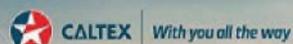


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Balranald Shire Council Vehicles and Plant for Sale

Balranald Shire Council has the following vehicles and plant items available for purchase at a fixed price:

- Challenger Tractor with Loader
- Kanga Loader, attachments & trailer
- 2 x Ford Ranger Dual Cab 4x4 utes
- Honda Accord
- Toyota Aurion
- Toyota Prado VX

To view the vehicles / plant, please go to <http://www.balranald.nsw.gov.au/notice-board/community-announcements/>

To inspect any of the items please contact Councils Works Co-ordinator Wayne Friedberger on 0427 273 741.

For further information or to secure the purchase any of the items please contact the Council Office, 70 Market Street, Balranald or phone 03 5020 1300.

The items will be available for purchase until Friday 22 July.



Balranald Shire Council, 70 Market Street, (PO Box 120) Balranald 2715
 Phone 03 5020 1300 Fax 03 5020 1620 www.balranald.nsw.gov.au



Eric Helmick with sons Hunter (left) and Tuck aim to take on the Murray River in December when they swim from end to end in a 90 day epic challenge.

Epic swim for epic cause

MEAGAN MCGREGOR

ERIC Helmick is constantly looking for epic opportunities.

When he decided to swim for a good cause, the Murray River was the obvious epic choice.

Mr Helmick is a self-proclaimed entrepreneur with a long list of achievements including fire fighter and chef in his repertoire, but his greatest motivation is inspiring young people to dream big.

He plans to swim the entire length of the Murray River with his son Hunter to raise awareness of the potential of youth if given an "anything is possible" mindset.

The swim will start in The Coorong and end in Goolwa some 2500 kilometres later.

They will stop overnight in Swan Hill on their journey and aim to complete 27 kilometres a day over a 90 day period.

Mr Helmick and his two sons have been in Australia for over a year touring the country with their Las Vegas-style magic show.

They were in Swan Hill earlier this year and look forward to returning as part of their epic swim.

Mr Helmick heads up his own not-for-profit organisation Team Help!

As part of the swim, he is asking local schools to get involved by encouraging students to enter an essay contest, the winner of which will feature in the documentary they are producing to portray their adventure.

"Australia has a very high youth suicide rate," Mr Helmick said.

"We believe that just having someone believe in you can make a world of difference to a young person contemplating suicide.

"This is the biggest physical

thing I have ever attempted and I am nervous mentally.

"It's a long time to have your face in the water."

Mr Helmick is also calling out for sponsors to assist with bringing the swim to towns along the Murray. The essay contest is only open to students who live within a 50km of the river as it ambles across the country.

"We really want to make this about the kids who live along the river," he said.

The team will hit the road on Monday and follow the river stopping at schools along the way to promote the swim.

They will then arrive at their starting point to make the huge swim back to Goolwa.

For anyone interested in supporting the event or finding out more about the essay contest visit the website www.takeyourdream.com or email Mr Helmick at inquiry@help-ut.com.

Prospective leaders in town

PARTICIPANTS in the Loddon Mallee Community Leadership Program (LMCLP) will descend on Swan Hill this weekend for their mid-year retreat.

The LMCLP is a program designed to develop leaders for vibrant and sustainable communities across rural and regional Victoria.

Twenty-seven prospective leaders are participating in the 2016 program, which began in February.

They have been involved in many visits across the

region, starting with a weekend in Maldon getting to know each other, sharing ideas and dreams for the year while team building activities helped to get over the nerves.

Since the Maldon weekend there have been many tours of local communities, industry and introductions to a very diverse and interesting group of community leaders in Bendigo, Castlemaine, Inglewood, and Melbourne just to name just a few.

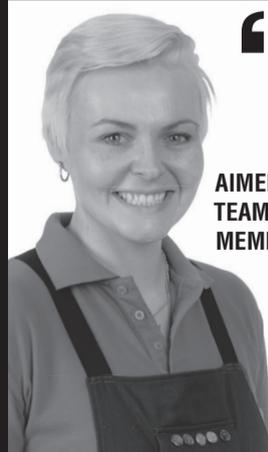
LMCLP is a not-for-profit

association dedicated to finding the inner confidence of prospective leaders, building on already embedded skills of these potential leaders and sharing tools, knowledge and current trends.

The weekend's retreat will involve leadership presentations and workshops and a visit to Heartbeat Of The Murray sound and light show at the Swan Hill Pioneer Settlement tomorrow night.

Dinner at the Paragon Cafe is also on the menu.

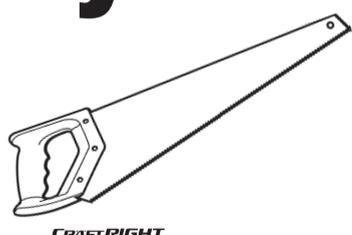
"Do up your indoors and save"



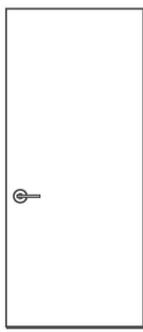
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