

WINDELLAMA ART, CRAFT AND FLOWER SHOW - 26TH FEBRUARY 2011

Entry forms will be available at the Hall on Friday evening and Saturday morning. Enquiries Di Andrews – 4844 5127 or Pam Williams – 4844 5194. The entry fee for each class is 40 cents. First prize is \$2.00 and Second prize is \$1.00. Special prizes have been donated and will be awarded in some sections. The Judges' decisions will be final. Entries will be received between 5.00pm and 8.00pm on Friday and 8.00am and 9.30am on Saturday. Judging will commence at 10.00am sharp, the Hall will re-open at 12.00pm

Exhibitors please note: as no protective wire will be used, exhibitors enter at their own risk. Every care will be taken but no responsibility will be accepted. All entries must be removed from the Hall between 3.00pm and 3.30pm on Saturday. Entry forms must be produced before items can be collected.

A Perpetual Trophy will be awarded to the overall winner of all events in the Craft and Flower Show. A point system will operate for this award, whereby the first and second place getters in every section will accrue their points for the day. This trophy has been kindly donated by Mrs Iris Roberts.

FLOWER SHOW

Please note: Champion rose and most outstanding arrangement will both be awarded a ribbon. Maximum exhibit space allocation is 60cm (2ft). All arrangements must be self-supporting.

Enquiries: Di Andrews – 4844 5127.

Open Section

1. Red & white arrangement – own foliage.
2. Arrangement using weathered wood – free expression.
3. Arrangement in a teapot accompanied by a lid.
4. Arrangement using Aust Native flowers & foliage – free expression.
5. Arrangement using glass – free expression.
6. Arrangement using flowers & fruit – free expression.
7. Float bowl (flowers must be floating)
8. Wine & Roses – free expression.
9. Foliage arrangement.
10. Miniature garden – free expression.

Dried and Artificial

1. Dried arrangement.
2. Arrangement using silk or artificial flowers – free expression.

Cut Flowers

1. Branch of any flowering shrub in a vase or other container.
2. One red rose – hybrid tea.
3. One pink rose – hybrid tea.
4. One yellow rose – any variety.
5. One rose other than red, pink or yellow – hybrid tea.
6. Any rose in full bloom.
7. Any rose in three stages
8. One cut of any rose not hybrid tea
9. One cut of miniature rose.
10. Any cut of flower not mentioned.
11. Bowl of roses – any variety.

Plants Growing in containers

1. Foliage plant in container.
2. Flowering plant in container.
3. Fern plant in container.
4. Succulent in container.

Children's Open Section

Infants

1. Arrangement in a jar.
2. Vegetable and/or fruit figure.

Primary

1. Arrangement in a jar.
2. Vegetable and/or fruit figure.

Fruit & Vegetable Section

1. 4 Eggs.
2. 4 stalks of Rhubarb.
3. 4 stalks of Silverbeet.
4. 4 Potatoes
5. 4 Tomatoes.
6. 4 Carrots.
7. Collection of any 4 Stone Fruit.
8. Collection of any 4 Fruit (not stone).

CRAFT SHOW

Enquiries: Colleen Ellis – 4844 5207

Section A – Knitting & Crochet

1. Lady's or Gent's pullover or cardigan.
2. Any other article knitted or crocheted (not a rug).
3. Child or baby item.
4. Fancy doily.
5. Knitted or crocheted rug.
6. Homespun or hand woven article.

Section B - Sewing

1. Any embroidered article.
2. Machine sewn article.
3. Any hand quilted or patchwork item
4. Any machine quilted or patchwork item.

Section C – Craft Open

1. Hand painted or appliquéd article.
2. Long stitch tapestry.
3. Cross stitch tapestry.
4. Machine or handmade toy/teddy bear or doll.
5. Dressed teddy (Clothing only judged).
6. Dressed doll (Clothing only judged).
7. Fancy coat hanger.
8. Any cushion.
9. Any beaded item.

Section D – Craft Open

1. Folk art (decorative).
2. Folk art (novice).
3. Craft from wood or metal.
4. Art painting or drawing – any subject.
5. Best greeting card.
6. Page of scrap booking.
7. Any craft not mentioned.

Section E – Children

1. Under 12 & over 8 – painting, drawing or computer art.
2. Under 12 & over 8 – any other item.
3. Under 8 & over 5 – painting, drawing or computer art.
4. Under 8 & over 5 – any other item.
5. Under 5 years – painting, drawing.
6. Under 5 years – any other item.

Note to Exhibitors: * Photos to be 10cm x 15cm mounted on stiff card, no thicker than 1mm with a max of 2cm border all round (no frames).

*** Set of prints (class 4) to be all one size.**

*** No exhibits will be considered that do not comply with the hanging systems employed.**

*** Each entry to have entrants name & class on back.**

*** Any entry that has won 1st prize at a previous Windellama Country Fair is ineligible for entry.**

COOKING

Enquiries: Jan McCarthy – 4844 5033

Section A

1. Fruit cake.
2. Boiled fruit cake.
3. 6 patty cakes – no icing (no paper cases).
4. 6 plain scones.
5. Apple pie.
6. 6 pikelets.
7. Chocolate cake – no icing.

Children's Cooking

8 Years & Under

1. Decorated Arrowroot biscuit.

12 Year & Under

1. Decorated Arrowroot biscuit.

Jams & Pickles

All jams & pickles must be in a clean 12.5 cm high screw top jar. (No commercials on lids or jars)

Section A

1. Plum jam.
2. Two fruits jam.
3. Fruit jelly.
4. Marmalade jam – any flavour.
5. Lemon butter (in a 10cm jar).

Section B

1. Green tomato pickles.
2. Mustard pickles.
3. Tomato relish.
4. Tomato sauce.

PHOTOGRAPHY

Enquiries: Pam Williams – 4844 5194

Section A

1. Plant study.
2. Relic of the past.
3. People study.
4. Three prints on one mount (local subject from The Windellama Fire Brigade area)
5. Portrait.
6. Landscape.
7. Animal.
8. Most humorous photo.
9. Country life.
10. Digital mischief.

Section B – Children 16 & Under.

1. Any subject.

****NB: Please refer to conditions opposite.**

Local Health Service Advisory Committee - Goulburn

LOCAL HEALTH ADVISORY COMMITTEE (LHAC) MEMBERS ATTEND WORKSHOP

At its Business Meeting held on 28th October 2010, it was agreed that John Wiggan & Ian Cameron (Chairman) represent the Goulburn Health Service at the forthcoming LHAC Chairs/Multipurpose Service Committees (MPS) Workshop at Bateman's Bay.

Held on 9th November 2010, the Workshop was very well attended, with Chairs & representatives from Bega Valley, Braidwood, Crookwell, Eurobodalla, Goulburn and Queanbeyan LHAC's, and, representatives from the Greater Southern Area Health Service (GSAHS) and the Area Health Advisory Council.

Many significant issues were addressed during the Workshop, including a review of the new organisational arrangements coming into effect in 1st January 2011 when the Southern Area Health Network replaces the present GSAHS. Time was spent, also, in reviewing the important role that LHAC Chairs perform as members of the Joint ACT/GSAHS Health Council; with topics including development of a Medi-Hotel, Parking at Canberra Hospital, Mental Health and Telemedicine.

LHAC'S TO REMAIN INTACT UNDER RE-ORGANISATION

Whilst significant changes are to occur in the administration and provision of medical care under the new organisational arrangements, the good news is that LHAC's are to continue to exist as the vital link between the wider community and the local health services.

This reinforces recognition of the importance of these Committees; particularly within such a multi-disciplined organisation as the existing Goulburn Health Service

At the recent Workshop, valuable time was devoted to reviewing the Draft Terms of Reference relating to LHAC/MPS; particularly those areas which will differ significantly from the existing status.

GOULBURN BASE HOSPITAL (GoBH)

During the past month, a number of new staff were welcomed, including Dr Adebayo Jolayemi - a Specialist Anaesthetist and Director of the Intensive Care Unit (Visiting Medical Officer), Jacqueline Thomas, Tania Moorby and Janice Harmond (Sterilising Technicians) and casual Registered Nurse Arne Cambourne. Sadly though, Dr Robert Arthurson (Director of Medical Services) was farewelled on 22nd September.

GOULBURN COMMUNITY HEALTH (GCH) SERVICE

A welcome addition to the team, Peter Logan has relocated from New Zealand to fill the role of Nurse Unit Manager (NUM). Registered Nurse, Pat Holmes has taken up a position as a part-time Community Nurse in Gunning and will provide cover for Katherine Hill who is on Maternity Leave at present. A new Dental Assistant, Karen Bland, also commenced recently. Enrolled Nurse, Julie Roberts, recently resigned to relocate with her family to Sydney.

During September 2010, approximately 100 additional new referrals were processed through Community Health, and the increased workload placed pressure on the staff and resources. A very busy month, indeed. Increases in service demand were also noted in Diabetes Education, Child & Family Nursing, Occupational Therapy, and, Counselling & Social Work areas.

Changes which have recently occurred in the Child Protection (Keep Them Safe) System have resulted in improvements in the ability to more readily identify children at risk within the local community. This has resulted in higher numbers of referrals to key services, including the Sexual Assault & Child Protection Counselling Service (CPCS). Community Health is working closely with allied agencies including the Department of Community Services (DOCS) and Police.

A review of Bereavement Services is currently underway, and a Committee has been established to examine the nature of services and support available within the community, and future community needs and expectations. Judith Hallam from Community Health will be

Windellama SES First Aid & CFR

the Facilitator, and the Community Palliative Care team will provide valuable input into the overall process.

BOURKE STREET HEALTH SERVICE (BSHS)

Todd Marchese has recently been appointed to the position of Coordinator of the Transitional Aged Care Service (TRACS) program in Goulburn

The TRACS program allows people to be discharged from the acute or sub-acute setting to their home. TRACS participants access all necessary services to continue their rehabilitation using a community based model. In this model a care plan is developed which focuses on achieving functional goals which are geared towards increasing a person's independence. To assist in achieving these established goals TRACS offers a variety of services include physiotherapy, occupational therapy, social work, nursing and personal care that allow a participant to rehabilitate and re-orientate in their own home.

Currently this team is functioning at between 100% & 90% occupancy they are benchmarking with a number of the other TRACS teams in the area. For a service that is only 18 month old with a relatively new team they are doing very well.

First of all, it is with great pleasure that I wish to announce that the Windellama Progress Assoc. has finally been issued with the necessary paperwork pertaining to the S.E.S. Building which is to be constructed at the Windellama Hall Complex. Then the application will go through the usual Council planning department procedure.

I would ask that all people give the correct address as set out by the Goulburn Mulwarree numbering system (black & yellow numbers on gates), giving the actual distances which apply to each road in the district, as determined by the local authorities.

This was put in to enable the Emergency Services to locate an address in the shortest possible time in the case of an emergency. This is necessary to help anyone who is in desperate need, whatever that need is.

N.B. Lot numbers are not applicable, and should not be used.

Please take care when mowing pastures as they will easily ignite if provoked.

We have had a quiet time this month, as far as call outs go.

The new members will soon start their Induction course in the S.E.S., C.F.R. training and is set out for the first quarter of next year at this stage.

Wishing everyone A Happy Xmas And a Healthy New Year from all the Team.

Regards, Kevin Muffet
S.E.S. & C.F.R Team Leader



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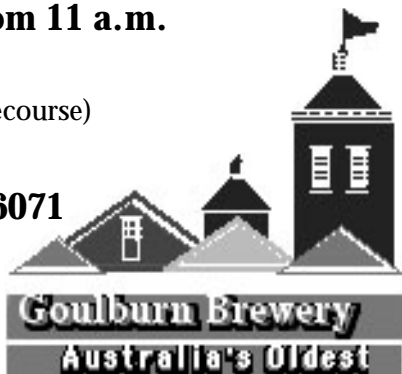
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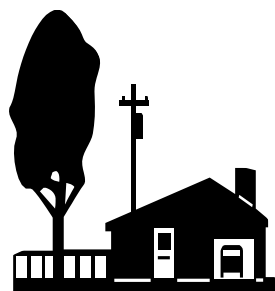
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The Field Day was a success, everyone has seen improvement in the BBQ area. Thanks to Greg and Lloyd for the work done in outfitting the BBQ area.

Just a couple more things and it will be finished. More improvements to hall and grounds are planned for next years agenda.

Thank you to all who helped throughout the year. Without the help of volunteers we wouldn't be able to go ahead with the maintenance and upkeep of the hall and grounds.

Remember it is our turn to host the New Years Day cricket match with Bungonia - hope to see you there.

Best wishes for a safe and happy Christmas.

Our next meeting Monday 20th December at 2.00pm followed by nibbles for afternoon tea - all welcome to come.

Cathy Meehan, President

Windellama Country Markets

Sunday 19th December



10am - 2pm at Windellama Hall

Devonshire Tea / Toasted Sandwiches

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7 DAYS—SERVICING ALL AREAS



It has been a busy year for the Windellama Landcare Group – with lots of activity: some Landcare members & other members of the Windellama &

local community have become involved in the *Windellama Locals Linking Landscapes* program to benefit the whole region. Great work has been done at Oallen Ford to protect this important & beautiful area which we all love. Other projects at local properties have produced good results as well.

The last busy bee of the year was held on Sunday 17 October when we were joined by the Willoughby Bushcare group from Sydney & we were very BUSY! 400 trees (eucalyptus & acacia), as well as plenty of lomandra, were planted at Oallen Ford on the Shoalhaven River. Many hands do certainly make light work! The people from Willoughby enjoyed the experience & said that they would like to join us for a working bee another time – perhaps making it an annual affair. This is a beautiful site, to be enjoyed by all.

If you could not make the salt expo & think you may have a salt problem, help is at hand. You can seek advice from David Hilhorst of the Catchment Management Authority on 4842 2594.

Our last event for the year will be the **Annual General Meeting & Christmas party on Saturday 11 December** at the Landcare Shed at Windellama Hall. We will start at 10 am with a cuppa & the AGM. This will be followed by the festive lunch at 12 pm. As lunch will be provided - **please let us know if you are coming** – Joy or John (Catering Officers) - 4844 5225 or Sandra (Secretary) - 4844 5047.

A reminder that membership fees are now due – it's \$5.00 for a family – please bring it along to the AGM. If you are not already a member of the Windellama Landcare Group & are interested in joining the Group or seeing some of our projects, you are very welcome at one of our up-coming working bees in the New Year.

On **Friday 10 December** the Annual Upper Shoalhaven & Upper Deua Landcare Assoc. Christmas Party & Awards Night will be held at the Garanvale Woolshed in Braidwood, beginning at 6.30 pm. If you are interested in attending & would like to car-share please let Sandra know (4844 5047).

WINDELLAMA PLAYGROUP

at

Windellama Public School
Thursday 2nd, 9th Dec.

9.30am – 11.30am

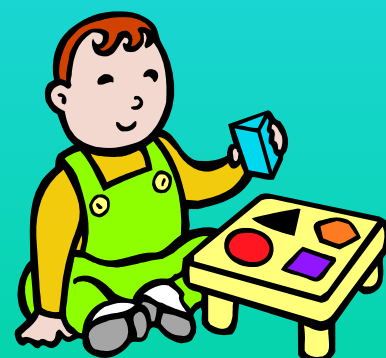
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For the kids (and the young at heart)

Saturday, December 11 at 11:30am: You are invited to A Monster Party to kick off our annual Summer Reading Club – Scare Up A Good Book. There will be face painting, games, monster food and lucky door prizes. To join the Summer Reading Club you need to be between 5 and 12 years of age and read a minimum of 5 books/magazines/graphic novels or talking books that have borrowed from the library. Bookings are not required, just turn up.

Monday, 10 January 2011 at 10:30am: Charlie Williams returns to the Goulburn Library. Charlie is a vocal impressionist, author and kids' comedian from Seattle, Washington. His noisy show is chock full of creepy stories spooky sounds and laugh out loud noises—all made from his own mouth. Hear creaking doors and squeaking floors. Hear bumps and thumps and learn how to make scary noises for yourself. Good pranky fun for the whole family!

The performance will go for approximately one hour. Cost \$5.00 per person (including parents) or \$15.00 for a family ticket (4 or more). Bookings are essential.

Tuesday, 18 January at 10:30am: Help us create a monster mural. Participants, who need to be 4 years of age and over, will be drawing monsters with chalk on blackboards in Caroline Chisholm Court, at the back of the library. All drawings will be photographed and made into a mural that will be displayed in the library. There will be iceblocks to help with the creativity. Please remember to bring a hat and wear sunscreen. Cost: \$2.00 (participants can take the chalk boards home). Bookings are essential. Parents of children 8 years and under need to stay for this event.

Monday, 24 January at 11:00am: come and make monsters out of play dough, tooth picks, googly eyes and other craft materials. While this workshop is aimed at children 5 years and under, older siblings are invited to come along as well. Cost: \$2.00. Bookings are essential. Parents need to stay for this event.

Bookings for all these events can be made at the library loans desk. Payment must be made at the time of booking. For more information about the holiday workshops please check out the Events section of the library website (www.strl.nsw.gov.au) or come in and pick up a flyer from the library loans desk or phone us on 4823 4435.

For the Genies

Summer Sizzlers - Family History Sessions in Goulburn Library



Southern Tablelands Regional Library

Escape the heat this summer! During January and February 2011, from 5.45 each Thursday evening, Goulburn Library will present a series of 2-hour introductory how-to sessions for those interested in tracing their family history.

Come to only one session for \$5 per session, or sign up for any four sessions during January or February for the 'sizzling' special rate of \$15.

- Thurs 6 Jan Discovering ... Ancestry.com
- Thurs 13 Jan Searching ... NSW & Other online BDMs
- Thurs 20 Jan Investigating ... Trove & digitised newspapers
- Thurs 27 Jan Exploring ... FamilySearch.org
- Thurs 3 Feb Revealing ... State Records & the NSW State Library
- Thurs 10 Feb Searching for Soldiers & Looking for Land
- Thurs 17 Feb Local Sources – Cemeteries & Newspapers
- Thurs 24 Feb Digging the Discs

Bookings are preferred to ensure your place in one or more of these fascinating sessions.

If you would like further information on these sessions, please contact Lynn Bonomini by email at library@strl.nsw.gov.au, by phone on 4823-4435, check out the Events section of the library website (www.strl.nsw.gov.au), or pick up a flyer next time you are in the library.

Library fines puts you on Santa's Naughty List!

Want to get back on the good list before Christmas? For every non-perishable food item donated at Goulburn Library we will waive \$5 (or part thereof) of any fines accrued. Hurry – you only have from Wednesday 1st December to Sunday 19th December to get your fines waived (and to get back on Santa's good list). Of course, if you don't have fines, but would like to donate a non-perishable food item it would be greatly appreciated. All items received will be donated to local charities.

Christmas & New Year closure

Goulburn Library Closed from 12 noon on Friday 24th December 2010 to Monday 3rd January 2011 inclusive. Re-open on Tuesday 4th January 2011 at 10am.

Library Staff wish you all a safe and happy Christmas and New Year.

Connie Morgan

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For Depression Recovery Program

Introductory Session

The World Health Organisation estimates that one suicide attempt occurs every three seconds and one completed suicide occurs approximately every minute (WHO, 2000). Each day, approximately 210 Australians attempt to end their life and each year over 2500 will commit suicide.

Fayez Nour said many factors can lead to depression including unrealistic goals, added financial stress, family expectations, and change of schedule or eating patterns. But the cure may not be as difficult as you might think. Actually, just a few basic lifestyle changes can help you break free of the rap of depression.

Neil Nedley, MD has put together his 8- week Depression Recovery Program from his 15 plus years of research and clinical experience helping his patients. This program will help you to identify the underlying causes, or “hits,” which bring on depression. “Every case is as different as each individual, but the 10 Hit Categories summarize all the possible causes for depression. And determining your causes can be as simple as taking the depression questionnaire in this program,” said Nedley.

Dr. Nedley, author of the books “Proof Positive” and “Depression: the Way Out,” will teach participants how to improve brain function, maximize IQ in children, increase energy, boost concentration, engage in healthy sleep habits, improve physical performance, and gain renewed hope. In addition to the essential information on lifestyle and diet, Nedley will also cover the benefits and risks of psychiatric counselling and drug medications.

Nour said this seminar is not only excellent for people who are depressed, but also for those who have family members or friends who are depressed. It will focus on brain health and what a person can do to treat depression as well as the healthy lifestyle habits they can adopt to keep depression from ever happening; even for those with a genetic predisposition to mental illness.

Nour said that those attending the sessions will learn how to establish and maintain a strong exercise program, understand depression, eliminate negative habits of body and mind, develop healthy eating patterns, and get more out of the day by enhancing brain function. Participants will spend less time frustrated by stress, decrease the risk for many diseases, say goodbye to negative thinking, and understand the true power of positive thinking.

“Dr. Nedley will show better ways to combat depression—how to know what you can change and what you can’t, the importance of minimizing drug medicine use, and how to make use of effective natural therapies,” Nour said. Dr. Neil Nedley has served thousands of families for more than 15 years through his medical practice and extensive, worldwide lecturing. He educates students of all ages in nutrition and healthy lifestyle principles through his radio shows, satellite and cable television, and live appearances. Nedley also helped develop the Omega-3 Uplift bar, a tasty way to get more than 3,000 mg of omega-3 in each bar which is specially designed for optimal brain health.

The introductory program is free. Those interested should call Fayez Nour on 0414 616 960.



More Field Day piccies

