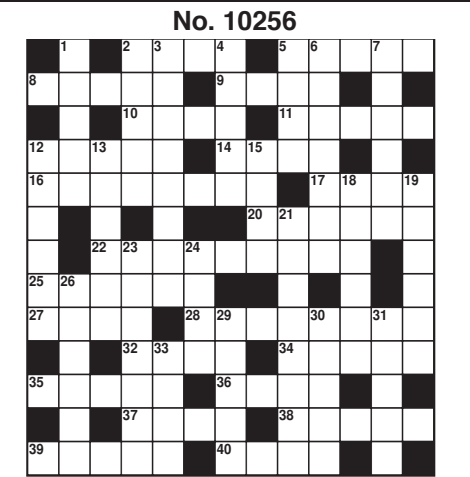


CROSSWORD

No. 10256



- ACROSS
- DOWN
- 2 Repose

5 Nimble

8 Intimidated

9 Place for bees

10 Certain

11 Make into a decree

12 Souvenir

14 Female horse

16 Flowed out

17 Ceremonial act

20 Degrades

22 Monotonous and wearisome round

25 Spirited mounts

27 Fish

28 Originator

32 Earthy material

34 Examines

35 Wax-stemmed match

36 Old stringed instrument

37 Reflected sound

38 Viper

39 Derogatory

40 Prying (coll)
- 1 Tribal symbol

2 Plant secretion

3 Taught

4 Motif

5 Affirm with confidence

6 Army rank

7 Find the place of

12 Oppose

13 Brasslike alloy

15 First man

18 Tiny islands

19 Chemical compounds

21 Priests' headwear

23 Responded

24 Continent

26 Soup dish

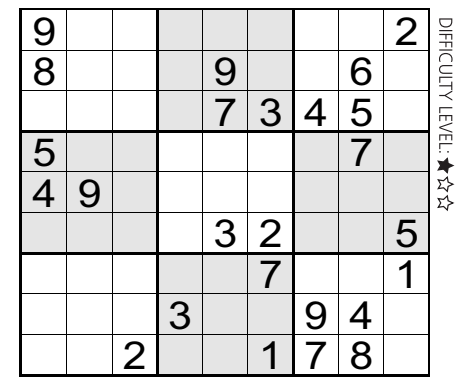
29 Stocking

30 Very poor

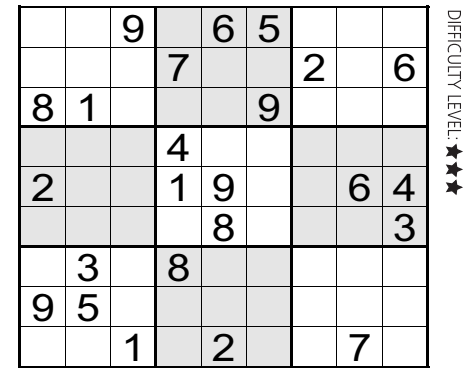
31 Aquatic furred mammal

33 Shoestring

SUDOKU

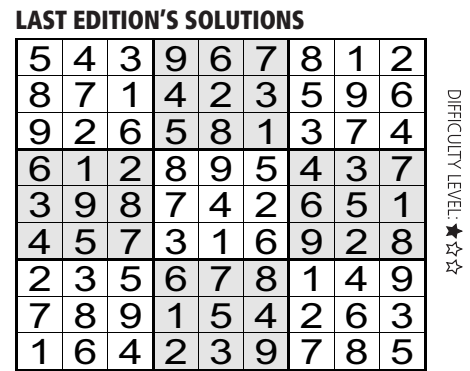


DIFFICULTY LEVEL: ★☆☆

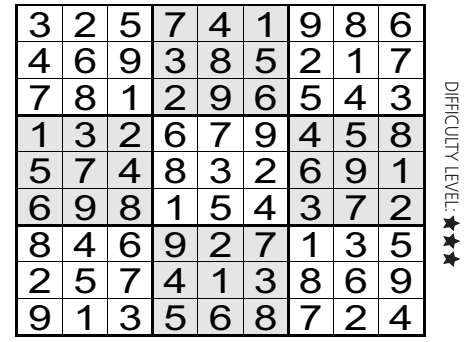


DIFFICULTY LEVEL: ★★★

LAST EDITION'S SOLUTIONS



DIFFICULTY LEVEL: ★☆☆



DIFFICULTY LEVEL: ★★★



HELPING HAND: ERH prostate cancer specialist nurse Serena Morley, Horizon committee member Darren Stevenson, medical day treatment unit nurse unit manager Lyn Jeffreson and executive director of nursing June Dyson.

Prostate patients can see some help on the Horizon

By Charmayne Allison

LOCAL men battling prostate cancer will continue to receive vital care close to home thanks to the tireless fundraising efforts of the Horizon Committee.

Through the annual Echuca Moama Biggest Blokes Lunch, the committee has raised awareness of prostate cancer and more than \$350,000 since 2012.

The funds were initially directed to the Prostate Cancer Foundation Australia (PCFA) to assist with research.

But following the 2016 lunch, the Horizon committee, PCFA and Echuca Regional Health (ERH) agreed funds would be directed to ERH to fund a prostate cancer

specialist nurse for two days a week for three years.

Horizon's commitment is \$44,000 annually.

"The leadership and support shown by the Horizon Committee and the wider community in Echuca is outstanding," ERH chief executive Nick Bush said.

"To raise this sort of money and fund a prostate cancer specialist nurse who works with prostate patients and their families is amazing."

ERH prostate cancer specialist nurse Serena Morley said it was wonderful to see the position being extended as the referrals to the service continue to grow.

"Patients are routinely linked into the service by the treating urologists

and a strong relationship has developed between specialists and the prostate nurse," she said.

"This supports well-coordinated care for men from early in the treatment phase through to survivorship.

"The scope of the role has grown to meet some gaps in care around patient education, continence and sexual health following a prostate cancer diagnosis."

Serena works closely with other prostate cancer nurses and PCFA to ensure the Echuca Regional Health role is closely aligned with best practice care.

PCFA chief executive Professor Jeff Dunn commended the committee for its work.

"Without the support of the

Horizon Committee and the generosity of local community members and businesses, we simply wouldn't be able to place specialist nurses like Serena in regional cities and towns," he said.

"Our prostate cancer specialist nurse in Echuca is one of a kind – providing life-changing support and care for local men when prostate cancer strikes.

"We're proud of our role in giving back to the people of Echuca through our partnership with The Horizon Committee and ERH."

The Horizon committee, PCFA and ERH have agreed to extend the initial agreement for a further three years.

MRC remains a short-term tourist

MURRAY River Council has approved a one-year extension to its current funding agreement with Murray Regional Tourism Board (MRT).

The one year extension will roll over the current agreement until June 30, 2021, instead of the original contracted date of June 30, 2020.

MRT approached all member councils and requested the extension to allow for the Victorian Regional Tourism Review and current funding negotiations with the NSW Government to be finalised.

Outcomes from both the review and funding negotiations are not expected to be finalised until next year and may alter the current approach to regional tourism and MRT's role.

"It is expected that the extension will allow the work currently being undertaken in Victoria and NSW to be completed and for MRT and all councils to have a clear picture of the regional tourism environment going forward," mayor Chris Bilkey said.

While councillors carried the motion to extend the funding at the October council meeting, Cr Gen Campbell said she wanted to see a report of what MRT "actually does" for the region.

"They seem to favour Albury and Mildura much more than our areas," she said.

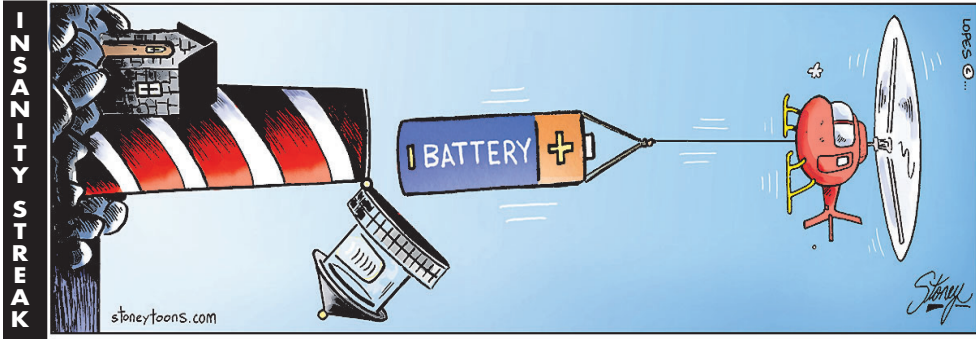
The Murray Regional Tourism Board was formed in 2010 to establish an overarching

organisation to contribute to the development and growth of tourism in the Murray region.

In passing the motion, council will allocate \$19,350 to the 2020/21 budget as its annual contribution to the board.

"The cross-border approach to tourism in the Murray region via MRT has been highly effective thus far," Cr Bilkey said.

"This extension provides council with flexibility to review and understand the outcomes from work currently being undertaken by the state governments in both Victoria and NSW, so that we can derive the greatest benefit from our relationship with MRT into the future."



No. 10255



SOLUTION