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Revised Trading Times

Colin & Jan Dennett advise that as from 12th May 2008, the Centre will be open for advertised events and pre-booked functions only.

coming events

Heritage Centre Open Weekend
24th & 25th May

On display will be local district history
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2 course Lunch @ \$18.00 pp
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Healthy by Choice

A monthly column by Julie Arbalis

Your Health Your Decision

Julie apologises for not having time to write her column this month. Yiannis is unexpectedly heading back to Greece to be with his father who has suffered a devastating stroke. Our thoughts are with you both. So, as a poor substitute for Julie, I have offered to find something to keep you all on your toes.

Weight - are we ever happy with where we are at? Is it good, bad or indifferent? Do we care?

The following is derived from a 2007 ABC Health Matters internet file and offers a different perspective. In August 2007, Peter Lavelle published some startling figures from the ABS about overweight and obesity rates. They are up! From 45% in 1995 to 54 % in 2005. You may think - so what, this does not affect me, I'm not overweight. If you're health conscious (and have a calculator) you might be able to prove it to all and sundry - by dividing your height by the square of your weight and come up with a number that proves you're not overweight.

This figure, known as the body mass index (BMI), is a convenient way of telling if someone is overweight. It's more reliable than just using the scales, because weight varies with height. If you're tall, your weight might be normal even though it's greater than an average person's weight. Body mass index is weight in kilograms divided by height in metres squared. Over 25 means you're over weight, over 30 means you're obese. Increasingly experts believe that the type of fat and its location may be more important than the BMI and that your abdominal girth is the real figure that you ought to be worried about. Even if your BMI is normal, if you have a big gut - a 'beer gut', a 'pot belly', a middle aged spread - you're at risk of serious chronic disease, say researchers.

US researchers looked at 2,700 men and women in Dallas Texas aged 18-65, measuring their body weight, their height, their waist circumference and waist-to-hip ratio; and then gave them a battery of medical tests, including MRI scans of their abdomen and scans of their coronary arteries to see if they had atherosclerosis, the disease of the arteries that causes heart attacks.

They found that even a small increase in the waist-to-hip ratio increased the risk of heart disease even if the person's BMI was normal. BMI is a rough measure of obesity - it doesn't tell you where the fat is located. But fat that's located in the abdomen seems to be much more dangerous than fat elsewhere, like the hips and buttocks. Fat in the abdomen is stored in and around the internal organs in the abdomen. It's also called visceral fat. The term 'viscera' means 'organ' and there are more organs in the abdomen than elsewhere, hence most of the fat ends up in the abdomen.

Abdominal fat accelerates atherosclerosis; we don't really know how; perhaps it's by releasing fatty acids and inflammatory chemicals from fat cells that damage the arteries. But fat in other areas doesn't put a person at increased risk for heart disease. So in fact, waist circumference is a better indicator of risk for disease than total body weight as measured by BMI.

Metabolic Syndrome

Excess abdominal fat is one of a cluster of conditions collectively known as 'metabolic syndrome' which also includes high blood pressure, abnormal blood cholesterol and fats, and abnormal blood sugar metabolism. Metabolic syndrome greatly increases the chances of heart disease, diabetes and stroke.

As we get older, we tend to put on more abdominal fat than fat elsewhere. It's more common in men - especially men who drink a lot of alcohol as the extra kilojoules from the alcohol are stored in the abdomen as fat. It's more common in people who have diet high in fats and sugars, especially highly processed, energy-dense foods, which provide more energy than they need. And it's more common in people who don't exercise to burn the excess kilojoules off. It's also more common in people who smoke and who are stressed. Abdominal fat tends to be more common in Asians and Indians than in white Caucasians of the same BMI.

So how much abdominal fat is too much? The World Health Organisation says that in men, a waistline of greater than 94 cms carries a risk of heart disease, stroke and diabetes. For women the figure is 80 cms or more. The risk is substantially increased over 102 cm (men) and 88 cm (women). Measure the waistline by running a tape measure around the waist at the narrowest point between ribs and hips (usually just above the belly button) after breathing out. Even more accurate is the waist-to hip-ratio (WHR). Divide the waist circumference by the hip circumference - which is measured by running the tape around the hips at their widest point (usually around the bony prominences). The ideal WHR is 0.9 or less for men and 0.8 or less for women.

.....continued on the next page

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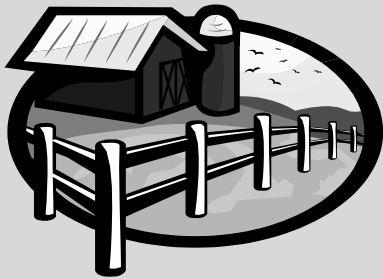
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Healthy by Choice

A monthly column by Julie Arbalis

Your Health Your Decision

.....continued from previous page

Getting it off

So even if your body mass index is in the comfortable range, if your waistline is outside of these figures, you're at risk.

The good news is though, as well as being a type of fat that is quickly put on, abdominal fat is more quickly taken off than fat in other areas. The way to do this is to:

- Reduce your alcohol intake and don't smoke.
- Don't eat foods rich in fats and sugars, like processed and take-away foods.
- Eat a low calorie diet, with plenty of fresh food and vegetables.
- Exercise regularly. People who diet and exercise are much more likely to lose abdominal fat than those who diet only.

If you are over the recommended limits - see your doctor for a check up and possible blood tests.

Anne Sturgiss

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Tarago & District Show Society

Showcasing Tarago: Celebrating Diversity

The April Show meeting was held on Monday 14 April rather than the first Monday of the month due a special Progress Association meeting on 7th to discuss the Council LEP. At the meeting we decided to hold the AGM on Monday 19 May 2008 at the CWA Rooms.

The meeting includes elections for the new committee. I am hopeful that the existing Committee members will make themselves available for re-election as I believe that we have a pretty cohesive and progressive group at the moment. However there is always room for new members for either the main positions or in backup roles to executive positions or as ordinary committee members.

So please, if you are interested in getting involved in some rewarding community work, or if you just want to put in your two bobs worth, come along to the AGM. If you are not a Show Society member you can join on the night. It only costs \$6 per adult and entry to the Show is then free.

As I wrote in the March Times, I have written a letter to the ASC Group 7 Secretary requesting that our next show be held on Sunday 15 March 2009 ,

(Braidwood is on Saturday the 14th) and the 2010 Show be held on (Sunday 7 March 2010, with Braidwood on Saturday the 6th).

I will be attending a Group 7 meeting on 3 May 2008 to see if our request is approved. I went to the Braidwood Show and discussed this idea with the Braidwood President, Secretary and show organizers. They all supported the idea, suggesting that it would be beneficial to us both as our shows are of a similar size and it should help attract entries to the various competitive events (shearing, horses, dogs etc) as well as a variety of stall holders and amusements.

The stall holders and amusement operators that I spoke to were also supportive but advised us not to invite too many of them as it would be unprofitable if there is too much competition and they wouldn't return in following years. If you have any comments, support, objections etc on this or any other matter please let us know as soon as possible.

For the moment we won't be having any working bees at the Showground. Later this year, we wish to concentrate on fixing or replacing the boundary fence and doing some more ground improvements. Don't forget the AGM is on 19 May 2008, 7:30 pm at the CWA Rooms. Please note that my email address has changed.

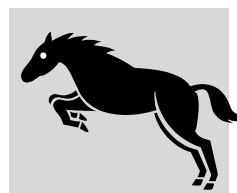
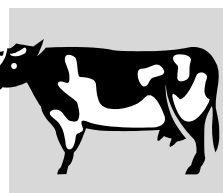
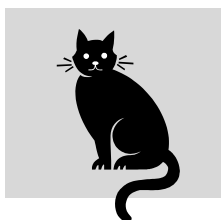
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Congratulations to all our students for such a great effort!

Another great athletics day was held at Tarago Park again this year. Congratulations to Jason and Christopher Payne, Lauren Campbell, Ryan Oosting, Emily Ryan, Brad Prazeres, Jessie Perrin, Hollie Well, Dale McDonald, Stephanie Old, Ryan Carson and Brayden McKay who went on to the Goulburn District Athletics Carnival.

We are still waiting to know who goes on to region, but our PP5 relay team is a definite starter.

Pic above: L to R: Ryan Carson, Winter, Dale, Stephanie, Hollie, Jessie and Jason



Pic left:

The whole school team!

Nakia preparing for the discus throw



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Life Sketch - Frederick Enos Luscombe Tetley

Story continued from page 11

From Lake Bathurst, Fred and Alice and their young family went to Fullarton Station west of Crookwell where he became manager of the sheep section of the 10,000 acre property. While rounding up sheep on a frisky horse one day he had a fall which knocked him out and badly damaged his left shoulder which gave him trouble for the rest of his life. It was an unfortunate accident because Fred was an experienced and good horseman. Fred worked at Fullarton Station for about 10 years until the owner, Mr Bushell, sold the sheep station. He then went back to Tarago and worked at the Tarago saw-mill.

While working at Fullarton Fred saved enough to buy his own 320 acre property at Tarago, now owned by Denzil and Anne Sturgess ("*Gap Hills*" Willandra Lane -off the Bungendore/Tarago Road). The property needed clearing and a house and sheds needed to be built. Fred and family worked hard to accomplish this. During a drought time Fred got work with the PMG in Queanbeyan for a number of years.

Alice died on the 6th December 1986 from a heart attack. Fred stayed on the farm for some time after Alice died. He had the company and support of his eldest son Alan and grandson Scott. Eventually he sold the farm and lived in a number of different locations, Tarago, Bungendore, Bateman's Bay, Queanbeyan and Canberra. He lived with Raymond, his youngest son, on a couple of occasions. He spent a number of years with a lady by the name of Kath. They were good company for each other. Eventually because Ray and Margaret shifted to Coleambally for work, Fred decided to also move there. He lived in a little unit at Cypress View Lodge where he met Laurie Jennings and they enjoyed sharing their war-time experiences and became good cobbers.

When he no longer care for himself and the new extension of the Lodge was completed he moved into a lovely room where he could sit by the window and watch Laurie mow the lawn and count the kangaroos. The people in the Lodge eventually became like family to Fred and he enjoyed their company. (Fred) spoke highly of the staff and the attention and care they gave to him. He also appreciated the good meals.

Fred leaves to mourn, his 3 children: Alan (whereabouts unknown) Eileen Fehlberg - now of Geraldton, WA, and Raymond who lives in Coleambally, NSW. He also leaves 7 grandchildren: Scott, Ira, Amy, Luke, Nicole and Aaron; 3 step grandchildren: Gary, Mandy and Coorey Lawson; and 11 great grand-children.

The service was conducted by Fred's son-in-law, Pastor Don Fehlberg. Fred's daughter, Eileen, sang a beautiful song, titled "What a day that will be", during the service. Fred Tetley was laid to rest at the Tarago Cemetery.



Story by Joan Limon

Elvis Hejda

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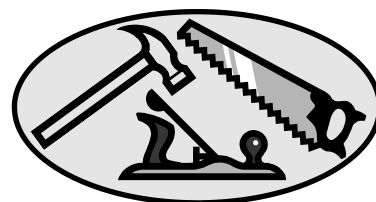
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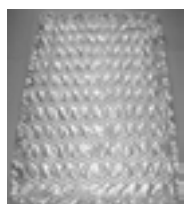
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What's on @ your Library

Conspire to Inspire Poetry Writing Workshops

Are you a poet in need of fresh ideas or a change of direction? A newer poet wondering where inspiration comes from? Thinking about writing more politically? What about public performance?

Conspire to Inspire is a series of **FREE** poetry workshops to be held in Yass and Goulburn. New poets or more experienced - all are welcome. Attend just one workshop or attend them all. The first workshop in each town will focus on generating ideas, writing exercises and discussion. Participants are also encouraged to bring two poems for feedback at the second workshop. The follow-up workshop will focus on critical feedback, developing work, reading in public or sharpening delivery, and what to be aware of if organizing or supporting a poetry event. All interested participants will be encouraged to read at a local poetry event during National Poetry Week (August 29-September 7). Selected poets may be featured as exchange guests.

Workshop Facilitator - Lizz Murphy is a regional poet who has published nine books including four collections of poetry, four anthologies of women's writing and a social history (co-editor). Her latest poetry collection is Stop Your Cryin (Island Press 2004), which explores migration and dislocation, global conflict, social issues, country living and simpler times. In 2006 and 2007 she travelled to Calcutta/Kolkata as part of the Australia-India Poetry Exchange. She has worked in publishing, arts marketing and arts development.

Saturday May 10th @ Goulburn Library 1pm-4pm
Saturday June 7th @ Goulburn Library 1pm-4pm
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Biggest Morning Tea at Goulburn Library, Thursday 22nd May at 10.00am.

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Come Along to the Launch of the STRL' Kids Club' BOOKMANIA

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'Secondary Schools Project'

an exhibition of works by secondary students in artist-run workshops

20 June - 4 July 2008

Since 1994, Goulburn Regional Art Gallery has undertaken an annual project that involves regional school students in artist-run workshops to make works for an exhibition. In 2008, secondary students will work with the artists from *Peripheral Vision* to make their own works for this exhibition.

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Letter to the Editor

My name is Eddie James and I am the gate keeper at the Tarago tip (Transfer station) and I work for the Goulburn Council.

I would like to bring to your attention an act witnessed recently by two of our local residents, Mary-Ann and her husband John. Mary-Ann and John were driving past the Transfer Station, which was closed, when they came upon a parked car. The female driver was emptying house-hold waste from the back of her car, just dumping it on the side of the road even though there is a sign indicating that offenders will be prosecuted. This lady was quite happy to dump all this rubbish on the side of the road. Well she picked the wrong day to do it as Mary- Ann and John stopped their car, and chastised this litter bug. They made her pick up all the waste and put it back into her car. When they challenged this lady and asked why she was doing this her only excuse was that the tip was shut. John told her she should only come when the tip is open. Now my point is, not many people would have stopped and chastised this lady. Most people would have driven past and said "Litter bugs!", but to Mary-Ann and John's credit they stopped like the good community-minded people they are. When you take into consideration that Mary-Ann's arm has been in a sling for several weeks, it is even more worthy. From one local resident, I say thank you and the yea for the day should go to Mary Ann and John.

Eddie James

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Health News from Local Health Service Advisory Committee—Goulburn

This edition we welcome a new column to the Times featuring local health issues. Firstly a bit of background on the Local Health Advisory Committee in our area.

The main role of the Local Health Service Advisory Committee is to:

- Identify the service needs of local communities
- Work in partnership with Site & Cluster managers to ensure decisions about local health service's consider and reflect community needs
- Make recommendations on health service delivery to the Cluster General Managers and the Chief Executive
- Assist in the planning and development of local Health Services

The main objectives of the Local Health Service Advisory Committee is to:

- Comment on the delivery of local health services and whether or not they are meeting the needs of the community in terms of quality, access and equity
- Provide community input into 'building works' planning in local health services
- Provide informed participation on behalf of the community on Committees and Area Advisory Groups as appropriate.

- Promote and assist with local fundraising efforts that support the identified needs of local health services
- Facilitate communication and cooperation between GSAHS, local service providers and communities
- Identify and focus on health improvement issues
- Increase community knowledge and understanding of health issues
- Advocate community views on health improvement issues
- Be involved in the provision of information on life-style health problems and treatment options to consumers and the community
- Ensure the needs of disadvantaged groups are clearly identified and specifically considered
- Provide advice and support on raising awareness of community participation issues for GSAHS staff
- Establish and maintain a list of community groups and councils who could be available as community representatives on GSAHS committees

The Goulburn committee are Marie Heath Chairperson, Julien Vanslambrouk Deputy Chair, Ian Cameron Media Liaison and members, Kerry Hort, Anne Collins, Judith Hallam, Lyn Lace, Dr Gabriel Kolos, Rhoda Poulton, Isobel Heaton, Susan Hannan and John Wiggan.

I look forward to keeping you informed and involved!

Ian Cameron

Media Liaison Officer LHSAC Goulburn

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TSAI Friday Night Raffle Roster

May 02 Bob McDonald & Evan Borman
May 09 Denzil Sturgiss & Ken Vassel
May 16 Pony Club
May 23 Peter Hook & Kevin Gardner
May 30 Rob Willson & Geoff Burns

June 6 Keith Hunter & Mark Quinlan
June 13 Max Limon & Neil Shepherd
June 20 Gill Shepherd & Bob McDonald

Please call Geoff or Chris Burns on 4949 4330 if you can't make it.

GRAND FINAL WIN

With summer sports coming to an end and winter sports just beginning, parents have commenced the winter run for games and the all-important training. You all deserve a medal along with your children for all the hours you put in.



Local boys, Jarryd Hampton and Josh Swan, were elated when their team came away with a win in the Under 12 Cricket Grand Final. The boys play for Wollondilly Green in the Goulburn competition. Congratulations boys!

Congratulations also to Hollie Wells winning first prize in the basketball raffle as featured in the "Goulburn Post". Hollie is a great all rounder, swimming, netball, athletics, riding and now basketball! You go girl!

VIEW CLUB TIMES

Lake George Day VIEW Club meets on 3rd Tuesday of every month at 11.30 for 12 midday.

Bungendore Evening VIEW Club meets on 1st Monday of every month at 6.45pm for 7.15pm.

Goulburn Day VIEW Club meets on 1st Thursday of every month at 11.30am for 12 midday.

Goulburn Evening VIEW Club meets 2nd Tuesday of every month at 6.30pm for 7pm.

For more information or contact details for any of these clubs, please call Sue Maas on 4849 4407 or 0418 275 402.

Fun & Fitness

TENNIS — The courts are available to use any time free of charge for TSAI members and \$2 per person for non-members. For more information phone Neil Shepherd on 4849 4221. A social group has started up on Thursday evenings, at 6.30pm all are welcome, BYO BBQ and drinks.

WALKING GROUP — Wednesday mornings at 9.30. We start at the recreation ground, so come along and join in, it's most enjoyable! Contact Sue Maas for more info on 4849 4407.

PATCHWORK & CRAFT

Every **MONDAY** starting **9.30am** at the CWA Rooms.

An air hostess was helping a nervous passenger with his seat belt when he asked: "How often do aircraft of this type crash?"

The hostess clicked the ends of his belt together and replied, "Only once."



TARAGO BOOK CLUB

We meet on the first Thursday of the month. We take it in turns to hold the meeting at our homes, and we each bring a plate to share for lunch. We start at 12.00ish, and usually go for about 1½ to 2 hours. We choose books every couple of months, with everyone putting in suggestions and then arriving at a list.

My number at home is 4849 4222.

Marie Alaimo



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