

October 2023 Issue 53

Hello Readers,

Welcome to the October 2023 edition of the Laura Standard. The countryside certainly has started to turn in recent weeks and it won't be long before our roads are once again busy with trucks as harvest kicks off.

The LCDTA held their AGM on Wednesday the 16th of August at the Laura Civic Centre. There was again a good turnout of both old and new faces. The following committee members were elected:

CHAIRMAN - Gerald Higgins

VICE CHAIRMAN – Emily Alm

SECRETARY - Darren Pech

ASSISTANT SECRETARY – Sophie Millington

TREASURER – Wayne Miller

CARAVAN PARK TREASURER - Geoff Lange

AMENITIES – Darren Pech and Gerald Higgins

CARAVAN PARK - Barry Harvie

FUNDRAISING – Denise Higgins

CO-FUNDRAISING – Hannah Pech

LAURA INFORMATION CENTRE – Sue Scarman

STRATEGIC PLAN – Denise Higgins and Gerald Higgins

COUNCIL LIAISON – Sue Scarman (Appointed by NA Council)

LAURA STANDARD – Sue Scarman (Wayne Gifford to continue as editor)

CIVIC CENTRE – Sue Scarman

LAURA OVAL PLAYGROUND – Sophie Millington, Hannah Pech and Emily Alm

MEMBERS – Bevan Smith, Catherine Blesing, Kelly Burton,

Anthony Lines, Karen Zwar and John Barberien.

Continued on page 2

Your FREE bi-monthly newsletter of Information produced by the Laura Community Development & Tourism Association (LCDTA) Inc.

Continued from page 1

It has been an extremely busy year for the LCDTA, and our town in general, with the 150th year celebrations in October last year and the return on the Laura Fair in April for the first time in 4 years both a massive success. It was great to gain some new members to the committee, after the retirement of several members, with John Barberien and Anthony Lines (both returning members after some years away) and Wayne Miller, Catherine Blesing,Kelly Burton and Karen Zwar all joining for the first time.

We have had a few members deciding to retire from the committee this year and I'd like to thank them all for their time and commitment to helping Laura to continue to thrive:

Bevlee Reidy – Bevlee joined the LCDTA 4 years ago and has done a fantastic job as treasurer including helping to set up a new accounting program that the committee will continue to use into the future, making life easier for future treasurers. I'd like to thank Bevlee for all her efforts as I'm sure that future treasurers will also appreciate all she's done.

Wayne Gifford – Wayne has also been on the committee for 4 years including the last 3 as editor of The Laura Standard. The Standard continues to be a great asset to our community and Wayne's commitment to it and eye for detail when producing a quality publication cannot be overstated. Wayne is stepping down as he has many other commitments, mainly with the biking community in Melrose. He has pledged to continue with The Laura Standard and for that we thank him very much.

John Cleggett – John also joined the committee in 2019, initially taking on the editor's role with The Laura Standard. Having recently moved interstate he handed in his resignation early on in the year and I hope he is enjoying his retirement.

Annette Bailey – Annette has been a member for 2 years and has brought with her some great ideas for fundraising, including a Pop-Up Op Shop and the Laura Lights. The Laura Lights especially has been a great success and will continue to run for many years to come. Annette has stepped down to concentrate on her 2 businesses', relatively new businesses' to Laura, and I wish her continued success in the future.

Michelle Goode – Michelle has also been a member of our committee for 2 years and has brought a great, artistic, flair to all that she has done. I'd especially like to thank her for being the driving force behind the "Gingerbread Making" fundraiser that was a great success when many of our other fundraisers were hampered by COVID 19.

Continued on page 3

Continued from page 2

Val Thomson – Val has been a member of the LCDTA for many years, including being a member of "Laura Cares" in the early days. She has taken on many roles in this time including overseeing Amenities for the last 2 years. She was also a driving force behind the War Memorial Project and has pledged to continue with the upkeep of this area. I'd like to thank her very much for all her efforts, not only in my time on the committee but for the many years beforehand.

The Laura Caravan Park held a celebration on August 26th and 27th to mark their 50th year. Over 100 people gathered at the park on the Saturday night and enjoyed catching up over BBQ tea and live entertainment and about 30 people returned for a pancake breakfast the following morning. On behalf of the LCDTA I'd like to congratulate the Caravan Park committee and caretakers on putting on such a fantastic celebration.

Meals to You was again a success recently with 31 meals being purchased. There will be one more round of Meals to You held this year on November 6th. If you would like to order a meal, please keep an eye on the community Facebook page and get your orders in by October 31st. This, along with the Christmas Party in the Park should round out our fundraising efforts for the year nicely.

Lastly, on the 13th of August I was invited to attend a meeting at the RSL in Laura. The Laura RSL currently is down to 13 former service persons. To maintain their branch status they require a minimum of 10 former service persons. If you or someone you know has served in the Armed Forces and live in the local area, I encourage you to consider joining our RSL. Once branch status is lost it will be very difficult to have it returned.

Thanks Gerald Higgins Chairman LCDTA

2024 Laura Community Calendar

Entries for the 2024 calendar are welcome any time now, with cut off being October 15th 2023.

The application form is in the current calendar, between September and October

The Laura Standard October 2023 Page 3



CONGRATULATIONS To our FATHERS DAY RAFFLE WINNERS!!!

1st Prize - Elizabeth Downing 2nd Prize - Roseanne Devine 3rd Prize - Daniel Schultz 4th Prize - Katrina Cotter 5th Prize - Hope Hutton

What amazing support we had for our MAKITA Promo Day right through to our Fathers Day Raffle!!!

From the suppliers & local businesses that donated to the raffle, to the ones that purchased tickets from near & far, & to all of our wonderful clients who support O'Dea Power & Water, day in & day out!!

We appreciate you & wouldn't have been able to raise the whopping \$3,697.00 for the LAURA PRESCHOOL without you!!

We can't wait to see what amazing play equipment they purchase for the children at the Laura Preschool Centre.

If you didn't make it to our promo day pop in and check out our great tool range and everything else we have to offer.

8663 2284

20 Herbert Street, Laura SA 5480 sales@powerandwater.com.au

The Laura Standard October 2023 Page 4





For all domestic, commercial & industrial wiring, rewiring, undergrounds, upgrades and general electrical needs including solar installation & maintenance.

Phone Koby Nettle **0418 562 626**

PO Box 84, Laura SA 5480 koby.nettle@outlook.com

PGE 207037

Laura Community Caravan Park News:



The Park recently celebrated 50 years on the weekend of August 26th & 27th.

Late Saturday afternoon we had music from Cactus Martin and the park put on a BBQ meal for approx. 120 people who included past managers, past and present committee members, guests staying in the park and Laura community members. The highlight of Saturday night was the cutting of the 50th birthday cake (made by Eleanor Harvie & Julie Thomson) by the park's first caretaker, Gay Blake and a very early committee member, Jack Wallis, following a speech by current chairperson of the Caravan Park Management Committee, Barry Harvie.



This was followed on Sunday morning by a pancake breakfast also provided by the park committee and managers, Naomi & Simon.

A booklet was handed out and some copies are still available from the park office with photos and historical information about the park over the journey from inception in 1973 to today.

We had some generous sponsors for the birthday celebrations who included Laura Meat Store, Golden North, O'Dea Power & Water, Northern Areas Council. Plus the talents of Wayne Gifford to pull together the history booklet and our wonderful committee and volunteers who helped out with cooking and serving the meals over the weekend.

Naomi & Simon Purdue

LAURA RSL SUB -BRANCH REPORT.



This year at the 105th RSLSA Annual Sub-Branch Conference a local member from the Crystal Brook RSL **Mr Dave Peterson** was elected as the President of the State RSL. If his campaign platform is an indication of the direction he will take the League, I feel we are in good hands. He seems very mindful of the regional RSL's and their problems re membership both Service and Affiliate numbers.

Dave Peterson has a very good knowledge of the new Constitution being introduced to RSLSA, having served in at least three other state RSL's as a member. The Laura Sub-Branch wish him well in his endeavours. Membership numbers have also been a problem at our RSL. Due to natural attrition and movement of members to other districts, our numbers became critical to meet our obligations under the Constitution. Contrary to our usual tradition of non-coercion and not advertising, relying only on patriotism, a number of local patriots have now joined the RSL and increased our numbers to a tenable position. With the extra members this maybe only a short-term patch-up as the average age of our RSL members would be between 75 to 85 years. I feel to keep this ancient league viable for future generations we need our 30- to 60-year-old generation to join our membership. The RSL was formed to commemorate the memory of our Defence force persons who gave their lives while fighting for our Country and their welfare on return home.

their lives.

Their sacrifice should never be forgotten, let us always make sure our ceremonies on ANZAC DAY & REMEMBERANCE DAY go on in

This district excelled in volunteering, and many paid the ultimate price with

With the volatility of the world today perhaps we need to look at our history, and closer at the RSL motto:

THE PRICE OF LIBERTY IS ETERNAL VIGILANCE.

It is important that the Laura RSL keeps functioning in our district to do so more membership is vital and is open to all citizens. The annual subscription is \$30 per year for affiliate membership and \$40 per year for Service members.

Application Forms are available from Heather Mckerlie Treas/Sec on 0408635054.

Keep the Flag flying, Trev Mckerlie President Laura RSL.

perpetuity.



Come and see us at the

Laura Markets

on

Saturday 4th November & Saturday 2nd December

Candles Melts Diffusers Gifts

Available to buy at the Laura Emporium & Laura Information Centre

Flinders Mobile Library

www.onecard.network/flindersmobile

	October	November	December
LAURA	Tuesday	Tuesday	Tuesday
12.45 - 4.15pm	10, 24	7, 21	5
WIRRABARA	11111	171	
10.15 - 11.45am	Thursday	Thursday	Thursday
APPILA	5, 19	2, 16, 30	14
2.30 - 3.30pm			

RETURN BOXES are located at the Gladstone Council Office, Laura IGA, Wirrabara Lucky 7 and Booleroo Centre IGA.

For more information -

email: flindersmobile.library@gmail.com

Phone: 8662 2305

Spring is here! Get some serious garden inspiration with Libby's range of magazines - all available for a 3 week loan, and borrow the latest issues without needing to place a hold!



















Libby.

Borrow eMagazines using the Libby app.

You can borrow up to 10 digital items at a time. Read on a computer, smartphone or tablet.

All you need is a

Library Membership.

Flinders Mobile Library

Lions Club news....



Lions Club members have been busy making and selling donuts at Laura and Gladstone home games of netball and football, raising funds for allocation for various causes. The donut van has also been used by our Crystal Brook Lions at their home games.

Funds are raised through the sale of donuts, Lions Cakes and Lions Mints. We are fortunate to be a part of the sample grain collection at the Gladstone Silo Complex. The grain collected during the sampling process is sold and the proceeds are generously donated to Rocky River Lions. These funds must be spent on projects within the Rocky River region.

Recent donations by Lions have included Lifeline \$200, Emergency Information Booklets \$110,

Lions Skin Cancer Unit \$3,000 (screenings held at Laura 11/12th July), Gladstone Tennis Club Courts \$2,000, Kabur Domin Timor Leste \$250, Laura Events \$500 (Country Music Festival).

Lions have also committed approximately \$4,500 towards the cost of new playground equipment at the Laura playground in Mill Street.

Club members are currently investigating the manufacture and purchase of a new emergency relief unit to replace the current donut van. The current unit was formerly a Highways Dept vehicle, converted to its current use by our Club President, Ted Osborn in 1980. It has served our community very well in those 43 years, but is now feeling its age.

GLADSTONE SYSTEMS



Call out IT service for the Southern Flinders Ranges Fixing most household systems, Including smart phones, local networks, smart devices and many others.

Find out more at: gladstonesystems.com or Call *Fil Kowalski* on 0434068440

Interior /Exterior Painting Wallpaper installations

Call Painter Dan 0434 371116

BLD225910



Local producers of tradional Christmas Puddings

To Order Contact Ph: 0415 671 196 Email: stoneyacreproduce@gmail.com Website: www.stoneyacreproduce.com.au



Stone Hut Bakery, selling quality pies and sausage rolls, including the famous crocodile pie.

Try our gourmet pie range: Including Venison, Crocodile or Seafood.

We sell the best pies in the universe.

Come and enjoy our walk in aviary and petting zoo.

Enjoy a bottle of wine and your favourite pie in our tranquil setting in Stone Hut. Open Daily

1 Horrocks Hwy Stone Hut SA 5480 Phone (08) 8663 2165

stonehutcottages@gmail.com www.stonehutcottages.com.au





SAND & METAL SUPPLIES

Free Delivery in Laura or pick up from 11 Bristow St

Bobcat & Excavator Hire: Trenching & Earthworks

Ph. Wayne: 0428 810 338 or Joel: 0457 846 033

WINDOW TREATMENTS SPECIALISING IN CURTAINS, ROMAN BLINDS, ROLLER BLINDS, INDOOR AND OUTDOOR SHUTTERS.

Phone Jane Jeffrey on 0439876760 for a free measure and quote

Email gandjjeffrey@bigpond.com janejeffreyinteriors.com.au







The Laura Emporium



Local arts and Crafts # Gifts and Cookware # Jams and Spreads # Boiled Lollies # Funny Signs # Art Gallery

Meryle's Café
Knives
Pickles and Sauces
Antiques
Candles and Soaps
Shell Display

If we don't have it you don't need it!

Buying and selling antiques and household items

Shop 0473 656 807 or 0408 818 088





O'Dea Power & Water MAKITA Promo Day Wrap



Our Artists and their Art Forms Trevor Meaney

Trevor Meaney's medium is wood, with his work taking many forms. He makes bowls, vases, boards (chopping and cheese plus chess), picture frames and children's toys.





Eighty one year old Trevor was born to Tom and Elvie Meaney at the Laura Hospital; a very different looking building to the current hospital. He is married to Rhonda. They are parents of three sons and grandparents of eight.

Trevor has lived a rich and varied life. He went to school at Laura PS and left school at 14 years of age to work at Couzner's Bakery and then Kleinig's Flour Mill before moving to Melrose to work as a builder.

His longest workplace was the Gladstone Goal, working for the Prison Service as it was then known. His starting salary in 1964 was \$1000, with uniform supplied. His starting crew was "12 Brits and 2 Aussies". Trevor commented that the original uniforms made us look like bus drivers, it was good when the Airforce changed uniforms and we got their old ones. "Better to look like pilots than bus drivers!!"

Continued on page 15

Continued from page 14

In 1989 they moved to Uluru and Trevor became the handyman at the International Hotel – no gutters! Next to Port Lincoln in the Deli they bought and worked for thirteen years, followed by retirement to Laura.

If not in his own well-resourced and well organised shed, the Crystal Brook Men's Shed is another place to find Trevor in his retirement.







Trevor now works in wood for pleasure as a self-taught craft's man. His particular skill is the way he mixes different woods for the

different colours – called segmenting. Trevor's knowledge of timbers, cutting and joining methods and his exactness means his work is time consuming and the result is beautifully detailed items. He loves to use timber to create patterns and his current work is stretching him as he makes "3D designs with an optical illusion feel".





Government of South Australia
Southern Flinders Health Advisory
Council

Southern Flinders Health Advisory Council

Laura Hospital Aged Care Upgrade

Laura & District Hospital currently has 12 Multi-Purpose Service (MPS) aged care places. Two rooms are shared rooms with shared ensuites. The remaining rooms are single rooms with a combination of dedicated and shared ensuites.

In 2021 Yorke & Northern Local Health Network (YNLHN) successfully applied for a \$600,000 grant from the Commonwealth Government's MPS Minor Capital Grant program. These funds, combined with financial commitments from the Southern Flinders Health Advisory Council and YNLHN, will allow a \$2.3m upgrade to the aged care section of the Hospital which will include:

The construction of three new rooms with ensuites (eliminating the need for shared rooms and allowing the return of one acute bed to the Hospital);

The addition and modification of building facility services, for example fire services;

Two new ensuites retrofitted within the existing building, allowing each singed room in the aged care section to have its own ensuite;

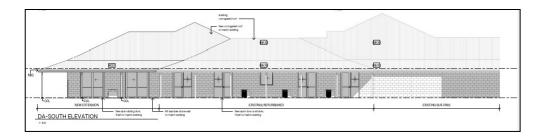
New flooring, joinery and interior painting to existing aged care rooms; Glazed external doors to each aged care room, allowing easy access to the outdoors for residents;

Mount Gambier stone to match existing structure.

Works commenced on the 14th of August 2023 and are due for completion in mid-April 2024.

Continued on page 17

Continued from page 16





Laura and District Meals on Wheels Branch Volunteers and Awardees Lunch at the North Laura Hotel on Tuesday 19th September

President Merrilyn Smith welcomed the more than 30 people attending and thanked them for their volunteering both as a Meals on Wheels volunteer, but also the fact that many volunteer in the community in other ways. She spoke of the care each person shows and the importance of the friendly face to each of our clients.

Colleen Slattery is retiring from the Client Services role and we thank her for her years of volunteering as Client Services Officer. Colleen is talking with an interested person about the role, with a view to a new Client Services Officer taking on this important role.

Awardees were, **Rhonda Pech** – 40 years of service, **Sam and Thea Smith** – 25 years of service, Colin Raison – 20 years of service, **Carl Schmidt** – 15 years of service, with Julie Bottrall, Kevin and Terry Sizer and John Cleggett – 5 years of service and new to our ranks, **Carol McElroy, Heather Hunt, Pam Winter and Jenny McCallum** – 1 year of service.

Each of those in bold is part of the group photo.







A community event at:

Laura Memorial Civic Centre 9am - 2pm

On:

Saturday 4th November & Saturday 2nd December

Indoor & Outdoor Stalls

Follow our Facebook page:
Laura Markets

The Laura Fair



A very big hello from the new Chairperson of The Laura Fair. When Sue first approached me at a function, we were both attending, to ask if I would be willing to be the new Chair, little did I know what I was agreeing to! Well, it's been a steep learning curve to say the least, one I'm happily embracing. With an amazing team to help guide me we hope to bring you an exciting, bigger, better Fair in 2024.

September has been a fairly quiet month for our team. Stallholder's applications are now open to which we are getting a steady response.

The Quiz night was held on the 25th of August which was extremely exciting and successful, so much fun was had by all who attended. A huge thank you to Sue for pulling this one off. Sue has taken on the role of sponsorship this year and the amount of work she did coercing businesses to contribute was outstanding.

An enormous thank you to all the businesses that kindly gave merchandise willingly and generously to ensure the evening was the success it was and our wonderful sponsors, thank you again.

Thank you to Jim for organizing the bar and barmen. Also thank you to Brian Higgins for stepping into the role of MC at the last minute and our wonderful Auctioneer Peter Reichstein who successfully opened the wallets of many! And for my contribution, I now know exactly how many helium balloons fit in a convertible! I'm pretty sure the lady at the balloon shop didn't think I would do it!

Congratulations to the winning team on the night. Well played.

We are still on the hunt for more lovely people to join the committee. So please if you have the inclination get in contact with one of us.

Virginia Ferguson

Chairperson The Laura Fair 0410 414 264

Meals to You – September 2023

Again, a huge thank you to our kitchen cooks. 31 different meals were produced, 30 were sold with one being part of the Nature Playground raffle prizes. Peter Prior is the happy recipient of a Beef Rogan Josh!! \$1050 was collected at the sale of goods, with costs still to be deducted from that total. Well done everyone, with special thanks to our customers, who make it all worthwhile.

The next and final Meals to You for this year is in November. Orders close on Tuesday 31st October and sale date is Monday 6th November. The LCDTA plan to put these funds towards the upgrade of the North Parklands.



LAURA COMMUNITY GYM

Providing an excellent opportunity for people of all ages to

Join the Gym now as a permanent member Membership fees: 6 months \$150, 12 months \$200

Enquiries and application forms available from the Laura Post Office or call **Nicole Floyd: 0438 681 614.**





Laura Information Centre



<u>www.laurasa.com.au</u> If you would like to have some information added to this website or you see something that needs updating, please email laura.sa.information@gmail.com



POSITIONS VACANT

SWIMMING POOL ATTENDANTS

Gladstone, Spalding, and Jamestown

Northern Areas Council is seeking enthusiastic and motivated individuals to assist in providing lifeguard and customer service assistance at Council's Gladstone, Jamestown and Spalding Swimming Pools for the 2023/24 season.

Successful applicants can choose to work at one or multiple locations and will be responsible for the supervision of all users of the pool and its facilities ensuring safe pool standards are applied. Successful applicants will need to attend a training session held in Jamestown on the 27th & 28th October 2023.

This training will provide you with:
Life Guard Qualification (16 years and over)
Senior First Aid Certificate

Successful applications will also need to provide a Working With Children Check and a National Criminal History Clearance Certificate.

Please refer to the position description available on Northern Areas Council website www.nacouncil.sa.gov.au for further information.

Address your application (with a resume) and two current referees to HR Officer, Northern Areas Council PO Box 120, Jamestown SA 5491 marked private and confidential, or via email to hr@nacouncil.sa.gov.au

Further enquiries can be directed to Louise Burford, Manager Community Growth on 8664 1139 or louise.burford@nacouncil.sa.gov.au

Applications will remain open until 18th October 2023.

Kelly Westell
Chief Executive Officer



NOW AVAILABLE

- Block Slashing
- Block Mowing
- Fork Lift –
 lifts up to1.8T in tight area access
- Mini Moves trailer/forklift/ tractor bucket
- Pressure Cleaning



Northern Areas/ Mount Remarkable/ Port Pirie Regional Council Areas (other regions by negotiation)

- Martin Gilbert 0418831007
- Lorraine Gilbert 0417824739



★ Carpentry & Joinery

* Roofing & Sheds

🖈 Concreting & Formwork 🛮 ★ Bobcat & Roller Hire

* Building & Renovating

★ Garages & Carports

1457 846 033 LAURA S*A*



Book at flowrmt.com.au or call Nicole on 0438 681 614



The Laura Standard October 2023 Page 24

Experience you can Trust!



Thinking of Buying or Selling?

Call us today for an obligation free appraisal!

Contact Alison Ward on: 0417 810 791 or 08 8664 2300 Alison.ward@elders.com.au

Residential | Lifestyle | Rural Property



Real Estate

Finding a Justice of the Peace:

Jon Hawkins-Clarke	8663 2172
James Heaslip	0408 635 001
Geoff Lange	0427 632 334
David Medlow Smith	0403 035 231
Lynette Pech	0418 892 131
John Stevens	8663 2303
Jodie Zwar	0457 745 586

Deadline dates for The Laura Standard:



The Newsletter team, together with the LCDTA wish to thank all contributors for their newsletter articles and advertising.

In 2023 and 2024 please continue to forward your articles in a **word document, font set at Arial, size 11** with photos attached in jpeg format, along with a logo if required to lcdta5480@gmail.com by 5pm on the following dates:

** Nov 24th 2023 ** Jan 19th 2024 ** March 22nd 2024 **

Contacts:

 Council Office Jamestown 8664 1139, 1300 664 108 (Please Note: The 1300 number is only available for landlines)



- Council Office Gladstone 8662 2018
- Council's After Hours mobile number 0488999808
- Dog Control Garry Harris 0419 858 375
- NAC Fire Prevention Officer Tim Zander, 8664 1139
- Mayor Sue Scarman 0418 844 935 or sue.scarman@nacouncil.sa.gov.au
- Deputy Mayor Denise Higgins 0428 222 610 or denise.higgins@nacouncil.sa.gov.au
- Councillor John Barberien 0418 804 416 or john.barberien@nacouncil.sa.gov.au



Laura Community Development & Tourism Association Inc. PO Box 149 Laura SA 5480 www.laurasa.com.au

Chairman: Gerald Higgins 0431 754 429
Secretary: Darren Pech 0429 705 520
Laura Standard Editor: Laura Standard Committee

Reports, articles and advertising for the **Laura Standard** can be submitted by email to **Icdta5480@gmail.com**

Receiving articles, photos and logos electronically assists in the production of the newsletter.

Advertising and Articles: Contact: Wayne Gifford on 0419 816 976.

Bronwyn Weston on **0438 635 061**

As an incentive for supporting The Laura Standard with your advertisements you will receive your 6th advertisement free of charge.

Please Note:

If you know of someone who unfortunately hasn't received a copy of The Laura Standard, extra copies are available from the Laura Information Centre. Newsletters in colour can also be emailed to you by providing us with your email address.

This edition as well as all previous editions can be viewed, downloaded and printed in colour by visiting www.laurasa.com.au and clicking 'News'

Please keep articles short and concise as room is limited.

This is a community publication. Views expressed are not necessarily those of the Association. The Editor reserves the right to edit or refuse articles.

Laura Standard Advertising Fees:

 Full Page
 1/2 Page
 1/3 Page

 H 19.35cm
 H 9.6cm x
 H 6.32cm x

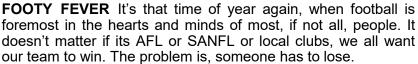
 x 12.75cm
 12.75cm
 12.75cm

 \$40.00
 \$25.00
 \$15.00

Latest time to submit articles

for inclusion in the December edition of The Laura Standard is

5pm Friday Nov 24th 2023





The big question is, how do we cope with the outcome? If we win, of course we're going to shout about it. But will we gloat over it, and treat the losers with contempt? And if we lose, will we sulk and treat the winners with contempt? Either way, we are called to exercise a sort of grace, that acknowledges that the opposition, like us, did the best they could, and only one of us could win.

Let's face it, as any athlete knows, even by Olympic standards, there will always be a time when we lose. But as every top athlete knows, this is probably the most valuable time in their career, because they have to take stock of their performance, and learn from the loss, so that they can do better next time.

These can become positive moments, times of reflection and truth telling. And the truth is that sometimes the outcome is a stark realisation that its time to quit.

Not an easy thing to accept.

So it takes a lot of courage to get out onto the field and fight for the trophy, but much more courage to face the truth about ourselves and our performance. And if we can do this, that truth will set us free to make positive decisions about our future in competing, not only on the footy field, but in our daily lives.

It was Jesus who said, 'The truth will set you free', but facing that truth sometimes takes a great deal of courage, as we take stock of our situations.

So, win or lose, Jesus always promises a good outcome. All we have to do is take the ball and run with it.

With His blessings,

Sr. Sandra CSBC