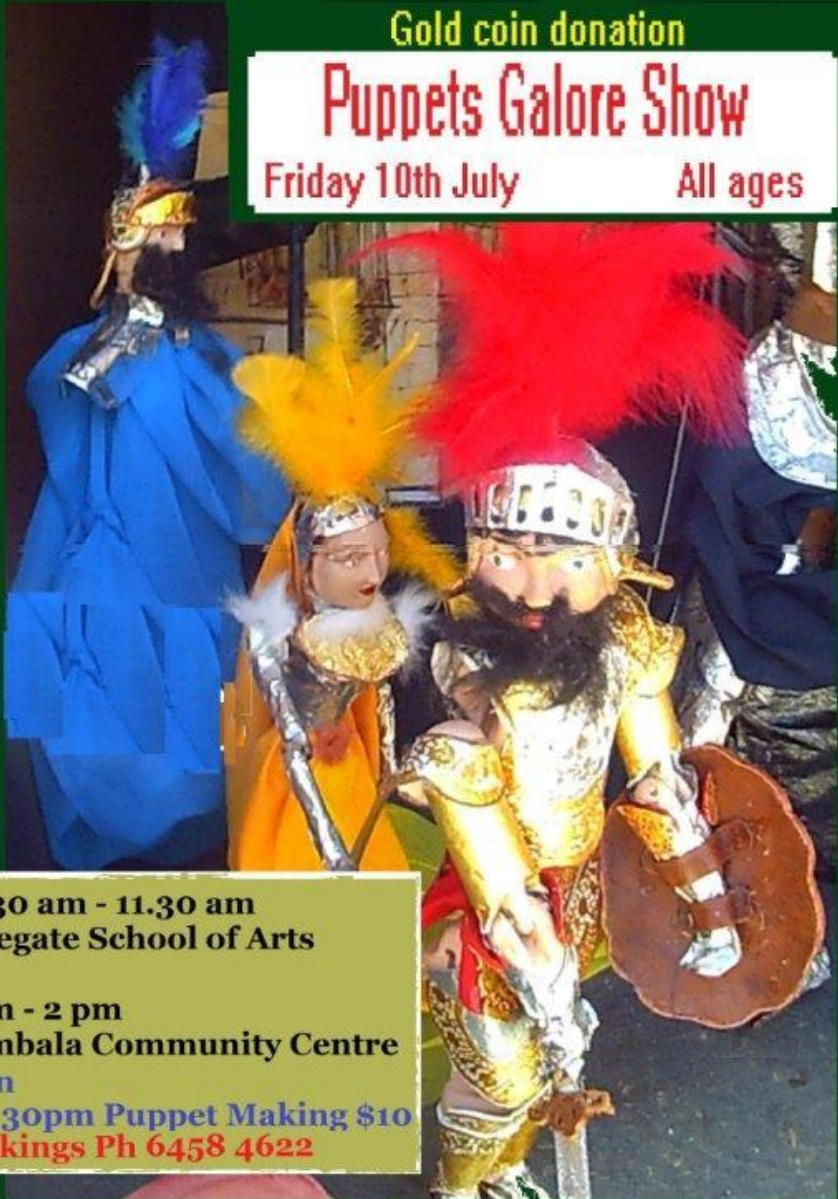
Friday 10th July

Book Reading at
Bombala Library

FREE

10am-10.30am

Remember Bookings
for all activities are
essential phone the
Bombala Visitor In-
formation Centre on
02 6458 4622



Gold coin donation
Puppets Galore Show
Friday 10th July All ages

10.30 am - 11.30 am
Delegate School of Arts

1 pm - 2 pm
Bombala Community Centre
then
2-3.30pm Puppet Making \$10
Bookings Ph 6458 4622

Victorian Rural Financial Counselling - Possible Information Session SOON

Rural Financial Counsellors are employed by a regionally based independent Board to provide support for **farming families and small businesses**. They are trained to help you identify the best possible option for your future and help you achieve it. Locally managed, the services provide independent financial assessment for farming families and small rural businesses faced with difficult decisions. They listen to your family's needs and work with you to choose options for the future which best fit those needs.

Rural Financial Counsellors can:

- help clients understand their financial and business position
- help clients understand their financial and business options
- improve clients' abilities to plan operations, achieve realistic goals and identify risks
- help clients complete action plans to address industry adjustment and climate change pressures
- connect clients to information about government and industry assistance
- refer clients to accountants, agricultural advisers and other relevant professionals, as required
- refer clients to professionals for succession planning, family support and personal (social and emotional) counselling, as required
- assist clients to identify their advice and training needs
- apply a case management approach to provide clients with a holistic outcome.

We are hoping to set up a free information session run by the Rural Financial Counsellor if there is a commitment from at least 10 people. Individual sessions are then freely available.

If you are a **farming family or a small business** in the Tubbut, Bonang, Bendoc, Goongerah and surrounding communities and interested in attending the information session, please contact and/book your place:

Tubbut Neighbourhood House 02 6458 0295 or

Community Recovery Facilitator; Lorelee Cockerill 0427850457 or 03 51546703.

Email: lorelee.cockerill@orh.au

Ha! Ha! Ha!

During lunch at work, I ate 3 plates of beans (which I know I shouldn't). When I got home, my husband seemed excited to see me and exclaimed delightedly, "Darling I have a surprise for dinner tonight." He then blindfolded me and led me to my chair at the dinner table. I took a seat and just as he was about to remove my blindfold, the telephone rang. He made me promise not to touch the blindfold until he returned and went to answer the call. The beans I had consumed were still affecting me and the pressure was becoming unbearable, so while my husband was out of the room I seized the opportunity, shifted my weight to one leg and let one go. It was not only loud, but it smelled like a fertilizer truck running over a skunk in front of a garbage dump! I took my napkin from my lap and fanned the air around me vigorously. Then, shifting to the other leg, I ripped off three more. The stink was worse than cooked cabbage. Keeping my ears carefully tuned to the conversation in the other room, I went on releasing atomic bombs like this for another few minutes. The pleasure was indescribable! Eventually the telephone farewells signalled the end of my freedom, so I quickly fanned the air a few more times with my napkin, placed it on my lap and folded my hands back on it feeling very relieved and pleased with myself. My face must have been the picture of innocence when my husband returned, apologizing for taking so long. He asked me if I had peaked through the blindfold, and I assured him I had not. At this point, he removed the blindfold, and twelve dinner guests seated around the table, with their hands to their noses, chorused, "Happy Birthday!"

CABANANDRA CAMPDRAFT

The Cabanandra Campdraft Committee held their Annual Donations to the Community at the Delegate Hotel on Friday, 26th June. Donations this year were as follows:

Delegate Hospital Auxiliary	\$ 2000
Gelantipy Community	\$ 500
Delegate History Room	\$ 500
Tubbut Hall Committee	\$ 300
Bonang Hall Committee	\$ 300
Delegate Public School	\$ 250
St. Joseph's Parents & Friends	\$ 250
Delegate Pony Club	\$ 250
Bonang CFA	\$ 200
Bendoc CFA	\$ <u>200</u>
Totalling	\$ 4750

Cabanandra Campdraft has also sponsored the Snowy River March Re-enactment the sum of \$1000, as well as sponsoring Austin Hodge of Buchan \$500 towards his sporting career.

All of the recipients of our donations help us in some way at our Annual Campdraft and the Committee thank them sincerely for their assistance. We would also like to thank our sponsors, Graeme Payten and Landmark, for their generosity and continued support for our Campdraft.

DELEGATE CAMPDRAFT

The Delegate Campdraft Committee also made their Annual Donations earlier in June as follows:

Delegate Hospital Auxiliary	\$ 1000
Craigie Rural Fire Brigade	\$ 500
Delegate History Room	\$ 500
Delegate Tennis Club	\$ 500
Delegate Pre-School	\$ 250
Delegate Public School	\$ 250
St. Joseph's Parents & Friends	\$ 250
Delegate Pony Club	\$ 250
Delegate Presbyterian Church	\$ <u>250</u>
Totalling	\$ 3750

Delegate Campdraft also donated \$500 towards the Snowy River March Re-enactment and thank the recipients and the Community for their continued support for our Annual Fundraising Event.

Right: Recipients of the Cabanandra Campdraft community donations.

HERE & THERE

Celebrating birthdays this month are Montana Schofield, Kurt Cotterill, Jack Ventry, Bradley Matthews and Chris Guthrie. Also a big happy birthday to Norm Armstrong who turned 81 last month.



Doreen needs some volunteers to help with planting trees around town. If you can help please contact Doreen on 64588347. We are trying to get our street looking good for the November March and next Januarys celebrations.

A big thankyou to the Bombala & District Garden Club for their kind donation towards the trees.



The frosts recently have played havoc with the pipes with a number of local residents having damaging water leaks.



Coral Aston (nee Reeves) of Bairnsdale passed away 16th June. Coral is daughter of John and Ivy Reeves and granddaughter of Ida Reeves. Condolences is offered to her family.

To those on the sick list, we wish you all a speedy recovery.

A short snowstorm went through on Thursday giving the surrounding hills a frosting of white. Some more overnight has left the top of Delegate Hill looking very pretty.



LOOKING BACK



Recovering a car on the road to Orbost. Photos Courtesy of Jean Manning.



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 Mick McAndrew 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: Rev. Denise Channon 64583018

64957040

Rev Judy Holdsworth—64583513

Services: 11am every Sunday..

St. Andrews Community Church—

To be Advised

COMMUNITY HEALTH (3 days per week)

Generalist Community Nurse –Monday, Thursday, Friday

Wellness Clinic—Monday and Thursday 0900-10.30

Tuesday and Friday 9.00—10.00

Pathology—Wednesdays 0930-1-3- hours

Immunisation Clinic—Fourth Thursday from 1100hours.

Podiatry Clinic

Victorian Visits Tuesdays

Call MPS 64598000

Healthdirect and GP helpline 1800022222

MONARO FAMILY SUPPORT SERVICE

Bombala Office: 6458 4888

open Tues to Thurs - 9:00am to 5:00pm

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

Delegate Progress Association Inc.

66A Bombala Street

DELEGATE NSW 2633

PH 6458 8388 Fax 64588 374

E-mail dpaooffice@bigpond.com

delegateprogress@exemail.com.au

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\$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



FROST AHEAD



Our recent severe frosts seemed to have hit without much warning, and, since winter has only just begun, most gardeners are probably wondering what could be in store for us for the rest of this season.

Generally frost occurs when the heat lost at night from the earth exceeds the input of heat from the sun during the previous few days. The potential to lose heat is greatest when there are no clouds at night because clouds act as the earth's doona stopping warm air rising to high altitudes where it ultimately loses its heat to space.

Another important factor in reducing the development of frost is air movement. Because it is heavier than warm air cold air drops to the ground replacing warmer air layers (think how hot air balloons rise). Heavy cold air continues to accumulate in the lowest spots such as hollows forming frost pockets. Fortunately even slight breezes will mix warm layers into the cold ones reducing the incidence and severity of frost. This is why fans, smug pots and even helicopters are used to protect orchards at critical times e.g. pollination.

Another important factor is humidity because moist air has the capacity to hold more heat than dry air protecting against a marginal frost event. Another aspect connected to the presence of moist air water deposited on the plants as dew as night air cools. When water vapour condenses to liquid water energy is released which warms the plant. If air temperatures continue to drop and the dew then freezes a further packet of heat energy is released amounting to 80 calories per gram which is absorbed by the plant helping it to keep its internal temperature above freezing. This release of heat energy by the presence of a surface layer of water is the difference between the damage caused by a white frost and the more lethal black frost which occurs when the air is very dry. In a black frost the plant cells burst as ice crystals form within them ultimately causing the tissues to disintegrate on thawing.

Soil moisture is also a major factor because moist soil can hold 4 times the amount of heat than a dry one and although some of this heat is released to the air most of it protects the soil (and roots) from freezing. This ability of soil water to retain heat is beneficial early in the winter season but, on the other hand, it takes a lot of Spring heat to warm a waterlogged soil thereby allowing growth to recommence.

Frost is a localised phenomenon and there are often variations in the severity of a frost over quite small distances and even at the scale of a garden. This is referred to as the microclimate and some factors are the position of the site on a slope, the soil moisture conditions, the amount and type of surface mulch and the density of the overhead canopy. To this mix must also be added the characteristic tolerance for cold of each plant species, the nutritional status of each individual plant and the opportunity it has had to undertake a "hardening period". The result of the combination of all the above factors makes the pattern and severity of the frost damage to appear to be quite quirky.

What is perhaps most interesting are the various strategies each plant species adopts to cope with cold. The first is avoidance such as being short lived. Annuals use their seed as time capsules to endure the unfavourable winter weather. Avoidance also occurs by protecting the leaves by being deciduous. Deciduous plants must also have other protections such as insulating bark and the ability to concentrate sugars in their cells which acts as anti-freeze. Cork trees and sugar maples are extreme example of this mechanism.

Evergreen plants have the problem of maintaining their leaves with antifreeze as well as being able to efficiently extract enough water to maintain life from cold soil. It is important for them that sappy growth is not present at the onset of cold (hardening) and that the soil does not actually freeze (drought). Removing the litter of fallen leaves allows the soil to become much colder meaning the plant must expend more energy to extract enough water to satisfy its needs. Some plants die at the end of winter simply because they have exhausted their energy stores and this is where nutrition can tip the scales. An interesting exception are the Northern Hemisphere conifers that retain their foliage and because the soil freezes in their habitat they are actually surviving drought not cold. This gives them the ability to adapt and survive the hot dry summers in the Southern Hemisphere.