Berrigan News

A Community Newspaper brought to you by the BDDA
berrigannews@gmail.com www. BerriganNSW.com.au

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Christmas Decorations Story

It was December last year, 2021, when on my way to Mount Beauty, I came across Christmas Santa's and Elves lining the streets of Myrtleford. I thought this is what Berrigan needs. Vibrant Christmas Street Santas!

When I arrived in Mount Beauty to visit my mother, my sister and her husband, I mentioned what I had seen in Myrtleford. Henry, my brother In-law, said the Mount Beauty Men's Shed have the templates on loan from the Myrtleford Men's Shed and he was going to be cutting some out for the streets of Mount Beauty. "Good idea" I thought, and I asked if I too could borrow the templates.

Before long, I had my templates in my ute and I headed back to Berrigan. I took my idea to the BDDA and Lions Club for support. The Berrigan Lions Club donated the old Santas which were repurposed, saving the cost of buying new plywood.

Text and Photos
Gary Lehre
BDDA

With the help of Hans Buys of the Berrigan Mens Shed, fourteen cut outs were made and primed ready for painting. Special outdoor paint was purchase at a discount rate. Thank you to Brad Carlon.

Then I contacted Henry at the Mount Beauty Men's Shed and discovered that the Mount Beauty Arts Group, a talented group of people, were happy to paint our Santas and Elves.
This was a bigger job then they thought, but they were happy to do it. The artists are Marg Jordan, Blanche Spargo, Christine Gardam, Janet Grealy, Linda Rice, Bec Winnel and Bronwyn Van der Graff.

Thrilled with the offer to have the Santas and elves expertly painted, the BDDA agreed that a donation to the group was in order.
I picked up the finished Christmas art works and met with the Mount Beauty Arts Group and their president Janet Grealy to present them with the BDDA donation.
I was so impressed, as I hope Berrigan also will be. They have been put up for adoption by the local businesses and will make their appearance for the month of December. GL

Berrigan and District Development Association

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APPEARING IN BERRIGAN IN JANUARY
DYLAN FORGE - LIVE IN CONCERT
"BETTER IN BERRIGAN"

Corowa's next big talent, Dylan Forge, brings his sold out Corowa-Wahgunyah show to Berrigan, which will feature a blend of crooning and Broadway classics.

Dylan began his singing journey at The Scots School Albury in 2017. Although originally a pipe band member only, Dylan's promise in the choral department was discovered during the auditions for the in-house written musical, The Last Prawn, which premiered at the school's Chapel Hall in 2018. With Dylan cast as the leading man, his sights began looking into the show-tunes of great Broadway musicals. His first recital highlighted his baritone qualities with Dylan performing a fantastic rendition of "Stars" from Les Miserables.

This affection continued as he was involved in productions of Hairspray in 2019. The pinnacle of Dylan's acting career to date was in 2021 when he was cast as the intolerable Miss Trunchbull in Matilda the Musical.

During his HSC, Dylan was grateful to Murray River Fine Music who provided a scholarship for him to study singing under Ian Nisbet. Ian's vocal studio is located in Melbourne and Dylan took weekly lessons on a Monday with Ian, who specialised in the complexities of Broadway singing. After high school, Dylan has studied under various other stars, such as Stephanie Acraman whilst briefly at Adelaide University, and former head of voice at VCA and Monash University, renowned Opera Australia Soprano Merlyn Quaife AM.

A love for Frank Sinatra streams from Dylan's bones thanks to the influence of his grandparents, Brian and Gwen Chisholm... Dylan has performed massive Sinatra hits like, "Theme from New York, New York," and, "My Way," at various high-profile functions in Albury over the last two years.

Now, an established man and performer, Dylan presents Dylan Forge Live - Better in Berrigan, a show which will bring together the standards of Dylan's last five years of repertoire. Hits like: "The Lady is a Tramp," and, "Theme from New York, New York," will feature on the program. The show will also highlight Dylan's impressive baritone texture through show tunes from: Babes in Arms, Les Miserables and Chess the Musical. He will be supported by Albury based Celtic folk band Inveran, who's debut single "Our Heroes" features on Retro Recording's "The Kal(eye)doscope" album. The band comprises of bagpipes, guitar, drums, djembe and electric bass, and aims to bring traditional Celtic music into the 21st century. This promises to be a great afternoon of entertainment for the Berrigan Region!

Dylan Forge Live - Better in Berrigan
Sunday 22 January at 2pm
Berrigan Soldiers Memorial Hall
Tickets are $25 and can be purchased by searching "Dylan Forge Live - Better in Berrigan," at https://www.trybooking.com/CDOFV, or by contacting 0455 152 267.

The BDDA is proud to support Dylan in his performance in January and we hope the community comes out in support as well. It will be an entertaining afternoon and it is great to support young talent. This will be our Music In Chanter performance for 2023. The BDDA hopes to have another outdoor performance in March 2024.

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ANGELA PERIS BRINGS HOLISTIC HEALTH ACROSS THE MURRAY

Angela Peris - an author, a Holistic Counsellor and an Intensive Care trained Registered Nurse, opens the doors to her new Heart 2 Heart Wellness Centre at 15 Bank Street Cobram - Victoria.

Angela believes in Holistic care for our health and wellbeing. Coming from an Eastern cultural background and incorporating her western medical knowledge, Angela helps people understand the power of our Human life.

Angela moved from Sydney to Berrigan in 2012, after working as an Intensive Care registered nurse in some of the major teaching hospitals in Sydney. She operates a Health & Lifestyle Retreat in Berrigan as well as working in the local hospitals as a Registered Nurse.

Angela felt there is a greater need to reach out to our communities, specially following the trauma and stress people have endured during the global health pandemic and the mental and emotional issues that have risen over the past 2 years.

She says her heart aches when she hears of young lives lost from suicide and drug overdoses. “I feel that most youths are not aware how illicit drugs can ruin their future and hope to uplift the community spirit.” she said.

As a Holistic Counsellor, Angela addresses all areas of your life for physical, mental and emotional wellbeing. Over the years, she has helped many people change their lives to live the life they desire.

As a Coronary care nurse with many years of experience in the field of cardiology, she believes the importance of heart health and aims to prevent untimely deaths caused by sudden heart attacks. As part of her Heart Health Package, she aims to run weight management programs, healthy heart programs and help people to stop smoking with Hypnosis – she has had over 95% success with her Quit Smoking program.

Angela says that cigarette smoking is the single largest cause of death from heart disease, strokes, cancers and many other health conditions.

Angela published her first book called ‘Loving Your Heart’ to bring awareness of heart health to your doorstep. Her second publication ‘Your Human Blueprint to an Extraordinary Life’ explains how unique and powerful we are as human beings and how we ALL can access this power from within to live an amazing life.

Angela says it is a dream come true to be able to open her wellness centre on this side of the border and bring holistic health across the Murray. “I am so excited to open the doors to my Wellness Centre on Friday 25th November 2022,’ she said. A Peris

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RIVERINA PLANTS & GARDENING MEET & GREET!

The words of Cactus Country's John Hall ring true in my ears as I put text together for this story. He said why garden if you are not using social media? He then went on to talk about how Cactus Country went from a little farmgate business dependant on zucchini & squash growing to survive to a booming major Victorian tourist attraction. The use of social media and an influencer and the multiplier effect it had on Cactus Country. Where are they coming from? The floodgates were open to overseas visitors!

On Thursday 27th of October, members of Riverina Plants and Gardening's Facebook site gathered in Berrigan for a social Meet and Greet. Twelve members of RP&G from Thurgoona, Corowa, Finley, Tocumwal and Berrigan gathered at Dee's Farmgate for Morning Tea and to shop Chanter Street.

Talk was of rain, water, mosquitos and pot holes and what members have flowering in our gardens now! Members made it through water over roads and through Savernake to Berrigan. Riverina Plants and Gardening has over 33,000 members Australia wide. Like many garden sites, members share beautiful pics of flowers, landscape and seasonal produce! Problems and solutions for pests and diseases as well as plant IDs are shared. Meet and greets in members' gardens are great opportunity to share plants and cuttings and make new friendships. After a visit to the shops, members enjoyed a delicious lunch at Carter & Co and more chats about our next meet and greet as it is planned to have one in Tocumwal in the near future!

Members of Facebook gardening site Riverina Plants & Gardening. Pictured - Back row from left Helen Jeans, Liz Boyd, Jenny Davidson, Dee Walker, Helen Barber, Gabriel Talbot, Marg McDonald, Clara Way front row, Jenny Lawrence, Julie Stava, Kathy Halloran and guest Stephan Austin. *Julie Stava*

FROM THE GARDEN

Berrigan was very fortunate to host the Riverina Garden Club in October. We met at Dee's Farm Gate Nursery and enjoyed a very yummy morning tea provided by all the members. Visitors then strolled the street picking up a few treasures. Then it was on to Carter & Co for lunch which did not disappoint, a beautiful meal and refreshments were had by all. If you would like to join this facebook club, search for Riverina Garden Club and follow the prompts.

The Community Garden would like to take this opportunity to thank you, the community, for your support over the past twelve months. Thanks also to the fantastic enthusiastic members who meet each week to keep this wonderful garden going, supplying vegetables, and a place to sit and just take in the wonderful surrounds. It was so good to receive feedback from a business in town calling it "A Garden of Love". We wish you all a Very Merry Christmas and A Happy New Year, safe travelling over the Festive Season.

We will meet on Wednesday at 1.30pm and Saturday 9.30 am over the Christmas break

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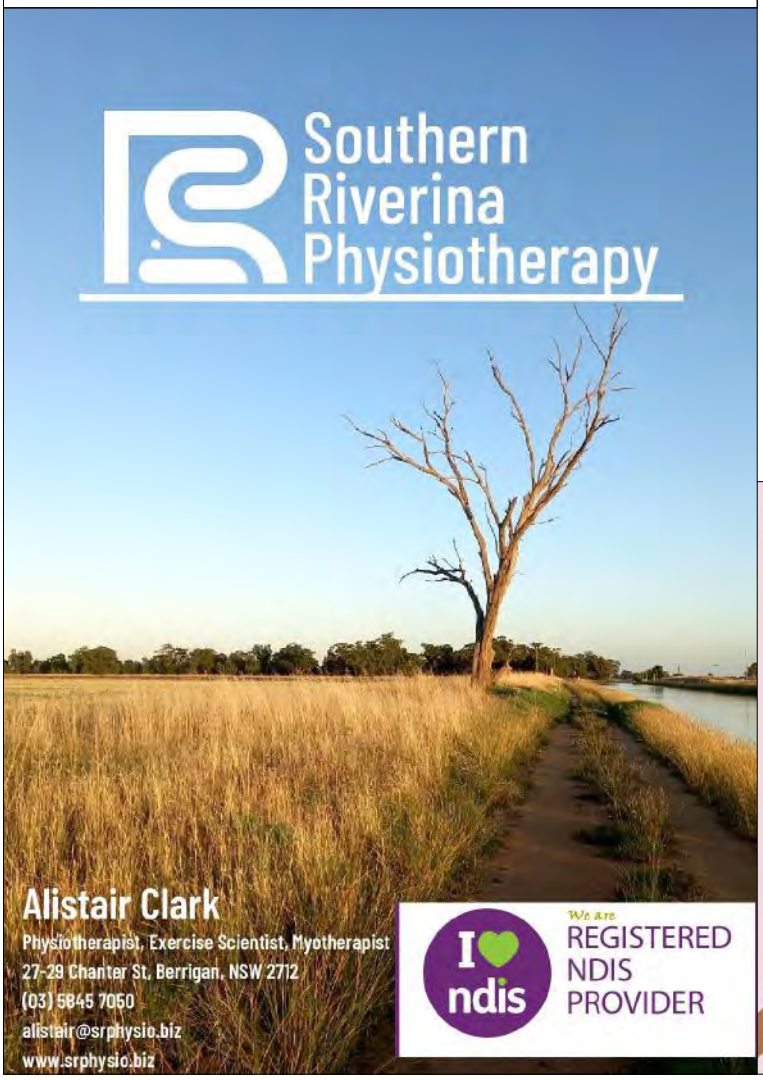

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SUSSAN LEY PARLIAMENTARY SPEECH OF THE FLOODING SITUATION IN FARRER

Ms LEY - Farrer—Deputy Leader of the Opposition -
I rise to pay tribute to the untiring efforts of emergency workers and agencies working across my electorate to protect lives and property during this spring flooding. Right now, there are flood warnings for nearly every river, lake and creek in the electorate of Farrer: the Lachlan, Murrumbidgee, Murray and Edward rivers, as well as the lower Darling.

Despite better weather this week, this is not over. The La Nina pattern has set in, perhaps until the end of the year. There's 50 millimetres of rain forecast for New South Wales in the south, starting from tonight. This will see river peaks continue for many more weeks. More farmers will be forced to write off their crops. Sporting and social events will be cancelled, schools closed—if not because of the rain, because you just can't get on the road to travel. It continues to drain the mental health of many who live along these rivers. It impacts wildlife. It increases mosquito breeding areas, adding to the risk of viruses such as Japanese encephalitis.

From Albury to Griffith, Narrandera and Darlington Point to Hay, Corowa, Deniliquin, Moama, Barham and more, communities are either divided by water, displaced from their homes and families, or down at the RFS shed, helping to fill sandbags, caring about the others in the community. This will end, and wide blue skies will return. But the clean-up and recovery will need to continue—as does my commitment to ensure the federal and New South Wales governments and your local councils will be there for you.

Steve Block Adviser I The Hon Sussan Ley MP Member for Farrer I Deputy Leader of the Opposition Shadow Minister for Women I Industry, Skills and Training I Small and Family Business
www.sussanley.com

BERRIGAN SHOW ANNUAL DRYLAND WHEAT COMPETITION

At the end of October, Berrigan Show judged its annual AgShows NSW Dryland Field Wheat Competition, with its presentation night Sunday 13 November.

John Lacy, based in Finley, judged six dryland wheat crops which have held up well despite a challenging finish to the season due to a very wet October and were estimated to yield 5.1 tonnes to 6.6 tonnes per hectare, higher than last year.

The winning crop Lancer grown by Greg Dickins of AL Dickins & Co with an estimated yield of 6.6 tonnes, with second place crop Scepter grown by Cam Swann of Swann Farming with an estimated yield of 6.3 tonnes and third place crop Scepter grown by Graeme Parr with an estimated yield of 6.0 tonnes. Berrigan's winning entry made it into the Western Regional Final, which was judged on Thursday 17 November with results been announced in mid-January 2023. Cont page 17

Berrigan Bakehouse

Christmas Opening Hours

Closed Saturday 24th December

Reopening Tuesday 3rd of December

We would like to take this opportunity to thank everyone for their support throughout 2022 and look forward to making 2023 a great year for all.

Merry Christmas and

a Happy New Year!

From my Family to your Family ,

Thanks Tammie

Berrigan Community Golf & Bowls Club

CLUB'S OPENING HOURS:
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GOLF NEWS GOLF COMP TIMES

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WEDNESDAYS: Ladies Comp 9am for 9:30 Tee Off

BERRIGAN CURLEWS

FRIDAY TWILIGHT BOWLS COMPETITION

Businesses, clubs, and groups are invited to support our community club

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- Can swap players from week to week
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- Introduction evening - 7 October
- Round 1 - 14 October to 16 December
- Round 2 - 20 January to 24 March

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ODWYERS FAREWELL GOLF DAY FUN

A great day of golf was played on Saturday 22nd of October. Thirty players braved the weather, which despite the mozzies, was a perfect day. The day was sponsored by Jeremy and Kerrie O'Dwyer and the winners were Matt Whelan and Neil Graham who won $400 each. The runners up were Chris Kelly and Jeremy O'Dwyer. Nearest the pin was Kerrie O'Dwyer on the 8th, Nick Manley on the 8th and Jeremy Packer on the 2nd. The winners for the non handicap section was Andrew and Vanessa Parr who won $100 each.

A presentation followed to farewell Jeremy, Kerrie, Lachlan and Jessica. Chris Kelly spoke on behalf of the many years of work that Jeremy and Kerrie have done at the club in various roles. Andrea Packer spoke on behalf of the Public School, Kathy Harris spoke on behalf of the Drama Club and Chris Cameron made a very entertaining speech on behalf of the Football and Netball Club.

The speeches were followed by a presentation to Jeremy and Kerrie of a garden bench seat and of course a Better in Berrigan Bag and coffee mugs. Thankyou to all that made the day a huge success.

Photo Above: Chris Kelly, Jeremy O'Dwyer, Matt Whelan, Neil Graham and Kerrie O'Dwyer M Whelan

The United Hospital Auxiliary will be having a stall on Market Night to raise money for a $4,000 Shower Chair. The tickets will be $2 each or 3 for $5 with the prize an Air Fryer.
Please come and support your hospital. M Dalgliesh

Thank you from Carter & Co.

After moving back from Melbourne and surviving the border closures & lockdowns, with so many young families relocated to the area; we could see the town needed something more.

Purchasing the Blue Door in November 2021, we hoped to renovate and reopen in a few short months. But with supply shortages off the back of Covid-19 and the holiday season, it took longer than preferred to complete our renovations. We finally reopened in March 2022, offering a family friendly cafe bar with plenty of space for the children to roam in a garden designed by Bridget Doyle of BD Landscape Design.

There has been a lot of interest in the name of the cafe, why 'Carter & Co.?'

For both of us growing up in Berrigan, we felt that the cafe was really owned by the town, and we are just the caretakers of it for a moment in time. The Carter Family first opened the Berrigan Hotel around the time the township of Berrigan was formed, and we recognised the origins of hospitality in the building seen across from the cafe. Carter St is the beginning of Oakland's Road in reflection of the history of the Carter name. Although we are not related to the Carter Family, the cafe has been named after their contribution to the beginning of Hospitality in Berrigan.

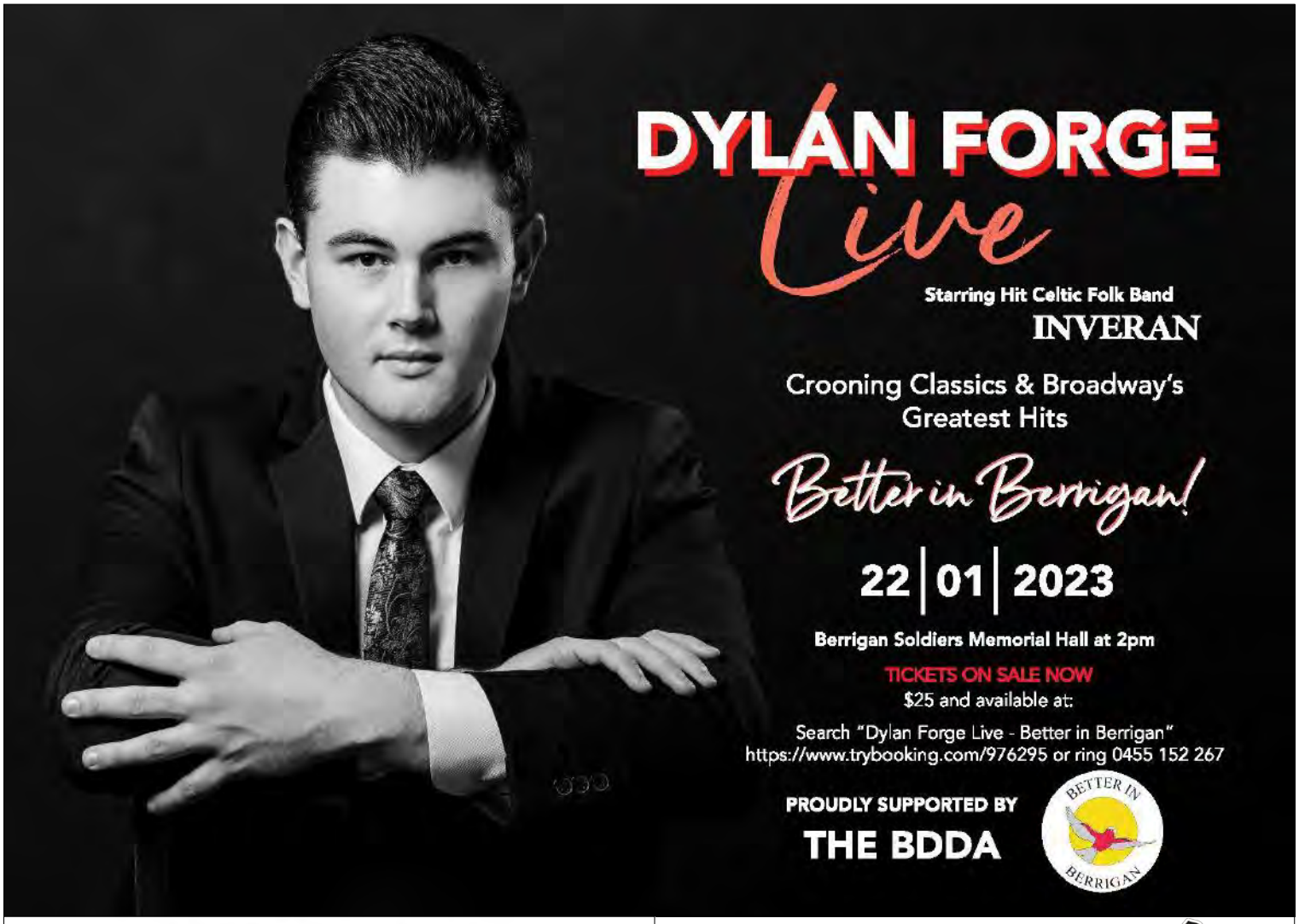
We welcomed our new head chef Adam Simpson in August, and recently have launched a new dinner menu. Some of the items on offer include local Wagyu steak, sweet & sticky pork belly or seared Mediterranean Tuna salad to name a few favourites.

We would like to thank the Berrigan locals for their support of Carter & Co. from daily coffee to catering orders, special occasion lunches and now Friday & Saturday evening dinners & Christmas functions. The town has welcomed our new venture, and shown overwhelming support for Carter & Co.

The broader community of Jerilderie, Oaklands, Tocumwal and Finley have also supported us, and many requested a Carter & Co. for their towns. We have become a meeting point for people from Deniliquin and Albury, a coffee stop for people passing through on their way to SA or caravans' visiting our great caravan park. We look forward to seeing you at Carter & Co. this festive season, with many functions and events planned. Soon we will be firing up the pizza oven & enjoying some warmer weather in the alfresco area under the festoon lights and golden sunsets of the Riverina.

We wish all of the Berrigan Community a Safe Harvest & Festive Holiday Season!

Jessica Hawker



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and

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Merry Christmas

From

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I would like to sincerely thank everyone for their support & well wishes for 99 Stitches and I look forward to seeing everyone in the New Year and to the exciting times ahead.

I wish you all a very Merry Christmas and a Happy New Year - Stephen

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New Items, Bric-a-brac
Open Saturdays 11am to 2pm or by appointment

From Pg 9...As always it was a great learning day with all the crops having some 4 grains wide rows within the heads, with one crop having a few rows 5 wide. The crops were excellent according to John.

The winner of the Berrigan Show "Farming Excellence Award" for Best Farm Management was Cam Swann of Swann Farming. John Lacy said "Swann Farming is adopting to climate change by investing in a very modern disc seeder, which has narrower row spacing allowing the ability to sow into bigger stubbles permitting stubble retention. A key to drier and shorter autumn breaks."

Other participates were Paul Doyle of GW Doyle & Sons, Garry Seamer of Ashmoor Farms and James Nixon.

Berrigan Show Society would like to thank the entrants, our judge John Lacy and Bruce Rendell our Crop Competition Steward as well as the state sponsors of the wheat competition, Suncorp, Lowes Petroleum Service, The Land and Dual Chelate Fertilizer.

Our next meeting will be our AGM and held on Monday 13th February 2023, Berrigan Show Society are always looking for new members to join the committee and help with the Annual Show on Sunday 1st October 2023

Photos Pg 20/22 L Horne

BWMP - <u>WHAT ARE THE TOP BENEFITS OF SWIMMING?</u>

You may have heard that experts recommend adults get 150 minutes of moderate activity or 75 minutes of vigorous activity each week. Swimming is an excellent way to work your entire body and cardiovascular system. An hour of swimming burns almost as many calories as running, without all the impact on your bones and joints. There are a host of benefits you may gain from swimming laps regularly. Read on to learn about the benefits of swimming and how to incorporate swimming into your routine..

Benefits

1. Works your whole body - One of the biggest benefits of swimming is that it truly works your entire body, head to toe. Swimming: increases your heart rate without stressing your body, tones muscles, builds strength and builds endurance.

There are various strokes you can use to add variety to your swimming workout, including: breaststroke, backstroke, sidestroke, butterfly and freestyle.

Each focuses on different muscle groups, and the water provides a gentle resistance. No matter what stroke you swim, you're using most of your muscle groups to move your body through the water.

2. Works your insides, too - While your muscles are getting a good workout, your cardiovascular system is, too. Swimming makes your heart and lungs strong. Some other studies have shown that swimming may help lower blood pressure and control blood sugar.

3. Is appropriate for people with injuries, arthritis, and other conditions - Swimming can be a safe exercise option for people with: arthritis, injury, disability, other issues that make high-impact exercises difficult

4. Good option for people with asthma - The breathing exercises associated with the sport, like holding your breath, may help you expand your lung capacity and gain control over your breathing. Some studies suggest that swimming may increase your risk for asthma because of the chemicals used to treat pools so, talk to your doctor about the potential risks of swimming if you have asthma.

5. Burns calories - Swimming is an efficient way to burn calories when swimming at a moderate pace for an hour. Cont Pg 19

Simply Balanced
Therapeutic Touch
Margaret Graham
0400 205 432
simplybalanced.com.au
simplybalancedtt@gmail.com

SP RURAL FENCING
Stuart Pyle
0439 852 617
Stuart.Pyle78@gmail.com

FRIDAY STREET STALL

Book Friday Street Stall
@ Shire Offices
Book IGA Market Day Stall @ IGA

DECEMBER

02	Not Allocated	23	Not Allocated
09	Not Allocated	30	Not Allocated
16	Not Allocated		

IGA Hours - Mon to Sat 8am-6pm
Sun 9am - 5pm
Public Holidays 8am to 1pm
Closed Good Friday & Christmas Day

VALMAR COMMUNITY TRANSPSORT

2022/2023 BUS SCHEDULE

SHEPPARTON 1ST Thursday

Departs: Jerilderie from Behind the Bakery 8.00am
Berrigan from the Shire Chambers 8.30am
Finley from the RSL Park 8.45am
Tocumwal Post Office Bus Stop 9.00am
Arrives Shepparton 10.30am approx..
Departs Chemist Warehouse Carpark 12.45pm and goes out to Shepparton Marketplace/Bunnings
Departs Shepparton 2.30pm
DATES: 1st Dec 22; 5th Jan 23; 2nd Feb 23; 2nd Mar 23; 6th Apr 23; 4th May 23; 1st Jun 23; 6th Jul 23; 3rd Aug 23; 7th Sep 23; 5th Oct 23; 2nd Nov 23; 7th Dec 23.

COBRAM: 2ND Thursday

Departs: Jerilderie from behind the Bakery 8.45am
Berrigan from the Shire Chambers 9.15am
Finley from the RSL Park 9.30am
Tocumwal from the Post Office Bus Stop 9.45am
Arrives Cobram 10.30am approx...
Departs Cobram 2.30pm
DATES: 8th Dec 22; 12th Jan 23; 9th Feb 23; 9th Mar 23; 13th Apr 23; 11th May 23; 8th Jun 23; 13th Jul 23; 10th Aug 23; 14th Sep 23; 12th Oct 23; 9th Nov 23; 14th Dec 23 (final trip of the year)

ALBURY 3rd Thursday

Departs: Jerilderie from behind the bakery 8.15am
Finley from the RSL Park 8.45am
Berrigan from the front of IGA 9.00am
Arrives Albury 10.30 am approx...
Departs Albury 2.00pm
DATES: 17th Nov 22; 15th Dec 22; 19th Jan 23; 16th Feb 23; 16th Mar 23; 20th Apr 23; 18th May 23; 15th Jun 23; 20th Jul 23; 17th Aug 23; 21st Sep 23; 19th Oct 23; 16th Nov 23.

YARRAWONGA 4th Thursday

Departs: Jerilderie from behind the bakery 8.30am
Berrigan from the Shire Chambers 9.00am
Finley from the RSL Park 9.15am
Tocumwal from the Post Office Bus Stop 9.30am
Arrives Yarrawonga 10.00am approx.
Departs Yarrawonga 2.00pm approx.
DATES: 24th Nov 22; 26th Jan 23; 23rd Feb 23; 23rd Mar 23; 27th Apr 23; 25th May 23; 22nd Jun 23; 27th Jul 23; 24th Aug 23; 28th Sep 23; 26th Oct 23; 23rd Nov 23.

The trips listed below will only be run if there is enough interest in them (minimum 5 people)
Thursday 30th March 2023: Griffith
Thursday 29th June 2023: Leeton
Thursday 31st August 2023: Corowa
Thursday 30th November 2023: Griffith
BOOKINGS ARE ESSENTIAL - Please phone Valmar Community Transport on 0269204162 to book by no later than 4.00pm on the Tuesday prior to the trip. Cost $10 per person

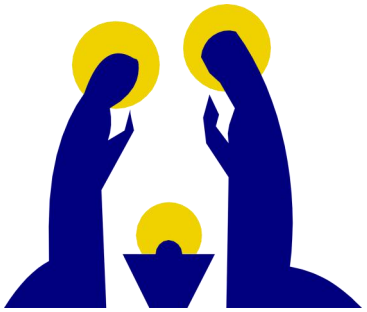
Church Times & Contacts

Presbyterian - Cobram/Davis St, Berrigan (03 5883 3697) - 1st and 3rd Sundays 9am

St Aidan's Anglican - 128 Jerilderie St, Berrigan. Father Humble (03 5744 2211) 1st / 2nd / 3rd / 4th Sundays 11am, 5th Sundays to be announced.

St Columba's Catholic 14 Corcoran St, Berrigan. Father Tony Aboshi (03 5885 2010) 1st, 3rd and 5th Sundays Saturdays Vigil 5.00pm, 2nd & 4th Sundays 10.00am.

Uniting Wesley Chanter St, Berrigan. Church Council (03 5885 6521) 1st, 2nd, 3rd, 4th, 5th Sundays 11 am. Savernake 1st & 3rd Sundays 9am, Oaklands 4th Sunday 9am



DEES FARMGATE NURSERY

30 Chanter Street Berrigan **0438 013 057**
Tuesday - Friday 10am to 4pm Sat 10am to 2pm
Indoor / Outdoor Plants, Giftware & flowers.
Special Orders Welcome. Minor Sewing / Mending done.

Send your photo in of the Berrigan Bag and share its adventures with the community! Or let us know of your celebrations with a photo.

From Pg 17… 6. Improves your sleep - Swimming may have the power to help you sleep better. In a study on older adults with insomnia, participants reported both a boost in quality of life and sleep after engaging in regular aerobic exercise. Swimming is a good choice for older adults looking to improve their sleep at night.

7. Boosts your mood - Researchers evaluated a small group of people with dementia, and saw an improvement in mood after participating in a 12-week aquatic program. Swimming and aquatic workouts aren't just psychologically beneficial for people with dementia. Exercise has been shown to boost mood in other people, as well.

8.Safe during pregnancy - Pregnant women and their babies can also reap some wonderful rewards from swimming. Swimming is an activity that can be performed in all three trimesters. Talk to your doctor before starting any new exercise programs during pregnancy, and if you have complications, ask about activities that are safe.

9. Great for kids, too - Kids need a minimum of 60 minutes of aerobic exercise each day. Swimming is a fun activity and doesn't necessarily feel like formal working out. It is a solid option to get kids moving.

Getting started - Prepare your muscles - From there, start slow. You may even want to start your journey in the gym with strength training that works your muscles before you hit the water. Try moves like assisted or unassisted pull-ups, up to double-digit reps. Squats and deadlifts of your bodyweight or overhead presses of half your bodyweight are also good practice. If you're having trouble, consider asking a personal trainer for help.

Risks - Swimming is safe for most people. As with any workout, there are certain risks associated with swimming. If you're injured or have certain medical conditions, be sure to check with your doctor before swimming laps. In general, it's a good idea to check in with your doctor whenever you start a new exercise program. Your doctor is your best resource for guidelines unique to your health.

Swimming safety - Swim in areas that are supervised by lifeguards. Wear sunscreen of at least SPF 15 or higher to protect your skin. Don't forget to drink water, even if you aren't thirsty. You may feel cool from the water, but you can get dehydrated while swimming, so drink plenty of water and avoid drinks with alcohol or caffeine in them. Children should always be supervised when near water. Never let children swim alone to avoid the risk of drowning.

Conclusion - If you're just getting started with an exercise program or if you're looking to try something new, jump in the pool. Swimming has a host of benefits for your mind, body, and soul. Once you get the basics down, try swimming laps for 20 to 40 minutes at a pace that keeps your heart rate elevated. Don't forget to drink plenty of water and take breaks as necessary. Most of all, have fun!

THANK YOU FOR A CLEAN POOL

The Berrigan War Memorial Pool Committee would like to thank those who came over two days to clean out the pool. Day one was running around getting the baby pool and facilities cleaned, which was finished by around 2pm. The rest of the afternoon and the next day was for the big pool. Special thanks to Tamara and her RFS crew who managed the pumps. Your help was greatly appreciated. CVB

Gentle Exercises Mondays
10.30am to 11.30 am
In the Madill Centre, Berrigan
$1.00 per person per session.
Please bring a water bottle.
Contact Beth Trewarne for more information on 03 5885 2797.

CWA BERRIGAN BRANCH

Craft Day 2nd Monday of Month CWA
Meets 3rd Monday of Month
at the CWA Building Chanter St, Berrigan
New Members most Welcome!

Australian Red Cross

Meetings 3rd Wednesday of Month, rear Red Cross Shop
For more info contact Pres. Marion Dickins 0428 286 813

BERRIGAN RED CROSS SHOP

Open Monday - Friday 9.30- 3.30 & Saturday 10.30 - 12.30
63-65 Chanter St Phone 0484 274193
Money raised is used to help fund Australian Red Cross' humanitarian activities around the world.

Picture Top Left - On judging day L to R John Lacy Judge, Neville Dalgliesh Berrigan Show President, winner Greg Dickins of AL Dickins & Co and Bruce Rendell Berrigan Show Crop Steward
Picture Left Middle - L to R ASC of NSW/Suncorp Bank Dryland Field Wheat Competition District Winner Greg Dickins of AL Dickins & Co with Neville Dalgliesh Berrigan Show President and John Lacy Judge
Picture Bottom Left - L to R Second placegetter Cam Swann of Swann Farming with his daughter, Neville Dalgliesh Berrigan Show President and John Lacy Judge

Above - OUR NURSE MANAGER MARGREET GUTKER DEMONSTRATES THE LUCAS DEVICE ON A TRAINING DUMMY READY TO GIVE THE 'BREATHS' BETWEEN COMPRESSIONS

Above - WAYNE KELLY ADDRESSING THE GATHERING

BERRIGAN LIONS CLUB

Lions meet 3rd Wednesdays of the month. Email berriganlions22968@gmail.com
Car, Truck, Tractor Battery Collection - Please Phone to arrange pickup
Neal Gorman 02 6035 9430 or Ian Fox on 0429 852 513
Free @023 Lions Calendars Available in Local shops now. Collect yours today!
The Club for Men and Women committed to serving in Community Service Rolls.

VAPING – THE TRUTH

Something that is increasing in our society is the use of VAPING as a substitute for smoking cigarettes. There are many different styles of electronic cigarettes or 'vapes' available.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes.

This is not true. Vapes are not safe. Spotting vapes can be difficult because they often resemble common school items like highlighter pens, markers and USB drives. Knowing the different shapes and types of vapes is a first step to help protect young people from the risks of vaping.

Disposable vapes are the most common vapes used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from $15 to $50, depending on the number of 'puffs' the device contains. Many of these vapes contain nicotine, despite often not being labelled as containing nicotine. Vapes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular

THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vaporised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe

DO YOU KNOW WHAT YOU'RE VAPING?

Many vapes contain nicotine making them very addictive. The nicotine in 1 vape can = 50 cigarettes. If you vape you are 3 times as likely to take up smoking cigarettes. Vaping has been linked to serious lung disease. Vape aerosol is not water vapour. Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.

Get the evidence and facts at health.nsw.gov.au/vaping

LUCAS DEVICE

Our hospital recently received what is called a 'Lucas Device'. This is a device that can be used to perform Cardiac Pulmonary Resuscitation (CPR) should it be required on a patient who has presented at the Emergency Department. CPR is very labour intensive and this device, when put into operation, will free up one nurse. It can be set up to give 30 compressions and then breaths are administered manually, and the device starts another 30 compression cycle. Hospital staff are currently undergoing training in the use of this device which is a welcome addition to our Emergency Department. Photo page 20.

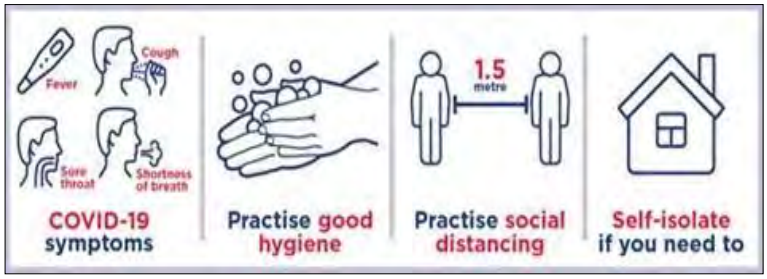
FARMERS NIGHT OUT BBQ

On Wednesday 17th November the LHAC, in partnership with the Berrigan Men's Shed, held a Farmers Night Out BBQ at the Madill Centre. The purpose of the BBQ was to bring together members of our farming community who are currently going through a very tough time. The evening was well received with about 40 attendees. Following the very nice meal our guest speaker was Wayne Kelly. Wayne has been a counsellor to notable organisations in Victoria's Western District for 30 years. Wayne engaged those present speaking about good stress and bad stress and steps to be put in place to acknowledge and move away from bad stress.

LHAC had a pamphlet display, with resources to access support etc. as well as the Southern Riverina Collaborative material. Wayne also spoke to all in attendance individually, his presentation was well received and the topic timely for the current way farmers are feeling and coping with all the rain. A big 'thank you' to the Berigan Men's Shed for partnering with us and supporting the evening. Photo Page 20.

Your LHAC would like to wish each and every one of you a safe and Merry Christmas and a Happy New Year.

Till next time, stay safe. Tony Taylor



VALMAR
Linking Community

Phone Valmar Community Transport on 02 69204162 before 4pm Tuesday prior to trip to book your seat.

Southern Riverina Vehicle & Machinery Club Inc

3rd Wednesday of Month
7.30pm at the Finley RSC

Picture Top Left - L to R Third placegetter Graeme Parr with Neville Dalgliesh, Berrigan Show President and John Lacy, Judge
Picture Left Middle - On judging day L to R John Lacy Judge with Farming Excellence Award winner Cam Swann of Swann Farming, Neville Dalgliesh, Berrigan Show President and Bruce Rendell Berrigan Show Crop Steward
Bottom Left - Caz and Cam Swann and their family winners of the Berrigan Show Society's Dryland Wheat Farming Excellence Award

Hupmobile Car, Outside the homestead at 'The Valley' about 1921. L to R: Vera Martin, Vera's sister, Ethel Shand, Ernest Shand, Walter Shand, Aunty Mary Shand, part of Eric Shand's face, Jack Shand, Howard Martin and Bert Shand.

I would like to thank all the wonderful people who provide articles each month to the news, the advertisers whose advertising dollars pay for the production of the Berrigan News, John Lane at Dawmac who volunteers his time each month to print the News and Susan Escott who hand delivers the subscribed editions around town each month and handles the online edition and BDDA website. Merry Christmas!. The Berrigan News will be back in February 2023.. Happy New Year! CVB

BERRIGAN MENS SHED DECEMBER

Berrigan has again been dominated by wet weather and flooding along the border region of NSW during November and we are all looking forward to having a few dry weeks to allow what crops have survived to be harvested. AGAIN Shed members extend their heartfelt thoughts to those community member affected by flooding and look forward to a hot and dry XMAS celebrations to see off our climate dog friends that have provided a particularly wet spring season.

Men's shed activities have continued at a frenetic pace with numerous garden beds being ROLLED and SOLD. In addition, a number of timber build projects are underway. Sales of front window items are also FLYING out the door and our new treasure is particular with the current bank balances.

A donation of $1,500 has been approved at the October meeting for the replacement of a high care bed at the AMAROO Facility, following a request from the Berrigan Aged Care committee. The old add adage of made round to go around certainly applies here in Berrigan. The attached photos on page 22 relate to the popularity of the morning at the shed.

The shed has an open order for 8ft X 27" sheets of corrugated iron to assist with the manufacture of the beds. Members will pick up any donated sheets within the shire boundary. ALL donations will be gratefully accepted. Please contact the Secretary (Myles) on 0419 522 740 for pick-up of iron.

We would like to wish everyone in Berrigan a Merry Christmas and a Safe and Happy New Year.

Until Next Time – HAPPY SHEDDING

Myles Humphries
–Secretary
Berrigan Men's Shed

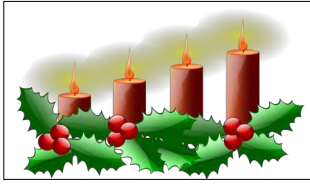
FROM THE MUSEUM - HOWARD J. MARTIN

James Martin, Howard's grandfather, was born in Cornwall, England, in 1839 and emigrated to Australia in 1848. He set up as a saddler in Deniliquin, where in 1880 he married Elizabeth Rosewarne, a dressmaker, who also came from Cornwall. Their family of 5 boys and 2 girls were all borne in Deniliquin before they moved to Berrigan in about 1902 and established a saddlery business here.

Henry Howard, the 6th child in the family, worked for H.H.Haines in a stock and station agency in Berrigan. Henry was known as Howard Snr. He went to the 1st World War, where he won the Military Medal for Bravery. He returned to work in the stock and station agency, then took it over in c.1920 after marrying Vera McIlvena in 1919. Photo page 22.

Howard James, known as Howard Jr., was their 4th child, born in 1934. After completing his education at the Albury Grammar School he joined his father's stock and station agency and later married Jan Lockhart. Over the years, he expanded the business into livestock dealing and grain buying and eventually extra storage was built. Howard Snr. died in 1967, and the business was renamed H.J.Martin and Co. It had developed into a large, widely known and respected, very successful enterprise servicing most areas of a farmer's business requirements. The financial success of the business was recognized with $1 million awards in 1996, 2004-2008, 2010 culminating in 2011 with a $2 million Award. Howard was a man of vision, gifted with great ability, drive, courage and loyalty. He was a caring boss and mentor to his staff, always willing to give young people a start or a helping hand. He was also a great supporter of the town of Berrigan, joining the golf and tennis clubs, Apex, the Lions Club, and served as a Berrigan Shire councillor for 8 years. Howard and Jan enjoyed ownership of a racehorse in a syndicate rather than individually and had a great association with Bert Honeychurch. He was deeply involved in the Southern Riverina District Racing Association, was president of the Berrigan Race club and in the 1970's was a board member of the TAB.

The business was sold to AgnVet in 2013 thus ending about 94 years of the involvement of three generations of the Martin family. M Steer



BERRIGAN & DISTRICT HERITAGE MUSEUM

Monthly Meeting 1st Wednesday of the Month

Museum Open **9AM TO 11 AM Wednesdays** or by appointment

Phone - Tom Pyle 0438 852616 - *Family, War, Local & District History*

NAME SUGGESTION FOR THE BERRIGAN GALAH

……

……

……

Drop your name suggestion in the box at the BDDA stall on Market Night. Winning name will be chosen by the BDDA Executive Committee and announced at the Lions & Dawmac Community Breakfast.

2023
BERRIGAN NEWS SUBSCRIPTION

Yes! I would like to have the Berrigan News personally delivered to my home address (within town boundaries) at a cost of $12.00 for 11 issues February 2023 to December 2023.

Name……

……

Address……

……

OR

Yes! I would like to subscribe to the online edition of the Berrigan News for free.

Name……

……

Email ……

……

Drop your subscription form and payment off to the BDDA stall at the Market Night on Friday 2 Dec to go in the draw to win a $25 Berrigan Bucks voucher to spend at any BDDA member business. Winner drawn at the Community Breakfast.

Or drop your form in to the Berrigan Bookshop by 31st January 2023 to go on the Berrigan News subscription list.

BERRIGAN LIGHTS UP CHRISTMAS LIGHTS COMPETITION

Judging Night :
Wednesday 14th December 2021

Judge will drive around town and pick the winners

Theme : Celebrate An Australian Summer Christmas

Best Lights House 1st - 2nd - 3rd

Best Decorated House 1st - 2nd - 3rd

Win $250 / $150 / $100 Berrigan Bucks to be spent in town at BDDA member businesses

Best Business Christmas Display

Win 2023 BDDA membership and 2023 Berrigan News Advertising

Winners announced at the Dawmac Community Breakfast 17th December 2021.

Open Nov to March

Mon-Thurs	3 - 6 pm
Friday	3 - 7 pm
Saturday	2 - 7 pm
Sunday	2 - 6 pm
School Holidays	
Daily	2 - 7 pm

BERRIGAN WAR MEMORIAL SWIMMING POOL

Meet First Tuesday of the month at the Pool Canteen 6pm September to April.
Contact Sue Chisholm for more information.
Pool Phone 0409 903 049

Berrigan A & H Society Inc
Berrigan Show October 2022
Meet 2nd Monday of the Month
@ Sportsground 7.30pm
February to October. Attendance welcome
www.facebook.com/BerriganShow
Lyndall Horne Secretary 0438 852 610

BERRIGAN CWA

Members celebrated our 90th birthday with an opening followed by morning tea and later lunch at the Federal Hotel. It was wonderful to have friends and families of past and present members come along. Joy Knight, Sturt Group Vice President cut a ribbon to commemorate the garden seat recognising 90 years of Service to Berrigan. The mosaic representing 100 years of CWA of NSW is awaiting installation by the Shire on the CWA premises. We look forward to seeing the completion of this art work in the near future.

Stuart Nixon's late mother, Myra Nixon served as State President and was one of the ladies responsible for the fund raising when the current building was planned. Stuart spoke about his mother's time as President. The celebration cake was made by Tessa McNamara and iced by Jenny Coldwell. Our oldest member and Life Member May Hill did the honours of cutting the cake. Scones and cake were served for morning tea.

The Sturt Group Christmas party which was to be held in Berrigan has been cancelled due to flood waters at Hay, Narrandera and Coleambally. We will hold our own Christmas party which will be at the Federal Hotel.

Plans are underway for the Australia Day Breakfast as the Shire celebrations are to be held in Berrigan in 2023.

BERRIGAN BRANCH - CWA of NSW History

Berrigan CWA Branch was officially formed on 10th October 1932. Meetings were held in the Memorial Hall Library and in private homes.

The first President was Mrs Creed, Secretary Mrs Garrard and Treasurer Miss J Greggery. Foundation members were Mrs. Roberts, E D. O'Dwyer, H Sloane, H Atkinson, Stewart, R Barratt, S Marsh, G Mack, Misses J and M Greggery, Miss M Creed, Mrs Craddock, Thomas, Whitty, Dawborn and sister, Lester, T Ratcliffe, Martin, Davis, Ritchie, Wardrop, Speering and Sheerwin.

Originally belonged to South Western Riverina Group. This was weakened as Branches transferred to Victoria. After many months of discussions it was finally decided in 1940 to join Sturt Group and our association has remained with that Group.

In 1942 there were 25 members and one Life Member - Mrs. Marsh. In a report it is noted that with the help of a small subsidy from the Council members wholly support the Baby Health Centre. The clinic sister visits monthly. Parcels of clothing have been sent to the bombed London victims through the local Patriotic and War Fund, also books and magazines.

A large parcel of soap was sent to Finley Hospital, a box (23 dozen) eggs to Keera House (Holiday house at Wollongong), donations to Far West Children's Health Scheme and Sydney Fund.

A number of camouflage nets were made, food parcels were sent to the troops, 146 sheep skins were sent to the CWA Vest Committee and assistance was given to the Council in collecting aluminium.

In 1946 there were 45 members and 2 Life Members. During the years under the Presidency of Mrs Martin, a building was acquired which included the Baby Health Centre. This building was in the vicinity of the current Berrigan Shire Office carpark.

In 1961 that building was destroyed by fire. Meetings were held in the Presbyterian Church hall and members homes. Continued Page 27

BERRIGAN CONSERVATION GROUP
& TIDY TOWNS & COMMUNITY GARDEN

1st Sunday in Month Rubbish Pick Up meet Hayes Park
Committee Meeting 2nd Wednesday of Month
at RSL Heritage Museum Meeting Room
Contact Mark Ryan 03 588 8222
Community Gardens Meets 1.30pm Wed & 9.30am Sat

Berrigan Sub Branch RSL
60-70 Jerilderie Street Berrigan
Meet Second Tuesday of each month
Time: 5.30pm
Email:BerriganSB@rslnsw.org.au

Library Activities

Scrabble
9.30am
Tuesdays

Berrigan BookClub
2pm second Thursday of the month

Story Time
10.30am
Thursday

See Alana at the Library for more information.

Community Recycling Station in the Library

Opening Hours
Open
All Day
Tuesday & Thursday
9.30am
to 5.30pm
Closed for lunch 12.30-1pm
& Sat Mornings
9.30am to 12pm

Phone
03 58885180

BERRIGAN LIBRARY NEWS FOR **DECEMBER**

Berrigan Library "Kids Korner" with Card Making, Face Painting, and other fun activities! Sign up for the Summer Reading Program at 'Kids Korner" from 6pm-8pm 2nd December 2022

WASTE DISPOSAL CENTRES OPENING HOURS

Garbage Collection Day Berrigan is Tuesday. Recycle Collection every second Tuesday.
Berrigan Tip Open - Tuesday & Thursdays 1.30pm to 4pm, Sundays 12.30pm to 4pm.
Berrigan Waste Disposal receives all waste. Greenhills Road, Berrigan.
Finley Recycling Centre Sundays 8.30am to 12pm. Tocumwal Transfer Station - Wednesdays, Fridays, Sundays 1.30pm to 4pm
Please contact Berrigan Shire Council for any further information on either 03 58852100 or www.berriganshire.nsw.gov.au

UPCOMING BERRIGAN EVENTS

JANUARY - SHOW N SHINE 15/01/2023
JANUARY - DYLAN FORGE LIVE CONCERT
"BETTER IN BERRIGAN" 22/01/2023
MARCH - WHOLE TOWN GARAGE SALE 25/3/2023

Above - Joy Knight Cutting the Ribbon
Right - May Hill cutting Cake

From Page25…

Under the Presidency of Mrs. Myra Nixon and "Younger Set" members, ladies set about fund raising for a new building which still stands today. Fashion Parades, Deb Ball, Art Shows, Flower Shows, Wedding and Golf Tournament Catering, Card Evenings, Catering for Shire Picnics, Show Luncheons and Street Stalls to name a few were organized to cover costs for the new building which was opened in 1964 free of debt. I would like to list the surnames of members who lived here and at that time worked tirelessly for this building. Nixon, Davis, Petzke, Power, Grant, Dickins, Pola, Dalgliesh, Batten, King, Reynoldson, Ratcliffe, Mills, Rendell, Cowperthwaite, Burwood, McCormack, Rowley, Coldwell, Harvie, Fuzzard, Taylor, Carter, Power, Ebert, Farlow, Speering, O'Brien, Barclay, Alexander, Bailey, When this building was opened, the front section was the Library and the hall section the CWA Rooms.

In 1987 the Library was moved and a portion of the dividing wall was opened to make a spacious and comfortable meeting place for members. Our Rooms, like the previous Rooms, have always been hired out to other organizations in our community.

In recent years we have applied for and received Grants from NSW State Government, FRRR, Barooga Club and Strawberry Fields for modernizing the front section, upgrading the kitchen and toilet areas and purchasing comfortable chairs.

During the past 90 years, Berrigan CWA has always contributed to organizations such as the Far West Scheme, Royal Flying Doctors, Baby Health Centre, sponsored children to attend Portsea Camp, CWA Hostel at Narrandera and a CWA Room at the old Berrigan hospital. Local families, schools and organizations are supported as well as the CWA Disaster Fund for assistance from fire, droughts or floods.

Berrigan CWA members continue to support each other and local organizations and we hope to continue that way for the next decade to reach our 100 years of service.
B Rendell

RACE DAY LUNCH

UHA held a very successful Melbourne Cup luncheon in November at the Club. The ladies and gents enjoyed a delicious meal with a number of sweeps taking place during the day.

A special thank you to Wendy Lane for organizing these. An amount of approximately $1800 was raised that will go towards a shower chair for our hospital.

Lady of the day went to Sue Carmichael and the best hat was won by Pam Van Beek - pictured below.

The raffle of a lovely piece of garden art, donated by David Rockliff, was won by Janice Graham. Thanks to Marion and Marney for organising the day and to all who contributed with food and preparation. Thanks must also go to Janice Graham for the help of bookings and setting up the large screen so as all could view the races, it was a great event. M Whelan

Upcoming MAKERS MARKETS - Corner William and Broadway Sts Cobram VIC
2022 - 9th Dec Christmas Twilight Market 4pm-8pm
2023 - 12th March - 9am-1pm June 25th 9am-1pm 17th September 9am-1pm
8th December Christmas Twilight Market 4pm-8pm

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