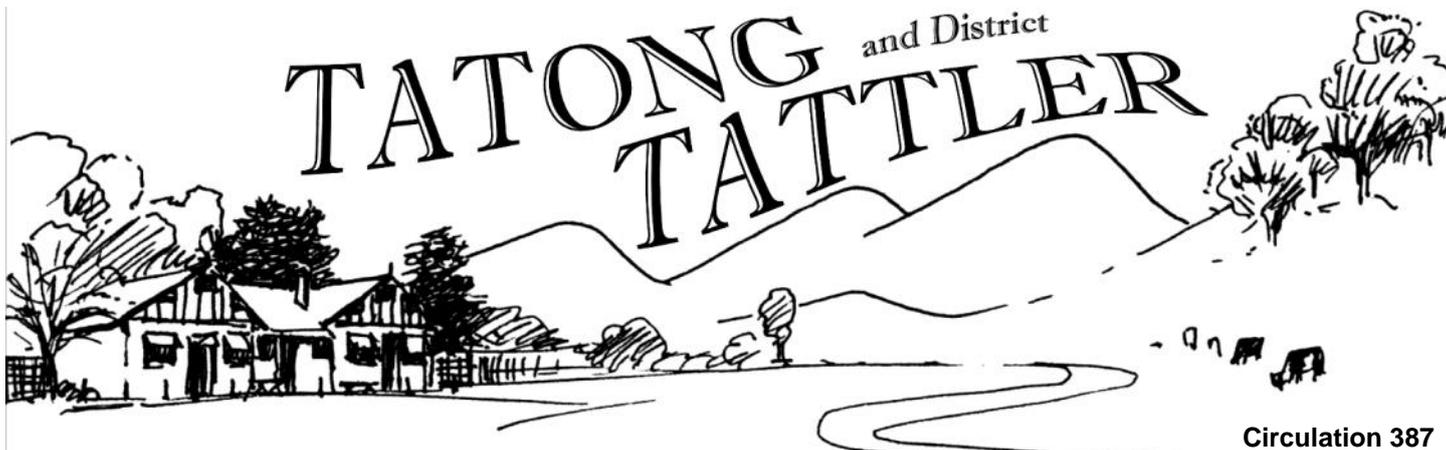


TATONG and District TATTTLER



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Edition 356



BARRY LEWIS UMPIRING WITH GRANDSONS

On 28th May, Barry umpired Coolamon versus Leeton at Kindra Park, Coolamon in the Riverina League. It was a special day as he umpired with his grandson Mitchell Lewis who is a boundary umpire with AFL Riverina Umpires. Mitchell is Cameron's son.

On Saturday 13th August Barry umpired All Blacks versus Goorambat at The Friendlies' oval at Benalla in The Ovens and King League. This was a special day for Goal Umpire, Brian Harrington who was umpiring his 1000th game. Adrian McCallum one of the central umpires was umpiring his 200th game. It was extra special for Barry as his grandson Archie Lewis was one of the boundary umpires. Barry and Archie are umpires with AFL North East Border Umpires. Archie is Shane's son. The umpires celebrated Brian's great achievement on into the night with umpires returning to the All Black's rooms from umpiring other games in the district. Adrian McCallum played football with Tatong a few years ago.

The players formed a guard of honour for Brian as he entered the ground after which he tossed a coin for the game to start.

The two sides took part in the Terry Socks it to Cancer initiative to honour Terry Greaves. Terry is a past player of both teams so all money raised on the day went to the Albury-Wodonga Cancer Centre.

All Blacks players wore pink socks, Goorambat wore yellow socks and the umpires wore Blue socks.

It was a special day for all involved with a large crowd in attendance.

Joan Lewis



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Garden Daze

The best time to plant a tree is 20 years ago - the next best time is now



Spring is finally here.
... I think ... Maybe
... Hopefully.



The price of vegetables has recently taken a great leap, due to the amount of produce grown in regions impacted by flooding and severe weather, which caused the loss of entire crops.

The resulting produce shortages and higher prices could continue for some months - as farmers wait for soil conditions to be right for planting - and the time it takes for crops grow and mature.

Seems there has never been a better reason to get out in the veggie garden and get growing this Spring. It is a great time for vegetable gardening in our area.

What to plant

Herbs: sow - basil, chives, coriander, dill, mint, oregano, parsley, sage thyme.

Vegetables: Sow - beans, beetroot, broccoli, Chinese cabbage, capsicum, cucumber, eggplant, endive, lettuce, okra, onion, parsnip, potato, pumpkin, radish, silverbeet, spring onion, squash, sweet corn, sweet potato, tomato (plant seedlings after the last frost has passed) zucchini.

Fruit: melons, rhubarb

Take care with frost tender tomatoes and the like, for that late frost.

A good protective measure is to cut the bottom off a large PET bottle - remove the top for ventilation - and cover the individual plants. Plastic tree guards also make a good cover.



Coverings also act as a mini hot house and gives the plants a bit of a boost.

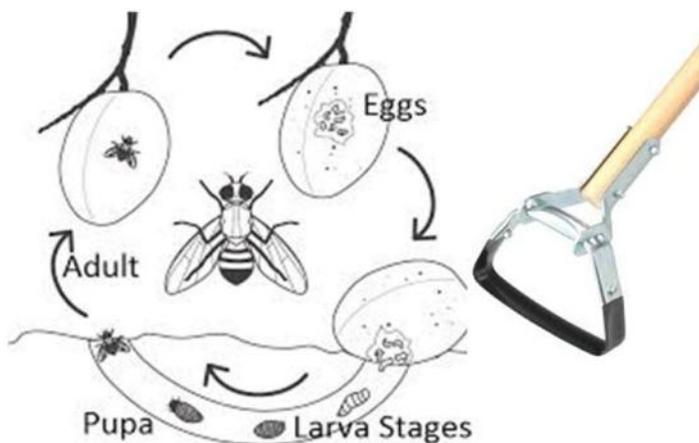
At the beginning of August I dug out the hole for my hot box. The old "contents" of the hole after a year in the ground make lovely compost, which I added to a

couple of the wicking beds. A mix of grass clipping mixed with some old autumn leaves and chook poo - made a nice hot mix to get some seedlings started.



Then it's time to get out the box of veggie seeds and choose "what to grow". A morning well spent with seed raising mix, little trays, labels and seeds.

Thinking ahead to the Summer Fruit Crop and those nasty The Fruit Flies.



During winter I have had the chooks scratching around some of the fruit trees with the hope that they will disturb and eat fruit fly larve hiding in the ground.

I am hoping that mulch around the trees makes it harder for the fruit fly to find a secure hiding place and to this end I have had the stirrup hoe out to give a good old roughing up to the mix of old mulch and soil under the trees. Hoping that this will disturb (kill?) over-wintering larvae and giving the chooks further incentive to scratch.

I'm trying to be more vigilant this year with traps and baits hanging in the trees. We have also been reducing the size of our fruit trees - by some careful pruning - all the better to get a fruit fly net over them. As exclusion is the best way to get some unharmed fruit.

Wishing you great success with your garden this summer.

Happy Gardening



Kathy Z

Alyce Platt is performing at the **Tatong Tavern** for a lunch-time event on **Sunday 11th September at 12pm**. Alyce is well known for her TV work on *Sale of the Century*, *Sons and Daughters* and *Neighbours*, etc. However, she is also a well regarded singer/songwriter/musician, performing at numerous venues around Australia. She will be singing songs from her soon to be released 3rd album which she performed from her bath tub during the covid19 lockdown!

"Layered in self-aware emotion, ALYCE also exudes that rare star quality similar to Marianne Faithful, Chrissie Amphlett, Renee Geyer, Debbie Harry, Colleen Hewitt, Cindi Lauper, and Annie Ross.

Just to name a few. FIVE STARS!

Nick Pilgrim, Theatre People.com.au

Alyce has been a long time friend and collaborator with local filmmaker, **Robyn Hughan**, her songs providing the sound track for Robyn's film, **Journey Beyond Fear**, which has and continues to screen nationally and internationally.

Further to this, *Journey Beyond Fear*, will be screening at the **Border Mail International Film Festival** at the Regent Cinemas in Albury on September 4th at 4pm. This includes a Q&A with the filmmakers, Robyn and Steve Warne. It will also screen again on Thursday 8th September at 6.30pm.

"Made with a haunting soundtrack by Melbourne musician

Alyce Platt...it smashes

stereotypes about refugees" - Carolyn Webb, The Age

"Journey Beyond Fear is an excellent documentary and a genuinely moving experience.

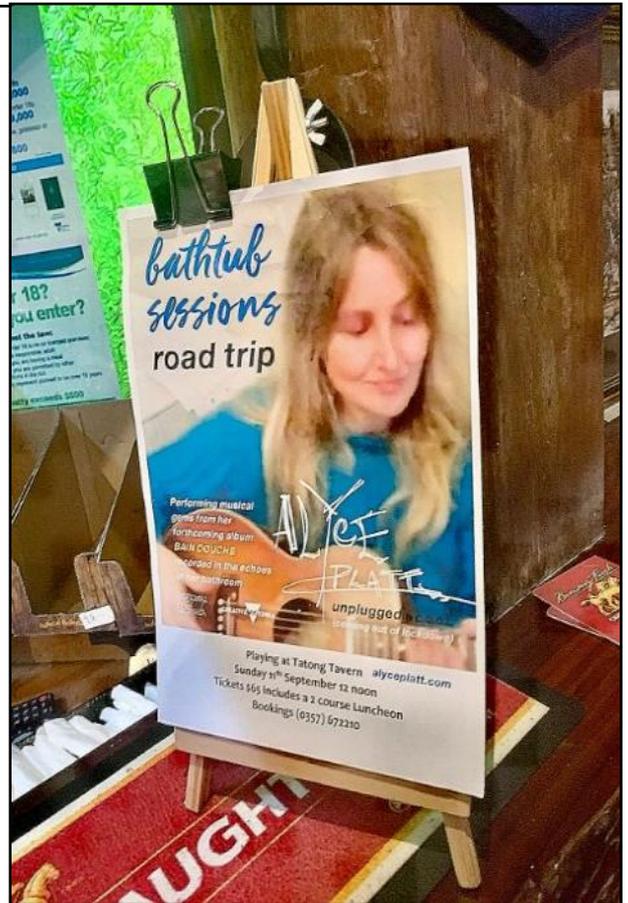
This is a journey well worth taking - 4/5 Stars" - David Stratton, The Australian

Alyce Platt (right) with Filmmaker, Robyn Hughan and one of the refugee girls from Journey Beyond Fear.

For bookings for Alyces performance please call the Tatong Tavern on 57672210.

For bookings for screenings of *Journey Beyond Fear* go to:

www.regentcinemas.com.au



TATONG ART SHOW



Tatong Art Show is on again at the Tatong Memorial Hall as part of the

Benalla Festival 2022

28,29,30 Oct 5,6 Nov

Email or call Nicki

0428 696 408

Email - nicnakmac90@gmail.com

If you like to make art or know of others who are arty, please spread the word.

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Moorngag Cemetery News

Last April, many of you attended the opening of the new section of the cemetery. It was highly successful day with over one hundred people in attendance. We celebrated the new rotunda and mural, the memorial avenue of trees and the garden where memorial plaques will be able to be placed.

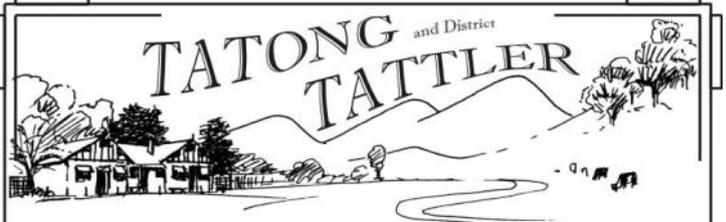
Our chairperson Joy Budd provided a brief overview of the workings of the cemetery including changes that the Trust has been involved in to adapt to the cemetery's future needs. A self-guided historic walk was organised by our secretary Helen Mitchell and Historian Wendy Maxwell, followed by catching up with friends over a tasty afternoon tea.

A huge thankyou to all the people who were involved in sharing a story, contributing time, providing feedback and encouragement from the sidelines.

Since our opening we have continued with our tree plantings and maintenance. We are proud of our latest addition, a replacement shed, and Moorngag Cemetery now has its publicly available records on line. You can see an aerial view of the cemetery and details of all the interments. If you want to have a look go to chronicle.rip and hit the tab at the top of the page that says Online Cemeteries.

The cemetery belongs to the community and relies on volunteers to cover all the roles necessary for a well-run cemetery. If you have a suggestion, or would like to be involved, please send us an email or leave a message on the mobile. We would love to hear from you!

moorngagcemetery@outlook.com or 0499 524 455



The 2022 Annual General Meeting of the Tatong Tattler Committee is booked for

September Thursday 15th,
@ the Tatong Tavern.

Meeting at 11:00

AGM at 12:00

Lunch at 12:30



Tattler Contributors, Distributors, Readers etc. are most welcome to the AGM &/or Lunch. Self book & Pay.

Nominations for Committee Very Welcome!

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Michael Savage, Prime Minister of New Zealand 1933-40, was born in the Tatong district 1872.

The following is abridged from Barry Gustafson's biography "From the Cradle to the Grave", with his kind permission. Some details are from other sources. This text can be found on www.vicnet.net.au/~tathg.

Part 5

The Savage's neighbour Joe Whelan taught all the Savage boys to hunt, track, and break-in good horses. A widower with a young family, Whelan was illiterate, and on Sunday afternoons would visit to hear Richard read the newspapers. Joe and Mick also listened; to the exploits of the Kelly gang; to pathetic stories of destitute old men and women, the sick and unemployed; to lurid cases of assault, rape, child abuse, murder, and domestic violence and tragedy; to barely understood articles on land selection, protection or free trade, the rise of unions, home rule for Ireland, international and domestic politics and economics. The papers mirrored and indeed highlighted the harshness of the wider world.

Employment in Benalla

The summer of 1885/86 was one of unprecedented drought in the Benalla district. Ploughs stood idle, cows stopped producing milk and many selectors faced insolvency. Selectors' youngest sons were encouraged to seek employment elsewhere. Older boys joined the itinerant labour force of shearers and station-hands. Younger lads, especially if they were reasonably bright and hard-working, sought employment in a shop or office.

In 1886, aged 14, Michael Savage secured his first job in a Benalla general store. Michael was to work for its owner, Antonio Ball, for the following seven years.

In the 1880s Benalla was a rough frontier settlement. It was divided by the Broken River, which was described at the time as "a sluggish stream, broken up into muddy and stagnant lagoons." Neither roads nor footpaths were sealed or drained. Dusty in summer, in winter after a few heavy showers the road turned to putrid mud. Ball's shop was in a large two-storeyed building at the corner of Bridge and Carrier Streets, originally swampy land and inclined to flood badly. In front of the shops were open drains, hitching posts and water troughs. There was no street lighting. The population of the town was about 1,700, one quarter of the Benalla Shire, 27% Roman Catholic and 20% born in Ireland.

Benalla had a railway station, a post and telegraph office, a police court, a

Rechabite Hall, a Mechanics' Institute and Library with 150 books, 2 newspapers, 2 state schools, 2 private schools, 4 banks and 5 churches. It also had a brewery, several wine and spirits shops and 17 hotels.

One of the wine and spirits merchant licences was held by Antonio Ball, who had sold clothing, shoes, millinery, drapery, hardware, furniture, crockery and groceries. Early in 1886 Ball advertised a complete clearance sale as his landlord had advertised the premises for sale. In June Ball received a reprieve and bought in new stock, limiting himself to drapery, wines and spirits, and just a few grocery items necessary to meet the requirements of his liquor licence. He also hired a new assistant, Michael Savage.

Tony Ball was accomplished actor and singer, and widely read. He was involved in community affairs as founder of the Benalla fire brigade, organiser of children's picnics and member of the rifle club, all activities in which Michael Savage later became involved.

At first Mick was paid 5 shillings a week and keep. He swept and dusted the store, cleaned the windows, unpacked cartons, disposed of rubbish, stocked shelves, served at the counter, delivered groceries, parcels, and bottles of wine and spirits, mucked out the stable, and groomed and fed the carthorse. He slept on a stretcher in the back of the shop and had meals at the 'Five Alls' pub. The "Five Alls" is an old English country sign, representing five figures: the monarch, who governs all: the bishop, who prays for all: the lawyer, pleads for all: the soldier fights for all: and the farmer, who pays for all. The 'Five Alls' was patronised by Kelly sympathisers.



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White Gate Dates



White Gate dinner at the Tavern will wait for September to get into it's swing, being scheduled for Wednesday 7th. And while we may need a boat to get there, Tatong itself is not likely to go under water. Just don't go to sleep in a cellar.

White Gate Weather & Farming report from Linda: "Plenty of things happening on the De Fazio Dairyfarm, but not many that are good. Isn't there a saying 'There's money in mud'? - Not sure our poor cows would agree, with mud up to their udders, and the dairyfarmer himself almost up to his knees!"

These must be good times for gumboot sales. Beyond the normal wearing-out of and out-growing of, there must be a number of gumboots that just get left behind deep in the mud. Some future archaeologist will be fascinated.

White Gate Fire Brigade Roster:

Bill Sykes	28 Aug	Leigh Humphries	25 Sep
Matthew Defazio	4 Sep	Bill Ferguson	2 Oct
Ross Runnalls	11 Sep	Norton Grimwade	9 Oct
David Elford	18 Sep	Terry Ryan	16 Oct

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GRETA SOUTH

Driving through Molyullah I saw this calf sitting happily in the hay ring looking a bit smug as if she felt she had worked out how to get the biggest share of hay - and she had found a nice cosy spot on a frosty morning. By the time I got the camera out she was up looking a bit more like "How do I get out of here??" *Janette Knapper*



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It is recommended that septic tanks are pumped out every 3 - 5 years



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You and Your Brain Part 1

Hazel Wann

A member of my farming support group (whose average age is around 70) suggested that we discuss prioritisation, given that her husband was having trouble prioritising his tasks. That rang a bell. As a carer in the community, I see a lot of people with this problem. This prompted me to take a look at the literature, some of which I am familiar with and so I know it can be complex. Therefore, I want to write about it in a sequence that makes it clear what happens to the ageing brain, what we need to understand about it and how we can take back control of our brain function. Because we can.

What is prioritisation? External prioritisation we are all familiar with - making lists or diagrams in order of importance to get through the day or prepare for a complex task. If we do it well, we prioritise in a way that manages our time and we get done what is needed to be done in a day or week and so on. But in order to do so, we need to pay attention. Attention is subject to distraction. When we are young we can shut out all manner of interference whether it be visual, audio or emotional. But as we age this ability declines.

So, what is going on? We look at ageing people and we judge them to be sound of mind or developing dementia. We talk about 'senior moments' and carry on as normal. But really the brain is like anything else: it ages and ageing does not necessarily mean dementia. There are 5 areas where we tend to fall apart: brain speed, attention, memory, people skills and navigation. These manifest themselves as slower response times with less eye movement – bad news in the car park; slower acquisition of knowledge and slower use of that knowledge; a lessening ability to process the speech of others; declining brain speed and accuracy contributes to poorer ability to remember; poorer resistance to distractions when attempting a task, as the brain is less effective at suppressing or quieting down all the interferences that come from modern life interrupting the internal flow. Thus, attention is diminished. Attention underlies prioritisation. And prioritisation is how we run our lives well.

All people have both weak and strong brain functions and acceptance of that causes us to carve out a life, a profession, hobbies, relationships and our end of life, based on those strengths and weaknesses. But we can acquire weaknesses through something called 'negative learning'. For example, if you fall over as an aged person you might make the decision, possibly aided and abetted by others, to take more care, to walk slowly and watch where you put your feet. If you do this the brain will buy into it (learn) and you will suffer loss of visual stimuli because you are always looking down, thus limiting your intake of what you might otherwise observe in your environment.

Similarly, if you avoid hearing aids, or turn them off, you deny yourself a raft of information that is either important or enriching or both.

How the brain learns about different signals depends upon the person's outlook and what is said to them about their condition. As a carer in the community I often hear "that's what happens when you get old". Well, it doesn't happen to everybody as we quite frequently read in the press about people who are undertaking physical challenges like running or still working in their profession or even retraining when they are in their 90s. But if you believe the negative things will happen you will act accordingly. It is not a matter of luck.

Aged people carry a wealth of experience that supplies them with wisdom and the ability to rely on that information to guide them comfortably. For a while. Michael Merzenich, a prominent neuroscientist, describes the decline thus: "When these trends first begin, we don't notice problems in the moment because we unknowingly use context to fill in what we missed. In other words, we draw on our extensive life experience to "fill in the blanks" and make sense of information that is incomplete. As the years pass, the gaps can become too big for context to fill in. When this occurs, it can be hard to catch and respond to the information even at the moment".

This is all pretty negative. Yet we can challenge the negatives and many of these 'can't-dos' that we accept with our increasing infirmities. Fortunately there is a new approach developed by Michael Merzenich, which I will describe later. But first it is important to understand what is happening and why it results in cognitive decline.

We used to think of the brain as fixed as we reached adulthood. What you got is what you have. But not only is this wrong but our brain changes perceptions through our life experiences and that actually means that structures in the brain change. The term used is neuroplasticity meaning that our nerve cells are changeable, malleable and modifiable. Brain cells "... usually work in large groups, communicating electrically through widely distributed networks throughout the brain. These networks are constantly reforming themselves into new 'neuronal assemblies'....as a person goes through the day their brain is forming, un-forming and reforming new neuronal networks as part of its basic operating procedure." (Norman Doidge: *The Brain that Changes Itself*.)

So the brain changes all the time, either positively or negatively depending on your outlook.

CARAMELISED BANANAS:

I am really keen to expand my recipes for “fruit that is starting to get a bit old but still usable”. Bananas occasionally end up being too ripe for my liking (and they don't need to be very ripe for me to reject them). Caramelising them and serving with a good quality ice cream soon makes quick work of them and saves wastage.

Recipe:

Melt a tablespoon of butter (real butter) in a frypan. Cut up the banana/s (and you can add apple or other fruits as well if desired) and add to the heated butter. I add a tablespoon of marmalade (but have used honey successfully with a squeeze of orange juice). Stir over heat until the bananas develop a darker caramelised outer skin.

Serve warm from the pan with ice-cream



Notes: (1) Non-stick pans don't work as well because when the food doesn't stick you don't get the toffee like caramelising. (2) You may need to adjust butter and marmalade according to your fruit quantities. (3) It can take a while for the cooking process. (4) Tastes better than it looks!

I would love to read of other recipes using fresh fruit & veg. that may have been in the fridge a little too long.

Janette Knapper

Benalla Standard (Vic. : 1901 - 1931), Friday 21 July 1922, page 4

LOST IN THE BUSH

On Tuesday morning last a little son of Mr. O'Dea, of Molyullah, aged about 6 years, got lost in the bush near his home. Mr. O'Dea was coming into Benalla, and the child asked his father to give him a ride for a [h]ort distance. Mr O'Dea did so, and after going a little distance along the road after turning out of the paddock, he put the little fellow down and left him to run home: As the boy did not return, his mother became alarmed, and feared that he must have fallen into one of the watercourses, which after the recent rains were fairly full. The assistance of some neighbours was obtained, and a search made, but without any result for nearly three hours. Just about noon a traveller from Benalla was driving along the road, and he heard a child, as he thought, crying in some bushes on the high ground. He did not pay any particular attention to the matter at the moment, but directly after he was attracted by a number of people in the paddock looking up and down the banks of the creek. He turned in at the gate, and a man rode up to him, asking if he had seen anything of a child. He pointed to where he had heard the cries, and it turned out to be the lost child, much to the mother's relief, who was by this time almost distracted. It appears that there was some fairly deep water on the road, and the child, in order to avoid this, turned into the paddock and got lost in the thick scrub.

Someone might tell us, where did the O'Dea's live? (presumably up O'Dea's road!)

Ed.

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What's on at the Tavern

- Aug 25** **Footy Tipping Presentation, Winners must be there to accept!**
- Sep 4** **Father's Day**
- Sep 11** **Live Music—Alyce Platt Luncheon (see alyceplatt.com)**
- Sep 24** **AFL Grand Final—GO CATS!**
- Oct 8** **Live Music—Rusty Bastards**
- Oct 30** **Live Music—Oktoberfest with Dallas Alice**

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2013	1.8	52.4	85.5	8.4	43.0	60.1	112.1	141.1	61.2	27.5	26.2	65.3	684.6
2014	33.9	16.4	86.4	89.6	82.8	146.5	98.8	9.8	68.5	20.4	58.5	64.2	775.8
2015	44.7	29.1	5.7	87.4	70	33.7	97.3	69.4	25.7	13.7	55.5	81.7	613.9
2016	69.7	11.9	36.9	38.5	117.2	110.5	142.8	108.4	172.1	91.4	50.1	101.3	1050.8
2017	67.6	36.2	49.1	61.7	52.5	6.5	92.1	112.4	23.9	100.1	29.3	118.9	760.3
2018	34.3	6.4	24.9	13.7	49.8	67.2	52.8	81.2	25.1	22.3	75	73.1	525.8
2019	27.7	13.2	23.8	22.7	105	72.9	83.7	49.4	51.3	34.9	37.9	40.8	563.3
2020	63.6	35.6	88.4	207.2	53	77	43.5	66.8	49.4	132	34.1	40.7	891.3
2021	76.6	47.8	39.6	8.2	66.5	99.3	154.9	51.5	92.6	66.5	111	40.5	855
2022	219.3	4.8	72.7	81.4	42.5	102.5	49.7						572.9

WEATHER IN THE TATONG TOWNSHIP

The total rain up until the 15th of August was a considerable 64.6mm and the monthly total for July was 49.7mm. Driving to Melbourne recently via the Yea road and there are lots of potholes and other road damage which could be caused by the sustained wet conditions.

At the time of writing, mid-August, yet more rain is on the way. Had enough of wet and cold, want more cool but sunny days thanks!

Mike Larkin

MIKE'S MUSINGS

For anyone wondering what I'm up to these days, well, life's hectic with 8 grandchildren and the demands they bring with forgotten date birthdays, plus requests for assistance with the many plans and chores of endless home buying or improvement projects of the parents.

Fast approaching 80 years of living and desperately cramming too many things into every all too short day and my office desk is permanently covered in layers of paper and paraphernalia which I have given up trying to tidy. I now understand why some people are seen as messy; it is just that they have no time or energy for trivia like cleaning and trying to impress. Don't we all apologise for the mess when visitors arrive when in fact we don't mean a word of it. Did the visitor come around just to inspect everything including the state of your underwear or the dust on top of the furniture?

Speaking of inspections and what seems to be evolving in the wider world is the likely video and sound surveillance of every aspect of our lives including what we eat and where and how you spend your dough! It is clear to see in China and becoming gradually obvious here, via the introduction of never-ending 'killjoy' rules under the guise of safety and protection. Many oldies amongst us remember the reckless behaviours of our youth when a person learned the hard way about survival, pain being the main teacher, followed by a whack or two if caught.

Coincidentally, and happily, I just read an article in The Age which recommends a level of risk taking for kids after many years of the anxiety inducing, hovering, and risk averse outlook over outdoor activities and playgrounds. Generally speaking, if there's no risk for growing kids there's no learning about things like finding out what they are capable of. Rather than putting kids in danger it is about uncertainty and overcoming challenges.

We get to the position in older age where we think we know more and want more but the desire does not match the personal abilities. Less strength and flexibility, more aches and pains, and for a reasonable night's sleep a list is formed of the exacting conditions such as the right eating habits, room temperature, noise, lighting levels and a consistent bed time.

I am most grateful to still be able to play my two favourite sports, table tennis and archery. The cool weather table tennis competition is almost completed for this year. It is played in the local halls on Wednesday nights, running from May to September. Archery is less formal and practiced privately, at the local sports grounds or on private property among locals.

Mike Larkin



Come along, bring your lunch and some goodies to share, do some craft or just have a chat. Welcome to Gail. Hope to see you on the 16th at the Tatong Memorial Hall.

Next Girl's Shed. Friday 16th September 9am—5pm

Tattler Advertising Rates Inc num: A0047895K

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Single Issue: \$32	\$16	\$8
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If you require help, contact a Tattler committee-member.

DEADLINE

The Tattler Deadline is end of the 20th of the month, January-November.

SUBMISSIONS / CONTACT

Submit via e-mail to tatongtattler@yahoo.com.au, leave in the Tattler Mailbox beside the Tavern, or send by post to the Secretary.

Secretary: Linda De Fazio, PO Box 588 Benalla 3671,
03 5766 6375 linda.defazio6@gmail.com

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DONATIONS

A donation of \$1 per issue, or \$10 per year, is appreciated & helps cover costs. The Tattler is managed, produced and distributed entirely by volunteers.

Donations can be given to committee members, left in the locked Box by the Tavern, or sent by EFT (see above).

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**Steph
Ryan MP**

Member for
Ennoba

Deputy Leader of The Nationals

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The
Annual General Meeting
of the
Tatong Heritage Group

Will be held on
Monday September 19th,
4pm at the Tatong Hall



All Welcome!

*We have long-standing members
prepared to fill the necessary positions,
but would be delighted to have some
new input!*

*Anyone interested in the history of
Tatong and surrounding districts is very
welcome to join us.*