











Supporting mental health initiatives in our region through these local charities and more.



MARCH 2025

WINNERS - Draw #9

Draw #9 for season 3 has taken place and we have winners listed below! 🎉 Let's hope you're among the fortunate ones this month. With another three more draws to go for this season, you've still lots more chances to win yet, so the excitement continues!



What's in this issue

- An insight into the next TEC SEASON
- FREE Mental Health, Well Being and Resilience course information
- Table Top Mountain Charity Walk
- Winners of DRAW #9
- A check on businesses who's vouchers were taken up by our winners

UPCOMING IMPORTANT NEWS

TEC Season 4 UPDATE...

The TEC time-line and format are being changed. One change we are initiating is to push back the ticket sales to later in the year to avoid the overlap with the current draws.

We were hoping to have everything finalised by the time this newsletter went out, but it now looks likely to be announced next month. Once everything is set in place we'll let you know via the newsletter and post all the details on our website.

One thing is for sure...

when tickets go on sale for Season 4, we will let you know!

FREE Mental Health, Well Being and Resilience Course **Thursday 20th March 5-8pm**

designed for individuals interested in exploring essential strategies to uphold strong mental health and resilience, and best of all, it's FREE, but you must register as numbers are limited. This will mark our fourth course we've hosted in the last

Hosted by Albury North Rotary Club, this course is

two years and previous participants have expressed an exceptionally positive outcome. **Thursday 20th March**

5-8pm

Rural Fire and Rescue 25 Airport Drive East Albury

The course presenter is Bjelkie from BL Management

Consultants, a highly experienced and accredited trainer.



click on The course outline link

Follow the QR code above or

GET YOUR WALKING SHOES ON The "Hume and Hovell Charity Walk" Is less than a month away!

SAVE the date - April 6th Taking place at Table Top Mountain, Gerogory,



9:00am Sunday 6th of April 2025. The walk commemorates the visit by Hamilton Hume and William Hovell to Table Top Mountain on Sunday 14th of

the Hume & Hovell Charity Walk is scheduled for

November 1824. The event was originally planned to coincide with the bicentenary in November 2024, but was cancelled due to inclement weather. It has now been rescheduled for **April 6th** and we hope the weather is kinder to us this time. All the details can be found on the events link **HERE** or the **QR** Code link



Guest Speaker









around 40+ Albury North Rotarians helped Honorary RCAN member, Bill

HAPPY BIRTHDAY BILL 65 00 66 46

On Friday evening 28 February,

McDonald celebrate his 95th birthday at Woomargama Hotel. Bill was an active member of RCAN for many, many years. **RCAN Facebook Photo Gallery** Check out the photos and lots more on our Facebook page

GUEST SPEAKER PROGRAM A really interesting couple of speakers have

graced our meetings this month. They included Angela from Albury Wodonga Health talking about the services of palliative

life threatening illness than just caring for a patient in their last days. Then we were inspired by Jebb & Darren from "On Country Pathways" a not for profit organisation, that delivers employment and career

care. The services now are much more about

supporting a patient from the diagnosis stage of a

Islander youth across 16 municipalities in NSW Check their website **HERE** and support these guys who are doing an amazing job helping get young indigenous people get into the workforce.

pathway programs for Aboriginal and Torres Strait

WHERE PASSION AND OPPORTUNITY MEET PEOPLE OF ACTION Have YOU thought about joining Rotary? Do you have a passion for community service? Rotary is a global network of people who work to create lasting change through local and international service projects. It is an organisation of people with the desire — and through Rotary, the ability — to make a difference in our communities, and the world. We'd love to meet you...Text or phone our Secretary: 0493 245 361

To find out more about our Rotary Club, check our website **HERE** To find out more about the Rotary organisation check out **ROTARY HERE**

NOW FOR THE WINNERS of DRAW #9 - Season 3

DRAW date 11th MARCH 2025:

1st PRIZE of the \$4,000 Travel Prize Voucher from Hello World went to: Ticket #459 Sandra W from Walbundrie 2642 🍾 🎉

> \$150 Voucher PRIZES went to: Ticket #321 – Stephen R from Penhurst 2222

Ticket #77 - Paul B from Albury 2640

Ticket #170 – Matthew S from Tallangatta 3700 Ticket #343 - Michael from Castle Creek 3691 Ticket #76 – Mary W from Albury 2640

MAKING FUNDRAISING FUN



\$150 VOUCHERS

SEVENTY FIVE businesses have generously donated around 80 vouchers.

You can check out the businesses on the link <u>HERE</u>

Please support them where possible.

The vouchers include homewares, clothing, furniture, photography, music, jewellery, home and financial services, restaurants and catering, books and more...lots lots more...

By clicking on these business logo's you can check out the businesses who had vouchers chosen by the winners in the recent past draws draw.







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Don't forget to "Like" and "Share" our Facebook page. For all things TEC and to explore past winners, visit our website **HERE**.

the sender's address to your contacts to ensure it reaches your inbox in the future.

If this message ends up in your spam or junk folder, kindly move it to your inbox and add

If you hold tickets for TEC 2024-2025, be on the lookout for your Pre-Draw reminder, which is sent out the week before each monthly draw. This reminder will inform you of the draw date!

You never know..it might be YOU cracking out the champagne next month 🝾 I hope so!

Cheers

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Anne Hayward TEC News Editor











Albury North Rotary Club wish to thank our



Schnelle Partners PLUS the **many businesses** who have

kindly donated and supported TEC with \$150 voucher prizes.

valued SPONSORS -



All travel arranged through.



Rotary

THANK YOU ERY month ONE MAJOR TRAVEL prize worth

North Rotary Club in its efforts to promote essential mental health initiatives in our community.

